

WEEK 3 | SELAH (PAUSE / REFLECT / DECLARE)

THIS RESOURCE IS PART OF *ANCHORED: FINDING PEACE IN THE STORMS OF LIFE*, A 28-DAY YOUNG ADULTS DEVOTIONAL BY JOSEPH PRINCE.

GROUP ACTIVITY GUIDE FOR FACILITATORS

Although most of us look fine on the outside, everyone's going through something. In this week's discussion, let's allow one another a safe space to share about our lives, and draw encouragement from God's Word together. Believing that everyone will leave with their hearts anchored afresh in the Lord's love, grace, and peace.

PREPARATION:

1. Print, cut out, and sort the *Encouragements* verse cards attached by category (e.g. Career, Health, Relationships...).
2. Place the verse cards into envelopes that have each been labelled with a category (e.g. place all the relationships-related verse cards into 1 envelope labelled "Relationships," and so on).

HOW TO FACILITATE THE ACTIVITY:

IDEAL GROUP SIZE: 3-10 PEOPLE



- 1 Lay out the envelopes with verses on the table/floor.
- 2 Invite participants to pick an envelope with a category that **best describes what they've been most concerned about in recent weeks** (e.g. Career, Health, Relationships...), and to pick a verse from that envelope that speaks to them.
- 3 Invite participants to share why they picked this verse and what they've been going through in recent weeks (if they're comfortable to do so). They may draw/write their reflections on p114 of *Anchored: Finding Peace in the Storms of Life*.
- 4 Invite participants to pray and declare God's promises over one another's lives! Participants may use the faith-filled prayer on p115.



ADDITIONAL GUIDING QUESTIONS (IF REQUIRED):

1. Why does this verse speak to you?
2. What's going on in your world right now?
3. How does reading this verse make you feel about life?
4. Shall we pair up and pray for one another?
5. Shall we end this session by giving our cares to the Lord, and declaring His faithful promises over one another?

I will not in any way fail you nor give you up *nor* leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless *nor* forsake *nor* let [you] down (relax My hold on you)! [Assuredly not!]

HEBREWS 13:5 AMPC

RELATIONSHIPS

Friends love through all kinds of weather, and families stick together in all kinds of trouble.

PROVERBS 17:17 MSG

RELATIONSHIPS

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

1 JOHN 4:7 NIV

RELATIONSHIPS

As iron sharpens iron, so a friend sharpens a friend.

PROVERBS 27:17 NLT

RELATIONSHIPS

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

ECCLESIASTES 4:12 NLT

RELATIONSHIPS

Children, obey your parents in the LORD, for this is right. “Honor your father and mother”—which is the first commandment with a promise—“so that it may go well with you and that you may enjoy long life on the earth.”

EPHESIANS 6:1–3 NIV

RELATIONSHIPS

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

HEBREWS 10:24–25 NIV

RELATIONSHIPS

Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

EPHESIANS 4:1–3 NLT

RELATIONSHIPS

Become wise by walking with the wise; hang out with fools and watch your life fall to pieces.

PROVERBS 13:20 MSG

RELATIONSHIPS

Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

GENESIS 2:18 NLT

RELATIONSHIPS

A father of the fatherless and a judge *and* protector of the widows *is* God in His holy habitation.

PSALM 68:5 AMPC

RELATIONSHIPS

"Here is a simple rule of thumb for behavior: Ask yourself what you want people to do for you; then grab the initiative and do it for *them!*"

LUKE 6:31 MSG

RELATIONSHIPS

Behold, children are a gift of the LORD, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth.

PSALM 127:3-4 NASB

RELATIONSHIPS

The man of *too many* friends [chosen indiscriminately] will be broken in pieces *and* come to ruin, but there is a [true, loving] friend who [is reliable and] sticks closer than a brother.

PROVERBS 18:24 AMP

RELATIONSHIPS

Believe on the Lord Jesus and you will be saved, and your entire household.

ACTS 16:31 TLB

RELATIONSHIPS

Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

EPHESIANS 4:32 NASB

RELATIONSHIPS

“And if, as my representatives, you give even a cup of cold water to a little child, you will surely be rewarded.”

MATTHEW 10:42 TLB

MINISTRY

For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energizing, and creating in you the longing and the ability to fulfill your purpose] for His good pleasure.

PHILIPPIANS 2:13 AMP

MINISTRY

How wonderful it is, how pleasant, for God’s people to live together in harmony! It is like the precious anointing oil running down from Aaron’s head and beard, down to the collar of his robes. It is like the dew on Mount Hermon, falling on the hills of Zion. That is where the LORD has promised his blessing—life that never ends.

PSALM 133:1–3 GNT

MINISTRY

There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us.

1 CORINTHIANS 12:4–6 NLT

MINISTRY

But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.

1 PETER 2:9

MINISTRY

Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves.

MARK 6:30–32

MINISTRY

We will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

EPHESIANS 4:15–16 NLT

MINISTRY

“But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

ACTS 1:8 NLT

MINISTRY

He has qualified us [making us sufficient] as ministers of a new covenant [of salvation through Christ], not of the letter [of a written code] but of the Spirit; for the letter [of the Law] kills [by revealing sin and demanding obedience], but the Spirit gives life.

2 CORINTHIANS 3:6 AMP

MINISTRY

God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them.

HEBREWS 6:10 NIV

MINISTRY

Jesus answered and said, "Assuredly, I say to you, there is no one who has left house or brothers or sisters or father or mother or wife or children or lands, for My sake and the gospel's, who shall not receive a hundredfold now in this time...and in the age to come, eternal life."

MARK 10:29-30

MINISTRY

Shepherd the flock of God which is among you, serving as overseers, not by compulsion but willingly, not for dishonest gain but eagerly; nor as being lords over those entrusted to you, but being examples to the flock; and when the Chief Shepherd appears, you will receive the crown of glory that does not fade away.

1 PETER 5:2-4

MINISTRY

"I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

JOHN 15:5

MINISTRY

"I knew you before you were formed within your mother's womb; before you were born I sanctified you and appointed you as my spokesman to the world."

JEREMIAH 1:5 TLB

MINISTRY

"If anyone wants to be first, he must be last of all [in importance] and a servant of all."

MARK 9:35 AMP

MINISTRY

"You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and *that* your fruit should remain, that whatever you ask the Father in My name He may give you."

JOHN 15:16

MINISTRY

But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

ISAIAH 53:5 NLT

HEALTH

My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they *are* life to those who find them, and health to all their flesh.

PROVERBS 4:20–22

HEALTH

Bless the LORD, O my soul, and forget not all His benefits: who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, who satisfies your mouth with good *things*, so *that* your youth is renewed like the eagle's.

PSALM 103:2–5

HEALTH

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

ROMANS 8:11

HEALTH

Then great multitudes came to Him, having with them *the* lame, blind, mute, maimed, and many others; and they laid them down at Jesus' feet, and He healed them.

MATTHEW 15:30

HEALTH

A merry heart does good, *like* medicine, but a broken spirit dries the bones.

PROVERBS 17:22

HEALTH

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

3 JOHN 1:2 NASB

HEALTH

"LORD, help!" they cried in their trouble, and he saved them from their distress. He sent out his word and healed them, snatching them from the door of death.

PSALM 107:19–20 NLT

HEALTH

Now a leper came to Him, imploring Him, kneeling down to Him and saying to Him, "If You are willing, You can make me clean." Then Jesus, moved with compassion, stretched out *His* hand and touched him, and said to him, "I am willing; be cleansed." As soon as He had spoken, immediately the leprosy left him, and he was cleansed.

MARK 1:40-42

HEALTH

For I will restore health to you, and I will heal your wounds, says the Lord.

JEREMIAH 30:17 AMPC

HEALTH

"With long life I will satisfy him, and show him My salvation."

PSALM 91:16

HEALTH

Your light shall break forth like the morning, your healing shall spring forth speedily.

ISAIAH 58:8

HEALTH

The LORD protects the bones of the righteous; not one of them is broken!

PSALM 34:20 NLT

HEALTH

The LORD will sustain him upon his sickbed; in his illness, You restore him to health.

PSALM 41:3 NASB

HEALTH

"I will bless you with food and water, and I will protect you from illness. There will be no miscarriages or infertility in your land, and I will give you long, full lives."

EXODUS 23:25-26 NLT

HEALTH

He gives childless couples a family, gives them joy as the parents of children. Hallelujah!

PSALM 113:9 MSG

HEALTH

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

COLOSSIANS 3:23-24 NIV

CAREER

But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God *which was* with me.

1 CORINTHIANS 15:10

CAREER

“The LORD will guarantee a blessing on everything you do and will fill your storehouses with grain. The LORD your God will bless you in the land he is giving you.”

DEUTERONOMY 28:8 NLT

CAREER

You shall eat [the fruit] of the labor of your hands; happy (blessed, fortunate, enviable) shall you be, and it shall be well with you.

PSALM 128:2 AMPC

CAREER

Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established *and* succeed.

PROVERBS 16:3 AMPC

CAREER

In all labor there is profit, but idle chatter *leads* only to poverty.

PROVERBS 14:23

CAREER

It is vain for you to rise up early, to retire late, to eat the bread of painful labors; for He gives to His beloved *even in his* sleep.

PSALM 127:2 NASB

CAREER

It's better to have a partner than go it alone. Share the work, share the wealth. And if one falls down, the other helps.

ECCLESIASTES 4:9 MSG

CAREER

Do not work for food that spoils; instead, work for the food that lasts for eternal life. This is the food which the Son of Man will give you, because God, the Father, has put his mark of approval on him.

JOHN 6:27 GNT

CAREER

Do you see a man diligent *and* skillful in his business? He will stand before kings; he will not stand before obscure men.

PROVERBS 22:29 AMPC

CAREER

There is nothing better for men than that they should be happy in their work, for that is what they are here for.

ECCLESIASTES 3:22 TLB

CAREER

“Come to Me, all *you* who labor and are heavy laden, and I will give you rest.”

MATTHEW 11:28

CAREER

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

JEREMIAH 29:11 NIV

CAREER

But as for you, be strong and do not lose courage, for there is reward for your work.

2 CHRONICLES 15:7 AMP

CAREER

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13

CAREER

And let the beauty of the LORD our God be upon us, and establish the work of our hands for us; yes, establish the work of our hands.

PSALM 90:17

CAREER

But you shall remember the LORD your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore to your fathers, as *it is* this day.

DEUTERONOMY 8:18 NASB

FINANCES & PROVISION

The LORD is my Shepherd [to feed, to guide and to shield me], I shall not want.

PSALM 23:1 AMP

FINANCES & PROVISION

“Do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

MATTHEW 6:31–33

FINANCES & PROVISION

We are merely moving shadows, and all our busy rushing ends in nothing. We heap up wealth, not knowing who will spend it. And so, Lord, where do I put my hope? My only hope is in you.

PSALM 39:6–7 NLT

FINANCES & PROVISION

And my God will liberally supply (fill until full) your every need according to His riches in glory in Christ Jesus.

PHILIPPIANS 4:19 AMP

FINANCES & PROVISION

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.

2 PETER 1:3 NLT

FINANCES & PROVISION

And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed.

2 CORINTHIANS 9:8 NASB

FINANCES & PROVISION

I have been young, and *now* am old; yet I have not seen the righteous forsaken, nor his descendants begging bread.

PSALM 37:25

FINANCES & PROVISION

Don't be obsessed with getting more material things. Be relaxed with what you have. Since God assured us, "I'll never let you down, never walk off and leave you," we can boldly quote, God is there, ready to help; I'm fearless no matter what. Who or what can get to me?

HEBREWS 13:5 MSG

FINANCES & PROVISION

He who did not withhold *or* spare [even] His own Son but gave Him up for us all, will He not also with Him freely *and* graciously give us all [other] things?

ROMANS 8:32 AMP

FINANCES & PROVISION

For they did not gain possession of the land by their own sword, nor did their own arm save them; but it was Your right hand, Your arm, and the light of Your countenance, because You favored them.

PSALM 44:3

FINANCES & PROVISION

"What man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!"

MATTHEW 7:9-11

FINANCES & PROVISION

"Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this," says the LORD of hosts, "If I will not open for you the windows of heaven and pour out for you *such* blessing that *there will not be room* enough to *receive it*."

MALACHI 3:10

FINANCES & PROVISION

The borrower *is* servant to the lender.

PROVERBS 22:7

FINANCES & PROVISION

The blessing of the LORD makes *one* rich, and He adds no sorrow with it.

PROVERBS 10:22

FINANCES & PROVISION

"Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

LUKE 6:38

FINANCES & PROVISION

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 TIMOTHY 1:7

WORRY & STRESS

From the ends of the earth, I cry to you for help when my heart is overwhelmed. Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me.

PSALM 61:2-3 NLT

WORRY & STRESS

Let the beloved of the LORD rest secure in him, for he shields him all day long.

DEUTERONOMY 33:12 NIV

WORRY & STRESS

“Do not be afraid, nor be dismayed, for the LORD your God *is* with you wherever you go.”

JOSHUA 1:9

WORRY & STRESS

The Lord of peace Himself grant you His peace at all times *and* in every way.

2 THESSALONIANS 3:16 AMP

WORRY & STRESS

Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you.

1 PETER 5:7 TLB

WORRY & STRESS

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”

ISAIAH 41:10 NLT

WORRY & STRESS

No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

ROMANS 8:39 NLT

WORRY & STRESS

The righteous cry out, and the LORD hears, and delivers them out of all their troubles.

PSALM 34:17

WORRY & STRESS

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

PHILIPPIANS 4:6 MSG

WORRY & STRESS

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

ROMANS 15:13 NLT

WORRY & STRESS

In the multitude of my [anxious] thoughts within me, Your comforts cheer *and* delight my soul!

PSALM 94:19 AMPC

WORRY & STRESS

Anxiety in a man's heart weighs it down, but an encouraging word makes it glad.

PROVERBS 12:25 AMPC

WORRY & STRESS

Let the peace of Christ [the inner calm of one who walks daily with Him] be the controlling factor in your hearts [deciding and settling questions that arise].

COLOSSIANS 3:15 AMP

WORRY & STRESS

In the day when I cried out, You answered me, *and* made me bold *with* strength in my soul.

PSALM 138:3

WORRY & STRESS

Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.]

JOHN 14:27 AMP

WORRY & STRESS

Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God—soon I'll be praising again. He puts a smile on my face. He's my God.

PSALM 42:11 MSG

DISCOURAGEMENT

Return to the stronghold, you prisoners of hope. Even today I declare *that* I will restore double to you.

ZECHARIAH 9:12

DISCOURAGEMENT

When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you.

ISAIAH 43:2 GNT

DISCOURAGEMENT

Do not be worried, for the joy of the LORD is your strength *and* your stronghold.

NEHEMIAH 8:10 AMP

DISCOURAGEMENT

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

JOHN 16:33 NLT

DISCOURAGEMENT

Many *are* the afflictions of the righteous, but the LORD delivers him out of them all.

PSALM 34:19

DISCOURAGEMENT

You, LORD, keep my lamp burning; my God turns my darkness into light.

PSALM 18:28 NIV

DISCOURAGEMENT

The LORD your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet *you* with His love, He will rejoice over you with singing.

ZEPHANIAH 3:17

DISCOURAGEMENT

The LORD is near to the brokenhearted and saves those who are crushed in spirit.

PSALM 34:18 NASB

DISCOURAGEMENT

“I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.”

ISAIAH 41:13 NIV

DISCOURAGEMENT

The Lord God is my Strength, my personal bravery, *and* my invincible army.

HABAKKUK 3:19 AMPC

DISCOURAGEMENT

You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy.

PSALM 30:11 NLT

DISCOURAGEMENT

I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD.

PSALM 27:13-14 NIV

DISCOURAGEMENT

But You, O Lord, are a shield for me, my glory, and the lifter of my head.

PSALM 3:3 AMPC

DISCOURAGEMENT

Weeping may last through the night, but joy comes with the morning.

PSALM 30:5 NLT

DISCOURAGEMENT

Those the LORD has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.

ISAIAH 35:10 NIV

DISCOURAGEMENT