

MARKET SUMMARY

Complete Recap of Today's Market Activity

"Pause" Ends in Iran, But Probably Not For The Fed

Market Summary: Wednesday, July 29, 2026 - 2:44PM

The big news over the weekend was that the U.S. and Iran paused hostilities--something that led to 2 solid days of gains in the bond market. But in the overnight session, the pause ended as multiple attacks were reported on both sides. Oil rose predictably and bond yields did the same. One "pause" that's less likely to change is the Fed's abstention from hiking or cutting in 2026--at least not today. That may seem like a strong claim given futures pricing showing a 36% chance of a hike today. While a hike is in the realm of possibility, it's not in the 1 in 3 realm. That number represents an uncertainty premium compounded by the new forward guidance regime and the highly fluid nature of fuel price implications for additional inflation. Nonetheless, the fact that a third of the futures market is positioned for a hike means there's higher odds of volatility at this meeting compared to a normal July Fed meeting (usually pretty sleepy, so it's not necessarily a high bar).

Latest Video Analysis



Giving Peace (And Bonds) a Chance



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UMBS 5.5	99.27	-0.21	10YR	4.650%	+0.043%	7/29/2026 12:39PM EST
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Here's What Changed in The New Fed Announcement

The Federal Open Market Committee approved the following statement for release by a ~~12~~9 – ~~0~~3 vote:

The Committee decided to maintain the target range for the federal funds rate at 3-1/2 to 3-3/4 percent, in support of the Federal Reserve’s dual mandate. The Committee ~~reaffirmed~~is continuing its policy of maintaining ample reserves in the banking system.

Economic activity is expanding at a solid pace despite elevated uncertainty that owes, in part, to the conflict in the Middle East. Productivity growth and capital investment are strong. Job gains have kept pace with the workforce, and the unemployment rate has changed little.

Inflation remains elevated relative to the Committee’s 2 percent goal, in part reflecting supply shocks that have driven price increases in certain sectors, including energy. The Committee will deliver price stability.

Voting against the monetary policy action were Beth M. Hammack, Neel Kashkari, and Lorie K. Logan, who preferred to raise the target range for the federal funds rate by 1/4 percentage point at this meeting.

-  **ALERT:** New Lows
-  **MBS MORNING:** "Pause" Ends in Iran, But Probably Not For The Fed

Today's Mortgage Rates

30YR Fixed 6.78% +0.02%

15YR Fixed 6.32% +0.01%

7/29/2026

Mortgage Rates Roughly Unchanged Versus Friday's Lows

After bottoming out around 6.5% in late June, moved steadily higher this month, ultimately hitting 6.85% last Thursday--the highest level in over a year. There was a modest recovery on Friday with a fair amount of intraday changes from the average mortgage lender.

Because rates are based on bonds, it's worth noting that bonds are in better shape today compared to Friday's latest levels. But if we use Friday's stronger mid-day levels as a baseline, bonds are just barely stronger. As such, it's no surprise to see mortgage rates just barely lower.

The key consideration for the bond market over the weekend was the announcement of a pause in the fighting in Iran. This helped oil prices move lower, thus lowering inflation implications and bond yields. This is the financial market's way of saying can also come down.

The caveat is of course that a resurgence of fighting in Iran could cause oil and inflation expectations to rise again, thus putting renewed pressure on rates. In addition, Wednesday's Fed announcement is also a potential source of volatility. The Fed is not expected to hike or cut, but the market is less convicted than normal about the Fed's likely course of action. That means the result will be somewhat surprising to a larger share of the market than normal, and that's a recipe for volatility.

Time	Event	Actual	Forecast	Prior
Wednesday, Jul 29				
7:00AM	Jul/24 MBA Refi Index	723.1		802.3
7:00AM	Jul/24 Mortgage Market Index	247.2		264.0
7:00AM	Jul/24 MBA Purchase Index	159.8		165.8
10:30AM	Jul/24 Crude Oil Inventory (ml)	-7.167M	-1.3M	2.011M
11:30AM	2-Year FRN Auction (%)	0.050%		0.079%
11:30AM	2-Yr Note Auction (bl)	30		
2:00PM	Fed Interest Rate Decision ★★	3.75%	3.75%	3.75%
2:30PM	Fed Press Conference ★★			
2:30PM	Warsh Press Conference ★★			
Thursday, Jul 30				
8:30AM	Jul/25 Jobless Claims (k) ☆		200K	187K
8:30AM	Jul/18 Continued Claims (k) ☆		1800K	1796K
8:30AM	Q2 Core PCE Prices QoQ ☆		3.5%	4.4%
8:30AM	Q2 GDP Final Sales (%)			1.9%
8:30AM	Q2 GDP (%) ★		2.1%	2.1%
8:30AM	Jun Core PCE (m/m) (%) ★		0.2%	0.3%
8:30AM	Jun Core PCE (y/y) (%) ★		3.3%	3.4%
8:30AM	Q2 PCE Prices (Q/Q) ☆			4.6%
8:30AM	Jun PCE prices (m/m) (%) ☆		-0.1%	0.4%
8:30AM	Jun PCE (y/y) (%) ☆		3.7%	4.1%
9:20AM	NY Fed Bill Purchases 1 to 4 months (%)		\$5.179 billion	