

5 Ways to stay Anchored in a Rapidly Changing World

1. Be _____ in God's Unchanging Word -

Colossians 2:7 (NLT2) Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

A recent report by the American Bible Society's in 2025, discovered something extraordinary. They found that in a culture that is currently experiencing a crisis in ***mental health, anxiety, identity confusion, and hopelessness*** --, those who read the bible daily enjoy ***stronger relationships, deeper meaning, and resilience in the face of life's storms.***

☯ Application: Prioritize daily reading of the bible. Although methods may change, the message must remain the same

2. _____ for Your Soul

Matthew 11:28-29 (MSG) — “Are you tired? Worn out? Burned out on religion? Come to Me... you'll recover your life.”

We are mentally overstimulated and emotionally malnourished.
The pandemic revealed a soul crisis.

3 John 1:2 — “...even as your soul prospers.” The health of your soul is the ceiling of your life.

How do we care for our souls?

Feed your mind God's Word — Matthew 4:4
Align your emotions with Christ's peace — Colossians 3:15
Surrender your will to God's will — Luke 22:42

☯ Application: Is it well with your soul? Schedule time for Solitude, Silence and Sabbath. Detox your soul from the constant screen time.

3. _____ God's Family

Acts 2:46 — “They worshiped together... met in homes... shared meals with great joy...”

We live in a lonely, isolated world. The U.S. Surgeon General declared loneliness an epidemic—especially among youth.
Even secular studies say isolation increases early death and emotional burnout.

Psalm 68:6 — “God places the lonely in families...”

Church isn’t just about believing—it’s about belonging.

☼ Application: Be a part of a small group. Invite others to your table.

4. _____ Unity in a Divided World

Galatians 3:28 — “There is neither Jew nor Greek... for you are all one in Christ Jesus.”

Politics have deeply divided families, communities, and churches. But our first citizenship is in heaven.

Philippians 3:20 (NLT2) But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior.

Our identity is not primarily Black, White, Republican, Democrat, male, or female—we are the people of God.

Colossians 3:11 — “Christ is all that matters, and He lives in all of us.”

☼ Application: Evaluate your social media post, does it reflect the fact that you are a citizen of heaven?

5. Practice Radical _____

Acts 2:44-45 — “They shared everything they had...”

People are afraid—about their finances, retirement, and the future.

But Jesus said, **Matthew 6:31-33 (NLT2) “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.**

Determine that you will be the hands and feet of Jesus, feeding the hungry, housing the homeless, and serving the hurting.

☼ Application: In a world of scarcity and fear, determine that you will daily model faith and generosity.