



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

[June/July 2020 Poll]

**48% of people are concerned they might catch the *coronavirus***

**40% are anxious about becoming seriously ill or dying from *coronavirus***

**62% are anxious about the possibility of family and loved ones getting *coronavirus***

**36% say *coronavirus* is having a serious impact on their mental health**

**59% feel *coronavirus* is having a serious impact on their day-to-day lives**

**68% fear that the *coronavirus* will have a long-lasting impact on the economy**

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**63% were stressed or anxious for the future of this country**

**62% were stressed about money**

**61% were stressed because of the current political climate**

[2017 Poll]



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**96%**

**of teens said there  
is a problem with  
anxiety and  
depression  
amongst their  
peers**

Pew Research Poll February 2019

**61% were stressed because of the current political climate**

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# AN ANCHOR OF THE SOUL

Hebrews 6:13-20





# WHAT IS 'HOPE'?

- **Dictionary Definitions:**

**The feeling that what is wanted can be had or that events will turn out for the best.**

**To look forward to with desire and reasonable confidence.**



# WHAT IS 'HOPE'?

- **Dictionary Definitions:**

A desire of some good, accompanied with at least a slight expectation of obtaining it, or a belief that it is obtainable. *Hope* differs from **wish** and **desire** in this, that it implies some expectation of obtaining the good desired, or the possibility of possessing it. *Hope* therefore always gives pleasure or joy; whereas **wish** and **desire** may produce or be accompanied with pain and anxiety.



# WHAT IS 'HOPE'?

- **Dictionary Definitions:**
- **Biblical Usage:**
  - **Thayer's**
  - **Strong's**
- **Conclusions**



# WHAT IS OUR HOPE?

- **Christ**

**1<sup>st</sup> Tim. 1:1; Col. 1:26, 27; Acts 4:12; Eph. 2:12**

- **The Resurrection**

**1<sup>st</sup> Corinthians 15:12-23**

- **Eternal Life In Heaven**

**Titus 1:1, 2; 1<sup>st</sup> John 2:25**



# HOW IS OUR HOPE 'AN ANCHOR OF THE SOUL'?

- **The Storms Of Life**
- **Uncertainty**

**1<sup>st</sup> Tim. 6:17; Prov. 23:5; Matt. 6:19**

- **Trials**

**John 15:18; 2<sup>nd</sup> Tim. 3:12**

- **Pains And Losses**





# HOW IS OUR HOPE 'AN ANCHOR OF THE SOUL'?

- Through All Of This, An Anchor
- To Illustrate
- Our Hope Does Not Move
- Our Hope Does Not Allow Us To Move

Psalm 16:8



# HOW IS OUR HOPE 'AN ANCHOR OF THE SOUL'?

- **That Anchor**

- **God's Promise**

**Heb. 6:13-18; Gen. 12:3**

- **God's Oath**

**Heb. 6:13, 17**

- **God's Word**

**Psa. 145:17; Titus 1:1, 2; Heb. 6:18; Phlp. 4:6, 7; 1<sup>st</sup> Pet. 1:4**

*Will your anchor hold in the storms of life?*

