

Flipping 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)**

Going Off Grid

An inventor I met was over the top eccentric. He intentionally purchased an old grist mill deep in the Adirondack mountains as the place where he would create world changing technologies. He spent a year working to achieve an environment perfectly shielded from interference, even wiring the building to operate on DC power at the flip of a switch. He told me that if someone was running an electric saw miles away, he could pick it up on his meters. His goal was to establish the a baseline of untainted reality; an “off the grid” laboratory. He knew this environment was key to helping him foster change the world.

Can you imagine experiencing such a space?

Most of us struggle to find a moment for a breather let alone an extended time in dead quiet. In fact, if we did come into such a space, it just might drive us nuts. *Ironically, what’s ideal can feel quite wrong.*

We have grown so used to constant stimulus that we have lost our true baseline... and I’m not just referring to noise. Ever think about what it would feel like to experience an extended time without worry, stress, fear, anger... seems unimaginable, right?

It’s a Trap

Psychologist Dr. Douglas Lisle coined a term “The Pleasure Trap” to help people understand how addictions form and hold us hostage. He

speaks to food addictions in particular. Take a look at this YouTube link to learn more. <https://www.youtube.com/watch?v=jX2btaDOBK8>

What's interesting is that after eating unhealthy foods for a while, our bodies consider the excess fat, salt and sugar as "normal" and reset our baselines accordingly. (Much like our ears tune out background noise.) After continued poor eating, "normal" has shifted substantially from our true healthy baseline. Unbeknownst to us, we're in a trap.

You'd think that all one would need to do to reset his baseline is to start eating healthy foods and his body would adjust back. But no. Our bodies fight the change thinking it abnormal... diet blown. Dr. Lisle says, instead, the path out of the trap requires a controlled period of water only fasting so that your body can rediscover its true healthy baseline. Call this, "Going Off Grid" ...A time of elimination of the excess stimulus to foster life change.

The fact is, we're addicted to our sinful nature and the barrage of worry, stress, fear, anger, etc., that comes with it. Admit it... Then start moving to reset your baseline to "spiritually healthy" so you can foster Kingdom change in the world.

Resetting Your Spiritual Baseline

The Apostle Paul gives us the God's instruction for resetting our spiritual baselines, essentially saying, "Set your sights on the baseline of truth that was established when you were saved."

I would love to ask Paul, "How do I do this amidst such a crazy life?"

Perhaps he'd answer like this. "Combine the advice of the eccentric inventor, Dr. Lisle, and me and you'll discover a pathway to reset your

spiritual baseline. Intentionally place yourself in an environment without negative stimulus for a controlled period....and do this while fasting on water alone. While there, focus on the promises God made to you.”

“So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.” The Apostle Paul | Romans 8:6 (NLT)

Continuing he says, "Start by making a commitment to win the battle over who you let control your life by yielding your mind to the Spirit."

A choice for life and peace will lead you to intentionally create a space where you are free to let the Spirit control your mind... An environment where you can focus on “what is true, and honorable, and right, and pure, and lovely, and admirable... excellent and worthy of praise” ...without interference. A place where you imbed God's promises into your mind.

“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 (NLT)

Jesus affirms, go to a place where you can shut out the world. A place without reminders of your worldly environ... sounds, smells, work, phone and especially people. Later he speaks of fasting to eliminate physical stimulants too. This is what Jesus did! Close yourself off... ideally for a whole day. You will be rewarded.

Go off the grid and ask these questions:

Coach's Questions:

- What a I stressed, worried or fearful about that has shifted my spiritual baseline?
 - What does God say about these things? (Do a search here <https://www.openbible.info/topics>)
 - What can I do to keep God's promises in front of me?
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Flip to DC Daily

Resetting your nutritional baseline so you can 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, just like the inventor did whenever he was creating.

Set 5 minutes aside each day to recall the promises the Spirit deeply planted in your mind. Choose a relevant one and dwell on it. As you do this, interleave additional days of prayer and fasting periodically and you'll find yourself moving closer and closer to your true spiritual baseline.

This is especially important for you who seek to mobilize your Life Mission. God has challenged you to join him in a Kingdom changing work. You represent God as one who is living out the life he intended. You are to be contagious, a living testimony, attractive. It is essential to commit to a daily practice of...

Flipping to DC

Spirit Talk

Post this where you will see it regularly.

I 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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Drip, Drip, Drip...

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