



# **Anchored in Light: Understanding and Overcoming the Five Deadliest Threats to Your Faith**

*Carl Edwin Prude Jr.*

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# **From Reader Review Anchored in Light: Understanding and Overcoming the Five Deadliest Threats to Your Faith for online ebook**

## **Darrin Niday says**

I really liked this book, a good review on your faith, the five threats are dead on for a lot of Christians. Thinking about doing a study on this for others.

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## **Jalynn Patterson says**

### About the Book:

This book addresses five of the deadliest threats confronting the faith community today, and presents the keys to vibrant spiritual living in the face of unique twenty-first century challenges.

### About the Author:

CARL PRUDE, JR. is a former pastor, a popular conference and workshop speaker, and a personal development specialist. He founded and directs Centermark, an organization that helps people reach new levels of personal and professional growth through discovering and developing their core strengths. He currently serves in several leadership roles at the Rock Church & World Outreach (a 23,000-member congregation in San Bernardino, California) and as part of the Riverside County Sheriff's Dept. Chaplain Corp. He lives with his family in Moreno Valley, California.

### My Review:

Threats to our faith are all around us. It doesn't take much, for many of us to be knocked off course completely. It could be problems in any of our relationships, financial difficulties, or it could just be a really bad day. Those little upsets lead to big problems down the road if not handled properly leading to major catastrophes.

The author Carl Prude, points out something that God had laid upon his heart right before the death of his father. It was to be called the five anchors, I have outlined them below (as per the book).

Space Yourself- is a way of understanding the interactive component of the relationship between God and man. It helps us see that a relationship through the lens of trust-Gods definition of trust not ours.

Pace Yourself- when the pace of our lives is fully synchronized with God, it elements the deceptive claims of the Fury.

Waste Yourself- the prescription of purging soul trash from our pasts as well as disposing of the soul trash that comes at us throughout the day. This anchor helps you cut the ties between the pain from your past, the possibilities of your present, and the promises of your future.

Place Yourself- has to do with meeting the demands of the roles you have been given(bread winner, homemaker, spouse, parent, friend, etc.) as well as the calling placed on your life (teacher, youth worker, pastor, etc.) by taking full advantage of how God has uniquely equipped you.

Grace Yourself- grace achieves God's purposes by means of Gods plans. Not only does grace work to complete what God wants but it also works to complete it the way God wants it done.

These five key anchors are what helps us to overcome the Five Furies that cause the "Lost in Faith Experience". In Anchored in Light, the author describes in full- this experience and shows you the 5 anchors based on Biblical scripture that you can use to overcome them. This book is very helpful in training you to stay focused on the goal of living in God's will.

**\*\*Disclosure\*\*** This book was sent to me free of charge for my honest review from ACU/Leafwood Press.

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### **Maryjane says**

I liked the book, but at times it was hard for me to understand. However, a little past the middle of the book I was able to understand the book and what it was trying to get across. I think it has something to do with my head injury from the car accident. I think it was well written and insightful.

All in all, I was glad to have won the book and to have read it. I have also taken a few things from the book to keep with me in my heart. I am going to pass it onto one of my sisters, maybe she will get something from the book and pass it on to someone else she knows.

I thank you for the chance to have read it.

God bless you,

Maryjane

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### **Carl says**

This book looks at the complexities of the 21st century faith community - from pastors and leaders who carry themselves like pop-stars complete with entourages, to a fading generation of believers who see their traditional views of faith melting like an ice cube on a Miami boardwalk. The book introduces the "Lost in

Faith" syndrome, and presents the five critical spiritual anchors for thriving in today's volatile climate. It also examines five of the deadliest threats to vibrant faith and spiritual fitness.

As in all his writing and speaking, the author does a great job of giving practical tools to help the reader connect the dots between faith, family, career, community and life!

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## **Rob O'Lynn says**

In the world of religious writing, spiritual formation and "Christian living" are terms that can encompass a broad range of material. On one end of the pendulum, there is writing that is so sweet and syrupy that it makes your teeth hurt. On the other end of the pendulum, there is writing so dense and profound that you get a headache reading the table of contents. Most of what is released under the title of "Christian Living" is beneficial for spiritual formation and theological maturity, although not all. The trick, then, is not finding what will sell but what will be helpful to seekers as they travel along their spiritual journey. In his volume *Anchored in Light*, Carl Edwin Prude, Jr., seeks to offer something to substance to the spiritual formation conversation.

The premise for his argument is simple enough: there are five "furies" (based on the ancient Greek concept of natural forces that seek to disrupt our lives) that seek to our spiritual journeys. These furies are mindsets that develop when we "respond to situations in a worldly manner" and cause us to lose our spiritual moorings (p. 25). They include "processing without progressing" (we don't learn from our actions and continue in a dysfunctional cycle), "entrenched in stench" (we succumb to unhealthy emotional responses) and "are we there yet" (we live with unreal expectations). On their own, each of these furies can ruin us spiritually if we allow them a foothold into our lives. However, Prude offers five spiritual "anchors" that can help us overcome these furies and grow spiritually. These anchors are "space yourself" (focus on trusting God in all circumstances), "pace yourself" (focus on discerning God's timetable), "waste yourself" (focus on embracing God's grace), "place yourself" (focus on accepting God's personal design) and "grace yourself" (focus on following God's leading). The bulk of Prude's book focuses on these anchors, identifying scriptural underpinnings and explaining practical applications for each. The book ends with a call to discipleship that embraces the five anchors. The book also includes an appendix that outlines his "10 Functions" of the spirit, soul and body.

Overall, I found Prude's book to be rather easy to read. He has a pleasant conversational tone that reminded me of John Ortberg's style of writing books with incredibly long titles. Like Ortberg, the book is full of stories (both from the Bible and from his own life) that play out the concepts that Prude is discussing. This gives a tangible feel to his argument, something that is often missing from "Christian Living" books that mostly focus on discerning "principles" for growth.

However, there are some issues with this volume that make me hesitant to recommend it as heartily as I would like to. First, Prude takes more of a pop-psychology approach to his subject matter, taking a common self-help principle and attaching some Bible to it in order to spiritualize it. For example, in chapter 7 ("Place Yourself"), he builds his entire argument for spiritual identity on Hippocratic concepts. Although Tim LaHaye popularized this concept in his book *Spirit Controlled Temperaments*, it has been largely rejected by pastoral care scholars and spiritual writers. Additionally, some of his material is difficult to wade through. Chapters 7 and 8 are specifically susceptible to this as Prude seems to circle around an idea yet it never quite able to land his thoughts. Finally, I question some of his research for the book. I will honestly admit that this is the academic in me coming out. However, when an author quotes another, it is good form to reference

where the quote came from. Prude only does this for about half of his sources. Also, he relies on Wikipedia for some of his more technical research in psychology, a research trick that would receive a failing grade in most introductory composition courses. All in all, however, this is not a bad book. It does have some useful things to say. Yet it should be read within the company of other books on spiritual formation and pastoral psychology.

Rob O'Lynn, MDiv  
Assistant Professor of Preaching and Ministry  
Kentucky Christian University

Disclosure of Material Connection: I received this book free from ACU Press/Leafwood Publishers as part of their ACU Press Bookclub Program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255: "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

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