



Soul Survival

Week 2

**Anchor of the Week: Be
Confident in Christ
#SoulAnchor**

Verse of the Week: Hebrews 4:16

Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

My Anchor says:

MY QUESTIONS:

- What attracts you about spending time alone with God? What concerns you?
- Given your temperament, what physical posture might be more suitable as you spend time in prayer? (i.e., sitting, kneeling, walking, etc.)
- Do you ever worry that your life doesn't measure up? If so, whose expectations do you worry that you won't meet?
- Do you feel compelled to validate your existence through education, work, a relationship, your appearance or some other way?
- What are some of the ways God speaks to you?