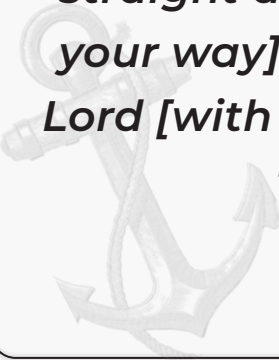


The Fruit

What has my relationship with God produced in me?

ANCHORED VERSE



“Trust in and rely confidently on the Lord with all your heart And do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, And He will make your paths straight and smooth [removing obstacles that block your way]. Do not be wise in your own eyes; Fear the Lord [with reverent awe and obedience] and turn [entirely] away from evil. [Prov 8:13]”

— Proverbs 3:5-7 (AMP) —

This week’s Anchored Update reflects on a simple but uncomfortable question: *What has my relationship with God actually produced in me?* Proverbs 3 challenges us not to rely on our own understanding, and maybe that includes the things we’re convinced we already understand. The fruit growing from our lives gives us an honest place to begin looking.

by Sean Brannan

Friday, 14 August, 2026

Hello friend,

Welcome back to the Anchored Update. Thank you for taking a few minutes out of your week to read, reflect, and walk through some of these questions with me. I genuinely appreciate you being here.

Quick Update: The preorder books and journals are on their way! It's been humbling and also pretty cool watching [From Survival to Surrender](#) and the [Companion Journal](#) move from years of ideas, notes, conversations, writing, editing, and formatting into actual books I can hold in my hands.

I'm still working through the final formatting for the ebook and Kindle editions. I'm hoping to have both books available through Amazon within the next 10 to 15 days. Though no longer in preorder status, you can still order them directly from [R3B Press](#).

I'd also genuinely appreciate hearing from you. If there's something on the website that could work better, a topic you'd like to see explored, or something you're walking through in this season, send me a note. I don't want this to become a one-way conversation. We're a community of believers who can help, encourage, challenge, and build one another up as we learn to follow Jesus more faithfully. Contact form.

The Fruit

This week, I found myself thinking about how easily familiarity can feel like understanding. We can hear the same words, ideas, and explanations for years and eventually stop examining them because they've become so familiar. That made me wonder how many things I think I know simply because I've heard them, repeated them, or understood them a particular way for a long time.

Those thoughts brought me to Proverbs 3. I've usually heard ***“do not rely on your own insight or understanding”*** applied when life doesn't make sense. Something happens that I can't explain; I don't know what God is doing, and I'm reminded to trust Him rather than try to figure everything out.

I believe that's a good application. But this week I've been wondering whether this passage becomes even more challenging when applied to the things I'm certain I understand.

What if trusting God also means being willing to let Him challenge something I've believed for years?

That could be something I learned about worship, faith, church, repentance, sin, grace, obedience, or even God Himself. I can become so familiar with an understanding that I stop examining it. I may even know the verses that support it. Eventually, what I believe can feel so settled that questioning my understanding feels almost like questioning God.

So I started asking myself a different question:

» ***What has my relationship with God actually produced in me?***

Jesus uses fruit as evidence of what grows from our connection to Him. In John 15, He describes Himself as the Vine and us as the branches. The branch that remains connected to Him bears His fruit. Paul gives us a picture of that fruit in Galatians 5: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. That gives me something practical to examine.

- » Is knowing Jesus making me more loving?
- » Am I becoming more patient, peaceful, kind, humble, faithful, and self-controlled?
- » Am I learning to trust Him more deeply and surrender more freely?

Or do I continue finding fear, pride, judgment, defensiveness, control, contempt, or self-protection growing in places I'd rather not look at?

I don't think the presence of unhealthy fruit automatically tells us exactly what's wrong. We're still growing and carry wounds, fears, false beliefs, habits, and patterns God is working through with us. But I do think the fruit gives us something worth paying attention to.

Maybe the question isn't immediately, How do I get rid of this fruit? Maybe it begins with enough humility to ask:

» ***Could this fruit be showing me that something I think I understand still needs to be surrendered to God?***

That question turns the mirror back toward me. I'm not evaluating someone else's theology, church attendance, vocabulary, behavior, or spiritual maturity. I'm looking at what's growing in my own life and asking whether I'm willing to let what I see challenge what I think I know.

What I say I believe about God is important. But those beliefs eventually begin to shape how I think, respond, relate, trust, and live. Over time, that fruit will begin to show itself in my life.

This Week's Articles:

I didn't publish a new long-form article this week. This reflection, however, has opened several doors I want to explore more deeply. There's far more here than belongs in a newsletter, especially around abiding, fruit, inherited beliefs, self-examination, and what we do when the fruit exposes something we didn't expect to find.

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

Anchored Prayer:

Abba,

Thank You for loving me enough to keep teaching, correcting, and transforming me. Help me trust You more than my own understanding, especially in the places where I'm convinced I already know the answer. Give me the humility to look honestly at the fruit growing in my life without hiding, defending, or condemning myself. Show me what needs to be surrendered, renew what needs to be changed, and keep drawing me deeper into relationship with You so that my life increasingly reflects Your heart.

Hallelujah. Amen.

Continue Exploring

If this challenges you, here are a few passages worth exploring:

John 15:4–5, 8

Romans 12:2

1 John 2:3–6

Galatians 5:22–23

2 Corinthians 13:5

1 John 4:7–12

Matthew 7:16–20

James 1:22–27

Matthew 12:33–35

John 13:34–35

“The fruit growing from our lives may reveal more about what we truly believe than the words we’ve learned to repeat.”

Anchored Reflection

Spend a few quiet minutes with these questions. The goal isn't to judge yourself or manufacture better fruit. It's simply about becoming honest about what's growing and remaining open to what God may want to reveal.

What has my relationship with God been producing in me lately?

Where do I see love, peace, patience, kindness, humility, trust, or self-control growing?

Where am I still seeing fear, defensiveness, judgment, control, or self-protection?

Am I willing to let the fruit challenge what I think I understand?

Your Ideas 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](#)



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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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