

Brian Cooke
President & CEO, World Home Loans
NMLS # 17866
300 Spectrum Center Drive Ste 400-476 Irvine, CA 92618

Office: 650-678-0283
Mobile: 650-678-0283
bcooke@worldhomeloans.com
View My Website

Why You Might Regret Waiting For Better Rates After The Fed Cuts

This week's labor market data and Fed speeches solidified the case for the Fed to cut rates by at least 0.25% when it meets in 2 weeks. With more and more buzz surrounding that rate cut, it's only natural for consumers to enthusiastically wait for the lower mortgage rates that are sure to follow. All too often, those who wait are surprised to learn that the only rate that's guaranteed to move lower on Fed day is the Fed Funds Rate.

It's not a case of mortgage rates needing time to respond either. In fact, it's the Fed Funds Rate that will be getting caught up to the rest of the market. It is not an exaggeration to say that mortgage rates have already moved lower in anticipation of the upcoming Fed rate cut. After all, the average 30yr fixed rate is down more than 1.5% from the peak, hitting the lowest levels in more than a year and a half after Friday's jobs report. Meanwhile, the Fed Funds Rate hasn't dropped at all during the same time.

This is very normal for reasons explained in detail in last week's newsletter. Because mortgage rates are based on bonds that have the luxury of moving every day, they are always able to get ahead of something like the Fed Funds Rate which only moves once every 6 weeks.

National Average Mortgage Rates



Mortgage News Daily	Rate	Change	Points
30YR Fixed	7.22%	-0.08	0.00
15YR Fixed	6.85%	-0.06	0.00
30YR FHA	6.89%	-0.06	0.00
30YR Jumbo	7.40%	-0.05	0.00
7/6 SOFR	6.73%	+0.02	0.00
30YR VA	6.90%	-0.07	0.00

Rates as of: 11/4

MBS and Treasury

	Price / Yield	Change
MBS UMBS 6.0	100.15	-0.06
10 YR Treasury	4.8911	+0.0057
30 YR Treasury	5.2698	-0.0101

Pricing as of: 11/5 7:14AM EST

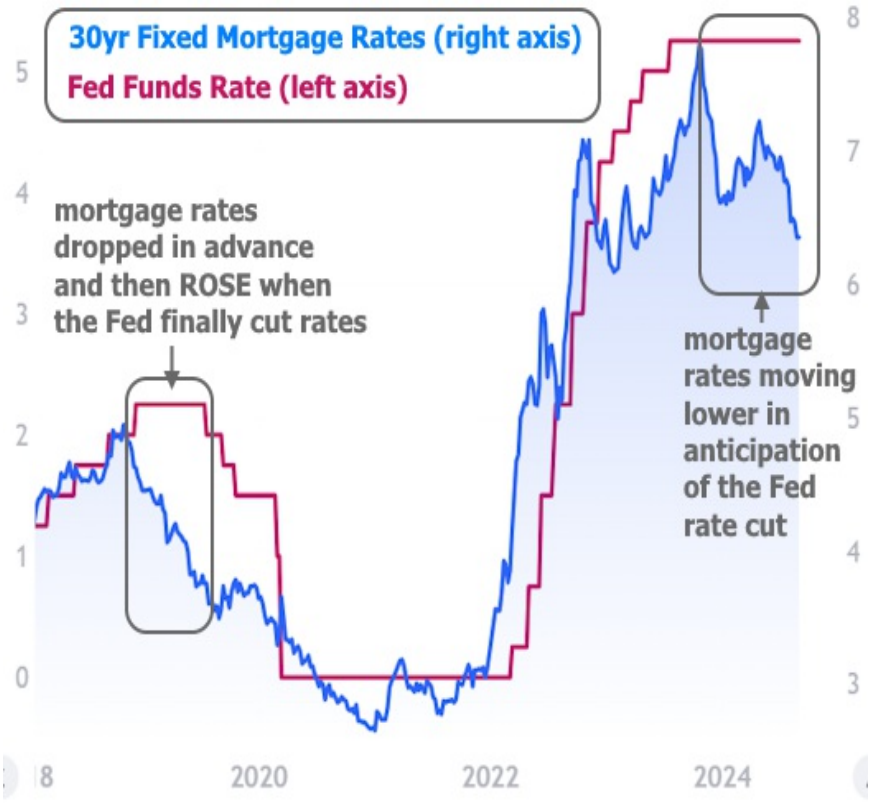
Recent Housing Data

		Value	Change
Mortgage Apps	Oct 21	195	+3.39%
Building Permits	Sep	1.4M	+0.43%
Housing Starts	Sep	1.22M	-4.24%
New Home Sales	Sep	676K	-1.17%
Pending Home Sales	Aug	71.2	0%
Existing Home Sales	Oct	3.99M	+0.25%
Builder Confidence	Oct	29	-9.38%

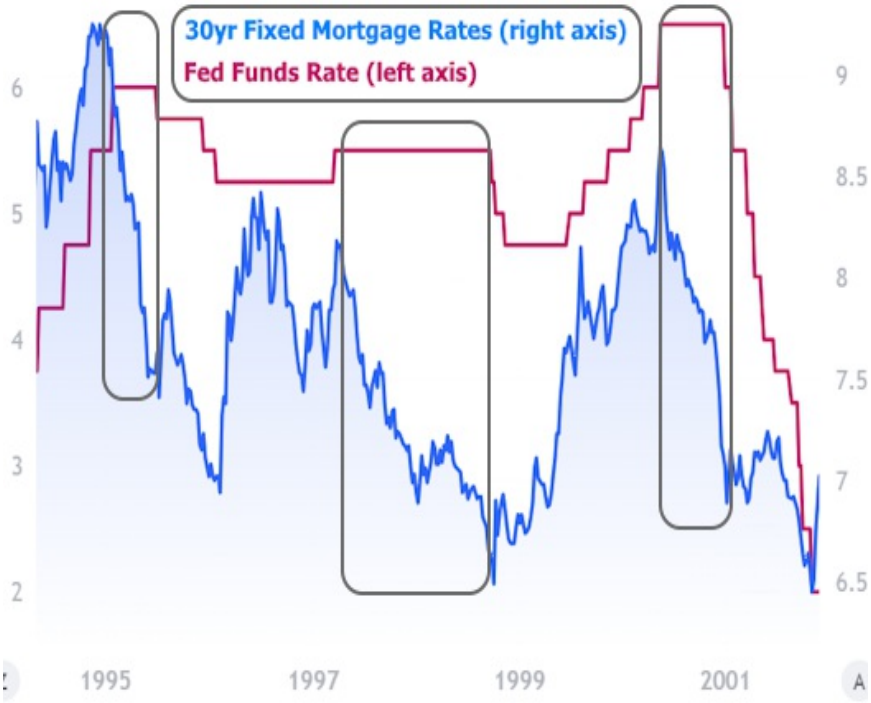
© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke



Consider some sobering lessons from the past. We're focusing on the late 90s because that's the next most recent series of cuts that didn't involve an emergency like 2008 or 2020. In every case, mortgage rates moved decisively lower BEFORE the Fed cut rates. The aftermath is usually not good for those who wait. The best case scenario was in the middle of 1995 when consumers only had to wait 5 months before rates got back to pre-Fed levels. In 1998, however, borrowers who waited for the Fed ended up having to wait 4 more years before seeing the same rates.

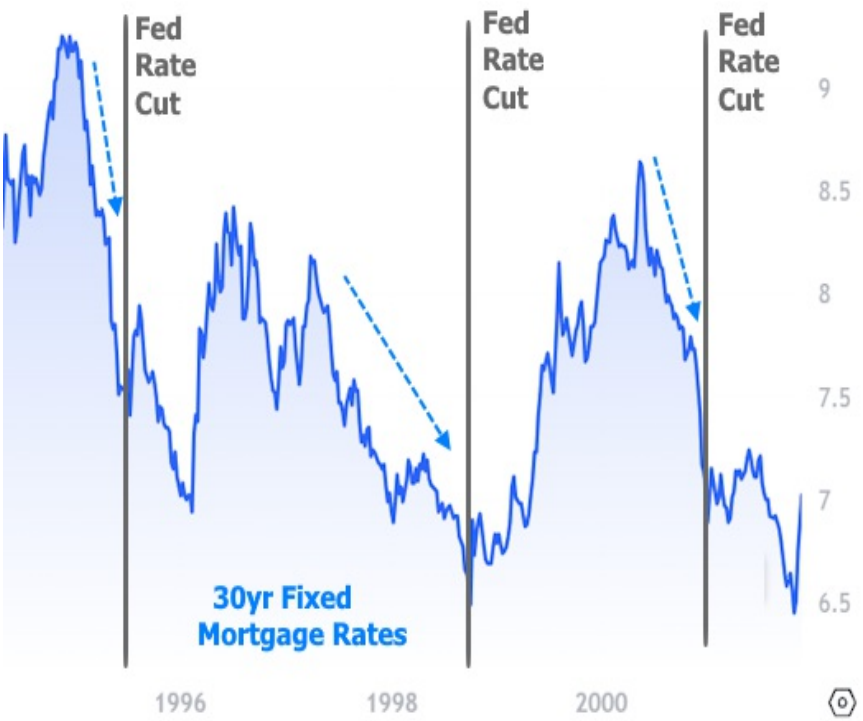


© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke

Here's a slightly simpler way to look at the same data. The chart below only shows the Fed rate cuts as annotations on a chart of mortgage rates. This makes it easier to see what mortgage rates were doing just before and just after the Fed rate cuts.



This is not a sales pitch. It is a public service announcement intended to combat the misinformation that circulates around long-anticipated Fed rate cuts. Consider one last point on the notion of "waiting." Those who wait are effectively placing a bet on rates moving lower than they are today. But here's the thing about financial markets: if there is anything that can actually be known about the future, it can be traded today.

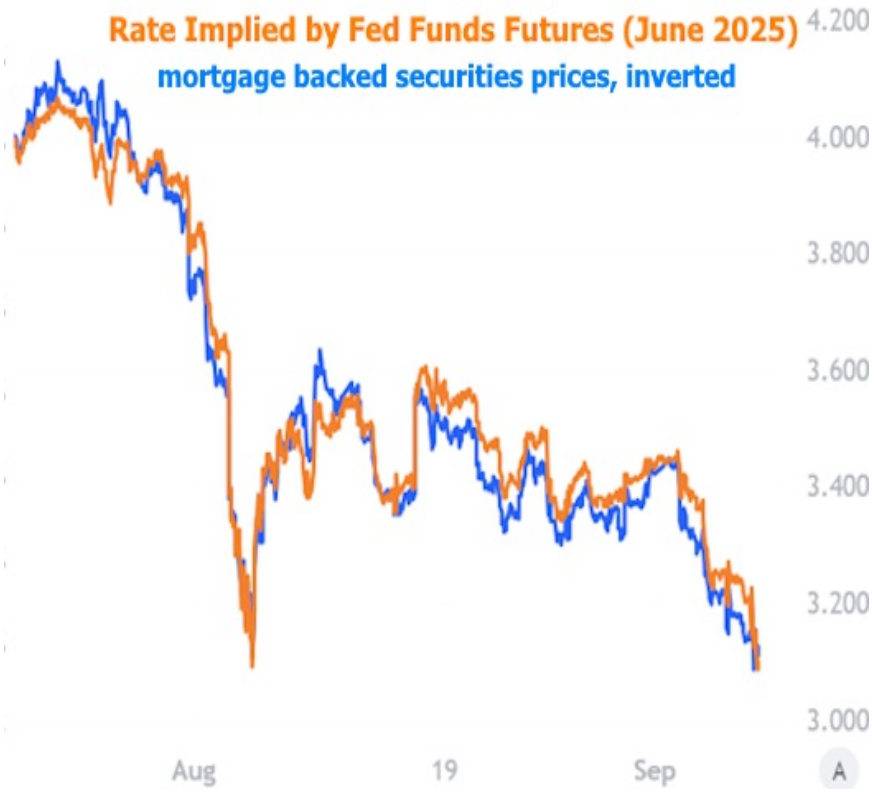
You may be wondering why the Fed Funds Rate has not moved lower already then. To reiterate last week's message, the futures contracts used to bet on the Fed Funds Rate do indeed already show the lower rates that people are mistakenly waiting for. Those futures are the things that correlate with present day rate movement in a way the Fed Funds Rate can only dream of.

The following chart shows the rate implied by Fed Funds Futures. We use June 2025 because there's been very little directional movement in September's contract recently. Instead of mortgage rates, which are only updated once a day, we are using mortgage backed securities prices, which is what lenders use to determine mortgage rates each day.

© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke



In other words, if you think you are smarter than the market by waiting for a Fed rate cut, think again. The market has not only already traded it (thus causing mortgage rates to fall accordingly), but it will CONTINUE to trade it moment by moment on every business day based on new information that the Fed only has a chance to react to once every 6 weeks.

In "continuing to trade" the new information, almost anything can happen. There were moments in January 2024 where Fed Funds Futures saw the Fed Funds Rate being a full percent lower than it will be after the rate cut in 2 weeks. Data changed since then, so markets changed as well.

There is always more uncertainty the farther one moves into the future. Expectations for the September meeting haven't moved much more than 0.25% in months. Contrast that to expectations for the June 2025 meeting, which moved that much just this week, and more than 1.5% since May 2024.

© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke

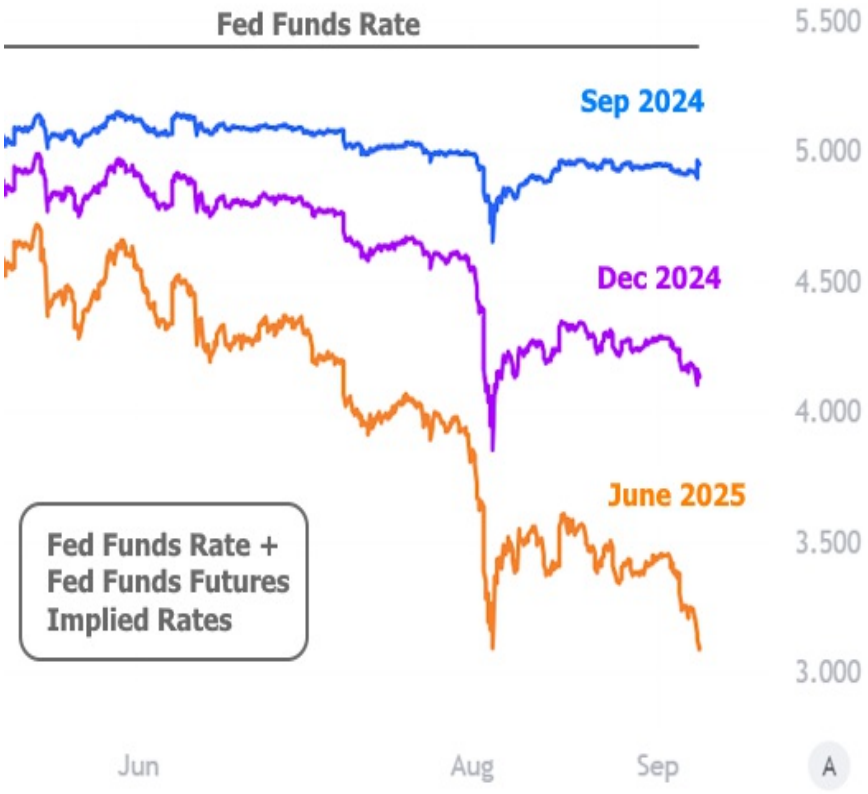


To reiterate, all of the movement in the chart above coincides with movement in mortgage rates that has ALREADY HAPPENED! All the while, the Fed Funds Rate can only wait for the Fed meeting.

© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke



There is an important caveat to all of the above, but it definitely cuts both ways: the rate cut at the upcoming Fed meeting is not the only thing that can move markets on Fed day. There will also be updated projections for future rates by each Fed member--something that's notorious for causing volatility in the rate market. In addition, Fed Chair Powell may also discuss the potential pace of future rate cuts. The market has already shown its cards as seen in the charts above. The Fed could convey a more aggressive or conservative approach.

Beyond Fed day itself, perhaps more important is the ongoing stream of incoming economic data. If the economy were to deteriorate sharply, rates could certainly move even lower. Conversely, if economic data remains stable, rates could just as easily move back up. All that can be known about any of those futures is already reflected in today's 1.5 year lows.

Subscribe to my newsletter online at: http://housingnewsletters.com/bcooke

© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke

About Me

I'm the Founder & CEO of World Home Loans, a mission-driven mortgage brokerage built with one purpose: to give consumers, especially Veterans, the respect, speed, and savings they deserve when financing a home.

Over the past 2 years, I've personally closed over 600 VA purchase loans and personally funded more than $375M in the past 12 months. Along the way, I learned that America's Veterans are too often underserved by big-box lenders—facing higher rates, slower closings, and a lack of genuine care. That's why I built World Home Loans.

Our Mission:
• To serve our Veterans by offering ultra-low mortgage rates and closing costs.
• To empower Veterans with the knowledge and resources needed to make informed home financing decisions.
• To stand against and eliminate the widespread overcharging of Veterans that has persisted in the mortgage industry for decades.

At World Home Loans, we back this mission with execution:
Faster closings (our average is 18 days)
Better pricing (consistently beating national averages)
White-glove experience that earns 5-star reviews at scale
A platform where top producers can 2–3X their volume through efficiency, brand power, and unmatched VA expertise.

With "Victory on the Home Front" as our rallying cry, World Home Loans is on course to become the dominant VA-focused lender in the country.

Alongside building WHL, I'm writing my book The Efficient Closer: Building a Mortgage Empire with Precision and Purpose—a playbook for originators who want to scale with speed, systems, and execution.

Brian Cooke 

© 2026 MBS Live, LLC. - This newsletter is a service of MarketNewsletters.com.

The interest rates provided in this newsletter are national averages from independent data sources. Rate/APR terms may differ from those listed above based on the creditworthiness of the borrower. All information provided "as is" for informational purposes only, not intended for trading purposes or financial advice.

Read or subscribe to my newsletter online at: http://housingnewsletters.com/bcooke