

ROCHELLE HOLMES

# STAYING ANCHORED

A 5-DAY DEVOTIONAL

# Hello!



Jesus is everything. That's it; this is the key to life. Prioritizing Jesus, seeking first His Kingdom, and pursuing His presence. As disciples, we know that He is the priority. We live in the tension of needing to respond to the present world around us, while also keeping our eyes locked on Him. This is the reason I wrote this devotional.

As a mom, wife, and ministry leader, I've learned that staying anchored to Jesus isn't just possible – it is crucial – even (and especially) in the fullness of life. We know that we need to stay close, but how do we practically do that day in and day out? I have found myself engaging in certain spiritual disciplines, not for the sake of complying with a routine, but for the sake of preparing my heart every single day to encounter Him.

The word *anchor* has been really, really meaningful for me lately. Through the pushes and pulls of life, I have found myself even more in need of being anchored in His presence. And I have found a beautiful truth: He never moves and He never leaves us, even though sometimes we are prone to wander and drift.

Staying Anchored isn't about getting everything right or never missing the mark. It's about anchoring in to His truth and *who He is*. There are many, many ways we can show our love and devotion to Jesus. For the purpose of this devotional, we will be focusing on four ways that we walk out our faith. Through *worship*, the *Word*, *prayer*, *rest*, and other rhythms of our faith, we find that they keep us tethered to the steady presence of God time and time again.

My hope is that this 5-day journey serves as an invitation—not to hustle or strive your way into closeness with Jesus, but to pause, anchor in, and return to Him again and again. This is not a list of to-do's, more action items or formulas. *This is about drawing close to Him above all else*. This is the rhythm of life, dying to self **daily** and continuously returning.

My prayer is that by the end of this, you will be more anchored in Jesus. May disciplines turn into delight as we continuously connect with the One who holds it all together.

Let's stay close to Him in every season.

With you in grace and truth,

*Rochelle Holmes*

***“This hope we have as an anchor of the soul,  
both sure and steadfast, and which enters the  
Presence behind the veil...”  
—Hebrews 6:19 NKJV***

# Day 1 : Drifting

*“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.”*

*– John 15:4 NKJV*

When I hear the words, “*abide in me and I in you*,” it reminds me of the verse in *James 4:8* that says, “*draw near to God and He will draw near to you*.” There is an invitation for us to **draw near** and to **abide**. Our walk with God is a true relationship. As much as He knocks on the door of *our* hearts, we have a responsibility to actively pursue *His* heart. He is worthy of our worship, devotion, time, attention, and praise.

When I think about branches, I think about them being connected to a strong vine. Just as a branch cannot bear fruit apart from the vine, our hearts cannot thrive apart from Him. When we tend to our souls – allowing Him to prune what doesn’t belong and nourishing what is good – we stay anchored in Jesus. As we remain in Him, we produce fruit that reflects His presence. Tending quickly turns into delight – if we let it.

**We cannot live independent from God. It won’t work.**

If we want to be branches that bear fruit, we must abide. At the time of writing this, I continued to hear the verse from *Psalms 127:1*, “*Unless the Lord builds the house, They labor in vain who build it.*” This is such a great reminder that unless we abide and do our work in co-labor with the Lord, then none of it will bear fruit. It will all be in vain.

**So how do we remain anchored, and not drift from His presence?**

*Hebrews 2:1* says, “*Therefore we must give the more earnest heed to the things we have heard, lest we drift away.*”



The Spirit Filled Life Bible (SFLB) notes that “the figure is that of a ship drifting past its safe anchorage. Believers are to take heed lest adverse doctrine sweep them away from their Christian convictions.” If we are consistently locked in and staying close to Jesus, no other person or message can pull us away from His presence.

I believe that there are some rhythms of our faith that we can put into practice as we pursue His presence and come back to Him *quickly* if we start to drift. This world has a way of pulling on us – mentally, physically, emotionally, and spiritually. Sometimes we can get so worn down by the cares and concerns of this world that we get weary. We drift away from His presence, not always out of intentional lack of devotion, but sometimes just because we give way to our humanity. Our limitations. Our frailties. No one is above this; this is why we lean on *His* strength and not *our* own. When we drift, there is a pathway back to the safety of His presence, and they are the focus of the next few days.

When we remain anchored in the Word, worship, prayer, rest, and other holy rhythms of life, we stay close to Jesus. Did you know that if a boat that is anchored drifts, it can only go within a certain radius of the anchor, rather than drifting away completely? My hope is that as we revisit these rhythms that are so simple they can almost be overlooked, they would become deeply rooted within us that it is who we become. We become people of the Word, people of worship, and people of prayer. May we become branches that *always* remain connected to the Vine.

## JOURNAL PROMPT:

Where might you have drifted lately, and what would reconnection with God look like?

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# Day 2 : The Word

*“But be doers of the word, and not hearers only, deceiving yourselves.”*

*- James 1:22 NKJV*

I want to start today with actually finishing the remaining verses of our main passage. *James 1:23-25* goes on to say, “*For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.*”

My middle daughter is doing school at home this year, and in the beginning, there were certain action items or prompts that we would skip in the online curriculum because they were optional and quite frankly, didn't seem necessary. It wasn't until she began to get not so good grades on her quizzes in this one particular subject that I realized the material just wasn't quite sticking. She was sitting and listening through the concepts; however, the knowledge wasn't getting inside of her. I decided to have her begin to do the action items and assignments, even though they seemed like an add-on to the information she already learned. Once she started doing those, the information really began to stick. She began to really understand, and even started noticing some of the things we learned showing up around her in her everyday life. *It wasn't until she put it into practice and activated the knowledge that she really began to know and understand.* Her grades improved and she began to change.

I think of this example because it just simply isn't enough to hear the Word. I am learning, now more so than ever, just how important *transformation* is. At some point in our faith walk, we just can't stay the same anymore. We must allow the Word of God to renew our minds, and transform our hearts. We have to be doers, putting it into practice. How do we do this? By *staying anchored in the Word.*

Colossians 3:16 tells us to let the Word of Christ dwell in us richly. We can allow the Word of Christ to dwell in us by anchoring in and meditating on the Word. When we read a passage, study it out - get to know what it really means. What is the context of what you are reading? How does it apply to your life? There are so many resources available today to help study out the Word, and the meaning of words. When we allow the Word to really become one with us, permeating every facet of our lives, actually believing the words are true, and agreeing with them over our lives, then true transformation can happen. The Word is foundational to our lives because Scripture is never changing and always constant.

How do we get to know the Word? I would ask, how do we really get to know anything? I don't know about you, but I get to know things by really giving my attention to them. Whether it's studying and gaining more insight on a matter or spending time with a person to get to know them more, the greatest currency to knowing is *time*. It is **intimacy that comes from proximity**. If we want to increase in the knowledge of the Word, *and ultimately the knowledge of God*, we must spend time. We must abide.

An invitation for you over these next few days that I hope would become a daily habit if not already, is to begin each day with the Word. Find a verse to anchor in on and let that be your focal point for the day. Meditate on His word. Some suggestions are to leave the Bible open on your kitchen counter, so you see it every time you walk by, or play the Bible in your car or in your ears. Whatever way you choose to engage with the Word, I challenge you to increase your proximity with the Word and increase in the knowledge of it. **In that, you are increasing your proximity to Jesus, and your knowledge of Him.** May we become people who are faithful in His Word, *and faithful to Him*.

# JOURNAL PROMPT:

How can you increase not just in your consumption of the Word, but actually meditating on it and putting it to use today? What Scripture can you anchor in on today?

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# Day 3 : Worship

*“The twenty-four elders fall down before Him who sits on the throne and worship Him who lives forever and ever, and cast their crowns before the throne, saying: You are worthy, O Lord, To receive glory and honor and power; For You created all things, And by Your will they exist and were created.”*

*-Revelation 4:10-11 NKJV*

What imagery this scripture expresses! If we close our eyes and try to picture this scene to the best of our human abilities, we see the twenty-four elders falling down before Him, and casting all of their crowns before Him. They are praising Him and telling Him all He is worthy of. These verses come after verse eight which tells us of the four living creatures who do not rest day or night, and are constantly saying, *“Holy, holy, holy, Lord God Almighty, Who was and is and is to come!”* (Revelation 4:8). I heard a worship leader once say that we are the ones who get tired of singing. But there is a song that never gets old that is on repeat right now in Heaven as you read this here on earth. Day and night, they never rest and never cease from proclaiming these words.

We are not in a season here on this earth where day and night, without rest, we can keep saying the same thing over and over. Oh, but our hearts can be tuned to the frequency of Heaven wherever and whenever we want. He is the Worthy One, worthy of every tear, every laugh, every song, every struggle - He is worthy of every single thing that we could possibly give Him. He is Worthy. Just say that out loud right where you are, “You alone are worthy!” Worship allows us to take all focus from ourselves and put it back on Jesus.

I think of the elders casting their crowns. What a privilege it is to take all that we have, all that we collect and store up and gain, and just cast it down at the feet of Jesus. It’s all His anyways! What a joy to receive and give back to Him what He is worthy of.

I know worship takes many, many forms, and that it isn't just singing. But for the purpose of today, I do want to turn our attention to the act of simply worshipping the Lord in song.

Something very beautiful and wonderful happens when we worship Him. *Psalms 22:3* says, “*But You are holy, enthroned in the praises of Israel.*” A note here on this verse from the Spirit Filled Life Bible (SFLB) says that “since God is **enthroned in the praises**, worship is the key to entering fully into His presence.” So essentially, worship brings us closer into the presence of God.

The book of Psalms, particularly *Psalms 95:1-6*, is a perfect example of a call to worship. It talks about singing to the Lord, coming before Him with thanksgiving, and bowing down, among other things. Did you know that the Psalms refer to singing more than 60 times? I think it's safe to say that the Lord **loves** when we sing and enter into praise and worship for His name's sake.

I find that singing and turning my attention to the glory of the Lord is a way that allows me to quickly enter the *presence of the Lord*. Very practically, what could this look like in your daily rhythm with the Lord? Sometimes it looks like playing actual music; songs of praise that you can worship along with. Other times, it might look like an instrumental without words and allowing the song of the Spirit to rise within you. Other times, it might look like singing out with no music at all. Some people love to sing the Psalms. Whatever that looks like for you, when we can begin and go throughout our days singing songs of worship unto the Lord, singing songs that are filled with the *Word of God*, it changes us because we are *fixing our eyes on Him*. I am always reminded of that old hymn, “*Turn your eyes upon Jesus, look full in His wonderful face. And the things of Earth will grow strangely dim. In the light of His glory and grace.*”

Friends, let's turn our eyes to Him each day; to the One who is worthy of *all* of our praises. Let us worship Him and obey His voice. He is longing to *inhabit* our praises, and we long to *dwell* with Him. Let's abide and *stay anchored* to Him in worship.

# Journal Prompt:

What can you bring Him today as an act of worship, specifically in song?

Write down anything that He may be sharing with you or anything He may speak to you as you spend time in worship today.

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# Day 4 : Prayer

*“Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, “Lord, teach us to pray, as John also taught his disciples.”*

*-Luke 11:1 NKJV*

I thought it would be fitting on day four to go through the model prayer that Jesus gave to His disciples. I often think about how even the disciples who walked with Jesus still needed to ask for a guide to pray. If they needed direction, how much more do we?! In our main verse today, we see one of the disciples asking Jesus to teach them how to pray, and He responds and teaches them. I love that when we ask, He responds.

This prayer has become commonly known as “The Lord’s Prayer.” This model prayer includes **worship** and **adoration** to God (“Hallowed be Your Name”), **intercession** (“for we also forgive everyone who is indebted to us”), **petition** (“give us day by day our daily bread”), and **warfare** (“but deliver us from the evil one”).

The prayer starts with “Our Father in Heaven, Hallowed be Your Name.” That phrase Hallowed shows us that we should start our prayers with praising our Holy God. As a general habit, I try to remind myself to enter into prayer just giving God glory for who He is before asking for a single thing.

We then see the prayer moving on towards asking, “Your kingdom come, Your will be done.” It’s important that when we pray, we are praying the will of God. He teaches us to ask for daily bread, which shows us that it’s not only okay, but Jesus is literally showing and teaching the disciples to ask for their physical needs. Then the prayer moves forward in asking for forgiveness, and expressing forgiveness towards others.

Finally, one of the last things we see in this model prayer is asking God for a way out of temptation, “but deliver us from the evil one.” I am reminded when I read this that we have the power to overcome the temptation and snares of the enemy, no matter how hard it may feel at times to resist him.

Perhaps one of the greatest barriers to a consistent prayer life is *persistence*. In today’s present day and age, there are so many distractions constantly warring for our souls. Between the fullness of life, never-ending responsibilities, calendar invites, to-do lists, entertainment, overcommitment, social media, news media - I could go on and on; sometimes it *feels* like there’s just no time to really commit to prayer and commune with the Lord. *This could not be further from the truth.*

In fact, we can’t afford *not* to pray. Martin Luther said: “I have so much to do that I shall spend the first three hours in prayer.” Now, the truth is, most of us reading this truly do not have three hours at the top of our day to start in prayer. But maybe you have time before the kids wake up. Maybe you have an hour before you have to be at work. Maybe when you’re up at night with the newborn, instead of scrolling, you pray. Oh how I wish I would have done this more in my early years of motherhood! We tend to feel like we don’t have enough time to be with the Lord, but if we take inventory of our lives and our days, we will find precious time that awaits.

*We must be persistent in prayer no matter what each season holds.* We are the ones who shift and change with times and seasons, but God always remains the same. He is unchanging and consistently faithful. When we choose to prioritize time with God in every season, we are building our house on a firm foundation. And the joy and strength that we find in Him, cannot be taken away by any one, any thing, or any moment.

So I ask you today, *when is the last time you simply stopped to honor God's name before you asked for anything?* After that, are you simply asking God for what you need? He is the greatest supplier of all of our needs and the only one who can handle the full weight of them. We serve a God who is a Father and who deeply, deeply cares for us. Maybe you have felt let down before. Maybe you're afraid to really expose and express the contents of your heart. Maybe you think your request is not significant or important enough. Can I challenge you to just come to Him? Give Him the full contents of your heart. All of it. He can handle it and He is waiting for you. There is a robust life of *deep prayer, communion and fellowship* that awaits you with the Creator of the universe. All you have to do is come to Him. Anywhere, anytime. Friends let's stay **united with Jesus**, joyful in our hearts, and grow deeper in prayer today.

\*P.S. – I want to encourage you to pick up the book, “Lead with Prayer.” It'll change your life.

## JOURNAL PROMPT

If you held nothing back, what would you say to God?

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*Stay anchored*







“The most holy and  
important practice in the  
spiritual life is the presence  
of God.”

-Brother Lawrence





## Day 5 : Rest

*“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.”*

*-Mark 6:31 NKJV*

Does that last line sound like some of your days? “They did not even have time to eat.” How many days do we go through the rhythms of busyness that we lose track of our basic needs?

This is what was happening with Jesus and the disciples. The demands of the crowds and ministry were becoming so great that I believe Jesus saw that His disciples could be on the verge of a burnout. He calls them away to a place of solitude to rest for awhile.

Now, we know the crowds followed them anyways, but it doesn’t negate the fact that Jesus called His disciples into rest. And I believe for many of us, He is calling us into the same.

We see from the very beginning of time, God Himself resting on the seventh day at the end of creating the world. If God and Jesus are our greatest examples for everything in life, and we see God resting at the beginning of creation, and Jesus frequently drawing away in silence and solitude to be with the Father, then how much more should we engage in moments of rest? There is only so much we can do in our own strength. We have to be able to pause and be refreshed by the Holy Spirit. **After all, we can do absolutely nothing apart from Him.**

In our main verse for the day, Jesus was attempting to withdraw Himself and His disciples away from the crowds in order to rest. The word rest in this verse is the Greek word *anapauo*, meaning “to make cease.” The word describes a cessation from toil, a refreshment, an intermission” (SFLB). In modern day life, this would be likened to taking time away from the everyday work and tasks to rest, maybe with your family or friends, perhaps by yourself, but taking time from the demands of life to rest. This was also likely intended to be a moment to teach them in solitude. We hear His voice so much more clearly sometimes when we just pause and be still.

If we are going to enter into true rest, rest that is *unto the Lord*, we must first be willing to fully trust the Good Shepherd. *Exodus 33:14* says “*And He said, “My Presence will go with you, **and I will give you rest**”* (emphasis added). We see a similar sentiment echoed in *Matthew 11:28* where Jesus says, “*Come to Me, all you who labor and are heavy laden, **and I will give you rest**”* (emphasis added). Here is the point of it all - **there is no rest without His presence**. True rest is only found in the Good Shepherd.

Why do I keep saying ‘Good Shepherd?’ Here’s why. In Psalm 23:1-6 we find Jesus caring for us as His sheep, leading us into green pastures and beside still waters, restoring our souls. Even reading those words, the imagery of green pastures and still waters instantly takes my mind, heart and soul to a place of rest. This isn’t a rest we are elbowing our way into. This is a rest that we are being *led* into by the Good Shepherd. I will keep typing Good Shepherd so we can get that into our souls - He is good and worthy of following. Here is where we find rest - it is in the knowledge that He is the One who refreshes us, walks with us, comforts us, nourishes us, and protects us (SFLB). I did some research and here is what I found out about sheep:

- Sheep are naturally skittish and fearful, and will not lie down unless they feel completely safe and at ease.
- The shepherd’s role is to remove all threats, calm the sheep, and lead them to a place of safety where they can find true rest.

When we can completely surrender our anxieties, our worries, our burdens and cares from the demands of this world and trust God, then we can get out of our state of fight or flight and rest in God’s perfect provision and protection. Contrary to popular belief - it’s not all completely on us. You can’t will your way enough into the perfect outcomes. You don’t have enough control to make everything work out perfect. But when you surrender to the Good Shepherd who is never caught off guard, who always protects, always forgives, never gets tired or grows weary - oh, then and only then, will your soul find the rest it deeply longs for.

I’m not one to prescribe anything, but today, I do want to invite you into a practice. Today, can you make time to just get away in silence and solitude and be with the Good Shepherd? It might be at the very end of your night, or in the early morning when everyone else is asleep. Maybe exchange your lunch gathering today to just be with Jesus. Spend some time in worship. Read Psalm 23, talk to the Good Shepherd, then stop and listen. Let the Lord shepherd you today. There is no greater safer place.

# JOURNAL PROMPT:

Today is simple. Spend time in worship. Read Psalm 23. Talk to Jesus. Listen. Write down what He says.

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\*\*\*P.s. A great song suggestion is “Good Shepherd” by Joe L Barnes.

# Thank you!

Thank you for taking this journey with me through Staying Anchored!

If there are any words I hope you take away from this devotional and remember deeply, they are **abide**, **anchor** and **remain**.

Choosing the narrow way and remaining with Him through every season produces fruit that gets sweeter and sweeter with each passing day. This is the fruit of remaining - a beautiful history with the Lord that stands the test of time. May we grow deeper in loving Him and loving others well as we are refined and pruned by a loving Father. I am cheering you on as you wholeheartedly pursue the One who gave it all, so you can have it all. Anchor in to Him. It's the greatest decision you will ever make in this life.

Jesus is everything. May you carry this anchor of truth with you in every season.

*"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 NKJV*



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