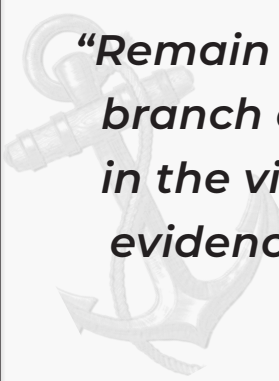


# Stand Under the Waterfall

Practicing gratitude, making room for joy, and allowing God's goodness to overflow into the lives around us.

ANCHORED VERSE



***“Remain in Me, and I [will remain] in you. Just as no branch can bear fruit by itself without remaining in the vine, neither can you [bear fruit, producing evidence of your faith] unless you remain in Me.”***

***— John 15:4 (AMP) —***

Our minds hold onto what went wrong long after the good has slipped past us. This week we look at negativity bias, the difference between outward pace and inward urgency, and Jesus' invitation in John 15 to remain in Him, along with a picture of what it looks like to stay under the waterfall long enough for the overflow to reach the people around us.

by Sean Brannan

Friday, 23 October, 2026

Welcome, friend,

Thank you for taking a few minutes to be here. I'm grateful we get to keep walking through these questions together, especially the ones that follow us into ordinary days, full calendars, and circumstances we wish were different.

**A Quick Update:** I've been working through the Bible study for Ann Voskamp's *One Thousand Gifts*, and this week it's made me think about how easily I move through a day without noticing what God has placed right in front of me.

Behind the scenes, I'm still making changes to how and where this work is shared, so there aren't any new articles yet. With a full season of travel and family through the end of the year, new articles will be limited until January. Anchored Updates will keep arriving every week.

As we head toward a new year, I'd love your help shaping it. What questions are you carrying? What would you like us to walk through together in 2027? Hit reply and tell me.

## What we have room to notice

We can reach the end of a day having noticed every interruption, every unfinished task, and every way something went wrong. I know that kind of day well. Those things may all be real, but they can take up so much of our attention that we miss the kindness in someone's voice, the meal we had time to eat, or the person who stayed beside us through something difficult. Psychologists call this pull **negativity bias**: *our minds give more weight to problems, threats, and losses than to good things of similar size, so the hard parts of a day draw more of our attention and stay longer in memory*. Because attention has limits, whatever fills it shapes what we remember of a day and, over time, what we believe about God's care. Gratitude gives us a way to pause and look again: ***God, what have You given me here that I've been moving too quickly to receive?***

That question gets harder when life hurts. Sometimes the loss is enormous, and the gift we can name feels small beside it. We can thank God for the friend who answered the phone while we're still grieving the news that made us call; both belong in the same prayer. Gratitude gives us somewhere to turn within the pain, toward a God whose presence and faithfulness reach beyond what we can presently understand. Joy can begin there, even while sorrow remains, and when joy feels distant, we can bring that honestly to Him too.

I wonder how much hurry gets in the way of that kind of attention. Is hurry relative? It's helped me to separate two kinds:

- » **Outward pace** is how fast our circumstances require us to move, and someone handling an emergency may need to move quickly while staying fully present to the people in front of them.
- » **Inward urgency** is the steady sense that we should already be somewhere else, and we can feel it on a quiet afternoon, while someone's talking and we're preparing our answer, or in prayer when our mind keeps reaching for the next task.

Outward pace rises and falls with our responsibilities, and some seasons rightly demand more than others. Inward urgency follows us into every season, and over time it leaves very little room to receive the moment we're actually living.

Jesus' invitation to remain in Him meets us right there. In John 15, He describes a branch that depends on the vine for its life and fruit. He ties remaining to His words (v. 7), His love, and obedience (vv. 9-10), then says He's spoken these things so His joy would be in His disciples and their joy would be full (v. 11). That gives gratitude a deeper foundation than our ability to find something pleasant in every situation. We belong to Him, so we can keep returning our attention to Him, listening to what He's said, and taking the next faithful step with Him. Giving thanks becomes one way we acknowledge that dependence throughout the day.

The picture I keep coming back to is standing under a waterfall. I picture myself holding a cup near the water, worrying about how little I have left to give. I can hear the water, but the cup only fills when I step beneath the flow, and it only stays full while I stay there. When I step back out, I'm rationing whatever's left. When I stay, the cup keeps filling past the brim, and that overflow is what reaches the people around me. That's how I've come to understand remaining in Him. Prayer, time in Scripture, and pausing before God are how I keep standing where His living water falls, and gratitude helps me stay there by naming something specific and acknowledging its source: ***Father, this came from You. Thank You.***

That overflow can take ordinary shapes. Being cared for makes us more attentive to someone else's need, and remembering God's patience with us shapes how we respond when someone interrupts our plans. There'll still be days when we're tired and have little to offer, and those are the days to stay under the flow and keep depending on Him instead of trying to give from an empty cup. So before you count what went wrong today, step back under the waterfall and ask the question again: ***God, what have You given me here that I've been moving too quickly to receive?***

## Key Takeaways

- » Our minds naturally hold onto what went wrong, so gratitude has to be a deliberate second look at what God's given.
- » Gratitude and grief can share the same prayer, because God's faithfulness reaches beyond what we can presently understand.
- » Joy grows from remaining in Jesus, since He connects His full joy to abiding in His words and love.

## This Week's Articles

No new articles this week, but your replies will help shape the ones coming in January.



*When I step back out, I'm rationing whatever's left.  
When I stay, the cup keeps filling past the brim,  
and that overflow is what reaches the people around me.*



## Anchored Prayer

*Abba,*

*Thank You that You are already present, even when I'm moving too quickly to notice. Thank You for the gifts I walked past today and for the ones I'm only now seeing. Slow the urgency in me. Teach me to remain in You, to listen to Your words, and to keep standing beneath the flow of Your goodness. Where I'm grieving, let me thank You honestly without pretending the hurt isn't there. Fill me with Your joy, and let what I receive overflow to the people You place in front of me.*

*Hallelujah. Amen.*

### My Prayer

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*God, what have You given me here that  
I've been moving too quickly to receive?*



# Anchored Breathwork

## Receiving Breath (4–6) for Gratitude

**Purpose:** To quiet inward urgency long enough to notice what God has already placed in front of you.

**Posture:** Sit comfortably with your feet grounded. Relax your shoulders. Rest your hands open in your lap, palms up, as if holding a cup beneath the water.

1. **Inhale** through your nose for **4 seconds**.

Quiet cue: *“This came from You...”*

2. **Exhale** slowly for **6 seconds**.

Quiet cue: *“Father, thank You for this gift.”*

**Repeat** for 5–7 cycles. After the last cycle, name one specific gift from today.

**Pro Tip:** If the counts feel too long, shorten the rhythm to 3–5 or even 3–4. The goal is regulation, not pressure. Letting the exhale run longer than the inhale gives your nervous system a simple, steady pattern that helps your body settle.

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*“We can thank God for the friend who answered the phone while we’re still grieving the news that made us call; both belong in the same prayer.”*

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# Anchored Reflection

Take a few minutes with these questions, and let them slow you down enough to notice what you may have walked past.

What did your attention hold onto most today, and what might it have missed?

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Where do you feel inward urgency most, and what does it keep telling you?

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What's one specific gift you can name right now, along with its Source?

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## Help Shape the New Year

Every newsletter, article, and Anchored Reflection begins with a real question or burden. As we head into 2027, I'm choosing the topics and direction for the new year, and I'd love for your questions to be part of that. If something is pressing on your heart, send it my way. What you share could become the catalyst for someone else's breakthrough.



[Share What's on Your Heart](#)



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