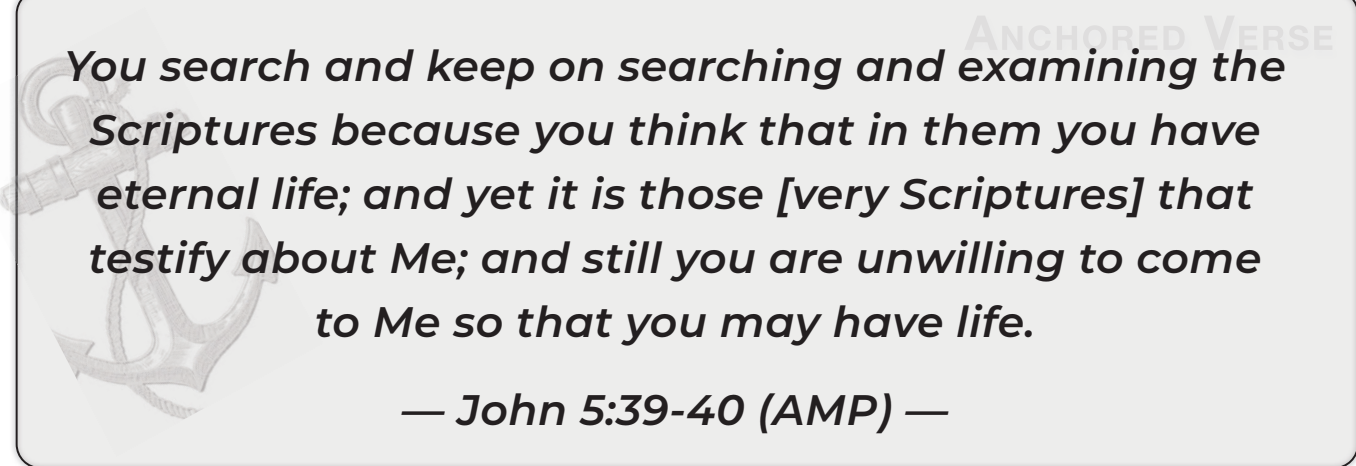


Confirmation Bias

Allowing God's truth to shape what we believe



You search and keep on searching and examining the Scriptures because you think that in them you have eternal life; and yet it is those [very Scriptures] that testify about Me; and still you are unwilling to come to Me so that you may have life.

— John 5:39-40 (AMP) —

Over the last few weeks we've explored congruence and spiritual bypass. This week the journey continues with a question I've been asking myself: Am I allowing God's truth to shape what I believe, or am I asking God's Word to defend what I've already decided? Join me as we reflect on confirmation bias, humility, and remaining teachable before the Lord.

by Sean Brannan

Friday, 10 July, 2026

Hello,

Thank you for taking a few minutes to spend with me each week. Whether you've been reading since the beginning or just recently joined our community, I'm grateful you're here. My hope is always the same: to encourage us to keep pursuing Jesus with honesty, humility, and a willingness to keep growing.

Quick Update: I'm excited to finally share some news I've been looking forward to for a long time. **From Survival to Surrender** has officially been approved, and I'm now waiting for the first physical proof copy to arrive for final review. Assuming everything looks good, both the book and its companion journal are scheduled to release on **July 31, 2026**.

This project has been more than a year in the making. There have been countless hours of writing, editing, rewriting, praying, learning, and starting over. Thank you for your encouragement, your prayers, and your patience throughout the process. Discounted preorder bundles are now available through R3B Press, and I'll share more details as we get closer to release.

With that out of the way, over the last couple of weeks, we've been following a thread that I didn't fully recognize when it began:

[Congruence](#) invited us to consider whether our lives align with what we say we believe.

[Spiritual Bypass](#) challenged us to consider whether we sometimes use spiritual language to avoid honest reflection.

This week, I'm asking myself a different question:

Am I allowing God's truth to shape what I believe, or am I asking God's Word to defend what I've already decided?

Confirmation bias is our natural tendency to notice, remember, and emphasize information that supports what we already believe while overlooking information that challenges it. Every one of us has blind spots; it's part of being human.

As I've reflected on this over the past several days, I've realized that part of why I believe what I believe comes from what I've been taught and the traditions I've upheld. We all learn from parents, pastors, churches, teachers, books, and the communities that shape us, and I'm deeply grateful for the people God has used to shape my faith journey.

At the same time, gratitude doesn't remove the need for honest self-examination. I still have to ask whether those influences continue to shape how I see Jesus as He's revealed through Scripture, and whether I'm willing to let God's truth reshape what I've been taught.

The more I walk with Jesus, the more I'm realizing that surrender reaches further than I once thought. It reaches into our behavior, our [fears](#), our circumstances, and even the assumptions, conclusions, and long-held beliefs we carry. Following Jesus includes remaining willing to let Him reshape how we think.

Jesus' words in John 5 have been humbling me this week as I think about how the religious leaders devoted themselves to studying the Scriptures, yet they missed the One the Scriptures were actually pointing toward. Their problem wasn't a lack of knowledge or tradition. Somewhere along the way, certainty became more familiar than surrender.

There are beliefs I hold because I've studied them. There are others I hold because they have always been part of my Christian experience. The more I follow Jesus, the more I want to understand what has shaped my beliefs and whether those beliefs are still being surrendered to Him. I don't want to reject everything I've been taught. I want God to test, purify, correct, and deepen what I believe so my faith rests in Him rather than familiarity, loyalty, or tradition.

That kind of self-reflection isn't easy because it requires the humility to admit that we may have misunderstood something and the courage to remain teachable. Most of all, it requires trust that God is faithful enough to lead us into truth.

As I continue to reflect on this, that opening question keeps coming back to me:

Am I allowing God's truth to shape what I believe, or am I asking God's Word to defend what I've already decided?



Every one of us has blind spots; it's part of being human.

This Week's Articles

Nothing new was published this week. There are several new articles and studies in progress, and I'm excited to begin sharing them soon. I'd rather take a little more time and release something that's been thoughtfully developed than rush something out before it's ready.

If you haven't already, you can check out the [Guided Series](#) or [Anchored Reflections](#) on the site. More is coming soon.

Anchored Prayer

Abba,

Thank You for Your patience, Your kindness, and Your faithfulness to keep leading me toward truth. Give me a humble heart that remains teachable. Help me recognize the places where familiarity, tradition, or pride have shaped my thinking more than Your presence has. Give me the courage to surrender what needs to be surrendered, and the wisdom to follow wherever You lead.

Continue forming me into the likeness of Jesus.

Hallelujah. Amen.

My Personal Prayer:

Anchored Reflection

Before moving on with your week, spend a few quiet moments with the Lord and consider these questions.

Where did my understanding of God, faith, or Scripture first begin to take shape?

Is there a belief I've defended more quickly than I've examined?

Am I approaching God's Word with a heart that is willing to be taught, corrected, and transformed?

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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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