



# The Anchor for our Souls

Hebrews 6:13-20





Researchers at the University of Washington School of Medicine developed the following scale for ranking stressful events. The higher one's total score in any given year, the more likely that person may develop a serious illness in the near future.

Event	Value	Event	Value
Death of spouse . . . . .	100	Career change . . . . .	36
Divorce . . . . .	73	Change in number of marital arguments . . . . .	36
Marital separation . . . . .	65	Mortgage or loan over \$10,000 . . . . .	31
Jail term . . . . .	63	Foreclosure of mortgage or loan . . . . .	30
Death of close family member . . . . .	63	Change in work responsibilities . . . . .	29
Personal injury or illness . . . . .	53	Child leaving home . . . . .	29
Marriage . . . . .	50	In-law problems . . . . .	29
Fired from work . . . . .	47	Outstanding personal achievement . . . . .	28
Marital reconciliation . . . . .	45	Spouse begins or stops work . . . . .	26
Retirement . . . . .	45	Starting or finishing school . . . . .	26
Change in family member's health . . . . .	44	Change in living conditions . . . . .	25
Pregnancy . . . . .	40	Trouble with boss . . . . .	23
Sex difficulties . . . . .	39	Change in work hours, conditions . . . . .	15
Addition to family . . . . .	39	Change in eating habits . . . . .	15
Business readjustment . . . . .	39	Vacation . . . . .	13
Change in financial status . . . . .	38	Christmas season . . . . .	12
Death of a close friend . . . . .	37	Minor violation of law . . . . .	12

University of Washington School of Medicine. Originally published in the *Journal of Psychosomatic Research*, Volume II, T.H. Holmes and R.H. Rahe, "The Social Readjustment Rating Scale," 1967. Pergamon Press, Ltd.

“For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, saying, “Surely I will bless you and multiply you.” And thus Abraham, having patiently waited, obtained the promise. For people swear by something greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it with an oath, so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.”

*Hebrews 6:13-20 (ESV)*

Soul  
Anchor



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