

Faith

Questioning Your Faith Isn't the Problem

Christian Deconstruction and the Authority That
Shapes Us

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Core thesis:

Deconstruction does not determine the outcome of your faith; authority does. Questioning can refine what is true or replace it, depending on what you submit to.

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Introduction

When Trust Breaks, Questions Begin

We are living in a time where trust is breaking down across almost every area of life. Governments are questioned. Institutions are questioned. Leadership, media, systems that once carried authority without much resistance are now being examined more closely than ever.

For a lot of people, that shift didn't come from curiosity alone. It came from disappointment. From seeing things that don't line up. From realizing that what was presented as solid was not always as trustworthy as it seemed.

Faith has not been untouched by that.

For many, it's been pulled into the same process. What they were taught about God, Scripture, and the Christian life is now being revisited, not casually, but seriously. And if we are being honest, that's not entirely unreasonable. If something has shaped your identity, your decisions, and your understanding of truth, it should be examined. Not recklessly, but honestly.

Scripture itself never calls us to blind acceptance. It calls us to discernment.

Anchored Scripture

“Now these people were more noble and open-minded than those in Thessalonica, so they received the message [of salvation through faith in the Christ] with great eagerness, examining the Scriptures daily to see if these things were so.”

— Acts 17:11 (AMP)

What Christian Deconstruction Actually Is

Examining What You Believe and Why

At its core, deconstruction is the process of examining what you believe and why you believe it. It is taking beliefs that may have been inherited, assumed, or taught over time and bringing them into the light to be tested.

That idea is not foreign to Scripture. We are told to examine what we hear, not just receive it.

“But test all things carefully [so you can recognize what is good]. Hold firmly to that which is good.”

— 1 Thessalonians 5:21 (AMP)

For some, this process begins with simple questions. Why do I believe this? Is this actually in Scripture? Or is this something I absorbed from the environment I grew up in?

For others, it begins with tension. Something no longer fits. What was once assumed starts to feel uncertain, and there’s a growing awareness that belief may have been shaped as much by experience and environment as it was by truth itself.

That tension is often what initiates the process. Not just a desire to question, but a recognition that something no longer holds together the way it once did.

Done honestly, deconstruction is not about tearing everything down. It’s about separating what is true from what may have been added, distorted, or misunderstood along the way. It is a process of testing what has been built, not abandoning the idea of truth altogether.

Why More People Are Questioning Now

When What You Were Given No Longer Holds

This is not happening in isolation. There are real reasons more people are revisiting what they believe. We have more access to information than any generation before us. People are exposed to different perspectives, interpretations, and critiques that they may have never encountered growing up.

At the same time, there is a growing awareness of how people are shaped by environment, relationships, and past experiences. Many are beginning to recognize that some beliefs may have been formed more by context than by conviction.

Then there is disillusionment. When faith has been reduced to performance or surface-level answers, it often does not hold up under pressure.

Scripture speaks to this as well.

“Beloved, do not believe every spirit [speaking through a self-proclaimed prophet]; instead test the spirits to see whether they are from God, because many false prophets and teachers have gone out into the world.”

— 1 John 4:1 (AMP)

None of that makes questioning wrong. In many cases, it’s the first honest step someone has taken in a long time.

Questioning Our Faith Is Not the Problem

From Avoidance to Ownership

There's a tendency to treat questioning as something dangerous, something to shut down quickly. But avoiding questions doesn't create stronger faith. It usually creates fragile faith.

Faith that's never been examined is often faith that has never been owned.

Scripture doesn't call us to intellectual passivity. It calls us to engagement.

“Study and do your best to present yourself to God approved, a workman [tested by trial] who has no reason to be ashamed, accurately handling and skillfully teaching the word of truth.”

— 2 Timothy 2:15 (AMP)

Questioning, when it's done honestly, can move someone from inherited belief to personal conviction. It shifts faith from something repeated to something understood. From something assumed to something tested.

That kind of movement creates depth and clarity. It forms a foundation that's been examined instead of avoided.

But questioning, by itself, doesn't produce clarity.

It only creates the opportunity for it.

What Matters in the Process

What Is Shaping Our Thinking

What determines the outcome isn't whether we question, but what shapes our thinking while we do.

Some questioning stays anchored in the pursuit of truth. It remains open, engaged, and willing to be corrected. It allows Scripture to confront assumptions instead of reshaping Scripture to protect them.

Other questioning begins in the same place but gradually shifts direction. Instead of asking what's true, the process starts to revolve around what feels right, what makes sense, or what aligns with our personal experience and practiced traditions.

That shift is often subtle, and it rarely happens all at once. Scripture also speaks directly to this.

“See to it that no one takes you captive through philosophy and empty deception [pseudo-intellectual babble], according to the tradition [and musings] of mere men, following the elementary principles of this world, rather than following [the truth—the teachings of] Christ.”

— Colossians 2:8 (AMP)

This isn't a warning against thinking. It's a warning about what our thinking is being formed by. It's possible to question everything and still be led away from truth, not because the questions were wrong, but because the foundation quietly changed. What began as a search for truth can become a process of redefining truth.

That change happens as authority shifts. Not in one decisive moment, but over time, as the standard moves from something outside of us to something within us.

At that point, the issue is no longer just what we believe. It's what we're allowing to define truth in the first place.

Where This Leaves Us

Questions Are Not the End of the Story

This is where many people find themselves right now, in a place where questions are surfacing, assumptions are being challenged, and beliefs that once felt settled are being revisited with a new level of honesty.

That's not something to ignore. But it's also not something to leave undefined, because questioning, on its own, doesn't determine where we end up. It can create movement and even bring clarity to what has been assumed, but it doesn't provide direction, and it doesn't anchor what is being rebuilt.

At some point, the process moves beyond the questions themselves and into something deeper. It becomes about what we are willing to trust, what we are willing to submit to, and what we allow to shape our understanding of truth.

That is where the outcome is actually determined.

Key Insight

Questioning your faith will take you somewhere.

What determines where you end up is what you trust to define truth.

Anchored Breath Practice

Reset Breathing (4-4-6) for Clarity and Steadiness

Purpose: This practice helps settle internal tension so you can approach hard questions with clarity instead of urgency or reactivity.

Set Your Intention: Before you begin, quietly acknowledge what you need. You might say, *“Lord, steady my heart. Help me seek what is true.”*

Posture: Sit with your feet on the floor or stand in a relaxed position. Let your shoulders soften. Unclench your jaw. Place one hand on your chest and one on your abdomen if that helps you stay present.

Breathing Pattern:

- **Inhale** gently through your nose for a count of **4 seconds**.
Quietly say: *“Lord, steady my heart...”*
- **Hold** for a count of **4 seconds**.
In Your Mind Say: *“Help me seek what is true...”*
- **Exhale** slowly through your mouth for a count of **6 seconds**.
Quietly Say: *“I release fear and come back to You.”*

Repeat this for 5 to 8 cycles. Let the exhale stay slow and unforced. The longer exhale helps signal safety to the body and can reduce some of the urgency that makes repair harder.

Pro Tip: If the counts feel too long, shorten the rhythm slightly. That could look like 3–2–5, or even 3–5 with no hold. The goal is regulation, not pressure. A longer exhale helps your body settle and signals safety to the nervous system.

Anchored Prayer

A Prayer for Clarity and Surrender

Abba,

You see what is stirring in me, the questions, the tension, and the places where I'm unsure of what to hold onto. You're not threatened by my questions, and You aren't distant from me in them.

Give me the courage to be honest about what I believe and why I believe it. Where I've built on assumption, bring clarity. Where I've avoided truth, bring conviction. Where I feel uncertain, steady my heart.

Teach me to seek You, not just answers. Teach me to trust what You've revealed, even when it challenges me. Keep me from shaping truth around myself, and instead shape me through Your truth.

Lead me in what's real, what is grounded, and what will hold.

Hallelujah. Amen.

**Deconstruction does not determine the outcome of our faith;
authority does. Questioning can refine what is true or replace it,
depending on what we submit to.**

Take It to Heart

Slowing Down to Notice What Is Driving Our Questions

Questions don't show up in a vacuum. They're often connected to something deeper, such as an experience, a disappointment, a shift in perspective, or a growing awareness that something no longer feels as solid as it once did.

Before you try to answer everything, take a moment to notice what's happening beneath the surface. This isn't about rushing to conclusions or forcing clarity. It's about becoming more aware of what's shaping your thinking and where your questions are actually coming from.

As you reflect, ask the Holy Spirit to help you stay honest, not defensive, and open, not reactive. Pay attention to both what you're questioning and what you might be trying to protect, avoid, or make sense of. Often, the deeper insight isn't just in the question itself, but in what's driving it.

Let this be a moment of awareness, not pressure.

Journal Prompts

1. Where in my life am I currently questioning what I believe, and what is prompting those questions?
2. When I feel tension around my faith, what am I most afraid might be true?
3. Am I seeking to understand what is true, or am I looking for what feels more comfortable or easier to accept?
4. What has shaped my beliefs the most up to this point: Scripture, relationships, environment, or experience?
5. When something challenges what I believe, how do I typically respond: curiosity, defensiveness, avoidance, or dismissal?
6. Where might I already be redefining truth instead of allowing truth to define me?

Further Reading

Scripture for Reflection

Testing and Discernment

- 1 Thessalonians 5:21
- Acts 17:11
- 1 John 4:1
- 2 Timothy 2:15

Pursuing Truth

- Proverbs 2:3–5
- John 8:31-32
- James 1:5

Guarding Against Drift

- 2 Timothy 4:3–4
- Colossians 2:8
- Hebrews 2:1
- Hebrews 5:14

Methods & Sources

Biblical Method

This article is anchored in Scripture and shaped by a truth-centered approach to faith and formation. The biblical framework emphasizes discernment, testing what is heard, and remaining anchored in Christ as the standard for truth. Scripture is not used as support, but as the primary lens for understanding how faith is examined, clarified, and ultimately grounded.

Clinical Method

This article reflects how belief systems are formed and reshaped over time. What a person believes is influenced by environment, relationships, and lived experience, not information alone. Questioning often emerges when those internal frameworks no longer hold, creating an opportunity to reexamine what has been assumed and move toward greater clarity, alignment, and maturity.