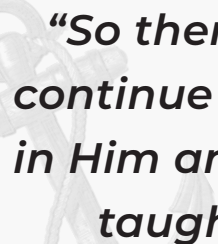


WHAT WE BELIEVE

Our deepest beliefs become visible under pressure.

ANCHORED VERSE



“So then, just as you received Christ Jesus as Lord, continue to live your lives in Him [rooted and built up in Him and established in your faith, just as you were taught, and overflowing in it with gratitude].”

— *Colossians 2:6–7 (AMP)* —

What do we actually believe? Most of us can explain our beliefs, but our deepest convictions are often revealed by where we turn when life becomes difficult. This week, we’re reflecting on the connection between faith, trust, and the everyday choices that reveal what is truly anchored in our hearts.

by Sean Brannan

Friday, June 19, 2026

Thank you for taking a few minutes to spend with me this week.

Quick Update:

Summer has settled into a different rhythm here in Montana. Between writing projects, website updates, and continuing work on *From Survival to Surrender* and the companion journal, there has been plenty happening behind the scenes.

I've also been outlining several upcoming topics that continue exploring healing, identity, surrender, discipleship, and what it means to live from a place of genuine faith rather than mere agreement. Many of these ideas are connected, and the deeper I explore them, the more I see them leading back to the same question: What do we actually believe? I'm looking forward to sharing more of that journey with you in the weeks ahead.

A quick housekeeping note: while making some updates to the website, I managed to break the Anchored Reflection archive. At the moment, only the four most recent reflections are available. I'm currently rebuilding the archive and hope to have everything restored soon. Thank you for your patience while I get it sorted out.

Over the last few days, I've found myself sitting with a simple question that has turned out to be much deeper than I expected:

What do I actually believe?

- » Not what can I explain.
- » Not what have I studied.
- » Not what have I heard in sermons or podcasts.
- » What do I truly believe?

The more I've reflected on that question, the more I've realized it may be one of the most important questions we can ask ourselves.

Most of us can explain what we believe. We can talk about faith. We can discuss theology. We can quote Scripture. We can describe what we think is true.

But I've been wondering if our deepest beliefs are revealed less by what we say and more by how we respond when life becomes difficult.

- » What do I believe when disappointment shows up?
- » What do I believe when prayers seem unanswered?
- » What do I believe when fear starts whispering louder than faith?

Those moments have a way of revealing what is actually anchored in our hearts.

I've noticed that belief is often visible in where I turn under pressure. When uncertainty comes, do I move toward trust or toward control? When I'm hurt, do I move toward God or retreat into self-protection? When I don't know the outcome, do I surrender or start grasping for certainty?

James reminds us that faith becomes visible through action. Jesus taught that a good tree produces good fruit. John wrote that those who say they abide in Christ ought to walk as He walked.

None of that is about perfection. It's about alignment.

The question isn't whether we get everything right. The question is whether what we profess with our mouths is gradually becoming visible in our choices, attitudes, speech, and relationships.

As I've reflected on this personally, I've realized there are places where my life clearly reflects what I believe, and places where God is still inviting me deeper.

Maybe that's true for all of us. Not as an invitation to guilt or self-criticism, but as an invitation to honest reflection. Because growth often begins when we're willing to look honestly at what our lives are already revealing.

If something is on your heart, if you're wrestling with something, or if you just want to say hi, I'd appreciate hearing from you. You can reply to this email or reach out through the [contact form](#).



Growth often begins when we're willing to look honestly at what our lives are already revealing.

This Week's Articles

This week's reflection explores the wisdom of understanding our own path, motives, and patterns. Discernment begins with honest self-awareness, and Proverbs reminds us that wisdom isn't simply knowing what is right, it's understanding the way we are actually walking.

 **Article: [Understanding Our Own Way](#) (Proverbs 14:8)**

 **Read Further: [Anchored Reflections](#)**

Anchored Prayer

Abba,

Thank You for Your patience, Your mercy, and Your faithfulness.

Thank You that You continue to meet me where I am and lovingly lead me forward.

Help me see clearly what I truly believe. Reveal the places where fear, self-reliance, or old patterns still compete with trust.

Teach me to walk more closely with You. Let my words, choices, and attitudes increasingly reflect the faith I profess.

Root me more deeply in Christ and help me live from a place of trust, surrender, and obedience.

Hallelujah. Amen.

Anchored Reflection

Take a few moments to sit with these questions:

When pressure, disappointment, or uncertainty shows up, where do I instinctively turn?

Is there an area of my life where my actions are revealing something different than what I say I believe?

What is one belief about God that I want to trust more deeply this week?

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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