

## EYES UP, ANCHORS DOWN TOOLBOX

Hebrews 2:1 states, *“We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away.”*

Our leadership is promoting this motto, “Eyes Up, Anchors Down” to help us focus on Jesus and to make our foundation firm in the Word of God. At WCC, we desire to help each other accomplish this by filling our “Toolbox” with ways we can Focus Each Day with our EYES UP and ANCHORS Down.

We have six key tools: Consistent prayer; Bible reading; Scripture memorization; serving; creative expression; intentional withdraw. Then we have included other tools that your small group can use to help them keep their “eyes up, anchors down.” There is an explanation of the tool with accompanying practical suggestions for using this tool. We pray that God will help you in 2020 to keep your “Eyes Up, Anchors Down!”

### **Tool #1 – Consistent Prayer**

To aid us in staying on course with our relationship with Jesus, we need to develop a consistent prayer life. Prayer is our direct communication line to God. To ensure we do not drift away, we must spend time each day or throughout our day keeping our EYES UP. One way to begin a lifestyle of consistent prayer is to start small. Begin each day praying for strength and help, prayer before meals, pray before you go to sleep, to ask for wisdom as we have decisions to make, to express our gratitude to God and praise Him for Who He is. We must develop the confidence to bring everything to Him in prayer, whether big or small, casting our cares on Him for He cares for us. Prayer is the course corrector that ANCHORS us to God.

### **Tool #2 – Bible Reading**

The Word of God is a light to our path and lamp to our feet. It is a guidebook that helps us navigate life. Taking time daily to read and think about a verse or passage allows God to speak into each area of our life and allows us to reflect which helps set our course toward a life following Jesus. Reading the Bible helps us put our ANCHORS DOWN where we will not drift away from God and we will have the stability to weather any storm we face.

### **Tool #3 – Scripture Memorization**

One way to have your ANCHORS DOWN is to pick a meaningful passage you have read and choose to concentrate on it for a period of time. Allow that verse or verses to be applied to your life. Use the truth of your verse to help you navigate difficulties, challenges, temptations or to inspire you in your relationship with God. Memorizing God’s Word keeps your EYES UP on Him.

### **Tool #4 – Serving**

Giving of yourself in service can be both a time of EYES UP and having our ANCHORS DOWN. Serving places our anchors deep trusting God as we give of ourselves to others.

We fix our EYES UP to God, Who has gifted us with abilities, talents, comfort levels, and resources to share with others. This changes our mind set of serving as “more work to do” to a way that God can use us to encourage others with the abilities He has given us.

### **Tool #5 – Creative Expression**

God has gifted each one of us and has intentionally made us to praise and exalt Him. How we worship Him with our own creative expression is a way to place our EYES UP. The Creative way we purposefully serve others helps us place our ANCHORS DOWN so we do not drift away.

### **Tool #6 – Intentional Withdraw**

Because we are not under Old Testament law, this practice, “Honor the Sabbath Day and keep it holy,” has often been thrown by the wayside. Taking intentional time to withdraw, rest and the practice of a Sabbath is needed in 2020 more than ever. Sabbath is not a time of fasting and denial. It is a purposeful time to step back with EYES UP to see what is good: creation, family, food, rest, fun and to be thankful. Withdraw is a time to let go of the day to day concerns, giving your worry a break, realizing there is nothing you can do about \_\_\_\_\_, and purposefully give it into God’s hands. Rest in Him and trust Him by letting go. It is a time to stop working, stop making or spending money, stop rushing, and take a break from the daily grind and place your EYES UP and your ANCHORS DOWN.

Your Intentional Withdraw might be one hour or a whole day, but it is a time of rest.

Life can get crazy and overwhelming, so to keep our EYES UP and our ANCHORS DOWN we may need to be intentional about getting away for a purposeful time of seeking God. This helps us unplug from our daily distractions and quiet ourselves to hear from God.