



IN THE STRIFE OF LIFE,  
THERE'S AN ANCHOR  
MIDST THE RANCOR.

**Psalm 22**



## HOW DO I PRAY IN THE STORM?

Be honest to God  
about the storm all around  
and the storm in your heart.



HOW DO I PRAY IN THE STORM?

Stay connected  
to the Anchor.

# HOW DO I PRAY IN THE STORM?

- Psalm 22:22-31
- Tell others what the Lord has done for you in the storm.
- Look with HOPE toward the future.

## PRAY THROUGH PSALM 22

- In the strife of life,  
there's an Anchor  
midst the rancor.