

# ANCHORED

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# TABLE OF CONTENTS

MODULE 01 | PAGE 02  
**YOUR NOTHING IS SOMETHING**

MODULE 02 | PAGE 09  
**RESISTING DRIFT**

MODULE 03 | PAGE 13  
**REST IN GOD**

MODULE 04 | PAGE 19  
**DO GOOD**

MODULE 05 | PAGE 24  
**INVITE JESUS IN**

MODULE 06 | PAGE 33  
**COLLABORATE AND CELEBRATE**

MODULE 07 | PAGE 36  
**YOU CAN DO THIS!**

MODULE  
**01**

# YOUR NOTHING IS SOMETHING

*Therefore we must pay much closer attention to what we have heard, lest we drift away from it. For since the message declared by angels proved to be reliable, and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard, while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his will.*

**Hebrews 2:1-4 ESV**

When I was just a kid, my dad drilled the dangers of drifting into me and my brothers. Every year, he and Mum would take us kids on an annual trip to Umina Beach, just an hour's drive north of Sydney where we lived. It was a great getaway we all looked forward to every year, but going for a summer holiday also meant swimming against a strong undertow. Knowing that we could be swept out to sea, my dad coached us every year about the dangers of the undercurrent and what to do if you felt yourself being pulled under or away from the shore.

Then, once we were out on the beach, he had a routine for keeping us safe. He would set up an umbrella in the sand—always one so vivid I felt sure everyone on the beach knew we had to be Greek. Other families had pretty ones or solid ones, but ours always seemed to outshine the sun and scream our lively heritage. There was no blending in for the Caryofyllis clan. After Dad positioned the umbrella, he would walk down the beach a short distance and essentially make a flag out of an equally brilliantly colored beach towel and a pole, standing it up in the sand.

There was no mistaking Dad's handiwork, even from way out in the water. But that was the point. Before he let us run out into the surf, he would always make us huddle up and listen to his instructions. To this day, I can still hear him:

*The undertow is really strong today, so when you're out there in the water, I need you to look up every now and again and check your markers. There's the umbrella, and there's the towel. Make sure you're between the two of them. If you find yourself outside the markers, make your way to shore and walk back. If you look up every now and again and check your markers, you'll be fine.*

My dad knew how easily the currents could pull us under and take us out. He knew how easy it was to drift.

So did the writer of Hebrews as he cautioned the Christ followers of his day, just like my dad cautioned my brothers and me. Look up Hebrews 2:1 and write it here.

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In what you wrote, highlight these two key phrases:

*Pay attention.*

*Lest you drift.*

The thrills—and dangers—of the ocean can be a lot like our lives. We know there will be rough patches where the waves threaten to overcome us, yet there are times when the waters are calm and gentle, moving in a steady rhythm. In each case, however, what would happen if we got into our boat and set off to sea, but we never bothered to lift the sails? Sure, we may drift more slowly in good weather than we would in the midst of a storm, but we'd be swept off our course nonetheless. And we may not even notice it happening.

Have you ever been driving in your car, listening intently to a podcast or music, and you suddenly realize you've missed the turnoff? You pass some landmark, a bridge or a school, telling you that you're off course. Without meaning to, you've ended up at the wrong spot, wasted your time, and delayed getting to the place you wanted to go. Likewise, when we don't pay attention on life's journey, we get lost and end up in the wrong spot.

Your destination in life is the amazing purpose and plan God has for you. In his loving wisdom, he gives you tools to navigate toward a hope-filled future. Your responsibility is to use all of the tools and resources he's provided so you can do your part to stay on course. Thankfully, you are not left alone to figure out how to do this—your loving Father shows you the way.

How can a person stay on track? By fixing your focus on Jesus. He is a better landmark than any bright umbrella in the sand! To keep moving toward your God-given purpose and destiny, you must give Jesus more than just an occasional, passing glance. Keep your eyes fixed on him at all times, whether you are in a joyful season of smooth sailing or persevering your way through a stormy trial of life. If you allow yourself to live on autopilot, your focus drifting from one thing to the next, you'll wander without purpose and fail to reach the full promise of the amazing life God has created you to live. If you truly desire to live a life of impact and purpose, be intentional and decide to set your focus on Jesus.

Where are you now? Take an inventory of where you are in your life today—emotionally, physically, relationally, and spiritually. Are you where you intended to be? Describe your life “location” and how you believe you got to this place.

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Do you know where you'd like to go in life? Do you have a spiritual, emotional, physical or relational destination? Write it here.

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While you may not be experiencing literal oceanic currents like my brothers and I did, the currents of our time and culture are always swirling. Everything in the world feels chaotic, volatile and unpredictable. It seems that everything that can be shaken is being shaken.

Whether it's politics and governments, morality and normality, values and beliefs, right and wrong, truth and facts—everything seems to be shifting. We try so hard to be loving and gracious, inclusive and not exclusive, kind and gentle, but still absolutely obedient to the truth of the Word of God—and it's not easy. It's not easy to stand out when it would be so much more comfortable to fit in.

Do you feel the currents of our time and culture pulling on you? Or pulling you away from where you want to be? Spiritually? Emotionally? Mentally? Physically?

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What currents are impacting you the most right now?

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My dad did all he could to prepare us kids. He knew better than we did the strength of the currents. I remember him telling us what to do just in case we got caught up in the current, but grew too tired to keep swimming toward shore: "Float. Save your strength. Don't fight it. And know that I'm watching. I'll find a way to get to you." I believed him. I always knew he would be ready to rescue us, all set to do whatever it took to reach us.

Isn't our Heavenly Father just as eager to help us when we drift spiritually? He's always watching. Always ready. Always wanting to get us from where we are to where we need to be.

Look up Hebrews 13:8. What does it tell you about the character and nature of our Heavenly Father?

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There are a number of verses that all state a similar promise. Look up the following verses and personalize the promises God made to people in the Bible and to you and me.

**DEUTERONOMY 31:6-8**

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**JOSHUA 1:5**

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**MATTHEW 28:20**

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**HEBREWS 13:5**

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Like the story I told in the video about Phil, I, too, have dropped anchor before and failed to set it in the ocean floor. Nick and I had set out one beautiful sunny day for our favorite little cove near where we honeymooned in Greece, when he told me to drop anchor. A short nap later and we were drifting into shipping lanes—and at the same time, a storm was coming! The waves were more than our little boat was designed to withstand, and though we were tossed about for a few hours, Nick was able to get us back to shore. What I learned that day has never left me:

First, all you have to do to drift is nothing.

Second, if you set your anchor, you won't drift.

In light of this, read Hebrews 6:19 and answer the following:

Who is the anchor of our souls?

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What two words does the writer of Hebrews use to describe our Anchor?

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How will you apply this verse to your life this week?

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God sent us a savior—Jesus, this hope—as the anchor for our souls. But kept inside the boat, our anchor does us no good. It's only when we drop it outside the boat, ensuring it's embedded beneath the water's surface in the ocean floor, that this hope we have as an anchor for our souls can go to work. We won't know it's working at first, when everything is calm, but when the winds kick up and the waves start to build, we will know it's doing what Jesus promised.

If we keep our hope in Jesus, we can stay steady. Immoveable. Firmly established. Even in the strongest of currents and the worst of storms.



Read Romans 8:24 and write what it means to you.

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When we feel the currents swirling around us, forcefully trying to move us, we don't have to give in. If we have set our anchor firmly in Jesus, if we keep our focus locked on him, we can trust that he will help us stay on track no matter what life throws our way.

We are put on this earth to usher in God's light, hope, and love wherever we go. We are commanded to go into the world to share the story and message of Jesus, resisting being swept away by the world's strong currents—its values, customs, and ways—while doing so.

To help us navigate, we have a reliable reference point for our lives. When Christ is our guiding light, he leads us to live as humble, loving, considerate, and passionate people of God. Through the power and influence of Jesus, our life can become a memorable witness to his goodness to the world. As Hebrews 2:1 tells us, "This is why it is so crucial that we be all the more engaged and attentive to the truths that we have heard so that we do not drift off course" (TPT).

The truth is, where you set your focus greatly influences the direction of your life. You will not get to where you want to go without setting your heart and mind on Jesus, the One who promises to walk with you and guide you every step of the way.