

## FOYW THEME: "The Certainty of God's Promise" Hebrews 6:19

### Hebrews 6:19

"We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, 20 where our forerunner, Jesus, has entered on our behalf."

#### **INTRODUCTION:**

In view of the modern world in which we are doing life from, I have a message from the Lord for the young women. We exist in a world driven by external stimulants:

- Our sense of self is ruled by how much stuff we have – what we wear, what we drive, where we live, where we are economically etc.
- Our emotional wellbeing is determined by our status in life – married or single, employed or not, educated or not etc.
- Our sense of security is determined by the theories of the day – political ideologies, cultural requirements, social expectations, social media accepted-ness etc.

It's important to remind each other that you have a SOUL, SPIRIT or INNER WORLD, as expressed in Hebrews 6:19, the theme scripture text. We will focus on that INNER WORLD this morning.

#### **YOUR INNER WORLD IS IMPORTANT:**

- Your inner world is important – even the Bible is saying so – even psychologists have concluded so.
- First things first – your inner world feeds your outer world. NOT the other way round.
- The state of your inner world determines the state of your life. NOT the other way round.
- So your inner world is a most valuable part of you.

#### **YOUR INNER WORLD NEEDS AN INNER SECURITY GUARD:**

Anything of value has to be guarded. E.g., a country has a defence force.

The Bible uses the metaphor of an ANCHOR. A ship faces various natural dangers, forces, storms and winds; so it needs an anchor otherwise it will be tossed about, damaged, directionless and ultimately useless.

The modern world presents its own dangers to the health of our inner world. It is important to hear from you young women, how you are dealing with the danger/storm/wind of a low self-esteem.

**QUESTION to the Young Women: "WHAT THINGS AFFECT YOUR SELF-ESTEEM?"**

#### **RESPONSES FROM THE YOUNG WOMEN AT THE CONFERENCE:**

- a) My body weight and shape, especially when "fat"
- b) My background or family of origin
- c) My employment status - lack of employment or the type of job I'm in
- d) My marital status – single and divorced are seen as lower than the married.
- e) My skin colour – black is inferior to white; light skin is seen as better than dark skin.

- f) My ability to speak English – so that English is seen as a determinant of intelligence.
- g) My gender – and the injustices that come with it.
- h) Rejection – or abandonment or desertion.

Negative experiences are a part of human life - in your past and/or your present, and they will affect your **SELF-ESTEEM**. Negative experiences such as discouragement, criticism, being put down, mocked, betrayed, or abused.

There are consequences to having a poor or low self-esteem. People with a low self-esteem, even if they are Christians, will often end up doing some unhealthy compensatory or harmful behaviours to make up for their low self-esteem.

- They can be **EXTREMISTS**. For example, a person who grew up believing that he was not good enough educationally, may do one degree after another in order to prove to himself that he is good enough. But an accumulation of degrees does not give you the self-esteem you need because there are always educational achievements that are higher or better than yours. Our extremisms cannot be an anchor for our souls.
- They can be **BULLIES** of others - to avoid the feeling of victimhood that they feel inside.
- They can be **CONSTANT CRITICIZERS** – the kind of people who specialize on criticizing everyone and everything around them so that they sound like no one is good enough. Criticizing others can never become an anchor for the soul.
- They have an inability to appreciate the **GIFTS OF OTHERS**; they can be totally blind to the gifts of even those they are close to.
- They suffer from a **DEEP-SEATED JEALOUSY** which they never admit. Therefore, they have the PHD ‘Pull Him/Her Down’ syndrome because they can’t stand the success of others.
- They spend their life playing the **VICTIM OR IN SELF-PITY** mode so that people can feel sorry or bad about their situation. Self-pity mode cannot be an anchor for our souls.
- Or they spend their life in an unnecessary **COMPETITION MODE**; meanwhile, they’ll never be satisfied because there are always others better than yourself.
- They suffer from an **INWARD UNHAPPINESS** and often don’t know what to do about it.
- Inwardly, they have **TROUBLE FORGIVING** themselves for their own weaknesses, so they project their weaknesses onto others, and find it hard if not impossible to forgive others.
- They are **HARD TO RELATE TO** and they make poor spouses, parents, team-mates or church members because they have inner issues either from their past or from their present affecting their self-worth.
- As a result:
  - their soul is not protected.
  - their spirit is harassed and tossed about like a ship without an anchor.
  - their inner world is abused by low self-esteem.
  - Their spirit lacks the security guard, the anchor!

### **“HOPE” IS THE BEST SECURITY GUARD/ANCHOR**

The Bible uses an anchor metaphor. An anchor has to be:

- Heavy.

- Unmoved, and therefore stable.
- Withstand pressure, winds, unsteady waters.
- It cannot slip, it cannot break under pressure.
- Therefore “firm and secure,” reliable, safe.

What is that anchor that we have? It is “this HOPE,” a confident assurance in Christ.

“It enters the inner sanctuary behind the curtain, 20 where our forerunner, Jesus, has entered on our behalf.” (v.19b-20a)

Our security and insurance is not outward, it is inward, it is SPIRITUAL.

**THE HOPE CANNOT BE MATERIAL:**

You don’t need fancy stuff to develop a good self-esteem or hope.

- Your self-esteem should not be based on having a car, or the best job, or wealth, or the best degree, or married, or to have successful parents. If you have these things consider them a bonus to your self-esteem, but they should not be the backbone of your self-esteem.
- These things can boost your sense of self, but they are totally unreliable, they are temporary, and they can come and go. They are like a fearful, weak or scared security guard.

What you need for a healthy self-esteem is the belief and HOPE that comes from knowing that **you are valuable at the core – based on God’s promises!**

- *Jesus was not the most educated, came from an ordinary family, in a simple town (like Zwibe), was a mere carpenter (under the tree), he had ordinary unwealthy friends (not even a simple little Toyota), and he didn’t even have a girlfriend!*
- *Yet Jesus created the biggest movement the world has ever experienced. His disciples, like Peter, took over and grew that movement called Christianity and here we are because of those simple men and women who believed that they are enough in God’s eyes, and they believed that they had a purpose and that the world needed that purpose. They operated in the HOPE that existed in their inner world. They moved “not by sight” but “by faith.”*

You too are enough. Based on the hope that there is in Christ, in your inner world. Here is a practical exercise to develop the HOPE-FILLED self esteem that makes you access God’s promises:

Imagine that you could draw an imaginary circle around yourself. Or imagine that the circle represents a bathtub. Insert yourself into that tub and then add the following three things:

1. The good things YOU know about yourself: e.g., your gifts, talents, achievements, successes, good personality traits etc. Put these in your tub and soak in them and believe these things about yourself – these are the things that God has gifted you with.
2. The good things that OTHERS say/see in you: things that they have pointed out about your strengths, usefulness, achievements, things that have been celebrated about you, what your family says that is good about you, what your spouse says in your happiest moments, what your colleagues see as your positive side etc. Put these in

your tub and soak in them and believe these things about yourself. Learn to accept compliments and deeply take them in – because you are a gift to the world.

3. The good things that GOD says about you: that you are valuable... loved... precious... important... you count... made in the image of God... to die for... Put these in your tub and soak in them and believe these things about yourself – because they are true, no matter what criticism you get, or what discouragement you face.

When you have mentally soaked in these things, what will happen is that when negative and discouraging situations and people come, you are now equipped with a healthy view of yourself, a healthy self-esteem based on three things: the good things you know about yourself, the good things others know about you, and the good things that God declares about you. With that positive self-esteem, discouragement will come, but it will be temporary, and you will be able to pick yourself back up because your self-esteem gives you the knowledge that you add value, you have a job to do; you know who you are, and whose you are, what you are – purpose filled where life has placed you, you know what you want to achieve, and you believe that God can help you achieve it.

Repeat this exercise in your mind as many times as you need until you have a positive self-esteem. And throughout your lifetime you need to keep soaking yourself in these three ingredients to keep your self-esteem healthy and strong. When gate crashers come with their untrue or unfair opinions about you, you will draw on your positive self-esteem to recover and keep going. You will live a hope-filled life, a life where you can confidently reach out for God's promises because you are guarded and surrounded by the HOPE in Christ.

“We have...” meaning to “possess” or to “hold” within us. We have ACCESS to this hope! It's yours for the taking.

### **CONCLUSION:**

Psalm 43:5 “Why so downcast O my soul? And why art thou disquieted within me? Hope in God: for I shall praise Him who is the health of my countenance, and my God.”

“Will your anchor hold in the storms of life” is a challenging hymn.

May God help you to grasp and internalize that hope is your anchor – for your life and your self-esteem. God's promises are your reward.