



“Weathering in the Storm”
Anchor For Our Hope
Part 2

Demonstrate Grace: “Be Kind”

“And He gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble.” James 4:6 NLT

Refuel your soul morning and evening

“Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The LORD is my portion; therefore I will wait for him.” The LORD is good to those whose hope is in him, to the one who seeks him”

Lamentations 3:22-25

Refuel your soul morning and evening

The Sovereign LORD has given me his words of wisdom, so that I know how to comfort the weary. Morning by morning he wakens me and opens my understanding to his will.

Isaiah 50:4 NLT

“It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night.” Psalm 92:2

Establish a simple routine

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, Ephesians 5:15-16

Monitor Your Media Intake

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.

Matthew 6:22-23

“A wise person is hungry for knowledge, while the fool feeds on trash.” Proverbs 15:14 : NLT

“Turn my eyes from worthless things, and give me life through your word.” Psalm 119:37

Engage an enjoyable habit

“make the most of every opportunity, because the days are evil.” Ephesians 5:16

Daily connect with people you love

1 Thessalonians 5:11 “Therefore encourage one another and build each other up,

Share your feelings

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” Galatians 6:2

Seek advice before making major decisions

“Plans fail for lack of counsel, but with many advisers they succeed” Proverbs 15:22

“For lack of guidance a nation falls, but victory is won through many advisers.” Proverbs 11:14

Refresh Frequently

“those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

“If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.” Isaiah 58: 9b -11

Serve Someone

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

James 1:27

“A generous person will prosper; whoever refreshes others will be refreshed.” Proverbs 11: 25

Control what's controllable and trust God for the rest

“You see that his faith and his actions were working together, and his faith was made complete by what he did.”

James 2:22