

An interview with Micah Maddox, Author of *Anchored In: Experience a Power-Full Life in a Problem-Filled World*



The world is rife with global and personal crises. News outlets report one troubling development after another. Within the home, studies reveal [half of Americans feel financially insecure](#), [more than half are unhappy in their jobs](#) and [divorce rates escalate with each subsequent marriage](#). When problems abound, it can feel as if God is far away. However, as Micah Maddox explains in *Anchored In: Experience a Power-Full Life in a Problem-Filled World* (Abingdon Press), these same trials can bring us closer to God if we change our way of thinking and focus on Him.

Anchored In isn't a book of Christian clichés or sweet stories to warm the heart but rather an authentic look at the hard parts of life. Maddox explores God's power throughout our pasts and our present, while challenging us to look toward the potential power that awaits us. She shares personal stories and couples them with biblical application to offer real-life glimpses of God at work. She offers inspiration to live a life full of God's power rather than one that causes us to be paralyzed by problems.

Q: What does it mean to live *Anchored In*?

Every day, we all anchor our lives in something. Sometimes we anchor our lives in our work, mothering, goals, desires and sometimes even our problems. I've learned I often allow my problems to take the center stage of my thinking and my life. Anytime we allow anything other than God to take the focus of our hearts and minds, we are not living in the power God has provided for us to live in. God is teaching me that living anchored in His presence is the only way to experience His power. Living anchored in means we willingly set aside every circumstance and problem of our lives and fully focus our hearts, minds and souls on the Savior, the Anchor.

Q: Why is it beneficial to reflect on the difficult times in our lives rather than simply putting the past in the past?

Our past defines us. It makes us who we are. If we never dig into the things we have been through, never deal with them and never use them to become stronger, we waste a valuable piece of our lives. Putting things in the past is good but only after we've dealt with them. If we pretend away the problems of our past, we are truly only compounding the pain in our hearts, and at some point we will be forced to deal with it.

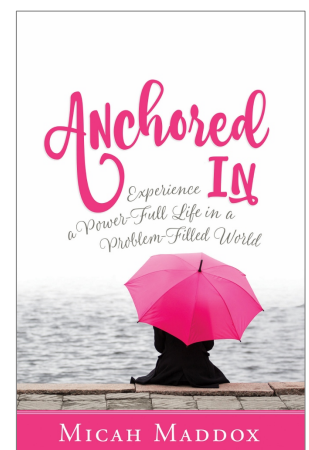
Q: What experience from your past played a major role in leading you to write *Anchored In*?

Anchored In was a journey of healing for me. After being abandoned by my dad (who was a pastor) when I was six, I spent my life wondering why bad things happen. As an adult, I finally faced the biggest fear of my life and tried to reconnect with my dad, but when I did, he did not pursue a relationship with me. At that point, I was forced either to turn to God and find my anchor in Him or choose to continue running from my heartache. I chose God. I found Him to be the most firm, secure, comforting healer and cornerstone. He is my Anchor, and He proved His love to me. I learned it doesn't matter what we face on this earth. God's power and presence is greater and stronger than anything this world throws at us.

I began writing before I realized I was actually writing a book. I began with a blog, and every time God would put something on my heart, I would write it down. After a few months, I realized everything God was speaking to my heart had a common theme. I began organizing my thoughts and stories and eventually had a solid outline for a book.

I wrote *Anchored In* to let others know that God's power is available and freely accessible even when life seems like it is falling apart.

Q: What does it mean to live a power-full life in a problem-filled world?



There are a lot of people in the world who seek power in the human form. This book is about spiritual power. It's about learning to live in tune to God's voice, direction and desire for our lives. I believe God has a purpose for every single one of His children, and we can know that purpose and live confidently in the power He freely offers us.

The problem is many people struggle to experience God's power when life is crazy or tragedy strikes, so they begin to believe God's power is reserved for someone bigger and better than them or someone who has an easier life. However, I know God's power is available and accessible to each of us. When we experience it for ourselves, we learn what it means to live a power-full life. It's a life where we choose to be emptied of our selfish ambitions and desires, and we learn to be filled with God's promises, protection, providence, peace and ultimately His power.

I want to encourage women that God's power is not reserved for teachers, leaders or pastors. God's power is reserved for every person who is willing to receive it. Be encouraged that God is waiting for you to experience His power! It's available and accessible to every single person. My prayer is this book will help many people learn how to experience God's power like they never have before.

Q: You write, "The power of God is not about avoiding the deep waters of life. It's about diving into them." How do we do that without feeling like we're drowning in our circumstances?

When I say dive into the deep waters of life, I don't mean we saturate ourselves in a sea of our problems. I mean we face the facts. It's not so much about becoming absorbed with the problems; it's more about having the courage to look eye-to-eye with the reality of life rather than turning a blind eye and pretending it away.

Q: What advice do you offer for those who are living in a "season of darkness," or a time when it does not feel as though God is present? Was there a time you found yourself in a time of deep darkness and doubt?

I think we all go through these seasons. I can even find myself there today. When we go through hard circumstances, it's natural to feel discouraged and that dark cloud comes rolling in. Here is what I have learned about the dark seasons, though: "Darkness is only a distraction. It does not mean God has departed." When I remember this truth, I cling to the fact God is still with me even in the dark moments and seasons of life.

Q: Tell us about the "Praying God's Power" prayers you include at the end of each chapter. What part does prayer play in experiencing God's power?

Prayer is huge, and so often we don't pray because sometimes it's just too hard to verbalize what we are feeling or what we are really thinking—it's too painful to say out loud. However, I'm learning to focus my prayer on Jesus rather than on myself. When I pray with Him as the center, the focus, I find Him so very near. Praying God's power is praying with faith, trust, and assurance God is going to carry me to the other side of the storm.

Q: What are the steps required to anchor our thoughts in God's power rather letting our problems consume our minds?

In the book I include five simple steps to follow to change the old thought patterns we tend to revert to.

1. Pray over it. Too often we wait to pray until prayer seems to be the only option. We are going to look at it as the foundation of making real life change.
2. Identify it. We must identify the thought patterns that consistently cause us to focus on our problems. Once we identify it, we must take action.
3. Obey. Obedience means we do what Paul reminds us to do with our thoughts in II Corinthians and take every thought captive.
4. Stop it. This is continual obedience. It's making the choice to change every time you are tempted with a new thought that threatens to derail you.
5. Replace it. This is my favorite step and the one that holds the most value. However, without the other steps we may never get to this point. When we pray over it, identify the thought, obey God and stop the thought in its tracks, we are ready to replace those old musty thoughts with God's truth.

I like to claim specific verses for specific thoughts. If I'm struggling with fear, I will claim Psalm 56:3, which says, "What time I am afraid, I will trust in you." If I have felt left out or alone and keep dwelling on the people who put me in that position, I will claim Hebrews 13:5, which says, "I will never leave you nor forsake you." When we can name our thoughts by identifying them and calling them out and then make the active choice to obey God in that moment, we seek Him. In our seeking, we find the truth of His word. It's power-full. It gives us power over the thoughts that typically cause us to end up in a downhill spiral. Problems are going to come, but we have what we need to move beyond them without letting them consume our minds. We have the power of God available to us through the truth of His Word. Transformational thinking comes when we begin to see truth instead of trauma.

I'll be honest; I have to work on this constantly.

Q: What wise words did your son tell you one night as you were tucking him in to sleep that resonated with you as you wrote the chapter on listening to God's voice?

When I pulled his covers up and leaned in to give him a goodnight kiss, he acted like he was having a dialogue with God. As he and God had a conversation back and forth, I asked him what God was saying to him. His answer was, "God speaks quiet to us. He loves us." That moment for me was an a-ha moment, one I hope I never forget. The still, small voice of God is powerful, and the simple truth that He loves us is something we can always cling to.

Q: How do we allow God to define our dreams?

This is a loaded question. There is so much I could say, but I'll try to sum it up. We all have dreams. Some we go for and act on, and some we just imagine—some we never speak of because we are afraid of failure. However, I'm learning God has dreams for us we never can even imagine. Allowing God to define our dreams means we completely surrender every single thing in our lives to His control. What I mean is we strip away everything in our lives and pare it down to just us. We get rid of the fluff and the American dream of cars, kids and a nice home, and then we expose ourselves without all of our stuff. When we begin to strip away the sparkle and shine of life and get down to the reality of who we are and whose we are, we begin to find a new dream. We get it so mixed up and can never really experience God's power when we are constantly seeking a picture-perfect family, home, job or success. God's dreams don't require success. They require surrender. We surrender everything.

Q: Tell us about your journey into ministry, especially after being hurt through your father's decision to leave the ministry he was involved in.

When I was a teenager I attended a small Christian school, and we had chapel services every week. One week a pastor was speaking on living a life of full-time ministry, and I knelt down at the end of that chapel service and felt God speak to me. He said, "You are going to finish the ministry your dad started." At that point I knew God would use me to share the truth of His love with the world.

I began teaching the Bible right out of college, and for eight years I stood up in front of teenage girls and women and gave them whatever lessons God was giving me. When my husband and I made a major move and transitioned from one ministry to another, I went through a season of silence. I wasn't teaching or speaking. I knew God had placed a call on my life to share His Word, but in this season I couldn't understand why the opportunities were not available. As I sought the Lord and asked for direction, God clearly led me to start a blog and share my heart in that way. This was never on my radar, nor was it a desire I had ever had before, but I grew to love writing and found God had a place for me in the writing world.

Learn more at www.micahmaddox.com. She is also active on [Facebook \(@micahmaddoxencouragement\)](#), [Twitter \(@MrsMicahMaddox\)](#) and [Instagram \(@mrsmicah\)](#).