



Flip to DC

“Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

The Apostle Paul | Philippians 4:8 (NLT)

The inventor I met was over the top eccentric. He purchased an abandoned grist mill deep in the Adirondack mountains to create an environment perfectly shielded from interference, even wiring it to operate on DC power at the flip of a switch. He said if someone was running a motor miles away, he could pick it up on his meters. His goal was to establish a baseline of untainted reality, an “off the grid” laboratory. He knew this would help him discover world changing technologies.

Can you imagine such a space?

Who doesn't struggle to find even a moment of solitude? An extended period just might drive us insane! Ironically, what's ideal can feel quite wrong at first. We've grown so used to constant stimulus that we've

lost our true baseline . . . and I'm not just referring to noise. What would it feel like to experience an extended time without worry, stress, fear, anger, . . . unimaginable, right?

Reflect: **How much interference am I immersed in?**

Psychologist Douglas Lisle coined the term “The Pleasure Trap” to explain how addictions hold us hostage. For example, after eating unhealthy foods for a while, our bodies consider the excess fat, salt and sugar “normal” and reset our baselines accordingly. You’d think that all one would need to do is to start eating healthy foods and his body would adjust back. But no, they fight the change thinking it abnormal . . . diet blown. Unbeknownst to us, we’re in a trap.

Dr. Lisle says the pathway out is a controlled period of water-only fasting so our bodies can rediscover their true healthy baselines. We must go off the grid to foster life change.

Consider: **I reset my spiritual baseline by going off the grid.**

The Apostle Paul gives us instructions for resetting our spiritual baselines. Set your thoughts on the truth God established at the beginning and the promises he’s made to you.

I would love to ask Paul, “How do I do this amidst such a chaotic life?” Perhaps he'd answer, "Combine the advice of the eccentric inventor, Dr. Lisle and me by intentionally placing yourself in an environment without negative stimulus for a controlled period. Do this while fasting on water alone and fixing your thoughts on the promises God made to you.”

“But when you pray, go away by yourself, shut the door behind you, and

pray to your Father in private. Then your Father, who sees everything, will reward you.” Jesus Christ (Matthew 6:6)

Jesus affirms, go to a place where you can shut out the world. A place without reminders of your worldly environs . . . sounds, smells, work, phone, and especially people. Later he speaks of fasting to eliminate physical stimulants too. It’s no secret; this is what Jesus did before performing countless miracles. Powerful! Close yourself off . . . ideally for a whole day. You will be rewarded.

*Imagine: **Flipping to DC daily fosters Kingdom changing work.***

Resetting your nutritional baseline to break a food addiction is not achieved simply with a water-only fast. You must eat differently from then on, too. Likewise, a day of prayer and fasting while focused on God's promises will not yield prolonged peace in your soul. You must flip to DC daily—like the inventor did when he was creating—in order to advance your Mission.

Set five minutes aside each day to recall the promises the Spirit planted in your mind while fasting. Dwell on one. Periodically interleave additional days of prayer and fasting and you'll find yourself moving closer and closer to your untainted spiritual baseline... all because you decided to...

Flip to DC!

Go off the grid and ask these questions:

Coach’s Questions

- What am I stressed, worried or fearful about that has shifted my spiritual baseline?
- What does God say about these things? Write a Spirit Talk to keep these promises in front of me.
- How will I make "Flip to DC" a permanent part of my life?

Spirit Talk

Post this where you will see it regularly.

Create space to let the Spirit reset my baseline.

"But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live." Romans 8:13 (NLT)



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