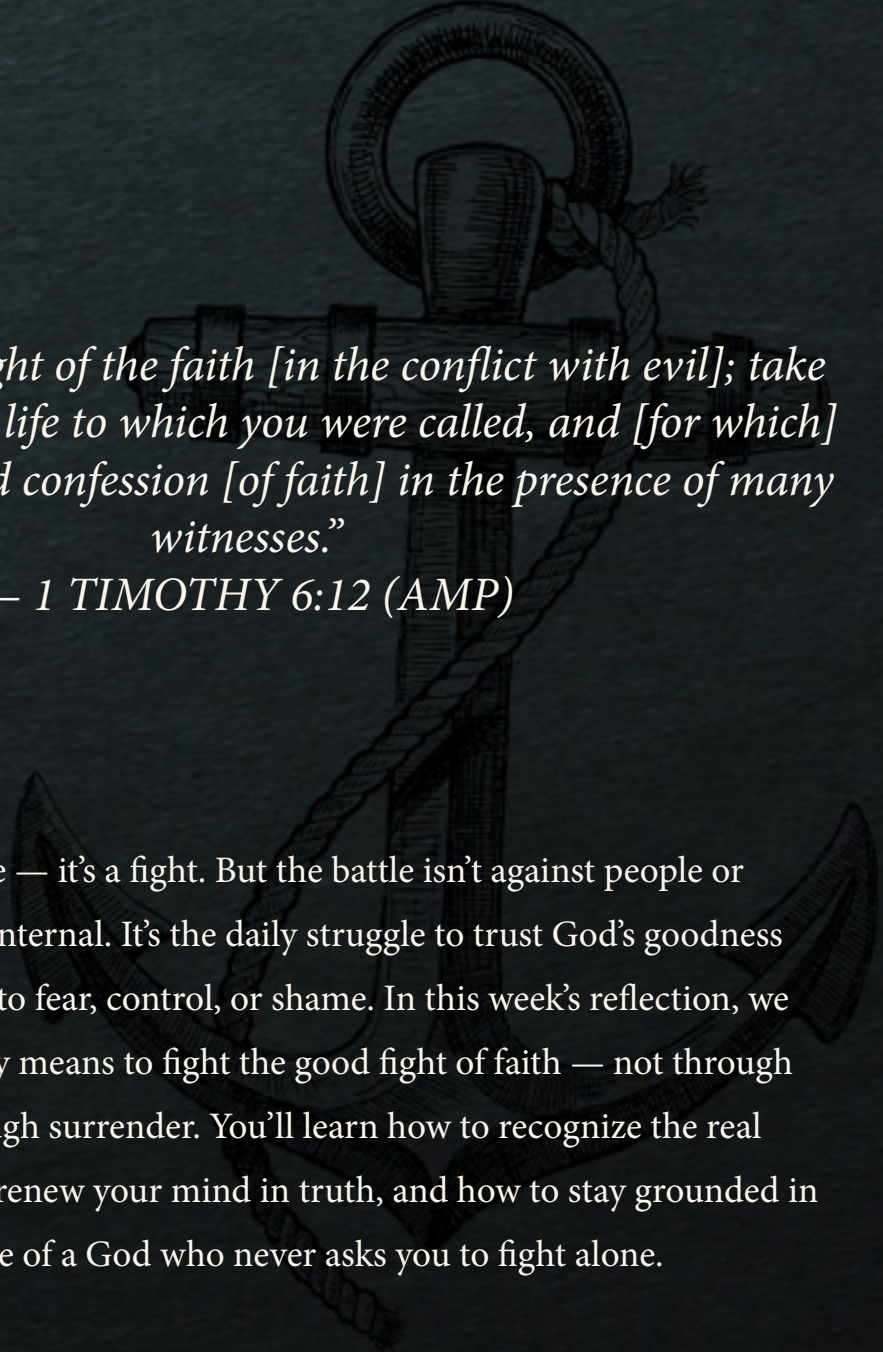


# Anchored

## Fight the Good Fight of Faith



*“Fight the good fight of the faith [in the conflict with evil]; take hold of the eternal life to which you were called, and [for which] you made the good confession [of faith] in the presence of many witnesses.”*

— 1 TIMOTHY 6:12 (AMP)

Faith isn't passive — it's a fight. But the battle isn't against people or circumstances. It's internal. It's the daily struggle to trust God's goodness instead of giving in to fear, control, or shame. In this week's reflection, we explore what it really means to fight the good fight of faith — not through striving, but through surrender. You'll learn how to recognize the real battleground, how to renew your mind in truth, and how to stay grounded in the presence of a God who never asks you to fight alone.

# ANCHORED: FIGHT THE GOOD FIGHT — 1 TIMOTHY 6:12

*Faith is not the absence of struggle. It's the decision to trust God in the middle of it. The fight of faith isn't about performing for God — it's about remaining surrendered in the places where fear and striving want to take over. When we learn to fight from rest and trust, not effort and control, transformation begins.*

## **Spiritually Anchored:**

Scripture makes clear that the fight of faith is real, personal, and internal. The Greek word for “fight” (agonizomai) reveals that faith is a strenuous, intentional struggle — not against flesh and blood, but against spiritual distortion, unbelief, and internal resistance. This fight is rooted not in force, but in our view of God's character: His goodness, nearness, and faithfulness.

## **Clinical Insight:**

What we often label as “spiritual struggle” is deeply tied to nervous system protection and emotional memory. Trauma, fear, and past betrayal shape how we experience trust. The fight of faith involves recognizing old survival strategies and choosing—moment by moment—to trust God in new ways. Through repetition, regulation, and surrender, the mind is renewed and the heart reconnected.

## **Anchored Prayer**

Father,  
I'm tired of performing. I'm tired of pretending. I'm tired of trying to fight battles in my own strength.  
But I don't want to give up. I want to fight the good fight of faith—with You, not apart from You.  
Help me resist the lies. Remind me that I don't have to do this alone.  
Teach me to stop trying to earn what You've already given.  
Let me breathe deep again.  
Let my faith become endurance, not exhaustion.  
Let my trust lead to action—not fear-based striving.  
Thank You for not giving up on me—even when I'm tempted to give up on myself.  
I'm still in this. I'm still Yours.  
In Jesus' name,  
Amen.

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## Life Application:

The fight of faith isn't won in the big, dramatic moments.

It's forged in the small, internal choices we make every day — when no one sees, and nothing feels certain.

This isn't a war against your circumstances. It's a slow surrender of your internal resistance to trust.

It's the decision to renew your mind, regulate your body, and reorient your heart back to who God is — again and again.

Here's what fighting the good fight of faith might look like in real life:

### 1. When You Feel Emotionally Shut Down

You've learned to disconnect when things get hard. You don't feel close to God, so you assume He's distant.

**The fight:** Name your numbness, and instead of numbing further, you ask: "God, would You meet me here, even if I can't feel it?"

### 2. When You Want to Perform to Feel Worthy

You feel behind spiritually, so you double down on trying harder — more prayer, more effort, more doing.

**The fight:** You pause. Breathe. And remember: "God's not asking for my performance. He's asking for my presence."

### 3. When Shame Says You're Failing

You think, "If I was truly faithful, I wouldn't feel this way."

**The fight:** You recognize that shame is not conviction. You speak truth: "Struggle doesn't disqualify me. God meets me here."

### 4. When Anxiety Hijacks the Moment

Your thoughts start spiraling about the future. What if God doesn't come through? What if you're alone in this?

**The fight:** You bring your fear into relationship, not suppression. You say: "God, I'm tempted to run. But I'm staying with You. Teach me to trust again."

### 5. When Old Patterns Show Up

You default to isolation. You over-control. You distract. You numb.

**The fight:** You catch the pattern early. You acknowledge it without judgment. You invite God into it: "I see this pattern. I don't want to run. Help me stay rooted."

These are not small things. These are holy pivots.

They are the unseen moments where faith is being built — not through striving, but through surrender.

Faith is not pretending you don't feel pain. It's refusing to make pain your master.

Faith is not denying doubt. It's choosing to trust in the midst of doubt.

Faith is not suppressing your story. It's letting God into the parts you've never shown anyone — and learning to walk with Him from there.

This is how the fight of faith is won. One surrendered moment at a time.

## Breathwork: “Grounded Surrender Breath”

Use this practice when you feel overwhelmed, disconnected, or tempted to default to fear or striving. This is not about escaping your emotions — it’s about anchoring your body in God’s presence.

Before you begin, sit or stand with your feet grounded. Place one hand on your chest and one on your stomach. Close your eyes if you’re comfortable. Let this be a moment of meeting with God.

Step-by-step:

1. Inhale slowly (4 seconds)  
“God, You are with me.”
2. Hold briefly (2 seconds)  
Feel the pause. You are not alone.
3. Exhale slowly (6 seconds)  
“I don’t have to do this alone.”
4. Inhale again  
“You are faithful. You are kind.”
5. Exhale again  
“I surrender the outcome.”

*Repeat this cycle for 2–3 minutes.*

As your breath slows, let your thoughts begin to slow too. Don’t force it. Don’t analyze it. Just be — open, honest, and surrendered.

**This is faith in practice.**

Let your body learn what your spirit already knows:

You are safe. You are seen. You are not alone.

## Journal Prompts:

Where have you felt tempted to give up on faith lately?

What would it look like to stay in the fight—with God—instead of trying to win it on your own?