



THURSDAY, OCTOBER 9, 2025 | 6:30 A.M.

## Default Mode

David H. McKinley

### "NoWhere Man"

He's a real nowhere man  
Sitting in his nowhere land  
Making all his nowhere plans for nobody

Doesn't have a point of view  
Knows not where he's going to  
Isn't he a bit like you and me?

—The Beatles, 1965

"A default in information technology (IT) refers to a pre-set configuration or setting that a system or software program will revert to if no changes are made. It just goes back to the same place and does the same thing again." "

### 1. The Struggle Living in Default Mode

"Default Mode is a state where life runs on autopilot, shaped by routines and social expectations rather than conscious choices. In this mode, you may feel neither the intense urgency of survival mode nor the intentional drive of higher stages. Instead, you simply follow familiar habits, often focusing on short-term tasks without questioning why. Triggers for default mode can include long periods of comfort or a desire to 'fit in,' where you avoid risks and deeper exploration. Compared to survival mode, default mode offers more stability, yet it can also stall personal growth if you remain unaware of what truly motivates you."

- The Emotion Default  
We tend to respond to feelings  
rather than reasons or facts.

"You can say something in 10 seconds  
you can't take back in 10 years."

[ Proverbs 15:1 ]

- The Ego Default  
We tend to react to anything that threatens our  
sense of self-worth or our  
position in a group hierarchy.



THURSDAY, OCTOBER 9, 2025 | 6:30 A.M.

## Default Mode

David H. McKinley

### "NoWhere Man"

He's a real nowhere man  
Sitting in his nowhere land  
Making all his nowhere plans for nobody

Doesn't have a point of view  
Knows not where he's going to  
Isn't he a bit like you and me?

—The Beatles, 1965

"A default in information technology (IT) refers to a pre-set configuration or setting that a system or software program will revert to if no changes are made. It just goes back to the same place and does the same thing again." "

### 1. The Struggle Living in Default Mode

"Default Mode is a state where life runs on autopilot, shaped by routines and social expectations rather than conscious choices. In this mode, you may feel neither the intense urgency of survival mode nor the intentional drive of higher stages. Instead, you simply follow familiar habits, often focusing on short-term tasks without questioning why. Triggers for default mode can include long periods of comfort or a desire to 'fit in,' where you avoid risks and deeper exploration. Compared to survival mode, default mode offers more stability, yet it can also stall personal growth if you remain unaware of what truly motivates you."

- The Emotion Default  
We tend to respond to feelings  
rather than reasons or facts.

"You can say something in 10 seconds  
you can't take back in 10 years."

[ Proverbs 15:1 ]

- The Ego Default  
We tend to react to anything that threatens our  
sense of self-worth or our  
position in a group hierarchy.

[ 1 Corinthians 10:12 ]

*"The Gray Man blends in. He avoids extremes. He never wants to be 'that guy.' His motto is, 'Let's just keep the peace.' He confuses niceness with righteousness and thinks being liked is being faithful. He doesn't shout or sin spectacularly. He just disappears when it counts. He's not fighting for his home. He's outsourcing discipleship. He's silent at work, passive a church, and emotionally distant at home. And the next generation is being raised in that silence."* —Virgil Walker

• The Social Default

We tend to conform to the norms of our larger group setting.

*"Where all think alike, no one thinks very much."* —Walter Lippman

[ Proverbs 18:24 ]

[ 1 Corinthians 15:33 ]

*"Truth is not determined by the loudest voice, but by reality itself."* —Charlie Kirk

• The Inertia Default

We're habit forming and comfort seeking. We tend to resist change and to prefer ideas, processes and environments that are familiar.

*"A body in motion tends to stay in motion and a body at rest tends to stay at rest."*  
—Sir Isaac Newton

2. The Scripture

[ Proverbs 6:6 ]

[ Prov. 6:9; 10:26; 13:4; 15:9; 20:4; 19:24; 26:16 ]

*"Plough deep while sluggards sleep."*  
—Benjamin Franklin

*"Know the value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today!"* —Lord Chesterfield

*"Never put off till tomorrow what you can put off till the day after tomorrow just as well."*  
—Mark Twain

3. The Solution

[Proverbs 21:25 ]

*"Every day you have the choice to live your life consciously, intentionally or to just settle for what shows up."*

[Proverbs 119:25-32 ]

[ 1 Corinthians 10:12 ]

*"The Gray Man blends in. He avoids extremes. He never wants to be 'that guy.' His motto is, 'Let's just keep the peace.' He confuses niceness with righteousness and thinks being liked is being faithful. He doesn't shout or sin spectacularly. He just disappears when it counts. He's not fighting for his home. He's outsourcing discipleship. He's silent at work, passive a church, and emotionally distant at home. And the next generation is being raised in that silence."* —Virgil Walker

• The Social Default

We tend to conform to the norms of our larger group setting.

*"Where all think alike, no one thinks very much."* —Walter Lippman

[ Proverbs 18:24 ]

[ 1 Corinthians 15:33 ]

*"Truth is not determined by the loudest voice, but by reality itself."* —Charlie Kirk

• The Inertia Default

We're habit forming and comfort seeking. We tend to resist change and to prefer ideas, processes and environments that are familiar.

*"A body in motion tends to stay in motion and a body at rest tends to stay at rest."*  
—Sir Isaac Newton

2. The Scripture

[ Proverbs 6:6 ]

[ Prov. 6:9; 10:26; 13:4; 15:9; 20:4; 19:24; 26:16 ]

*"Plough deep while sluggards sleep."*  
—Benjamin Franklin

*"Know the value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today!"* —Lord Chesterfield

*"Never put off till tomorrow what you can put off till the day after tomorrow just as well."*  
—Mark Twain

3. The Solution

[Proverbs 21:25 ]

*"Every day you have the choice to live your life consciously, intentionally or to just settle for what shows up."*

[Proverbs 119:25-32 ]