

I have previously written<sup>1</sup> about the need I have to “recalibrate” myself to keep my relationships properly connected. I related the idea to my work experience with instrumentation of various kinds. These earlier thoughts were more about adjusting the “output gain” of a device, but lately I have been thinking about the need to set the zero level as well. To make a good absolute measurement, not only is the correct “span” needed, but the reference “floor” must be determined as well. Most instruments drift a bit as environmental conditions change, and need to be constantly checked.

I remember once at work there was a technician who decided to take a nap during the normal work hours. A manager found him with his eyes closed and his feet up next to an instrument that was recording data. He told the manager that he was “drift checking”, and had the data to prove it. At least he was awake enough to be clever about it when he was caught.

I have found that I have significant drift in my personal life, and need to correct for it every day – I don’t want to be asleep as the data is merely recorded. We can drift above or below zero; positive drift consists of our thinking that we are worthy on our own. But we can also go negative, and think that we are worthless even to God. Ultimately, if we kept on either track we would end up separating ourselves from God. Nothing can accomplish that separation<sup>2</sup> unless we allow it ourselves.

So, I try to make sure I reconnect and re-synchronize with God by resetting my “zero” level every day. I do it in the morning<sup>3</sup> as the shower water gets hot. I get on my knees and pray:

O Lord, I humble myself before you.

You are the Greatest and I am the worst;

You are Everything and I am nothing;

You are the Almighty Creator of the Universe, and I am absolutely weak;

You are All-Wise and I am utterly foolish;

You are Perfectly Pure and I am filthy dirty.

But I know that You love me even so<sup>4</sup>!

Something about this prayer puts me in the right perspective for the day. Oh, I do tend to drift off a bit, but each morning I get back on the right track. I constantly need this reality check.

1. See story “Recalibration”
2. Romans 8:38-39
3. Isaiah 33:2, Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.
4. see John 3:16