

Anchored Update [52]

ONE YEAR IN

What Healing Keeps Teaching Me

'I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return]. [Rom 14:10] '

— Philippians 1:6 (AMP) —

One year of writing. One year of growth. One year of learning that healing isn't just information; it's surrender practiced over time.

Friday, June 12, 2026

This marks one full year of sending this newsletter, and I'm deeply grateful. Whether you've been here from the beginning or joined somewhere along the way, thank you for taking the time to read, reflect, wrestle, and walk this road with me.

When I look back over the past year, I can see the thread clearly. Underneath every article, reflection, and series, we've really been talking about the same thing: learning to stop living from fear, wounds, self-protection, and survival, and learning to walk with God in truth, surrender, healing, and love.

Many of you may not know this, but about a year and a half ago, I walked through a divorce that deeply shook the life I thought I was building. Navigating that loss, the grief, the questions, and the relational patterns underneath it opened the door to much of what I write about now.

Was much of my writing for me? Yes.

But I've also written for anyone who wants healthier relationships, a closer walk with God, and a deeper understanding of what is happening beneath the surface of their own heart.

At first, I thought I was writing about healing. What I kept discovering is that healing keeps leading back to surrender.

Surrender isn't passive. It requires honesty. It requires accountability. It requires the courage to tell the truth about ourselves without running, hiding, blaming, defending, or numbing out.

The depth of our healing is often revealed by how much truth we're willing to face without defensiveness, denial, or escape.

One year in, I'm more convinced than ever that healing isn't about becoming someone else. It's about surrendering more fully to God so we can become who we were created to be.

That's where this newsletter has been leading. And that's where it will continue to go.

In the year ahead, this newsletter will continue, but it will also begin connecting to a larger ecosystem I have been building: Redeemed & Rewired, new books and resources through R3B Press, and a growing library of content designed to help people heal, grow, and walk with God more honestly.

Last Year's Themes:

Over the last year, this newsletter has become more than a weekly update. It has become **a trail of transformation**. Week by week, we've been circling around some of the same core themes from different angles: healing, surrender, fear, emotional maturity, relationships, self-awareness, heart posture, and what it looks like to walk with God in truth instead of survival.

At first glance, these may look like separate topics. But together, they tell a deeper story. We haven't just been talking about better habits, better relationships, or better coping skills. We've been talking about transformation. We've been talking about what happens when God brings truth into the places where fear, wounds, control, shame, and self-protection have been leading.

That's why so many of these articles return to the same deeper questions:

- *What is ruling my heart right now?*
- *What am I agreeing with? Am I responding from fear or faith?*
- *Am I hiding, defending, controlling, avoiding, or surrendering?*
- *Am I trying to manage my life from survival, or am I learning to walk with God in trust?*

Here are a few of the major themes we've explored together:

Healing and Surrender

We've talked a lot about the difference between simply wanting relief and actually surrendering to the deeper work God wants to do in us. Healing isn't just about feeling better. It's about becoming more whole, more honest, more aligned, and more surrendered.

Start here: [The Spirit Is Enough: From Striving To Surrender](#)

Also read: [Strength in Surrender](#)

Fear and Freedom

The *Fear Series* became one of the clearest threads of the year. We looked at how fear lies, how fear shapes behavior, how it sabotages relationships, and how God's perfect love leads us out of self-protection and into trust.

Start here: [Fear Is a Liar, But God Is Not](#)

Series: [From Fear to Freedom](#) (8 Articles)

Relationships and Emotional Maturity

A major part of this year has been learning to see relationships with more clarity. Not just romance, but connection, communication, honesty, attachment, boundaries, repair, and the courage to stop performing, hiding, rescuing, or avoiding.

Start here: [Fear-Based Behaviors That Sabotage Relationships](#)

Series: [Attachment Series](#) (8 Articles)

Self-Awareness and Accountability

We've returned again and again to the importance of telling the truth about what is happening inside us. Self-awareness isn't about self-obsession. It's about bringing what's hidden into the light so it can be healed, surrendered, and transformed.

Start here: [Accountability Builds Connection](#)

Series: [Core Wounds](#) (5 Articles)

Faith That Forms Us

We've also looked at faith as something deeper than religious language or surface-level agreement. Real faith transforms us. It confronts fear, exposes false agreements, renews the mind, reshapes the heart, and teaches us to live in step with the Holy Spirit.

Start here: [Questioning Your Faith Isn't The Problem](#)

Series: [When The Kingdom Changes Hands](#) (3 Articles)

Heart Posture

Another one of the clearest themes emerging from this year has been the posture of the heart. How we relate to God, ourselves, and others flows from what is happening beneath the surface. The heart can become armored, afraid, defensive, or surrendered. And by God's grace, it can also become soft, honest, courageous, and whole.

Start here: [Trust With All Your Heart](#)

Series: [Heart Posture Series](#) (8 Articles)

The Bigger Picture

Looking back, I can see it more clearly now. These were not separate topics. They were connected pieces of the same journey. We've been learning how to move *from survival to surrender*, from fear to freedom, from self-protection to love, and from knowing about God to walking with Him more honestly.

As we begin another year and step into a new season of this newsletter, I would genuinely love to hear from you. If there is a topic you would like to see addressed, a question you are wrestling with, a place where you feel stuck, or something God has been stirring in your heart, please reach out.

Some of the best reflections begin with real questions from real people walking through real life. Your question, burden, or feedback may help shape a future newsletter, article, reflection, or resource.

 [Contact Form](#) or reply to this email

Anchored Reflection

As we begin another year together, take a few quiet moments to look back over the themes, articles, and reflections from this past year.

What article, topic, or theme was most impactful for you, and why?

Was there something that challenged you, encouraged you, exposed something, helped you name something, or gave you language for what God has been doing in your heart?

You don't have to force an answer. Just pay attention to what rises to the surface, and consider what God may be inviting you to carry forward into this next season.

Anchored Prayer

Abba,

Thank You for the work You've done over this past year. Thank You for every moment of clarity, conviction, healing, surrender, and growth. Thank You for the questions that led me deeper, the truth that brought things into the light, and the grace that met me there.

As I step into another year, keep transforming me. Teach me to walk in truth instead of fear, surrender instead of self-protection, and love instead of survival. Give me the courage to face what needs to be faced, release what needs to be surrendered, and receive what You're building in me.

Align my mind to Your will. Align my heart to Yours. Make me honest, humble, teachable, courageous, and whole.

Complete the good work You've begun in me.

Hallelujah. Amen.

You Matter...

Every newsletter, article, and Anchored Reflection begins with a real question or burden. If something is pressing on your heart, send it my way. Each week I choose a focus for the newsletter, an article, or a reflection. What you share could be the catalyst for someone else's breakthrough. I would also love your feedback on recent articles.

 [Share What's on Your Heart](#)

Save or Share This Newsletter


I'm creating PDF versions of these newsletters so they're easier to save, revisit, and share. If this week's email encouraged you or brought something into focus, you can download the PDF version from the archive here:

 [PDF Newsletter Archive](#)

Subscribe to the Newsletter

If this newsletter encouraged you, challenged you, or gave you something worth reflecting on, I'd love to have you join the list.

I send these out every Friday morning with honest reflections on faith, healing, growth, and healthier relationships with God, ourselves, and others.

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