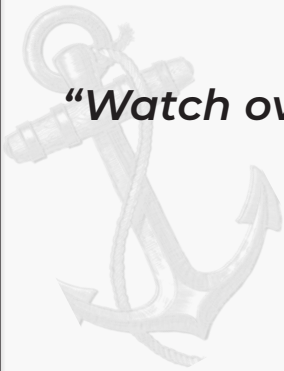


What Are We Building On?

Core Values, Honest Conversations, and building a solid foundation

ANCHORED VERSE



“Watch over your heart with all diligence, For from it flow the springs of life.”

— Proverbs 4:23 (AMP) —

Alongside updates on Weapon Co, the books, and Redeemed and Rewired, a personal reflection on naming our core values, understanding what they mean in practice, and discussing the differences that shape our relationships.

by Sean Brannan

Friday, 18 September, 2026

Welcome friend,

Thank you for taking the time to be here. Straight up: this issue is late, and I'm not going to dress that up with a reason. My week got away from me. You showed up expecting Anchored in your inbox, and it wasn't there. That's on me, and I'm sorry.

A Quick Update: A few things happening around what I'm working on this week.

- » R3B Media: [*From Survival to Surrender*](#) and the [*Companion Journal*](#) are submitted and in review on Amazon, I will send an announcement when the links are live.
- » Redeemed & Rewired platform continues to move forward, with real progress behind the scenes that I'm excited to keep building on in the weeks ahead.
- » Weapon Co: I'm working on advancing a partnership with 406 Rifle Co in Montana, a relationship I'm looking forward to growing.

What Are We Building On?

Writing down your core values sounds straightforward until you try to be completely honest about them. I'm talking about the things that drive your decisions when nobody is grading you on the answer. You can put integrity, connection, faith, or family on a page pretty easily. Then you have to ask what those words mean in your actual life. What happens when telling the truth could cost you approval? How much room does connection get when your schedule fills up? I'm finding that naming what matters brings questions with it that I can't answer just by making a better list.

It helps to distinguish a value from a goal or a feeling. A goal gives you something specific to work toward. A feeling tells you something about your experience in a moment, though it may change as that moment passes. A value is an enduring priority that helps guide what you pursue and how you pursue it. If you value integrity, that shapes how you reach a goal and what you're willing to do along the way. Security, independence, connection, and legacy can all influence those choices, too. Sometimes two things you deeply value pull in different directions, and you have to decide how to honor both.

That becomes especially practical in relationships. Two people can feel a real connection and still have very different expectations about the life they want to build. One may place a high priority on security and predictability. The other may place more weight on freedom and spontaneity. Those differences don't automatically make them incompatible. But they do deserve a conversation before a decision about money, time, or commitment turns them into a source of resentment. Without that conversation, each person can assume their own priorities are obvious and wonder why the other person keeps missing something so important.

Even using the same word doesn't guarantee you mean the same thing. Consider how differently we might understand these values:

- » **Independence:** Having room for your own interests while staying closely connected, or expecting to make most decisions on your own.
- » **Family:** Prioritizing regular visits, offering financial support, keeping shared traditions, or being available when someone calls.
- » **Security:** Having financial reserves, knowing where a relationship stands, or being able to count on someone's follow-through.
- » **Connection:** Spending time together, having honest conversations, sharing experiences, or feeling included in everyday decisions.

You learn a great deal by asking what a value looks like in practice. You learn more by watching how both of you live it over time. That matters in a marriage or friendship, and it matters in a business partnership or ministry, too.

Something I said in a conversation this week has stayed with me: *"I don't want to let the potential get ahead of the foundation."* When you're excited about a person or an opportunity, it's easy to start imagining what could grow from it. I understand that pull. I also want to leave enough room to discover what is actually there. A few questions I keep coming back to:

- » Can we speak honestly when we disagree?
- » Do our choices support the things we say matter?
- » Can we respect a difference without quietly expecting the other person to become someone else?

Those answers take time, and excitement can make patience difficult.

Proverbs 4:23 brings me back to the responsibility of paying attention to my own heart. The verse reaches beyond a list of personal preferences to the inner life from which our choices flow. For me, examining my values is one way to take that seriously. Naming a priority honestly also gives me something to bring before God for examination. I may value security and still need to recognize where fear is steering my decisions. I may value independence and need to consider whether I'm making room for mutual responsibility. The invitation in Psalm 139:23–24 is to let God search us and lead us, including in the places we feel certain we already understand ourselves.

That's where I want to keep working this week. These questions belong in my own decisions and conversations. I want to understand what I'm bringing into the things I'm building and

the relationships I'm entering. I want to be able to explain what matters to me and listen carefully when someone else does the same. There's still work in that for me, especially when I'm excited about what something could become.

Anchored Prayer

Abba,

Thank You for grace that doesn't run out, even when I do. Thank You for this community, for the people who keep showing up week after week to walk this out together. Search me and know my heart, the values I actually live from and not just the ones I'd like to claim. Where I've let excitement get ahead of the foundation, teach me patience. Where fear or self-protection is steering choices I've labeled something else, show me. Forgive me for the weeks I drop the ball, and help me steward what You've entrusted to me with more faithfulness.

Hallelujah. Amen.

My Prayer

 *I don't want to let the potential get ahead of the foundation.* 

Anchored Reflection

Set aside fifteen minutes and write down your top five core values. Beside each one, describe a recent decision that shows how you put it into practice. Then consider:

What actually guides my choices? Where do my decisions reflect the values I've named, and where do they reveal a different priority?

What have we assumed we share? In one close relationship, where do our values align, where do they conflict, and what have we never discussed?

What needs my attention? Is there a priority I need to bring before God for examination, or a difference I need to name honestly with someone?

You don't have to resolve every difference today. Start by getting specific enough to have an honest conversation.

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.

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