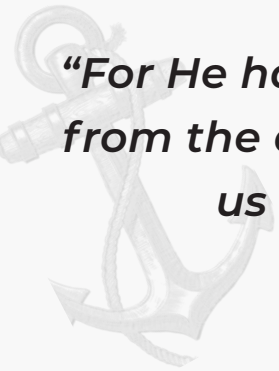


What We Trust

Our fruit reveals who is actually Lord

ANCHORED VERSE



***“For He has rescued us and has drawn us to Himself
from the dominion of darkness, and has transferred
us to the kingdom of His beloved Son,”***

— Colossians 1:13 (AMP) —

Everybody trusts something, and every life produces evidence of what's actually shaping it. This week I'm asking a harder question than ***“do I believe in Jesus”***: who do I actually rely on when it counts, and what does my fruit say about it?

by Sean Brannan

Friday, 4 September, 2026

Hello my friend,

Welcome to the 64th issue of the [Anchored Newsletter](#). Thank you for taking a few minutes of your time to spend with me this week.

A Quick Update: I have a lot of pieces moving in the background right now. I'm working on publishing articles, opening additional distribution channels for [From Survival to Surrender](#) and the [Companion Journal](#), outlining the next book series, developing resources and tools, writing this newsletter, and balancing family responsibilities.

Here's something I didn't fully appreciate when I started this: each issue of *Anchored* takes roughly between sixteen and twenty hours to research, outline, write, format, turn into a PDF, schedule, and publish on the website. I'm considering moving *Anchored* from weekly to every other week. That would give me more room to develop the books, articles, assessments, workbooks, and practical resources these newsletters often introduce.

If [Anchored](#) has been useful to you, helped you think differently, or moved you closer to Christ and deeper surrender, I'd genuinely like to hear from you. I'd especially value knowing where you'd most like me to invest my time: the newsletter, longer articles, books, or practical resources and tools.

What We Trust

I've been thinking a lot this week about what I actually believe. Not simply what I say I believe, what I know about Scripture, or what I would write on a statement of faith. I mean what I believe deeply enough to trust, rely on, and build my life around.

The Greek word commonly translated *believe* in the New Testament is *pisteuō*. It can mean to believe something is true, but it also carries the sense of placing confidence in or trusting. That makes the question, "*Do I believe in Jesus?*" a little more uncomfortable for me. I can believe true things about Jesus while still placing my practical confidence and trust somewhere else. So I've been asking a different question:

Who do I actually trust enough to rely upon?

Everybody believes something. Everybody trusts something. Everybody lives under an allegiance, and every life produces evidence of what is shaping it. Scripture doesn't give us a spiritually neutral kingdom. Paul says that God rescued us from the dominion of darkness and transferred us into the Kingdom of His Son. Jesus said, "*He who is not with Me is against Me*" (Matthew 12:30 AMP). There isn't a third kingdom where I get to belong entirely to myself.

That's uncomfortable because I don't have to consciously choose Satan to functionally resist Christ. I can simply insist on ruling myself. I can confess Jesus as Lord while relying on control, money, approval, intellect, religion, government, another person, my own strength, my emotions, or my ability to predict the outcome. Those competing trusts don't become harmless just because I profess Christianity. What I confess is what I say I believe. What I repeatedly trust and produce is what actually rules me, and when those two don't match, I'm not just being inconsistent; I'm living out a real and uncomfortable gap between stated belief and functional belief.

Psychologists call that gap **cognitive dissonance**: the discomfort of holding a belief and a pattern of behavior that contradict each other. The mind doesn't sit easily inside that contradiction, so it usually resolves it in one of two ways. Either the belief gets revised to match the behavior, quietly, without ever being renounced out loud, or the behavior gets examined honestly and brought back in line with the belief. That's helpful language for what's happening spiritually. I don't need a clinical term to know I'm inconsistent, but naming the mechanism helps me see that the discomfort itself isn't the enemy. *It's information*. It's telling me something is misaligned and asking to be resolved one way or the other, and Scripture, not the psychology, is what tells me which direction that resolution needs to go.

Jesus connects this directly to fruit. In Luke 6:43-46, He teaches that a tree is recognized by what it produces, then asks, ***"Why do you call Me, 'Lord, Lord,' and do not practice what I tell you?"*** That connection has been hitting me hard.

Paul gives us another way to examine the evidence in Galatians 5. He contrasts the works of the flesh, including hostility, jealousy, fits of anger, disputes, factions, envy, and self-indulgence, with the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

I don't think this is an invitation to create a religious scorecard or manufacture nicer behavior. **Fruit is evidence**, and evidence is something I can actually examine rather than guess at. It doesn't just tell me whether I'm behaving; it tells me what's underneath the behavior. A tree doesn't produce fruit it isn't rooted to produce, which means recurring fruit points back to a root, and the root is where the real question of lordship gets settled.

That information becomes especially useful under pressure. When I'm afraid, challenged, corrected, rejected, disappointed, or unable to control an outcome, ***what comes out of me?***

- » ***Do I move toward love, peace, patience, faithfulness, gentleness, and self-control?***
- » ***Or do fear, anger, control, manipulation, accusation, pride, rivalry, or self-protection begin taking over?***

Those latter responses often aren't calculated; they're the mind and body's *automatic self-protective response* to a perceived threat, firing before I've consciously decided anything. That doesn't excuse them, but it does clarify what's happening. The system is trying to protect something it has decided is at risk, and what it's protecting usually reveals what I'm actually trusting to keep me safe.

One difficult response doesn't define my allegiance, and growth isn't perfection. But recurring fruit deserves my attention. Instead of immediately trying to fix the behavior, I'm learning to trace the fruit back to its source.

- » What would I have to believe for this response to make sense?
- » What am I actually trusting here?
- » Am I following Christ, or am I still looking somewhere else for direction, security, identity, or control?

Ultimately, the question isn't whether I believe things about Jesus. ***It's whether I trust Him, rely on Him, and live increasingly under His lordship.*** When the fruit exposes an area where the answer is no, that isn't a reason to hide or pretend; it's information. The same way the discomfort of *dissonance* is information: uncomfortable, but pointing somewhere specific. It shows me exactly where surrender is still needed, and surrender, not shame, is the only response that actually resolves what the fruit exposed.

This Week's Articles

Nothing new was published this week, but if you haven't checked out the [Do Not Fear](#) resource or downloaded the PDF, I encourage you to do so. It's a practical resource designed to help us recognize fear, return to what God has said, and examine what we're trusting when fear begins shaping our response.

 [Resource: Do Not Fear](#)

“What I confess tells you what I say I believe. What I repeatedly trust and produce reveals what is actually ruling me.”

Continue Exploring

If this stirred something, here's where to keep digging.

Bible References:

- » Colossians 1:13
- » Luke 6:43–46
- » Matthew 12:30
- » Romans 10:9
- » Matthew 7:16–21
- » Matthew 9:28
- » Galatians 5:19–23

Read more on:

- » [Trust](#)
- » [Fruit](#)
- » [Surrender](#)
- » [Faith](#)

Anchored Prayer

Abba,

Thank You for rescuing me from darkness and bringing me into the Kingdom of Your Son. Help me see honestly what my life is producing without hiding, defending, or pretending. Show me where I say I trust You but still rely on something else. Teach me to trust You more fully, surrender what is still trying to rule me, and remain close enough to You that Your life becomes increasingly visible in mine.

Hallelujah. Amen.

My Prayer:

Anchored Reflection

Take a few minutes to reflect on the fruit showing up in your life, especially under pressure. Let what you see become an invitation to examine what you're trusting and where Christ may be calling you into deeper surrender.

When pressure exposes my automatic responses, do they look more like the fruit of the Spirit or the works of the flesh?

What does the recurring fruit in my life reveal about who or what I'm actually relying upon?

What has believing what I believe produced in me, and what might Christ be asking me to surrender?

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](#)



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:

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