



-SPIRITUALITY-

DARE TO STOP THE TRAIN

DARE to STOP THE TRAIN

Index - Spirituality

Rev: 11/27/17

“Balance”

“Boundaries”

“Church”

“Disruption”

“Filling the Pipeline”

“God’s Gift”

“God’s View”

“Intimacy”

“Life Plan”

“Love Our Neighbor”

“My Purpose”

“Prayer”

“Relevance to God”

“The Road to Understanding”

“The Wall”

“Theory of Constraints”

“Tithing and Service”

“Trust”

“Which Wind, Which Light”

BALANCE

By Jerry McIntosh
Rev: 07/01/11

Please tell me, what is the value of the
reveler in the dark of night?

Please show me, what is the contribution of the
monk on a mountain?

Life without spirituality
produces quiet chaos.

Spirituality without life
produces cold piety.

Life seasoned with spirituality
produces purpose, vision, hope and joy.

I pray that God gives me balance
so that I might live in peace.

BOUNDARIES

By Jerry McIntosh

Rev: 01/18/13

When we live inside the boundaries
of our rules, our morals, our sense of right then
we lead lives of satisfaction and completion, but
when we live outside of these boundaries
according to others rules, morals, wishes for us then
our lives will be empty, searching and sad.

The task is to find the “me”
that God so specially designed along with
the wonderfully protective boundaries
He provided for a life of fullness, contribution and happiness.

CHURCH

By Jerry McIntosh

Rev: 11/22/14

If I could ask (my church) -

How do I encourage more spirituality and less religiosity?
How do I establish more action and less rigidity and, lastly,
How do I foster more understanding and less judging?

The answer must reside in me,
more spirituality, more action and more understanding.

As I become more in tune with my God
I will become more available to my church.

DISRUPTION

By Jerry McIntosh

Rev: 06/07/14

Disruption is an anathema to the “usual” in the lives of individuals and corporations.

We strive to order our lives/corporations for the sake of consistency.
But, while we are establishing “order” the world around us changes and we resist.

Lives of individuals/corporations that will not change as our world changes
slowly drift into obsolescence.

So, disruption enters and forces the change we avoid.

We didn't ask for it, don't like it and wouldn't suggest it
to anyone else, but it overtakes us.

During the disruption we experience pain and in it can see no value.

When the pain is past and we observe the value of the change
we have the opportunity to become more wise and thankful.

FILLING THE PIPELINE

By Jerry McIntosh

Rev: 03/03/09

Is it any wonder that since we “Fill our Personal Pipeline” with
movies exploiting sex and violence,
television selling insipid and hypnotic behavior and
conversations extolling the weakness of our fellow humans
that our lives are surrounded with
violence, depression, emptiness and sexual diversion?

If we were to “Fill our Personal Pipeline” with
movies extolling virtues,
books that create dreams of “what could be” and
conversations that worked toward the good of others
would we experience peace, joy, fulfillment and meaningful relationships?

GOD'S GIFT

By Jerry McIntosh

Rev: 09/13/14

The Sabbath is God's gift of time and experience to me (Mark 2:27). It is an opportunity to pursue higher thoughts and deeper understandings than are available to me during my common daily activities (Isa. 55:8, 9).

To enjoy this magnificent gift, I choose to do the following:

Reserve Space – Reserving space is not only putting observable boundaries on this “gift of time”, but also proactively thinking about positive spiritual issues.

Invest in Private Time – There can be no increase in wisdom and understanding given from God if I do not arrange for private time that will exclude the intrusion of others persons or common events of my life. It is during these regular private times that I seem to experience a relationship with God that is unexplainable to others.

Engage Church – Engaging church is not only receiving what the Holy Spirit has placed in others to be given to me, but also acknowledging that the Holy Spirit may use me to deliver to someone else my experience with God.

Serve My Family – The most precious people on this earth are my family. My most essential responsibility is to understand their special needs and hopes and then to share any wisdom God may have imparted to me.

Strengthen My Friends – Friends are another of God's gifts. There can be no more noble effort than for friends to assist one another in the elevation of thought and experience during the special “Gift of Time” set apart by God for friends.

Be a Servant to Those in Need – God has given us the poor, the hopeless, the destitute, even the temporarily distraught as a place to experience God. While God may be present in the churches and cathedrals of the land, He is most urgently present in the hovels of those without and the hearts of those in distress. If I am called during the hours of “God's Gift”, then I must answer the call.

Avoid the Common – If I allow the daily events of the common to invade the hours of “God's Gift”, then “God's Gift” will become common. So I will diligently avoid common work, common entertainment and common conversation and actively pursue conversation and thought that will engage spiritual issues, seek understanding and support of my family, strengthen my friends and empower the needy.

In conclusion, there is certainty in my heart that if I search for my God He will find me.

GOD'S VIEW

By Jerry McIntosh

Rev: 01/21/16

If I view God as a loving, caring Creator
who has specifically crafted
an important role for me in His universe,

as opposed to viewing God
as an autocratic, severe superintendent
who demands my attention to His plans ...

then I will interpret His immutable Law as protection,
a guide and arm of safety

as opposed to
interpreting God's law with fear, anger and rejection.

INTIMACY

By Jerry McIntosh

08/09/09

Is it true that intimacy is becoming extinct?

Is it assumed that intimacy is somehow associated with physical beauty?

If assumed, then does it follow that the lack of physical beauty
requires a denial of intimacy?

Who taught us these terrible things?

Why have we believed such falsehoods?

It makes one wonder what correlation
decreased intimacy has with diminished marriages.

Would not, then, the primordial of intimacy
begin with an increased awareness and appreciation
of our own specialness?

We are unique individuals with special talents and gifts.
If we were to celebrate the goodness and virtue
that is the wonderful composite called "you and me",
then the wonder of us, that specialness that reaches out
and touches another, would be the beginning of intimacy.

Intimacy is intrinsic...
it is the sharing of our deepest stuff,
the stuff that emerges only under the safest of conditions.

It is not extrinsic...
it has nothing to do with surface appearance,
surface thoughts or surface emotions.

Intimacy is possible only with brave, courageous individuals
who are strong enough to look at themselves and say,
"I have worth and I will explore this worth,
both in myself and with other strong people".

LIFE PLAN

By: Jerry McIntosh

Rev: 11/21/14

I am confounded with the juxtaposition of my life to this present time and place in history, having been given a unique set of talents and gifts. Historically, individuals have been given a specific set of abilities to be applied in specific situations and they either rise or succumb to the challenge of their time. A question then arises: "Why was I put here today and will I rise to the occasion or fall?"

If it is true that God is one of planning and order but that we, as human beings, are trapped by a heredity of disorder, then we must allow God to arrange a specific set of circumstances in which we may be a part.

It is clear that as a newborn in this world, I have been given a time period in this cosmic process in which I must locate my talents, gifts and abilities through educational processes that include parents, community, school and life. If I am diligent in matching these capabilities with opportunities presented, a plan will emerge. This plan and its requirements of me will merge in a manner that seems natural. When I operate MY OWN PLAN with little time given to the search for GOD'S PLAN I will experience more difficulty.

If the first segment of my life is to identify my capabilities and God's plan, then surely the second segment of my life should be the diligent and joyful following of God's leading in my life. It should be incumbent upon me to look at each day and each person that God brings into my life and ask the question: "Am I to include this person in the plan that I see for my life --- or should I be an educator of this person in the search for their life plan?"

As I observe individuals winding toward the end of their lives, I see two types. The first is sorrowful, depressed, regretful, angry or sad over the very real sense of lost opportunity. The plan identifying their particular time and place in history was not grasped. They, unfortunately, dissipated their gifts and talents so lovingly bestowed. Then there is a second type --- individuals who seem calm, comfortable and happy. Is it possible these people have looked carefully and found their place in history, whether it is major or minor? Indeed, it was their place and God's plan.

It seems that when the second type reaches their final day and are laid gently to rest, there will be no fear, no recrimination and no self-doubt...only the joyful hope and expectation of opening their eyes to the smile of their Father and Partner in a successful plan.

LOVE OUR NEIGHBOR

By Jerry McIntosh

Rev: 11/21/14

As we look over our external landscape we see fascinating varieties of flowers, trees, animals, topography (from mountains to deserts surrounded by seas), peoples (ethnicities, colors, languages, genders) and we marvel at the beauty of it all and thank God.

Somewhere in time an evil spirit invaded human thought processes and began to sow seeds of mistrust for those humans who are different than us. This mistrust caused the beauty of differences to become objects of ridicule, even hatred.

Is it not time for those who see the beauty of variety to ascend and teach others to “Love our Neighbor” and learn, collaborate and teach the beauty of difference?

MY PURPOSE

By Jerry McIntosh

Rev: 03/08/10

Spiritual

To introduce the life saving relationship/understanding of Christ's sacrifice on my behalf to others.

To maintain my growth/strength through Christ.

Family

To supply consistency in spiritual leadership, emotional growth/support and revenue income.

To provide vision for individual/family growth.

Business

To provide leadership (vs. management) of corporate function and direction.

To provide vision and tools to facilitate personal growth for all individuals who choose to grow.

To support corporate financial integrity.

To stand against those who would belittle or denigrate another.

Personal

To grow in understanding and wisdom by close observation of those around me and to seek God's presence.

To return my talents and gifts in full measure to my family, friends, co-workers and non-friends.

To experience the joy of life as fully as possible.

PRAYER

By Jerry McIntosh

Rev: 05/12/12

Would you humbly bow your head with me
before our Almighty Father in heaven?

Our most loving and gracious Father,
we recognize your presence here today.

This is a special day of celebration
in which the knowledge-deficient
have become the knowledge-proficient.

A day in which furtive dreams have become a fertile future;
a day in which hope has become reality.

We ask that today becomes the foundation of goodness and fulfillment
in careers, families and even further education.

We also ask that today be the beginning of a process
of each graduate's involvement
with all who have contributed to this day.

May each parent and friend feel joy
as past sacrifice is dissolved by present success.

May each administrator, faculty and staff member
feel the exhilaration of their life's experience
being leveraged through these graduates
into a waiting world.

May each graduate return often to this place and say,
"My time here was good."

We ask all this in the name of Jesus who gave EVERYTHING
that we may also, one day, celebrate as graduates
in a place called HEAVEN.

Amen.

RELEVANCE TO GOD

By Jerry McIntosh

Rev: 09/17/10

An alive, vibrant relationship is not
something I do, but rather ...

... something I am.

I am available with my time,
I am available with my mind and
I am available with my hands.

THE ROAD TO UNDERSTANDING

By Jerry McIntosh

Rev: 02/21/15

In gaining a life of understanding,
we must depend upon God.

With God a smooth, uneventful life is not possible.
However, it is the events and surprises and disappointments in life
that create the foundation for understanding.

Understanding, it seems, is rarely obvious at the moment of its acquisition.
By piecing the parts of our life together, including the surprises and the pain,
looking back will we be able to see the road to present understanding

THE WALL

By Jerry McIntosh

Rev: 02/21/15

One stands in the gloom of the overcast sky wistfully studying the Wall.

So many live in a shroud of incomplete dreams, misspent youth,
unexpected disappointments...lives that are really half lives.

Oh, the Wall. What is on the other side?
Is it black as death or bright as frolicking children in a park?

What is risk? Is it related to faith, belief and trust?
Is it possible to take risks without faith, belief and trust?

Is it possible to learn risk in the material world and then practice it in the spiritual world?

Learning, exploring, communication, excitement and fulfillment
are on the other side of the Wall.

But - we must have faith, belief and trust to scale the Wall.

As we fall to the ground on the other side,
we realize that the brightness of possibility is within us...
our skills, various gifts, unique personalities.

The brightness comes from putting together
our possibility, our achievement, our influence.

So our faith, belief and trust embracing God's gifts
have put risk to sleep for a time and the sun shines in the blue sky.

Oh, why does one wait so long?

THEORY OF CONSTRAINTS*

By Jerry McIntosh

Rev: 11/22/14

The “Theory of Constraints”, though sometimes unseen, is present in all processes whether in the realm of manufacturing, service companies, personal lives or spiritual lives. When one or more constraints are present the “thru-put” or purpose of the process is delayed or denied.

In manufacturing, these constraints cause “bottlenecks” that impede “thru-put” and must be solved or the manufacturing firm fails.

In service companies, “bottlenecks” cause poor service and the customers go elsewhere.

In our personal lives, troublesome habits impede our hope and learning so we lead empty, shallow lives.

In our spiritual lives, we long for a close relationship with God, to experience His mercy daily, hourly; but we feel constrained.

Of all these situations where the “Theory of Constraints” is active, one (our spiritual lives) comes with the answer...God’s fantastic, unearned love and mercy!

* The theory of constraints (TOC) is an overall [HYPERLINK](#)

["http://en.wikipedia.org/w/index.php?title=Management_philosophy&action=edit&redlink=1"](http://en.wikipedia.org/w/index.php?title=Management_philosophy&action=edit&redlink=1) \o "Management philosophy (page does not exist)" management philosophy introduced by [HYPERLINK "http://en.wikipedia.org/wiki/Eliyahu_M._Goldratt"](http://en.wikipedia.org/wiki/Eliyahu_M._Goldratt) \o "Eliyahu M. Goldratt" Eliyahu M. Goldratt.

TITHING AND SERVICE

By Jerry McIntosh

Rev: 05/10/12

A new Christian needs the guidance of
10% tithing (money) and service to others (time/talents)
in order to establish discipline
while maturing to understand the principles
of God's love, benevolence and service to us.

What is the Christian reward?
Denying the pain
of material and social arrogance?

Tithing to God and service to others are twins,
valiantly defending against the diminisher of life:
... selfishness.

TRUST

By Jerry McIntosh

Rev: 08/26/16

Trust, once the glue of civilization,
is a special bond that holds living, thinking organisms together.

Trust needs openness and honesty to be established and is a beauty to behold.

Trust...

...a vanishing river nourishing the American moral landscape
...a harkening to the comfort of a handshake commitment.

Oh trust, where is your abuser?

Must trust shrink in such a time of need?

If the elements of trust are treated with disregard,
the bonds of trust will evaporate into the wind as if they never existed.

Is it possible to reclaim trust in the face of
...abusive or absent parents?
...hostile neighborhoods and drug infected parks?
...situational ethics and moral maneuvering?
...corporate arrogance and ecclesiastical irrelevance?
...political weakness and blindness to the powerless?

Oh trust, if you left in the darkness of neglect
would you return in the light of our deeds?

WHICH WIND, WHICH LIGHT

By Jerry McIntosh

Rev: 03/21/15

My envy surfaces when observing youth, so full of life and energy, so educated, so street smart (compared to my youth), so consumed with emotions of excitement, fear, anticipation and worry (there is almost no room left for love!).

The world beckons with so many lights of opportunity and cries of “come over here”, “try me”, “I will fill your every desire”.

The continents of our world have seemingly moved closer and now we see the very eyes of our African brothers, European sisters, South American nieces and Asian nephews...each seem to be saying, “Come here, the technology is fine”.

With so much talent and so many opportunities, how do we summon the Winds of Wisdom as we gently, carefully push our little ship of life into the Great Sea of Destiny? How can we avoid the reefs of spent talent or the currents of depression? How do we navigate to lush islands of fulfillment rather than desert islands of emptiness?

My advice is simple. Gather your talents, dreams, education, excitement and hope and share them with those who have not. The very acts of giving to those who can not give back will fill your sails with Winds of Worth that will carry you to joy and fulfillment beyond your deepest hopes. It is one of life’s little understood ironies, that as you give, you receive. The “you” given may be unpolished, but the “you” returned has lasting value.

If I were allowed to reduce the lives of my fellow sailors, who set sail alongside me so many years ago, to a simple axiom, it would be...

Those who gave, received
while those who took,
sailed away empty.