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Daily Devotional - Monday, January 30, 2017 - Hope: The Anchor of the Soul

JANUARY 30TH 2017 BY DEE LOFLIN

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Hebrews 6:13-20

An anchor was a popular image in the ancient Mediterranean world. Because that economy depended on shipping, the anchor came to symbolize safety and steadiness. The writer of Hebrews used the word to remind believers that God has given a hope that holds firm in any storm.

Hope is a healthy attitude. Anticipating good brings comfort to the mind and heart. In contrast, a state of hopelessness is a terrible condition in which to find oneself. It's overwhelming and depressing to think that what you're facing cannot be changed or resolved. For the person who has lost all hope, life looks like a long, dark tunnel going nowhere.

Included in Proverbs is a verse that describes the result of this oppressive feeling: "Hope deferred makes the heart sick" ([Prov. 13:12](#)). Emotional, physical, and even mental illness haunt a person who feels trapped in a bleak situation. But as long as there is a God, no situation is hopeless. In Him, we have the promise of the second half of that proverb: "Desire fulfilled is a tree of life."

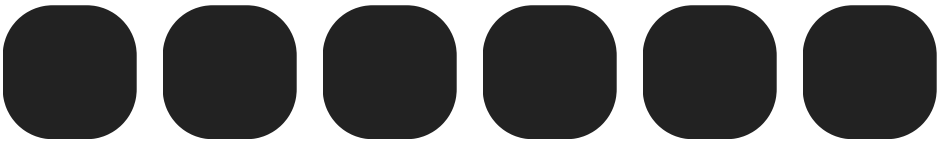
Believers have a hope that anchors their soul. Our relationship with Jesus Christ brings us close to the throne of heaven, where we can cast all our burdens before an omnipotent God. Moreover, we can cling to Him through any trial that comes our way. Because of the

Lord’s great love, He provides strength for weary bodies, peace for anxious minds, and comfort for grieving hearts. In short, He lights that darkened tunnel and tenderly guides us through trying situations.

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