



**HOPE AS AN ANCHOR
OF THE SOUL**

TOFUNMI AKINYEMI

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OF THE SOUL**

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the author. God bless.
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ISBN: 978-978-54835-6-7.

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Published by: Jochebed Publishing House

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Phone: +2348038041113.

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Verses marked:

CEB = Common English Bible.

ESV = English Standard Version.

GW = God's Word

KJV = King James Version.

HOPE AS AN ANCHOR OF THE SOUL

is

Presented to

By: _____

Date: _____

"This hope we have as an anchor of the soul, both sure and steadfast...." Hebrews 6:19a.

Dedication

This Book is lovingly dedicated to Oluwatomowo Iyanuoluwa Akinyemi; with immeasurable gratitude to the Almighty God “... *who gives us the victory through our Lord Jesus Christ.*” 1 Corinthians 15:57.

Appreciation

Immense gratitude is due to the Almighty God, my loving Heavenly Father; for the salvation of my soul, sustenance in the Christian race, and the privilege to write yet another Book. Daddy, I am forever grateful.

I am thankful to all of God's agents of help to me on life's path. May the Almighty God uphold us all to the end in the Name of Jesus Christ, Amen.

“Now unto the King eternal, immortal, invisible, the only wise God, be honour and glory forever and ever. Amen.”

1 Timothy 1:17 (KJV).

Tofunmi Akinyemi (Mama Jochebed),
The King's Throne Room.

Akure, Ondo State. Nigeria.

Friday, September 11, 2020.

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1

Hope as the Soul's Anchor

The Anchor

The anchor is very crucial to stabilizing a ship that is not in motion; otherwise, it will be tossed by the wind, and become unstable on the sea. According to the Cambridge Dictionary, the word "Anchor" has been defined as:

- "A heavy metal object attached to a boat by a rope or chain that, when dropped into the water and resting on the bottom, keeps the boat from moving".
- "An anchor is also someone or something that gives support when needed." Cambridge Dictionary.

Hope as an Anchor

The Bible refers to hope as an anchor of the soul. "*This hope we have as an anchor of the soul, both sure and steadfast...*" (Hebrews 6:19a). In the light of the above definitions of an anchor, we can safely say that hope:

- Stabilizes the Christian from drifting or being tossed on the sea of life; just like an anchor keeps a ship steady on the sea.
- Safeguards the Christian during life's difficult seasons; in the way an anchor secures a ship on a windy sea.
- Is a source of support for the Christian; by upholding us in the Christian race.
- Is the Christian's lifeline on life's path, as we proceed on our Homeward journey to eternity!

The importance of Hope

When a ship is anchored on the sea, it remains steady despite the ripples or storms on the sea surface. In a similar way, hope keeps the Christian stable amid life's ripples and storms, making hope to be crucial to a victorious Christian life.

Therefore, we must jealously guard our hope in Christ; otherwise, one will be like a stationary ship that is not anchored on the sea. This is risky, because one will be drifting on the sea of life, and eventually make a shipwreck of one's faith and life!

A sure Anchor of the Soul

Hope is a strong and trustworthy anchor for our souls! It is the Christian's reliable support and lifeline in the

Hope as the Soul's Anchor

Christian race. The Almighty God who promised us hope cannot fail; therefore, the promised hope is certain. The Bible says:

“So God has given both His promise and His oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to Him for refuge can have great confidence as we hold to the hope that lies before us. This hope is a strong and trustworthy anchor for our souls....” Hebrews 6:18-19a (NLT).

- The Almighty God has given His promise of hope to all who come to Him through Jesus Christ.
- This hope is sure and reliable, because God's promises are reliable; for it is impossible for God to lie. The Almighty God says: *“Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?”* Jeremiah 32:27.

Therefore, after one becomes born again, we must trustingly hold on to our hope in Christ; that is, the hope of God's help on earth, and God's rest in eternity. *“For all the promises of God in Him are Yes, and in Him, Amen”* 2 Corinthians 1:20.

As we hold on to hope, we remain stable on the sometimes-turbulent sea of life; just like an anchor stabilizes a ship on the sea! Thus, in this world, we can enjoy Christ's peace, joy, victory, and help; and gain eternal life in the hereafter.

The following song is a great one to constantly sing and ponder on as one journeys on life's path to eternity. Be blessed as you sing and promptly heed its message if you are yet to do so; and if already heeded, to remain firm to the end!

IN TIMES LIKE THESE

1. In times like these you need a Saviour
In times like these you need an anchor
Be very sure, be very sure
Your anchor holds and grips the Solid Rock!

Refrain:

*This Rock is Jesus, Yes, He's the One
This Rock is Jesus, the only One
Be very sure, be very sure
Your anchor holds and grips the Solid Rock!*

Hope as the Soul's Anchor

2. In times like these you need the Bible
In times like these, O be not idle
Be very sure, be very sure
Your anchor holds and grips the Solid Rock!

Refrain:

3. In times like these I have a Saviour
In times like these I have an anchor
I'm very sure, I'm very sure
My anchor holds and grips the Solid Rock!

Refrain:

Song by George Beverly Shea.

2

The God of Hope

The Holy Bible refers to the Almighty God as the God of hope by saying, *"... may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."* Romans 15:13.

This means that God is the Source and Giver of hope. As our Creator, He knows mankind needs hope to cope in the wilderness of this world; thus, He made provision for the living hope through Jesus Christ's atonement for mankind's sins.

"... According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead." 1 Peter 1:3b (ESV).

The above verse shows the need to be born again before one can access the living hope. Therefore, if you have not repented from sin, and accepted Jesus Christ

as Lord and Saviour, do so now; not only to have hope on earth, but also in eternity.

About the God of hope

The God of hope is that same God who created the heavens and the earth, and all therein (including mankind); He sustains His universe by His great power. God is the Uncreated Creator; He is Immortal, Ageless, All-powerful, All-seeing, All-knowing, Awesome, and Unfathomable! Some of His other attributes are, God is:

- Almighty: *"'Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You."* Jeremiah 32:17.
- Sovereign: *"Yours, O Lord, is the greatness, the power and the glory, the victory and the majesty; for all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, and You are exalted as head over all."* 1 Chronicles 29:11.
- Holy: *".... Holy, holy, holy is the Lord God, the Almighty - the One who always was, who is, and who is still to come."* Revelation 4:8b (NLT).
- Loving: *"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."* John 3:16.

The God of Hope

- Faithful: *“God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”* Numbers 23:19.
- Kind-hearted: *“Shall I bring to the time of birth, and not cause delivery?”* says the Lord. *“Shall I who cause delivery shut up the womb?”* says your God.” Isaiah 66:9.
- Good: *“The Lord is good to all, and His tender mercies are over all His works.”* Psalm 145:9.
- Unchangeable: *“For I am the Lord, I do not change; therefore you are not consumed....”* Malachi 3:6.
- Possessor of heaven and earth: *“... the most high God, possessor of heaven and earth.”* Genesis 14:19b (KJV).
- The “mountain” Melter! *“The mountains melt like wax at the presence of the Lord, at the presence of the Lord of the whole earth.”* Psalm 97:5.

In the light of the foregoing, we can safely put our unwavering hope in the Almighty God and be assured of His help as we run the Christian race. Thus, we shall enjoy His peace and joy on earth, and eternal life in the heaven.

Going through Trials?

Perhaps you are born again and yet going through life's challenges? Please, be encouraged by the word of our Lord Jesus Christ, that *"... In the world you will have tribulation; but be of good cheer, I have overcome the world."* John 16:33.

Also, there is hope for you in the Almighty God; for He is the God of hope! You can never be put to shame as you look up to God for help. He says in His Word:

"When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you. For I am the Lord your God, the Holy One of Israel, your Saviour...."
Isaiah 43:2-3a.

Therefore, do not give up your hope in God, no matter the challenges you may be going through! God will arise to your help in the nick of time; for *"God is our refuge and strength, always ready to help in times of trouble."* Psalm 46:1 (NLT).

The Profit of Trials

It is not easy to go through trying seasons; but if we do not faint, neither give up hope, nor our faith in Christ, we

The God of Hope

shall come out victorious! We shall also grow in godly character, and our hope in God is enhanced. The Bible says that:

"... tribulation produces perseverance; and perseverance, character; and character, hope." Romans 5:3-4.

Be encouraged in God

Please, refuse to feel helpless and hopeless! The Almighty God says: *"Behold, I am the Lord, the God of all flesh. Is there anything too hard for Me?"* (Jeremiah 32:27). Always encourage yourself in the Lord like the Psalmist did!

"Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God." Psalm 42:11.

Therefore, constantly say to yourself (and mean it): I am not hopeless; My God is the God of hope; I have hope in God; My God is too faithful to fail; I am not alone; God will see me through; I will testify of God's goodness; God's Word works; I cannot be put to shame; I am not helpless; There is help for me in God etc.

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As you do so with implicit faith in God, your victory is certain. The Almighty God says, *"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."* Jeremiah 29:11.

We can rest on God's promises; for the Word of God is true, and His promises are dependable! Therefore, *"Let us hold fast the confession of our hope without wavering, for He who promised is faithful."* Hebrews 10:23.

3

The Living Hope

What is Hope?

The word “hope” has been defined as “to trust in, wait for, look for, or desire something or someone; or to expect something beneficial in the future.” Baker's Evangelical Dictionary of Biblical Theology.

Therefore, hope is used in this Book to mean: to trust in, wait for, look for, or desire the Almighty God; also, to expect His help in this world, and eternal life in heaven at the end of one's earthly sojourn

The Living Hope

The Bible says, *“Blessed be the God and Father of our Lord Jesus Christ! According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.”* 1 Peter 1:3 (ESV). This means that:

Hope As An Anchor of The Soul

- Salvation is by God's great mercy.
- People are born again to a living hope.
- God is the Source and Giver of the living hope.
- The living hope is through Christ's atoning work.

When a person is born again, it means one has truly repented from sin and received Jesus Christ as Lord and Saviour. It is expected that you will afterwards abide in obedience to God for the rest of your stay on earth.

A person who is in Christ Jesus has been born again into a living hope, courtesy Jesus Christ's atonement for the sins of mankind. As the name indicates, it is a hope that is continually alive and active; not a potentially dying, or dead hope!

Have you been born again?

If your answer to the above question is "Yes", accept my hearty Congratulations! This is the greatest decision one can ever make in life, because it gives you hope in this world and in eternity; so, keep going for Jesus Christ till the end.

Perhaps you are not yet born again, quickly repent from sin; ask God to forgive you, accept Jesus Christ as Lord and Saviour; and live a life of godliness till the end.

The Living Hope

This is not just to have hope on earth, but also the hope of eternal rest.

The implications of the Living Hope

In the light of the definitions of hope at the beginning of this Chapter, we can safely say that having the living hope means that the believer in Christ is to continually:

- Trust in God.
- Wait for God.
- Seek for God.
- Desire God.
- Expect God's all-round help while on earth.
- Expect to gain eternal life when one exits this world.

Hope beyond the grave!

The hope of the believer in Christ does not end in this world, it extends to the hereafter. This means that those who are in Christ have hope in this world and in eternity! This is gladdening and encouraging to keep going for Christ. It is written:

"If in this life only we have hope in Christ, we are of all men the most pitiable." 1 Corinthians 15:19.

Hope As An Anchor of The Soul

Our hope for the hereafter is the eternal life promised by God to all who live for Him to the end. Our *"... faith and this knowledge are based on the hope of eternal life that God, who doesn't lie, promised before time began."* Titus 1:1-2 (CEB).

The Almighty God is faithful, and therefore His promises are dependable. It is written, *"God is faithful, by whom you were called into the fellowship of His Son, Jesus Christ our Lord."* 1 Corinthians 1:9.

As we abide in obedience to God till the end of our sojourn on earth, we shall enjoy the living hope in this world. Also, when we exit this world into eternity, the hope of eternal life with God in heaven is certain. In view of these:

"Let us hold fast the confession of our hope without wavering, for He who promised is faithful." Hebrews 10:23.

4

Our Sustainer in Hope

The Bible says, we “... *abound in hope by the power of the Holy Spirit.*” (Romans 15:13). In the light of this Scripture verse, we can safely say that the Holy Spirit is the Sustainer of hope in those who are truly born again.

Please note that the Holy Spirit does not just help Christians to have hope, but to have abundant, or more than enough hope; to be “hope-full”! He empowers us to hold on to hope against all odds! This means that the Holy Spirit is the One who:

- Encourages us to have hope.
- Strengthens us to be hopeful.
- Supports us to abide in hope.
- Sustains us in hope.
- Keeps us from falling or sinking into despair!

The Person of the Holy Spirit

The Holy Spirit is the third Person of the Godhead; He is One with God our Father, and Jesus Christ our Lord and Saviour. He has a two-fold work or Ministry towards mankind; to those not yet saved, and those already born again. These are:

1. To touch the hearts of people who are not yet saved; to convict them of sin, make them truly repentant and become born again. Our Lord Jesus Christ says, *"... when He has come, He will convict the world of sin...."* John 16:8a.
2. To help all who are born again to run the Christian race to the end. Jesus Christ our Lord says, *"... I will pray the Father, and He will give you another Helper... the Spirit of truth...."* John 14:16-17a.

The Holy Spirit and the Christian

When someone becomes born again, the Holy Spirit comes to dwell with, and in such a person; to be one's indispensable Helper in the Christian race. As earlier stated, our Lord Jesus Christ says:

"... I will pray the Father, and He will give you another Helper, that He may abide with you forever - the Spirit of truth, whom the

Our Sustainer in Hope

world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.” John 14:16-17.

The above Bible verses imply that:

- The Holy Spirit dwells with and is in all who have truly repented from sin, received Jesus Christ as Lord and Saviour; and are daily living for Christ.
- Those who are not yet born again do not have the Holy Spirit; for they do not see Him, neither do they know Him.
- The Salvation experience precedes knowing and experiencing the Person and power of the Holy Spirit.
- It is only those who are born again that can be empowered by the Holy Spirit to be hopeful; as one daily lives in obedience to God.

The Christian's Helper

As the Helper, the Holy Spirit empowers Christians to live in obedience to God. This includes evangelizing the unsaved, so they can come to Christ; and the follow-up of the saved, so they can stand and work for Christ (Matthew 28:18-20).

This means that apart from helping the Christian to be hopeful, the Holy Spirit helps Christians in all areas of the Christian race. As one cooperates with Him, He sees us safely to the "finishing line"; and to the joy of gaining eternal life.

(A). Also, as the Christian's Helper, the Holy Spirit will enlighten us about the Christian race. He will remind us of God's word; so that we can let it guide the way we live. Our Lord Jesus Christ says:

"... the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you." John 14:7-8; 26.

(B). The Holy Spirit is the Spirit of truth. He helps us to study and understand the truth of God's Word, and to reveal to us things to come. Thus, He keeps us on track as we run the race Home. The Bible says:

"However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come." John 16:13.

(C). Also, the Holy Spirit helps Christians to pray aright when we do not know what to pray about. This

Our Sustainer in Hope

helps us to unburden our hearts to the Almighty God, eases our distresses, brings relief; and enables us to hold on to our hope in God.

“And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.” Romans 8:26 (NLT).

The right attitude to the Holy Spirit

The Holy Spirit's help is indispensable to the Christian in living victoriously on the Christian journey. Therefore, one must acknowledge the Person and works of the Holy Spirit and be continually connected to Him for the power to run the race.

We are to always depend on Him to teach us God's Word and help us to understand it. It is very important to seek His counsel in all areas of one's life and obey His guidance. Thus, the Christian will finish strong, and make heaven at last!

Also, the Bible warns the Christian against disobeying the Holy Spirit. This is to guard against His fire from becoming dim in one's life, and finally put out through consistent sinning! It is written, *“Do not quench the Spirit.”* 1 Thessalonians 5:19.

When the Christian indulges in sin, one grieves or saddens the Holy Spirit; and this is to the detriment of one's soul. The Bible says, "... do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption." Ephesians 4:30-32.

What Then?

If you are born again, ensure you stay in awe of the Holy Spirit; and consistently obey His guidance. Perhaps, you are born again, but grieving the Holy Spirit through besetting sins, this is risky; therefore, repent now before it is too late!

If you are not yet born again, repent and forsake sin now! Please, do not harden your heart; confess your sins to God, ask Him to forgive you, accept Jesus Christ as your Lord and Saviour; and abide in obedience to God till the end.

Thus, the Holy Spirit will dwell with you and in you, to help you to live godly, and have hope in God in this world. Also, God will give you hope in eternity; to enjoy eternal life with Him in heaven, as you abide in Christ to the end.

5

The Benefits of Hope

As earlier stated in this book, the Christian has been called to a living hope through Christ's atoning work. We have the hope of God's help in this world, and the hope of enjoying eternal life with God in the hereafter.

The value of being Hopeful

The Bible says: "... *blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.*" Jeremiah 17:7-8 (NLT).

This means that when we put our trust in God and are hopeful in Him, we attract His blessings to our lives. In view of the above Bible verses, having hope in God:

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- Keeps us connected to the Source of “nourishment”. Thus, the Holy Spirit constantly supplies the needed strength to thrive in life's changing seasons.
- Helps us to remain unshaken when experiencing life's heat or drought!
- Keeps us refreshed and fruitful in all seasons of life.
- Helps one to be humble and God-dependent; knowing that you cannot help yourself, only God can.
- Helps you to be courageous when experiencing difficult moments. There are times life's challenges look overwhelming that fear may try to grip us. However, as you hold on to hope, you are emboldened to keep holding on.
- Helps us to have an optimistic outlook on life, and thereby daily look forward to better days ahead.
- Protects our souls from despair, depression, and mental breakdowns.
- Enables us to have a heart of gratitude to God for His goodness; and one is thereby encouraged to hope in Him for His help in the days ahead.
- Gives us something to look forward to, and to live for. Thus, one has reasons to want to stay alive

The Benefits of Hope

despite life's challenges; one is also shielded from self-harm and suicidal tendencies!

- Makes God's peace to reign in one's heart: "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." Isaiah 26:3.
- Lightens your heart and preserves your joy: "They looked unto Him, and were lightened: and their faces were not ashamed. Psalm 34:5 (KJV).
- Safeguards from shame: "This hope doesn't put us to shame...." Romans 5:5a (CEB).
- Produces perseverance: "... your perseverance that comes from hope in our Lord Jesus Christ in the presence of our God and Father." 1 Thessalonians 1:3 (CEB).
- Attracts God's goodness to one's life: "The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord." Lamentations 3:25-26.

Also, the Bible says, "... the strength of those who wait with hope in the LORD will be renewed. They will soar on wings like eagles. They will run and won't become weary. They will walk and won't grow tired." Isaiah 40:31 (GW). This means that when you put your hope in God, you will:

Hope As An Anchor of The Soul

- Be renewed in strength.
- Soar high like an eagle.
- Be shielded from weariness.
- Be safeguarded from fainting.

What Then?

As we hold on to our hope in God's help on earth, and the hope of eternal rest with Him in heaven, we are sustained in the Christian race. This encourages us to keep going for Christ despite life's trials, until we safely get Home! Therefore:

"Let us hold fast the confession of our hope without wavering, for He who promised is faithful." Hebrews 10:23.

6

How to Abide in Hope

This Chapter aims at discussing tips on holding on to the Christian's hope in Christ; that is, the hope of enjoying God's help on earth, and eternal life with Him in heaven. As one runs the Christian race, here are some tips on abiding in hope.

1. Be sure you are born again

Ensure you are truly born again and daily living in obedience to God. Thus, you have access to the living hope, maintain a steady growth in Christ, and equipped to be hopeful in God. The Bible says:

"... According to His great mercy, He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead." 1 Peter 1:3 (ESV).

2. Stay connected to the Holy Spirit

As earlier mentioned in this Book, the Holy Spirit comes to stay with and live inside the Christian from

the time of conversion. This is to help us in all aspects of the Christian race, till we safely reach Home; for without Him, we are powerless.

Therefore, the Christian needs to continually be in tune with the Holy Spirit to live a victorious Christian life, and this includes being hopeful; remember, we “... *abound in hope by the power of the Holy Spirit.*” Romans 15:13.

3. Be Word-loaded!

After being born again, one needs to regularly study, meditate, and hide God's word in one's heart; to live godly and grow in Christ. The Bible says, “*Let the word of Christ dwell in you richly in all wisdom...*” Colossians 3:16a.

As we hide God's word in our hearts, our word level increases, so also our faith in God; for the Bible says, “... *faith comes by hearing, and hearing by the word of God.*” (Romans 10:17). A strong faith in God helps one to be full of hope in God.

4. Abide in obedience to God

A life of obedience to God gives you a closer walk with God, and a steady Christian growth. The closer you draw to God, the more you grow in your knowledge of His attributes, acts, and ways; thus, you are strengthened to put your hope in Him.

How to Abide in Hope

"... the people who know their God shall be strong..." Daniel 11:32b.

5. Always put the Lord before you

It is written, "I have set the Lord always before me; because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope." Psalm 16:8-9.

Whenever we put the Lord before us, we see His Omnipotence and faithfulness, rather than our challenges; and this keeps us hopeful. However, if (like Peter in Matthew 14:25-33), one looks away from the Lord to the "sea" of challenges around us, fear will set in, and one begins to sink on the "sea" of life!

Therefore, always fix your gaze on the Lord; thus, you will not be moved, but will remain stable in hope during difficult times! The joy of the Lord will fill your heart; this safeguards you from despair and strengthens you to abide in hope.

6. Look up to God alone for help

"I will lift up my eyes to the hills - from whence comes my help? My help comes from the Lord, who made heaven and earth." Psalm 121:1-2.

The Almighty God is the only Source of true and reliable help; as you continually look up to Him for

help, you will remain hopeful. *"God is our refuge and strength, a very present help in trouble. Therefore we will not fear...."* Psalm 46:1-2a.

7. Be persistent in prayers

The Bible says, *"... men always ought to pray and not lose heart."* (Luke 18:1). Therefore, persist in prayers, committing all your concerns and needs to the Almighty God. *"Casting all your care upon Him, for He cares for you."* 1 Peter 5:7.

Praying to God shows your dependence on Him, faith in His ability to help; and that you are helpless without Him. This is honouring to Him, and He will surely arise to help you; so, *"Pray without ceasing."* 1 Thessalonians 5:17.

Also, praying enables you to empty your heart's burden to God; this allows His peace to fill your heart and helps you to be hopeful. It is of great importance to always couple our prayers with thanksgiving to God; for it is written:

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard

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your hearts and minds through Christ Jesus.” Philippians 4:6-7

8. Always be thankful to God

The Bible says: *“In everything give thanks; for this is the will of God in Christ Jesus for you.”* 1 Thessalonians 5:18.

When you are always thankful to God, you will be constantly cheerful and hopeful in God, despite life's trials. This is because you are likely to focus on what God has done for you, rather than what you lack; even as you trust Him for your needs.

Please, be reminded that hope does not bring us to shame; for *“The Lord is good to those who wait for Him, to the soul who seeks Him.”* Lamentations 3:25.

9. Hold on to God's Word and promises

When you go through tough times and are getting weary, hold tightly to the promises of God as your lifeline. *“For all the promises of God in Him are Yes, and in Him, Amen”* 2 Corinthians 1:20.

It is written, *“You are my hiding place and my shield; I hope in Your word.”* (Psalm 119:114). Therefore, look for relevant Bible verses to your challenges and use them to pray to God, reminding Him of His promises. This reignites hope in you.

10. Be full of faith

As you pray, praise, and claim God's promises in the Bible, refuse to look by sight; rather, be full of faith in God's ability to deliver on His promises! *"Faith shows the reality of what we hope for; it is the evidence of things we cannot see."* Hebrews 11:1 (NLT).

Please, be reminded that our faith cannot grow in isolation. Therefore, to be full of faith, one's heart (not head) must be full of God's word! *"... "So then faith comes by hearing, and hearing by the word of God."* Romans 10:17.

When you are full of faith in God like the saints of old mentioned in Hebrews 11:32-34, you too will be able to:

- Subdue kingdoms.
- Stand for righteousness.
- Obtain promises.
- Shut the mouth of lions.
- Quench the violence of fire.
- Escape the edge of the sword.
- Receive strength for victories!
- Be valiant in battle.
- Defeat the armies of aliens etc.

In view of the above, we can safely say that when you have an unwavering faith in God, you will have a steadfast trust in God, and be enabled to abide in hope against all odds!

11. Wait patiently for God's timing

As you trust God for help, it is crucial to wait for His timing; otherwise, one will feel weary and hopeless. It is not easy to wait humanly speaking; so, when you are weary, look at God's past faithfulness to you (or others around you) and be encouraged that God will help you now, and in the future. This keeps you hopeful.

"Therefore I will look to the Lord; I will wait for the God of my salvation; my God will hear me." Micah 7:7.

12. Be constantly joyful

The Bible says, *"Rejoice in the Lord always: and again I say, Rejoice."* Philippians 4:4 (KJV). When you are joyous, you are empowered in the race; and this includes being hopeful. *"... for the joy of the Lord is your strength."* Nehemiah 8:10b.

13. Be of good courage

In this context, being courageous can be said to mean holding on to hope when physically speaking, it seems the most senseless thing to do! As one remains courageous, one is strengthened to abide in hope; for it is written:

"Be of good courage, and He shall strengthen your heart, all you who hope in the Lord." Psalm 31:24.

14. Be God-confident!

As you remain courageous amid life's trials, couple it with a strong confidence in God; for He has power to make "*... all things work together for good to those who love God, to those who are the called according to His purpose.*" Romans 8:28.

When you hold tightly to your confidence in God, you will be hopeful in God, and keep going for Christ. "*Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.*" Philippians 1:6.

15. Always remember the hope ahead!

Aside the hope of God's help on earth, we have "*... the hope of eternal life that God, who doesn't lie, promised before time began.*" Titus 1:1-2 (CEB). As you always remember this, it will help you to abide in hope, and in Christ to the end.

What then?

If there is anytime you are tempted to give up hope, or the Christian life generally; think of your hope in Christ and be encouraged! We have the hope of God's help on earth, and eternal rest with Him in heaven, as one abides in Christ to the end.

How to Abide in Hope

“So do not throw away this confident trust in the Lord. Remember the great reward it brings you!” Hebrews 10:35 (NLT).

On a final note

Please, permit me to conclude this chapter with this Hymn titled *“He who would valiant be”* by John Bunyan; the author of the renowned classic Christian Literature, *“The Pilgrim's Progress”*. May you be encouraged to be hopeful against all odds on your Homeward journey, in the Name of Jesus Christ, Amen.

He who would valiant be

1. He who would valiant be 'gainst all disaster,
Let him in constancy follow the Master.
There's no discouragement shall make him once
relent,
His first avowed intent to be a pilgrim.
2. Who so beset him round with dismal stories,
Do but themselves confound his strength the
more is.
No foes shall stay his might; though he with giants
fight,
He will make good his right to be a pilgrim.

Hope As An Anchor of The Soul

3. Since, Lord, thou dost defend us with thy Spirit,
We know we at the end, shall life inherit.
Then fancies flee away! I'll fear not what men say,
I'll labour night and day to be a pilgrim.

Hymn by John Bunyan (1628 – 1688).

7

The Ultimate Hope

The Christian race begins from the moment one becomes born again; continues through a lifestyle of obedience to God while on earth; and ends with one's exit from this world into eternity. The final expectation of the victorious Christian is:

"... the hope of eternal life that God, who doesn't lie, promised before time began." Titus 1:1-2 (CEB). This is the aim of this Chapter.

Therefore, the ultimate hope is the conclusion of running the Christian race to the finishing line! This is the hope of enjoying eternal rest with God in heaven if one abides in Jesus Christ till the end!

About Eternity

As above-mentioned, eternity begins when a person's stay on earth ends; that is, when the journey of life is over, the sojourn in eternity begins!

The beginning of eternity is the end of any further opportunity for the sinner to repent and be saved. It is also the end of any opportunity for the hypocrite or backslider to forsake besetting sins and be restored to Christ!

Eternity is the place of timelessness; so, time no longer matters! It is a place not affected by the passage of time, a place of endless sojourn and of no return! *"... as it is appointed for men to die once, but after this the judgment."* Hebrews 9:27.

Two eternal destinations

There are two possible eternal destinations; these are heaven or hell, and their reality is shown in the story of the rich fool and Lazarus the beggar (Luke 16:19-31). Heaven is a place of eternal comfort, while hell is that of eternal torment!

"... the beggar died, and was carried by the angels into Abraham's bosom: the rich man also died, and was buried; and in hell he lift up his eyes, being in torments And he cried and said ... I am tormented in this flame."
Luke 16:22-24 (KJV).

Please, note that Lazarus made "heaven" because he lived a godly life, not because he was poor while alive.

The Ultimate Hope

The rich man went to hell because of his ungodly lifestyle, not because he was rich while on earth.

Some descriptions of heaven

- A place of beauty and satisfaction: *“The twelve gates were made of pearls—each gate from a single pearl! And the main street was pure gold, as clear as glass.”* Revelation 21:21 (NLT). Also, the Bible says:

“They shall neither hunger anymore nor thirst anymore; the sun shall not strike them, nor any heat; for the Lamb who is in the midst of the throne will shepherd them and lead them to living fountains of waters. And God will wipe away every tear from their eyes.” Revelation 7:16-17.

- A place of comfort and joy: *“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”* Revelation 21:4.
- A place of eternal life and rest: *“... they will rise again. Those who have done good will rise to experience eternal life....”* John 5:29a (NLT).

Some descriptions of hell

- A place of unquenchable fire: *"His winnowing fan is in His hand, and He will thoroughly clean out His threshing floor, and gather His wheat into the barn; but He will burn up the chaff with unquenchable fire."* Matthew 3:12.
- A place of eternal condemnation and shame: *"... many of them that sleep in the dust of the earth shall awake... some to shame and everlasting contempt."* Daniel 12:2 (KJV).
- A place of eternal torments and regret; as shown in the above-mentioned story of the rich man and Lazarus the beggar (Luke 16:19-31).

Two eternal Rewards

The Bible says, *"... many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt."* Daniel 12:2 (KJV).

According to the above quoted verse, there are two possible eternal rewards depending on where your eternal destination is. Also, a person cannot have both rewards, its either one or the other; and these possible rewards are:

- Everlasting Life.

The Ultimate Hope

- Everlasting Damnation.

Where will you spend eternity?

The determinant of your eternal destination is what you do with Jesus Christ now that you are still alive; whether you accept or reject Him as Lord and Saviour! Wherever one ends in eternity is forever fixed; so, there is no change of abode!

If you have accepted Jesus Christ as Lord and Saviour, please, abide in obedience to God till the end of your stay here on earth. This guarantees your eternal rest with God in heaven.

If you are not yet born again, now is the time to repent and be saved. Therefore, quickly decide for Jesus Christ; delay may lead to exiting this world without Him, making hell inevitable!

This is because the moment one exits this world, eternity begins; and there is no more opportunity to repent, return, or relocate!

God loves you

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His

Son into the world to condemn the world, but that the world through Him might be saved.” John 3:16-17.

How to accept Jesus Christ

- Acknowledge your sins: *“For all have sinned and fall short of the glory of God.” Romans 3:23.*
- Be ready to truly repent and forsake sin: *“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.” Proverbs 28:13.*
- Confess your sins to God and ask for His forgiveness: *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9.*

Then, accept Jesus Christ as your Lord and Saviour. *“... if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” Romans 10:9 (ESV).*

Afterwards, live in obedience to God till the end, daily living with eternity in view. Thus, you will gain the ultimate hope, which is the hope of eternal rest with God in heaven; forever to enjoy His Presence, peace, and joy! Congratulations!

The Ultimate Hope

Please, look for "Now that you are Born Again" in the Appendix. It contains tips on how to continue the Christian race. Once again, Congratulations!

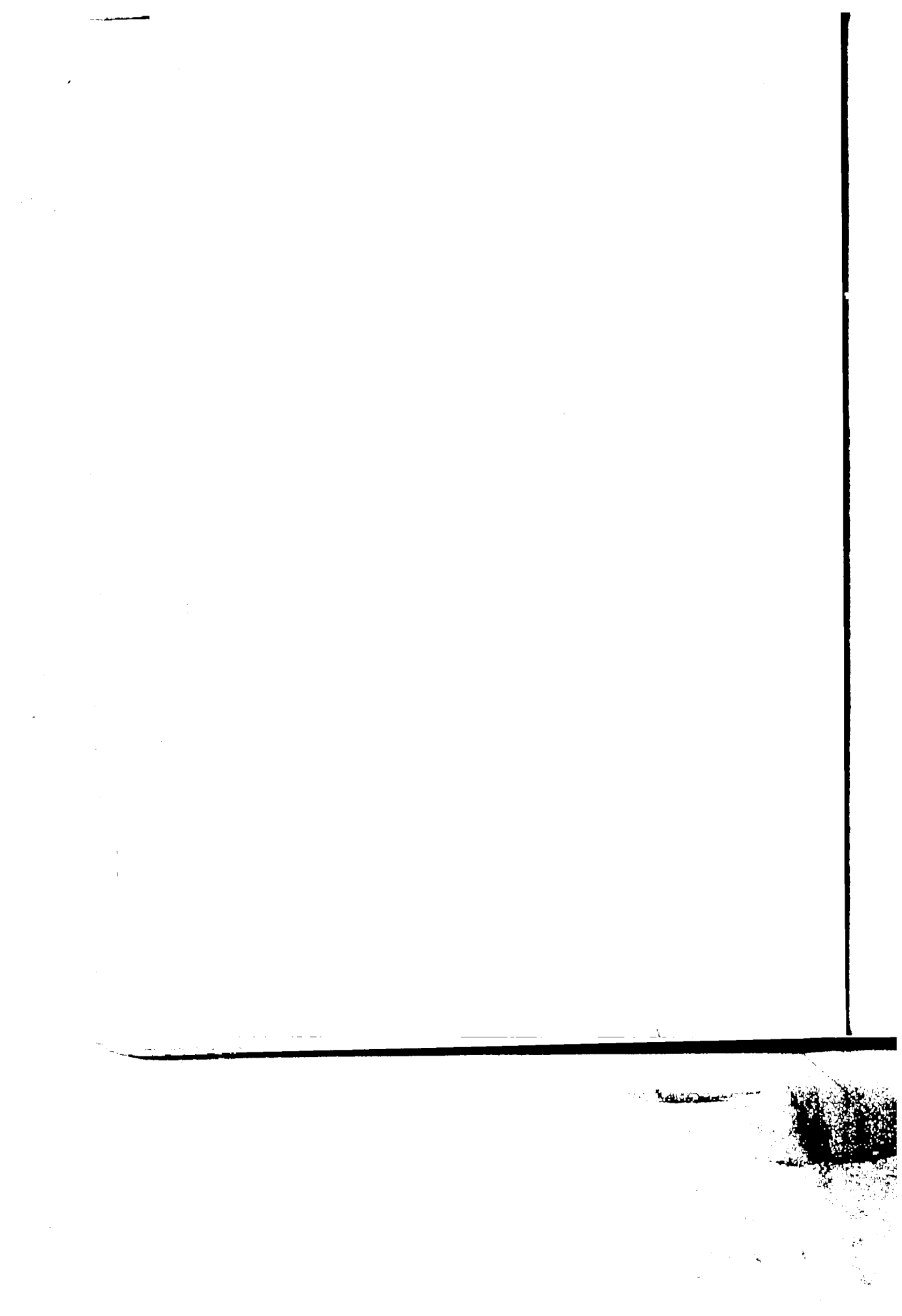
Remember: JESUS IS COMING SOON

(Revelation 22:12).

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The Appendix



NOW THAT YOU ARE BORN AGAIN

Congratulations on your decision to truly repent from your sin and receive Jesus Christ as your personal Lord and Saviour; that is, you are born again. You are saved from the dangers and punishment of sin; you are now a child of God.

"... As many as received Him, to them He gave the right to become children of God, to those who believe in His name; who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God." John 1:12 & 13.

What a great privilege to be a child of God; the Prince or Princess of the King of kings. Please, accept my hearty Congratulations.

Assurance of salvation

Please, believe that God has forgiven you your sins; so, do not feel guilty or sad over your past. God says: *"I, even I, am He who blots out your transgressions*

for My own sake; and I will not remember your sins.”
Isaiah 43:25.

The help of the Holy Spirit

When a person becomes truly born again, the Holy Spirit comes to live in him/her; to guide and help in the Christian race. Our Lord Jesus Christ says:

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever – the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.” John 14:16 & 17.

“However, when He, the Spirit of truth has come, He will guide you into all truth; ... and He will tell you things to come.” John 16:13.

Therefore, be assured that the Holy Spirit is with you, and in you, to help you; both in the good and challenging seasons of life. He will help you to run the Christian race successfully to the end if you do not turn your back on Christ.

Please, keep going for Christ by continually obeying the Holy Spirit, your Helper. Once again, Congratulations on your decision to be born again.

Hope As An Anchor of The Soul

Tips for Christian growth

Salvation is the beginning of a life-long journey with God. God wants you to grow in your new relationship with Him; and here are some tips on achieving this.

- Please, get your own copy of the Holy Bible, and a daily devotional that is based on the true Word of God. Also, get a notebook to jot down the lessons you daily learn from the Bible, and God's promises for your life.
- Read your Bible every day; study it and meditate on the lessons learnt. *"As newborn babes, desire the pure milk of the Word, that you may grow thereby."* 1 Peter 2:2. (See also Joshua 1:8).
- Obey God's Word. God says, *"If you love Me, keep My commandments."* John 14:15.
- Pray every day. *"Pray without ceasing."* 1 Thessalonians 5:17.
- Fellowship with other Christians where the undiluted Word of God is preached and lived out. Thus, you learn from others, and others learn from you too. Also, you can use your talent for the progress of God's work.

"And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near." Hebrews 10:25 (NLT).

Hope As An Anchor of The Soul

- Share with others how they can receive God's salvation gift.

Our Lord Jesus Christ want us to share His message of hope with other people (see Matthew 28:18-20). We must be deliberate in seizing every opportunity to do this.

You can start by prayerfully sharing the testimony of how you became born again; and how God turned your life around. When you win souls, you preserve your own soul as this will challenge you to **be** careful how you live. Indeed: "... he who wins soul is wise." Proverbs 11:20.

- Expect the second coming of Jesus Christ; living each moment as if Christ will come that very moment.

"And everyone who has this hope in Him purifies himself, just as He is pure." (1 John 3:3). Congratulations yet again.

*"Now unto him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both **now** and ever. Amen." Jude 1:24-25 (KJV).*

Books By The Author

1. The Complete Woman.
2. A Tasty Meal for the Man of Taste (Guidelines on Overcoming Sexual Temptations).
3. Building Your Home for God's glory (Gems from the Life of Nehemiah).
4. Teenage Friendship (A Guide to Healthy Social Relations).
5. Dynamics of Marital Harmony.
6. A Place of Beauty and Satisfaction.
7. Ibugbe Ewa ati Itelorun (Yoruba version of 6 above).
8. Thy Will be Done (Biblical Guidelines on choosing a Life Partner).
9. Oneness not Sameness (Tips for Harmony in the Home).
10. Rescue them From the Fire (A Call to Aggressive Evangelism/Follow-up).
11. The Whole Duty of Man.
12. This Faith is Real.
13. Igbagbo Yi Daju (Yoruba version of 12 above).

14. Flee This Plague Now.
15. In Quietness and Confidence (Gems from the 33 Trapped Chilean Miners).
16. The Knowledge of God.
17. Fulfilling My Designer's Purpose.
18. Welcome to the Family.
19. Jesus Christ Loves Me (An illustrated Children's Book).
20. Living Victoriously in These Perilous Times.
21. The King's Child (A Book for Children and Youths).
22. The Sleeping Giant (A Call to an Urgent Spiritual Reawakening).
23. The King, the Saviour and the Comforter (For children and Youths).
24. The Power at Work in the Christian (A Sequel to No 22 above).
25. The Greatest Gift (A Book for Children and Youths).
26. Here I am Again (A Call to Persistent Praying).
27. The Unique Prize-Giving Day (A Children's Book).
28. Say Yes to Mental Health.
29. A Heart of Gratitude.
30. Hope as an Anchor of the Soul.

Information About The Ministry

The Maranatha Ambassadors is a non-denominational Christian Organisation committed to the propagation of the gospel of our Lord JESUS CHRIST.

Our Anchor Verse: *“Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.”* 2 Corinthians 5:20.

To achieve goal, we currently offer the following services:

Children Bible Club Outreach; Christian Literature Crusade; Children and Teens' Concerns; Youth Mentoring; Counselling Services; Publication of Christian Books and Tracts; Sale of Bibles, Christian Literatures, CD's, Gift items etc.

MARANATHA BIBLE CLUB: For children and youths. Meeting Time is 4pm – 5pm every Saturday at the Ministry's premises. THIS IS FREE.

ZOE CHRISTIAN BOOKSHOP: For the sale of Christian Books, Bibles of different versions, colourfully illustrated children Bibles; Christian audio and video CDs; gift items; toys etc.; all at moderate prices.

INVITATION TO MINISTER: Churches, Christian fellowships and organisations can invite us for Talks and Seminars for Children, youths; handling Youth work and Children Ministry; mental health issues; and on the Christian life generally.

Tel. +2348038041113.

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TMA: Preparing Souls for the Soon-coming King.

CHRIST'S ABUNDANT LIFE MAXIMIZED a.k.a. CALM (A Mental Health Initiative). The focus of "CALM" is both preventive and restorative; that is, how to abide in, or be restored to mental health. Our strategy includes the teaching of God's Word, prayers, counselling, seminars, and Christian publications.

We minister to people's all-round needs: those who are hurting, battered, shattered, rejected, lonely, traumatized, feeling worthless, helpless, hopeless; struggling with addictions, or any other mental health challenges etc.

Our Mission Statement: "To equip individuals to live life to the fullest through Jesus Christ."

Our Vision Statement: "Touching lives to soar above life's challenges through Christ."

Our Core Values: The Word, Godliness, Faith, & Hope.

Hope As An Anchor of The Soul

Our Anchor verse: *“For the Lord your God is living among you. He is a mighty Saviour. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs.”*
Zephaniah 3:17 [NLT].

Our Motto: The Word Works!

Hello there!

Are you burdened, troubled, confused, or traumatized; maybe you are beaten, battered, and shattered; and you need an empathetic and non-judgmental listener? Or you just got born again; or rededicated your life to Jesus Christ?

Perhaps you want to know about God's salvation plan for mankind through Jesus Christ, thirsty for more of God; or have been blessed through this Book, we will be glad to hear from you. Please, feel free to get in touch with us:

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Facebook: Christ's Abundant Life Maximized a.k.a. CALM

About the Book

"Hope as an Anchor of the Soul" is about the Christian's hope in Christ. It presents hope as a reliable support in the Christian race, keeping one stable amid life's ripples and storms; just like an anchor stabilizes a ship on the sea.

The reader is encouraged to receive God's salvation Gift through Jesus Christ; by being born again. This connects one to the Holy Spirit who alone can empower the Christian to abide in hope, as one continues to abide in Christ.

It also challenges the Christian to cling to hope against all odds! Thus, one will enjoy God's peace, joy, victory, and help in this world; and gain eternal life in heaven when one exits this world.

This Book will ignite a fresh fire in you to be hopeful in God; continually putting your implicit trust in Him as you run the race Home. It is a book to read, digest, and buy as a gift for others.

About The Author



Tofunmi Akinyemi is a child of God, having received Jesus Christ as her Lord and Saviour on November 28, 1978; while undergoing an Advanced Level course at 'The Polytechnic, Ibadan, Nigeria. She is God's instrument in spreading this same gospel that brought salvation to her soul.

A Sociologist, and an alumnus of the University of Lagos, Nigeria; she fellowshipped with the Lagos Varsity Christian Union (LVCU) while on Campus.

After graduation, she served in the old Sokoto State (Nigeria) in 1982/83 under the mandatory one-year National Youth Service Corp Scheme (NYSC) in Nigeria. During this period, she was the Prayer Secretary of the Nigeria Christian Corpers Fellowship (NCCF).

A former Secondary School Teacher, she in obedience to God's call on her life voluntarily retired in June 1996 from the Ondo State Teaching Service Commission, Akure, Ondo State, Nigeria.

She is the founder of 'The Maranatha Ambassadors'; a non-denominational Christian Organization committed to aggressive Evangelism and Discipleship.

The 'Christ's Abundant Life Maximized', a.k.a. CALM (A Mental Health Initiative) was later established as an arm of the Ministry. CALM is an organization that applies both academic facts and Biblical truths to solving mental health issues.

She is very passionate about living for God, and sharing the gospel with people, especially children and youths. 'HOPE AS AN ANCHOR OF THE SOUL' is her 30th. Book.

She is married to Kola; and their union is wonderfully blessed. She enjoys cooking, writing, reading, singing hymns and worship songs, beholding the beauty of nature; and taking care of her grandchildren.

TO GOD BE THE GLORY.

Jochebed Publishing House

Reaching Souls with the Bread of Life

ISBN 978-978-54835-6-7



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