

Anchored Reflections

Understanding Our Own Way

Wisdom begins with the courage to see ourselves truthfully.

PROVERBS 14:8

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About This Resource

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Biblical Reference Notice

Bible quotations are from the Amplified Bible (AMP) unless otherwise noted.

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“The wisdom of the sensible is to understand his way, But the foolishness of [shortsighted] fools is deceit.”

— Proverbs 14:8 (AMP) —

We are often more perceptive about someone else’s life than our own.

We notice their patterns, contradictions, unhealthy reactions, and poor decisions. From the outside, their direction may seem obvious. Our own path is harder to see because we experience it through our intentions, emotions, [wounds](#), and explanations.

We know what we meant. We remember what happened to us. We understand why we responded the way we did.

Proverbs turns our attention away from examining everyone else and brings it back to the road beneath our own feet.

Key Insight

The wise person is not simply informed. The wise person is honest.

Wisdom includes the willingness to examine where our beliefs, choices, and repeated responses are leading us.

We can know what’s right while continuing to walk in another direction. We can speak about trust while trying to control every outcome. We can believe in forgiveness while holding tightly to resentment. We can ask God to guide us while resisting every answer that challenges what we already want.

The fool’s problem isn’t always a lack of knowledge. Sometimes it’s a refusal to see clearly.

Self-deception allows us to remain convinced without becoming corrected.

Spiritually Anchored

Understanding our way requires more than examining isolated choices.

The word translated as “**way**” points toward a course, path, or manner of living. Proverbs is directing us to look beyond one moment and consider the direction formed by our repeated decisions.

One reaction doesn’t tell the entire story. Repeated reactions begin to reveal a pattern.

Our intentions may help explain our actions, but the fruit of our actions helps reveal our direction. A person may sincerely intend to protect peace while repeatedly avoiding necessary truth. Someone may believe they’re acting responsibly while fear continues to drive their need for control.

Wisdom is willing to examine both intention and fruit.

This examination isn’t an invitation into shame or constant suspicion of ourselves. It’s an invitation into truth. God already knows what’s present within us. Honest reflection allows us to bring what is hidden into His presence so it can be surrendered, healed, and transformed.

Jesus said, “***I am the Way and the Truth and the Life***” (John 14:6 AMP). He doesn’t ask us to discover our direction apart from Him. He invites us to follow Him and allows His life to reveal where our own way has drifted.

We can’t claim to follow the Way while consistently refusing to examine our way.

The question isn’t whether we have walked perfectly. None of us has. The question is whether we remain teachable when God reveals that our current direction isn’t producing the fruit of Christ.

Wisdom listens.

Wisdom receives correction.

Wisdom changes direction.

Clinical Insight

Our minds often protect our preferred view of ourselves.

Research on ***cognitive dissonance*** helps explain why honest self-examination can feel uncomfortable. When our actions conflict with our values or our preferred identity, we experience internal tension.

We can reduce that tension by changing our behavior. We can also reduce it by minimizing what happened, shifting responsibility, defending our intentions, or changing the explanation until our actions feel justified.

This process isn't always deliberate. Defensiveness can arise quickly when feedback threatens how we see ourselves.

Understanding this response can help us approach ourselves with compassion, but compassion doesn't require avoidance. We can recognize that [fear](#), shame, or past wounds influence our reactions while still taking responsibility for where those reactions are leading us.

Clinical understanding may explain why truth feels threatening.

Wisdom still invites us to receive it.

Anchored Thought

*Wisdom isn't proven by how confidently we defend our path.
It's revealed by our willingness to see where that path is
leading.*

Anchored Prayer

An honest heart remains open to God's direction.

Abba,

Give me the courage to understand my own way.

Show me where my thoughts, choices, and repeated responses align with You, and where they don't. Reveal the places where fear, pride, control, resentment, or self-protection have influenced my direction.

Help me receive truth without hiding in shame or rushing to defend myself. Teach me to listen, remain teachable, and take responsibility for what belongs to me.

You're the Way, the Truth, and the Life. Bring my heart, choices, and direction into alignment with You. Where I have wandered, lead me back. Where I have resisted, help me surrender.

Create in me an honest heart that's willing to follow wherever You lead.

Hallelujah. Amen.

*We can't claim to follow the Way
while consistently refusing to
examine our way.*

Anchored Reflection

Continue reflecting on wisdom, truth, and honest self-examination.

Taking time to reflect is one of the most powerful tools for spiritual growth and self-awareness. These questions are designed to help you pause, process, and partner with God in the places He may be revealing your direction. Do not rush the answers. Let the Holy Spirit guide your thoughts, reveal what is beneath the surface, and align your heart more fully with His truth.

Where might my repeated choices or reactions be leading me in a direction I have not wanted to acknowledge?

What explanation do I rely on when I feel challenged, corrected, or exposed?

What is one area where God may be inviting me to see clearly and change direction?

Further Reading

Continue reflecting on wisdom, truth, and honest self-examination.

- » Psalm 139:23-24
- » [Proverbs 3:5-6](#)
- » [Proverbs 4:23](#)
- » Proverbs 4:26-27
- » Jeremiah 17:9-10
- » Matthew 7:3-5
- » John 14:6
- » James 1:22-25
- » 1 John 1:5-9