ANCHORED AND REFRESHED

Shifting our Perspective

Journal and Reflection Companion

Identifying the Drift

What things are making you feel set adrift right now? As you write them out, release them to God's care.

Anchored in Joy

How might those storms in your life lead you to get more firmly anchored in Christ? Can you think of specific examples where joy was a direct result of being rooted in our
Lord?

How can you strengthen your faith and keep joy as your anchor so that praise results?

True Refreshment

What are some temporary refreshments you use to feel better? What shifts in strategy
can you use to incorporate spiritual praise instead?

Praise Focus Shift

Find some specific examples of when praise has changed your outlook on a situation. How you can increase this focus shift in your life?