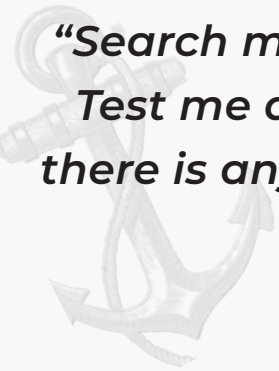


Capacity

We can deeply desire connection and still lack the capacity to sustain it

ANCHORED VERSE



***“Search me [thoroughly], O God, and know my heart;
Test me and know my anxious thoughts; And see if
there is any wicked or hurtful way in me, And lead me
in the everlasting way.”***

— Psalm 139:23-24 (AMP) —

We can deeply desire connection and still lack the capacity to sustain it. This week's Anchored Update reflects on how fears, patterns, and learned adaptations can limit the depth of relationship we're able to hold, and why growth begins when we remain before the mirror past the point of comfort.

by Sean Brannan

Friday, 31 July, 2026

Hey friends,

Thank you for taking a few minutes to read this week's Anchored Update. I genuinely appreciate the opportunity to share what I'm learning, what I'm wrestling with, and where I sense God inviting me to look a little more honestly at my own heart.

A Quick Update:

From Survival to Surrender has arrived, and the proof copy looks good. I'm still waiting to receive the proof of the [From Survival to Surrender Companion Journal](#). Rather than release the book while the journal is still unavailable, I've decided to hold off on the official release until both are ready. Hopefully, that will be next week.

You can still [preorder your copy directly through R3B Press](#) and save a few dollars, or order a signed book and journal bundle that won't be available after the official release. Thank you again for your support, encouragement, and patience throughout this process.

I'd also genuinely appreciate any feedback you may have about the website, topics you'd like to see discussed, or something you're walking through in this season. We're a community of believers called to encourage, support, and build one another up. You can always reply directly to this email or [send me a message through the website](#).

Capacity

This week, the word [capacity](#) has seemed to be following me everywhere. Several conversations kept leading me back to relationships, connection, and the patterns that shape how we respond to one another. Different people were navigating different situations, but beneath each conversation I saw a similar question:

Do I currently have the capacity for the relationship we say we want?

We can deeply desire connection and still lack the capacity to sustain it. We may want honesty, trust, intimacy, stability, and mutual understanding, yet become defensive when someone tells us how our behavior affected them. We may:

- » want to feel secure while allowing fear to interpret every delay, disagreement, or uncertain moment
- » long to be known while carefully protecting the places where we feel ashamed, threatened, or afraid

The desire can be sincere even when our current capacity is limited.

I don't think that makes us bad people; it means there may be fears, wounds, patterns, and adaptations consuming the emotional space the relationship requires. Something that once helped us survive may now prevent us from remaining present when connection becomes uncomfortable.

- » A person may genuinely want a healthy relationship but lack the capacity to tolerate uncertainty without trying to control the outcome.
- » Someone may desire honest communication but experience correction as rejection.
- » We may want another person to understand us while lacking the capacity to listen without preparing our defense.
- » We can pray for deeper connection while continuing to protect the very patterns that keep others at a distance.

I've been thinking about how easy it is to recognize those limitations in someone else. We can usually identify where another person is defensive, unavailable, controlling, avoidant, or unwilling to take responsibility. The harder work begins when we start to ask what the same relationship is revealing about us.

Most of us are willing to look into the mirror until the reflection becomes uncomfortable. Then the explanations begin.

We explain what the other person did, why our response made sense, how our history shaped us, or why anyone in our situation would have reacted similarly. Some of those explanations may be completely valid. Our experiences do affect us, and understanding our history can help us recognize why certain situations feel so threatening. But understanding our patterns should open a path toward healing. It shouldn't become a permanent permission slip to remain unchanged.

Psalm 139 gives us a different posture. David invites God to search his heart, test his anxious thoughts, reveal what's harmful within him, and lead him forward. He isn't asking God to confirm that everyone else is wrong. He is willingly placing himself before God without controlling what God may reveal. That prayer requires a level of courage most of us haven't forged.

“Search me thoroughly” means I'm willing to remain before the mirror past the point of comfort. I'm willing to let God show me where fear is shaping my reactions, where an old adaptation is limiting my ability to connect, or where self-protection has become more important than love.

God can strengthen us, heal us, mature us, renew our minds, and teach us healthier ways of relating. But growth begins with enough humility to acknowledge our current limits. We can't surrender what we continually explain away, and we can't bring something under God's healing care while insisting there is nothing there to see.

The depth of connection we were designed for will eventually confront the limits of our capacity.

That confrontation isn't condemnation. It's an invitation. It shows us where God may be calling us to heal, grow, surrender, and become capable of participating more fully in the relationships He created us to enjoy.

We often ask God for deeper relationships while protecting the beliefs, fears, patterns, and adaptations that keep us from actually holding them.

Reflecting on capacity this week has helped me understand why this has become one of my favorite quotes:

"Your level of growth is directly related to the amount of truth you can accept about yourself without running away."

Our capacity begins to grow when we're willing to stay present long enough to face what God is revealing to us about ourselves, without hiding behind excuses, blame, justification, or self-protection.

This Week's Article

This week, I published the third entry in the new [What Is Library](#).

We often use the word **capacity** when talking about how much a person can handle, carry, or accomplish. Yet capacity describes several areas of our lives, including our energy, attention, emotional resources, relationships, responsibilities, and spiritual formation.

Clarifying what capacity means gives us a more accurate way to understand both our abilities and our current limits. The article provides a foundation for many of the deeper conversations we'll continue having about healing, surrender, relationships, and growth.



[What Is: Capacity](#)

Anchored Reflection

Take a few quiet minutes with these questions. The goal isn't to judge yourself or force an immediate answer. Simply notice what comes to the surface and invite God into it.

1. Where has a relationship recently exposed the edge of my current capacity?

2. What fear, pattern, or learned adaptation tends to take over when connection becomes uncomfortable?

3. What might God reveal if I remained before the mirror without defending, blaming, or explaining the reflection away?

Anchored Prayer

Abba,

Thank You for knowing me fully and loving me faithfully. Search my heart and reveal the fears, patterns, and adaptations that limit my capacity to love and connect well. Give me the humility to see what I've avoided, the courage to surrender what You reveal, and the wisdom to follow where You lead. Continue healing me, renewing my mind, and expanding my capacity to participate in the relationships You've entrusted to me.

Hallelujah. Amen.

“Understanding our patterns should open a path toward healing. It shouldn't become a permanent permission slip to remain unchanged.”

Your Ideas Are Important

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](#)



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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:

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