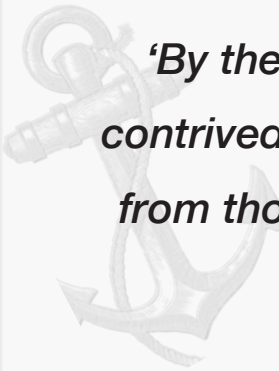


Congruence

When what we believe, say, and live begin moving in the same direction.

ANCHORED VERSE



'By their fruit you will recognize them [that is, by their contrived doctrine and self-focus]. Do people pick grapes from thorn bushes or figs from thistles? [Luke 6:43, 44] '

— Matthew 7:16 (AMP) —

This week's Anchored Update reflects on congruence, the alignment between what we believe, say, and live. I'm sitting with what our habits, fruit, and private patterns reveal about what we truly believe.

by Sean Brannan

Friday, June 26, 2026

Hey friend,

Thank you for downloading this Anchored Update. I know inboxes fill up quickly, schedules get full, and attention isn't something any of us have an unlimited supply of. So when you take time to read, reflect, reply, or simply carry one thought with you into the week, I don't take that lightly. I'm grateful you're here.

Quick Update

The last couple of weeks have been draining in a good but very real way. I've been working through the final polishing edits on *From Survival to Surrender*, and that process has taken more mental energy than I expected. Editing a book isn't just fixing words on a page. At least for me, it has meant rereading the same thoughts, questions, prayers, and stories over and over again, trying to make sure the message is clear, honest, and faithful to what I believe God placed on my heart.

The good news is that the manuscript is finally fully edited and formatted. There are still a few publishing details left to finish, but the book itself has reached a major milestone. More on that next week.

Because of that, I didn't publish a new article this week. My brain is fried from editing work, and I don't want to force something just to say I produced something. But I have been sitting with a word that I think may become the seed for next week's article, and possibly even a short series.

That word is *congruence*.

Congruence is not a word we use every day, but it has been sitting heavy on my heart this week. At its simplest, congruence means alignment. It's when what we believe, what we say, and how we live are moving in the same direction. Not perfectly. Not without failure. Not without repentance. But honestly.

Incongruence is what happens when those things drift apart. It's when we say one thing but consistently live another. It's when our public words and private patterns start telling different stories. Sometimes we notice it in others before we notice it in ourselves, but if we're willing to slow down and be honest before God, most of us can recognize places where our own lives have felt divided.

When our beliefs and our actions don't align, we often feel an internal tension. Psychology calls that cognitive dissonance. The Bible often speaks of it differently, inviting us to examine our hearts and walk in truth. Whatever language we use, most of us know what that tension feels like. It's the discomfort of saying we trust God while living controlled by fear. It's saying we value honesty while avoiding the truth. It's saying we believe in grace while treating ourselves or others with contempt. It's saying character is important while continuing to make excuses for patterns that time has already revealed.

For a little over a year now, I've had a sentence written on my bathroom mirror in dry erase marker. It's not framed, polished, or designed. It's just handwritten on the mirror where I see it almost every day.

I do not commit to potential. I only commit to proven character.

That sentence became especially important while I was walking through my divorce. At first, it was a boundary. It helped me remember not to keep committing myself to what someone could become while ignoring the fruit that had already been revealed. It reminded me not to build trust on promises, emotion, intensity, apology, or potential alone. Potential can be beautiful, but potential is not character. Character is revealed over time.

But this week, that same sentence turned back toward me. Not in shame or condemnation. More like an honest invitation from the Lord to examine my own life.

- » Am I becoming a man of proven character?
- » Are my words and actions growing more aligned?
- » Does my private life support what I say publicly?
- » If someone spent a week with me, not just reading what I write but seeing how I live, what would they conclude I truly believe?

Those aren't comfortable questions, but they're good questions. Jesus said we would recognize people by their fruit. That applies to others, but it also applies to me. It actually applies to all of us. Fruit is not revealed in a single emotional moment: it's revealed over time, through patterns, pressures, repentance, consistency, humility, and the way we respond when truth confronts the story we've been telling ourselves.

I think that's part of why incongruence is so exhausting. It takes energy to manage different versions of ourselves or to explain away repeated patterns. It takes energy to keep saying the right things while avoiding the places where our actions aren't yet aligned. And eventually, that tension starts showing up somewhere. It may show up in our relationships, our peace, our witness, our bodies, our decisions, or even in our ability to be honest with ourselves and with God.

This isn't about perfection. Congruence isn't pretending we never fail. It's not presenting ourselves as more healed, mature, spiritual, or steady than we really are. In fact, that would be its own form of incongruence. Congruence is the growing alignment between what we profess, what we practice, and who we are becoming in Christ.

Maybe that's the question I am carrying this week. Not, *"Do I have it all together?"* I don't. Not, *"Have I failed anywhere?"* I definitely have. The better question may be, *"Am I willing to let God show me where my beliefs, words, and actions are out of alignment?"*

Because we weren't created to live divided lives.

We weren't created to say we believe one thing, live another, and then carry the internal weight of that gap forever. We weren't created to perform peace while feeding chaos, preach trust while practicing control, or speak grace while living under shame. God is too good and too kind to leave us pretending that misalignment doesn't affect us.

So this week, all I have for you is a word, a mirror, and a question I'm still asking myself:

Where is God inviting me back into alignment?

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](#).

This Week's Articles

No new articles were published this week.

After the final editing push on *From Survival to Surrender*, I needed to let my brain breathe a bit. Lord willing, this reflection on congruence will become the seed for a deeper article next week.

Anchored Prayer

Abba,

Thank You for meeting me with truth and grace. Thank You for not condemning me when things in my life are out of alignment, but lovingly inviting me back into honesty, surrender, and peace.

Show me where my words, beliefs, and actions are moving together, and show me where they have drifted apart. Give me the courage to welcome truth without hiding, defending, excusing, or performing. Form in me proven character that reflects Your heart in private and in public.

Lead me into alignment with You.

Hallelujah. Amen.

Anchored Reflection

Take a few honest minutes with these questions. Do not rush to answer them defensively. Let them sit with you, and invite God into the places where you feel tension.

Where are my beliefs, words, and actions aligned right now?

Where am I experiencing tension because something in my life is not aligned with what I say I believe?

If someone spent a week with me, what would my habits reveal about what I truly trust, value, and prioritize?

Your Voice Is Welcome...

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.

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