

✚ THE DEFAULT MODE NETWORK (DMN AKA DMN TIME)

Understanding the Inner Narrator God Wants to Redeem

1. What the DMN TIME Is (Neuroscience)

The Default Mode Network is the brain's "internal narrator"—

the system active when your mind isn't focused outward but turns inward to:

- reflect
- imagine
- replay memories
- compare
- worry
- create identity
- form emotional meaning
- tell a story about God, yourself, and others

✚ **DMN TIME = your resting-state mental activity**

✚ **DMN TIME = where temptation takes root before behavior**

✚ **DMN TIME = what psychologists call rumination loops**

2. What the Bible Says About the Inner World

The Scriptures describe what neuroscience calls the DMN using words like:

“The thoughts of his heart” — Genesis 6:5

“Meditation of my heart” — Psalm 19:14

“Truth in the inward being” — Psalm 51:6

“Be renewed in the spirit of your minds” — Ephesians 4:23

“Take every thought captive” — 2 Corinthians 10:5

Biblical idea:

Before sin shapes behavior, sin shapes **the inner mindset**.

3. DMN TIME in Genesis 1–4

A. Eve — The DMN Reframes God (Genesis 3:6)

“Good for food.” → **perception**

“Pleasant to the eyes.” → **desire**

“Desirable to make one wise.” → **self-story**

👉 **Temptation wins by rewriting the internal story before the external act.**

B. Adam — The DMN TIME Turns Shame Into Identity (Genesis 3:10–12)

“I was afraid.” → **fear narrative**

“I was naked.” → **shame identity**

“I hid myself.” → **behavior from story**

👉 God asks: “*Who told you...?*”

Not “What did you do?” but “**What are you believing?**”

C. Cain — The DMN TIME Turns Grievance into Violence (Genesis 4:5–7)

“His face fell.” → internal collapse

“Very angry.” → grievance loop

“Abel becomes the threat.” → distorted narrative

👉 God asks Cain:

“**Why has your face fallen?**”

God confronts the *story* before the *sin*.

4. DMN TIME & The Four Pillars of Imperial Thirst

We’ve defined **Imperial Thirst** as the fourfold spiritual fracture:

1. The Oldest Temptation — Grievance

“God is withholding from me; I deserve more.”

2. The Deepest Wound — Shame

“I am not enough; something is wrong with me.”

3. The Greatest Illusion — Scarcity

“There will not be enough for me; I must protect myself.”

4. The Most Compelling Craving — Control (Order)

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“I will create my own security by shaping the world around me.”

The DMN TIME is the soil where the Four Pillars grow:

1. **Grievance** — “God is withholding from me.”
2. **Shame** — “I am not enough.”
3. **Scarcity** — “There will not be enough for me.”
4. **Control** — “I must secure myself.”

How the DMN amplifies these:

- DMN **replays** hurts until they become **grievance**.
- DMN **rehearses** failure until it becomes **shame identity**.
- DMN **imagines** worst-case scenarios until it believes **scarcity**.
- DMN **builds** survival stories that justify **control**.

DMN = Inner empire before external empire.

5. How the DMN TIME Turns Grief into Grievance

Key insight:

Grievance is grief without God.

Grief says:

“This hurts... Lord meet me here.”

Grievance says:

“This hurts... and somebody must pay.”

The DMN:

- holds memories of losses

- replays them without healing
- adds blame, comparison, and entitlement
- hardens grief into grievance

When the DMN TIME loops pain without God, grief becomes grievance.

6. Signs Your ON DMN TIME

Check any that apply:

- ☐ I replay old wounds over and over.
- ☐ I imagine conversations where I “prove” my point.
- ☐ I quietly believe God has been unfair.
- ☐ I struggle to celebrate others’ blessings.
- ☐ I live in “what if” scenarios (catastrophizing the future).
- ☐ I feel exposed or “not enough” often.
- ☐ I mentally rehearse worst-case scenarios.
- ☐ I feel safest when I control outcomes.

👉 *The more boxes checked, the more your DMN may be disciplining you instead of Christ.*

7. How God Renews the DMN TIME

1. The Word – Reframing the Inner Story

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“Be transformed by the renewal of your mind.” (Rom. 12:2)
 “You desire truth in the inward being.” (Ps. 51:6)

- Daily Scripture → new language for your inner narrator.
- Replace “God is withholding” with His promises.

2. Prayer & Lament – Processing Grief WITH God

“Pour out your heart before Him.” (Ps. 62:8)
 “Blessed are those who mourn, for they shall be comforted.” (Matt. 5:4)

- Tell God the whole story, not just the “right” version.
- Grief turns into grievance when we suffer in silence.

3. Thanksgiving – Interrupting Grievance Loops

“In everything by prayer and supplication with thanksgiving...”
 (Phil. 4:6–7)

- Gratitude isn’t denial; it’s remembering God inside the pain.
- Thanksgiving shifts the DMN from **loss-only** to **God-present**.

4. Community – Externalizing the Inner Narrative

“Exhort one another every day...” (Heb. 3:13)

“Stir up one another to love and good works.” (Heb. 10:24–25)

- Safe people can challenge distorted stories.
- Confession breaks the DMN echo chamber.

5. Stillness & Meditation on God

“Be still, and know that I am God.” (Ps. 46:10)

Research shows practices like meditation and focused attention can **reduce DMN overactivity** and rumination, allowing more peace and presence.

8. Reflection Questions

1. **Where have I felt most wronged in my life?**
 - How has my DMN (inner narrator) replayed that story?
2. **What is one story my DMN tells me about God?**
 - Is it that He withholds? Forgets? Favors others?
 - What does Scripture actually say instead?
3. **Where do I feel “naked” like Adam—exposed, not enough, ashamed?**
 - How do I “hide” (behaviors, personas, busyness)?
4. **Where do I feel like Cain—overlooked, passed over, less regarded?**
 - How has that shaped how I see “Abels” in my life?
5. **What would “truth in the inner parts” look like for me this week?**
 - One lie to name.
 - One truth to replace it.
 - One practice (prayer, Scripture, conversation) to reinforce it.

9. A Prayer for the DMN TIME

“Lord, renew my inner story.
Rewrite every lie with Your truth.
Heal what shame has named.
Interrupt what grievance has rehearsed.
Calm what scarcity imagines.
And free me from the need to control.
May the meditations of my heart
and the story of my mind
be pleasing in Your sight.”

✦ CHILDREN’S VERSION (1-PAGE)

(Simple language, easy metaphors, kid-friendly Scriptures)

WHAT IS YOUR “INSIDE VOICE BRAIN”?

(A Kid’s Guide to Understanding the DMN)

1. God Made Your Brain with an Inside Voice

You have a part of your brain that talks even when you’re quiet.

It helps you:

- think
- imagine
- remember
- wonder
- decide

We call this the **Inside Voice Brain** (DMN).

2. The Bible Talks About It Too!

When the Bible says:

- “the thoughts of your heart”
- “your inward parts”
- “think about these things”

...it’s talking about your inside thoughts—your **Inside Voice Brain**.

3. Eve, Adam, and Cain All Used Their Inside Voice Brain

A. Eve

She *thought* about the fruit before she touched it.

Her inside voice said:

“Maybe God is not being good to me.”

This made her choose wrongly.

B. Adam

He heard God and got scared.

His inside voice said:

“I should hide. God won’t help me.”

That wasn’t true—God loved him!

C. Cain

Cain felt upset that God liked Abel's gift.

His inside voice said:

"God is unfair! Abel is my enemy!"

He believed his angry thoughts and made a terrible choice.

4. Sometimes Your Inside Voice Is Wrong

Your feelings and thoughts can say things like:

- "Nobody likes me."
- "I'm not good enough."
- "Everyone else is better."
- "God doesn't care about me."

But those thoughts are **not** true.

5. Jesus Helps Our Inside Voice

Jesus wants to help us:

- think true thoughts
- feel peace
- choose kindness
- trust God

The Bible says:

"Think about whatever is true and good." — Philippians 4:8

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6. Three Things Kids Can Do

1. Talk to God:

“God, help my thoughts be true.”

2. Talk to Someone Safe:

A parent, teacher, or pastor can help when thoughts feel big.

3. Tell Your Thoughts the Truth:

“I am loved. God is with me. I can try again.”

7. A Simple Kid’s Prayer

“Jesus, help my thoughts be calm and true.
Help me trust You.
Teach my inside voice to follow You.”

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