

## 90% of Helping Is Just Showing Up!

A couple of years ago, we had a, a group of students, seminary students and pastors and uh, one of them, one day brought in one of his friends from his church who had been a patient, cancer patient at city of hope and had been through the bone marrow transplant procedure, you know, and to have that done, you go into isolation for a couple of weeks at least or more, I think he was in there for a month. Total isolation, uh, immunity is reduced to nothing. And uh, one of the other students said, uh, what was that like? And he said, always just, you know, just awful. And another student said, where were, where was God when you were going through that? This is a Christian man. So God wasn't there. Now we were all shocked because as a Christian man; that's not the right answer.

And then he, he literally said it, He said, God wasn't there until somebody came into the room, and they may have been dressed in a gown and a mask and couldn't see their face or anything. Nevertheless, it was only then that he felt God's presence on a person who was there. (That was, that was yesterday's song.) I wanted to start with another scripture. You know, I'm not Don Postma, right? Don Postma is sick with the flu in Ann Arbor, Michigan. (Yes. Always right. Right response.) And uh, so I am doing my workshop with you and the most nervous person here is my wife, cause she doesn't know what I'm going to say. Maybe she's second; and that wasn't me. by the way, wearing that funny hat in the Arboretum. That was er second worst moment.

Okay. This, this is another one of these powerful versus I'd like to remind you of: Matthew 16:24. If anyone desires to come after me, let them deny themselves, take up their cross and follow me for whoever desires to save their life will lose it. And whoever loses their life for my sake will find it. That uh, that's what it, what it's all about. Not living a life where are we are just playing it safe.

Being careful, needing to look good, not being embarrassed, not take any risks. That's saving your life, and losing your life is being willing to reach across unfamiliar ground and um, speak and look and be with people you don't even know. One little interesting anecdote in that respect. Um, one of my projects has been the, uh, the dry cleaners where I bring my laundry and it's been several years and they've changed proprietorship, uh, which is good and bad because I made several friends, but um, but the present lady is a, uh, a young woman and I think she owns a store or she's buying it and uh, uh, she's Korean and uh, doesn't speak really fluently English. I gave her one of my books and she really, she was sitting there with a dictionary to understand — that's about where she is. But she's very Christian. She tells me about how she goes to this big Korean Christian Church and early in the morning and she's single and she has a very bleak life. It isn't a real busy store and there she is with all these clothes and stuff. So she has become my friend. And, uh, I, uh, reached across the counter and prayed with her a couple times and she just kinda discouraged. But, uh, um, the other day I said to her, hey, you know what you ought to do, you ought to sell my book here.

And I thought she would, it would be kind of a, you know, intimidated. Oh, she brightened up. Yes. So at the, uh, uh, dry cleaners across from the post office in Bellflower, California, the, the dry cleaner's selling my book and it's, it's a, it's just kind of fun to connect with her in that way. And I, and she was, see it goes beam with the idea and uh, no, I thought it'd be good for her and interesting for me to see if anything happens. Oh, I just told her, sure, you get some share of the money.

Okay. Um, this is the workshop. You should have a piece of paper.. It says 90% is the first word on the top. And um, uh, decided to do this because a lot of you have, are, have not been here before. And um, so it's, it's safe that maybe most of this will be, some of this will be new for most of you. And even if it isn't,

it does need to be reviewed every once in a while for all of us. And I want to start with those five key essentials, plus one. And it says review, because they are in the book and they are really crucial, they're crucial for everybody to internalize and to believe, because they, they are so . . . such keys to being a person who takes these risks and reaches out to people in new and fresh and unexpected ways. And the first one of the five is to believe that everyone, everyone without exception needs your encouragement and support and everyone you meet, needs to be personally and respectfully noticed by you.

Now when you get that into your heart, it will change how you go shopping. It will change you at Costco's. I walked through Costco's the other day, I was waiting for some prescriptions and so I started . . . I started counting the people, because I was noticing nobody made eye contact. I passed 87 persons without one of them looking at me. Now, maybe they were looking, I didn't see it. They were looking down here with normal people or something. Not one of them, in other words, believed in this principle that this tall guy — I ought to look at him, see if I can smile at him or something. Not one.

So hopefully you will never go anywhere without to some degree, noticing the people and making eye contact and believing those people need something. We are all the walking wounded, we're all hurting. We're all carrying something.

That's the first one, and the second one relates directly to it. And this is crucial, too. Here's the way it reads: I, that's you and me, have the capacities, qualities, and abilities that can brighten another's life or help them to face tough challenges. It's in you. It's been spoken dozen times here. I will speak it a dozen more, probably. It is in you. And no matter if you flunked out of third grade and never went to another day of school, you are still a carrier of God's love, bright, spirit-brightening power, healing resources. They're in you, everyone. We've all been healed by, by people. Maybe a person with Down Syndrome, who smiled at us or hugged us or remembered us. It wasn't their brightness — it was their love that came through. And everybody, please!, modify, change, ratchet up within you that reality of what you are carrying around inside you that you can give away. And people need it and you have it.

And there's so much that it's just, we're conscious of. You know, you'd go to the, the drug store and this person is pleasant and, and at some level you registered, "That's really a nice person. Wow she's really efficient or he, he's really thorough the way he does it." It registers in you and you keep it, you don't let it out. And it is such a gift of God if you let it out, and you say it, It's sometimes, if you're not used to that kind of thing, if you say, well, I'm an introvert, we don't do that sort of thing. Or I was born with a shy gene, I don't have to do that. Sorry.

I read this man who's, uh, doing a study on unlimited love and you're going to hear about him: Steven Post, I think, is his name. And he's coming out with a book in May: Why Good Things Happen To Good People. A very great thought—why good things happen to good people. And because they're doing all this research all over the country because he got, I don't know, \$5 million from John Templeton, and he has to now spread it around to universities and he's got a wide-open offer for anybody who wants to do a study. Should have told Jan Pfeffer, you know — she could get it. But uh, so all of these programs are being done on kindness and love and goodness and uh, altruism. Well, one of those, . . . and he's a Christian and it spills all the way through in this book that I read of his, Unlimited Love, which is more about his research and anything else, but he said, uh, I think people should act a little demented and when, you know, if they need help, if they feel shy or inadequate, just act a little demented when you're walking around and say things to people. That tears them up and encourages the. So there you go. There's the formula.

If you don't, if you're thinking you're too shy, you're an introvert, act a little demented. It works. Okay. Just you. you cannot get out of this. You cannot say I have too low an IQ. I have bad genes. I never went

to school. This is, there is no one who's left out. Everyone has something. Everybody needs it and everybody has it to give.

Okay. The third one is Care and Kindness, loving kindness, whatever you want to call it, whether it's my smile, a word of thanks, a visit, or treating another fairly, builds hope in that person's heart, And opens them to God's love. This is a real basic, important belief, That, you know, you may, we often who are very much into church think Evangelism First, that this stuff is nice, but we gotta be evangelizing. First, evangelize! I do not think so. I do not think we have a right to talk to people about Jesus if we don't see them with love and respect and value.

Now you can't . . . we can't do that for everybody. Only God can do that. Only Jesus could do it. But we can do a lot more of seeing people the way a parent sees the child, That's probably the most basic model of human love. You die for your kids. Start to see other people with a greater amount of love and kindness toward them. And when, when we treat them that way, we're giving them God, we're giving them a taste of God. And we are counteracting and canceling some of their despair—of their anger—of their worry. You know, everybody carries this around. And when you treat a person with encouraging words or appreciation or a kind smile or a touch or a visit or a card or even a nice thoughtful email, you are actually giving them a message that says there's goodness in this world. Not just selfishness, not just meanness, not just anger. There is goodness in this world and goodness is God-ness. Those words are synonyms. And so you may not know, they may not say it or respond, but that is going into their hearts. You are giving them goodness and their hope is increasing and they are becoming people who are more likely to believe when somebody else talks to them about Jesus, because they will believe there is goodness in this world. There is Jesus in this world. So it is such an incredibly important thing. You cannot go to the grocery store just shopping for tomatoes. You're noticing people. You're watching in open face, and available. You're opening people to God's love.

The fourth one, Care and Kindness toward anyone is Care and Kindness to the Lord. There's a 'duh' for all of us who have been in church all our lives. Duh! Because Jesus said, In as much as you do it to the least of one of these, my little ones, you do it to me. You know, Matthew 25, just write that down if you want to check this all out, Matthew 25, you know . . . you bring a cup of cold water, you do it to anyone, you do it to me.

Now there's a little catch there because, if you understand that in the wrong way, it sounds like the only reason you like this person is because they're Jesus. I don't want anybody like me because I'm Jesus. I don't know — I want them to like me because I'm ME. I want them to appreciate or encourage me. So we have to see this a little bit differently. It's not that Jesus is the only valuable one. It is that Jesus is saying, I identify so totally with every living human being. That's what it is. I identify with every down and out and up and out person — I am valuing them. And so it is a matter of seeing the value of these people. That's what Jesus said. You do it to me. That's how valuable these people are. Not that just Jesus has value. And that's hard. I can't do it. And I don't think any of us can do it . . . to everybody . . . but we can all do it a lot more, a lot more — everybody.

And the last one in, and um, unfortunately I didn't bring the Miracle Of Kindness book along because uh, this last one is Care and Kindness is infectious. Others catch it and pass it on. The reason I wish I had the book , , , in the back, in the book, is this little poem somebody wrote about smiling. How you smile to somebody and before long, they're smiling over the world. Because a smile is infectious. Pass it on. You cannot, you cannot smile at someone without them smiling back. It's very hard, right? We're looking, he's smiling at me — I smile. And that's the way it is with Care and Kindness. I mean, we talk about the bad apple spoils other apples, but goodness is catching. You see it on the freeway, you let somebody in and, lo and behold, they're letting others in. It is infectious. It is catching. And so we are starting something:

when you do your little thing, your tiny little thing, it is going to spread. I just love this little example that someone wrote that the wing of a butterfly in a valley in New Guinea . . . this butterfly flaps its wings, makes the air ripple a little bit. That leads to another little ripple over here. Pretty soon you have a hurricane started by that little butterfly flapping its wings. That's the, that's the way it spreads. It's probably not true, but it's a nice story. Good idea.

Okay. Um, those are the five. Everyone needs it. You've got it. It's God's law. It opens people. It builds hope in people's hearts and it's kindness to the Lord and it's infectious. And there's then the sixth one, five essentials plus one.

Now, the sixth one is, is I believe wrapped up in a formula that Jesus has given us. And that is this formula that I read to you. If you, whoever desires to save his life will lose it and whoever loses his life for my sake will find it. Um, this is not the motivation for good people — that you're going to get something back. I mean, parents don't love their kids because they're going to get something back because they usually don't for a while. It is not the motivator for good people, that you're going to get something back. But it's reality! Who was telling me? I think a lady from Bethany Church today, how much she gets back. Who was that? That was telling me how much she gets back from helping, from being kind, from visiting, from giving. And that is absolutely 99% guaranteed. 99% - not 100 - that we find life. It's probably 100% — we come alive. When we stop, our lives dehydrate, they become superficial, they become empty, hollow. That's what normal living is. We become hollow people that are just acquiring or getting from day to day. And that is what Jesus means by losing your life. You're hollow and empty, and you've got a lot of stuff, but you've lost your life. And Jesus has given us this formula and I think these studies, this Unlimited Love research, I think it's going to confirm that — that Jesus gave us a formula that we haven't even noticed adequately. This is life, boys and girls. This is life, men and women. This is the key to becoming a person with purpose and meaning and a sense of being part of the kingdom. When we start losing our lives a little bit or a big bit for others, that's, that's the sixth: that you, you will find life.

Okay. That was reviewing five essentials, plus one. Okay. Let's slide down a little bit to the definition of showing up. Um, we use this term so, so easily and it, it just really means making a personal helpful and caring contact with anyone; and anyone is anyone who needs help, and everybody does — some kind of contact. That's what the showing up part is — offering some form of interest, appreciation, encouragement or kindness to someone. And sometimes it's just being present, just being there.

I think a good example of that might be funerals. People notice who come to funerals. My mother died, she was 39. I was 15 and I had a girlfriend . . . high school, you know, I had a girlfriend . . . she did not come to the service. She did not come to the funeral. I noticed that. And I think it was the end of that relationship. She didn't have to say anything or do anything or sing. Just, I noticed she didn't come. People notice those things, and that's one of those places where we don't like to go to those places very much, because they stir up things in us. You can't go to a funeral (I've told our Elders, maybe some of you remember the audit, you are required to go to one funeral a year, whether you know the person or not) because you cannot go to a funeral without thinking about who you are and how you are and how it is with you and your relationships and your spirituality.

It's an absolute school of depth thinking and just showing up for other people when, when you don't want to go there, you don't want to go there because it serves up stuff. That's why people stay away. Who wants to go to a place where I feel uncomfortable. So sometimes it is just showing up is just showing up. Being present. Okay.

Slide down here. This was going to be a workshops, I dunno, this fits as prerequisites for showing up. I think I've said this, taking ownership of your world, taking ownership of your world. I think as we move

into love, that's what it's about. This is real love, not romantic love, real love. I think as we move into love, we will see everything differently. Not just people. We will see the environment differently. We will see works of art differently. We will see our whole environment differently. You love as God's love grows in us and I think it grows more when we are trying to express it. When we grow in love — let God's Spirit grow in us — everything starts looking different.

We see birds differently. We see animals, we become more concerned about probably the air and the water and other things, but, but number one, we see people; and we take ownership of the people around us. This is what we say to our Elders: when you come to church on Sunday, when you're an Elder, (and this goes for everybody, it's not just the Elders), the people, the people you see on the plaza, they're your responsibility, they are part of your ministry . . . to say hello to them, to visit them, to welcome them, to show them around or ask them if they need any help. This is how we all need to grow, to take ownership of the people we meet and greet and often ignore — that we have work to do. The Kingdom of Heaven is in us and Jesus said, thy kingdom come on earth as it is in heaven — this is where it's got to be. Heaven can wait. We got to make heaven on earth first.

Okay. And that's part of B, or a number two: being open faced to others. You know, I've covered a lot of this already. Having a desire and a commitment. You know, maybe today, maybe this week. I've talked to some of you people who I can't help but use the words, “You caught it. You got it.” Where's Bob Scherrer? You here? Bob caught it. Bill. Bill caught it. He's got it. So something happened to you, right Bill? Yeah. And this is, this is exciting and stirring and moving.

Okay. Guidelines for showing up (halfway down the page.) This is kind of one I threw in there as I was thinking about it the other day. Care and Kindness can start in your head. And a lot of people think, well, you know, I, I don't feel that they believe for everything. I don't have deep feelings of sadness or sorrow or something. And that was an interesting thought. But you do have a head, you do have a brain and you can see if somebody's bleeding that there's something you need to do, right? You don't need to even be feeling sorry for them, but you can see they're bleeding out of their ankle and you know you've got to do something. Well that's the way we can see everybody. You don't have to feel for everybody, but you can think: This is God's creature and she's not doing too well or he's struggling or he looks weary or tired. And even if he doesn't, I know he's carrying a heavy load.

Use your head and you know, there's something that is needed and there's plenty you can do. And you can do small things or something big. You can go into hard places or you can go in easy places, but it can start in your head. You don't have to be a person who's just very emotional. You don't have to be a person that's got feelings coming out of your ears. But I know you have a brain and you can see it and you can do it. You can see a need and then you can think: How do I, how can I help?

Okay. Number two, keep it simple and small. A word, a note, a touch, a smile, brief visit — you will endure and be helpful with this style. I think it is important to, uh, think about these words of keeping it small and simple because you'd need to endure. And if you try to, uh, start a new habitat for humanity or something that's, that's for a few special people and maybe one of you will be that, but Jesus said, used the expression, of a mustard seed or a little bit of yeast. That's all it takes. Just something small. And you can do something small and something small is going to grow and you just have to believe it, that it's growing. You may not see that it's growing. You may not even have confidence, but it will; it is definite. So keep your acts small and simple and you will endure and you will be growing trees of goodness around this world. Keep it small, keep it simple, but do it.

Be selective. I think I said this: even Jesus passed some people by. Jesus went and took a nap on the other side of the lake. I mean, don't be too, too, over zealous, or set your goals so high that you can't, that you

burn out. I've seen this happen. I remember a woman came here and she was doing, she was helping people left and right and suddenly she moved to some other state and I am absolutely convinced she moved because she did too much. It was the only way she could get out of it.

Okay. Number four there: you cannot tell by how people react how much they are affected by your presence. This is so important that you just get that. You know, uh, our elders call people, and they'd say, "I'm, you know, I'm your Elder from the Crystal Cathedral." And they had just interrupted somebody who's watching '24' or something. They say, "I see, yeah, okay." And the Elder reports to me, "Those people that are so hostile." Well then I tell them, you know, that same guy came up to me at church said, "You know, I had a call from my Elder. That's so exciting." That's a fact. You can't tell by the way people, people do not get lessons in polite responding to kindness. You can give them \$1 million and they say thanks. Put it in their pocket and walk away. And that's what you're giving them. People, you cannot tell by how people are acting, how much they appreciate what you're doing. So you can't be fed by that.

Okay? Somewhat important rules about showing up.

Listen. That's kind of almost an overworked word, okay? But the parentheses there is important. What it means to listen: to listen means creating an environment that enables the other person to talk. That's the essence of listening. Listening is not just sitting there with your ears on. Listening is responding, nodding, eye contact, looking interested, so that you are encouraging the person to talk . . . to tell their story. People are dying to have someone hear their story. To have someone listen to the, to be known. We all love to be known. And to be able to create a situation where you showed that amount of interest — that they feel you want to hear them. That is what listening is all about and it's, it is one of the great gifts of God to be listened to. It is! I bet you if I asked you, (I'm not going to do this) if I asked you, have you ever been listened to? Maybe about 10% of you have ever been listened to. I'll tell you why in a couple of minutes. What happens?

Number two, do not try to fix anything. Oh boy. This is, this is so crucial. People want to fix; it is the way we feel useful. And so to be deprived of fixing is to ask you to feel helpless. And that's probably where we have to be; to be in the presence of people who are hurting or needing, or weak, or weary, or grieving, and to feel helpless in their presence. Now I do not like to feel helpless. Do you? I do not like to feel out of control, like last night. I mean, I'm supposed to be in control of this thing. And you, you just feel you're standing around and you don't know what to do. But that, that's what good helpers endeavor to do — to be present to people and let that feeling of, "I've got to come up with a solution or the perfect Bible text or a formula that is going to fix it", and to not do that could just be a receiver of their story, their pain, their hope, their despair. Carry it. Carry it with you. Because in the process of receiving it, you take some of it. And if you, if we can only believe that, that in the process of receiving it, you are helping to repair it. It's not going to be dramatic, but you are helping to repair it as people share it and you'll walk with them and it's not dramatic, but it's so essential. To create, but to create an atmosphere where they can, where they can talk. That means you're interested, you show interest, you, you give them cues that you're interested.

And I hope if you went to Bill Gaultiere's Setting Boundaries . . . that's important, too, because you know, when you, when people start having a listener, you gotta be able to say, "Hey, okay, I love, I do have to leave. I'll be back next week and we'll finish it." You, that's what you have to protect for yourself. Otherwise, pretty soon you'll find excuses not to go at all. When you set that boundary, then you feel back in control and then you are able to continue it.

Avoid all those pat answers. Uh, all the pat answers are all attempts to fix people. Everyone you can think of, all of the pat answers are attempts to fix people and they're not, they're not untrue in many cases, but

people have heard them all already. They said them all; they've said them all to themselves before you were there. And, uh, just, just believe: you show up, God will do the fixing. God will do the fixing.

Okay. Three, I said this many ways already. Your body and face must look interested. Be conscious of that. That's important.

Number four, I mentioned the feelings. Naming feelings is a, is a, is another art. In other words, not to ask them how you're feeling, but you, you, "You really look sad today. You really look worried" is better than "Are you worried now?" That's okay, too. But, um, when you, when you name the feeling, you're more likely to score. Yeah. If you ask the feeling, they have to run up to their head and think. If you name, "You look, you're looking really sad," then you're, you're more likely to be where they are. And if you say, "Are you sad?" Oh, I got to think about that. Cause that changes the process. A little subtle thing. Uh, uh, it changes. So then they are thinking, hmm, what am I feeling? Little tricky thing to work on.

Okay. Um, number five and six are important: Name the elephant. I think that's becoming almost like a cliché in its own self, right? Naming the elephant. This is such, such an important one for, for caring people. When you are in the presence of someone who is hurting, someone who's gone through a tough thing, um, to, to bring the subject up. I think I've talked to enough widows to confirm this. Whose common experience of a widowed person is no one will talk about Joe who died and Mary is dying to talk about Joe, but she doesn't want to bring it up because she thinks it's going to bother you.

It depends on the caring person to bring the subject up. And most people who've lost a loved one want badly to talk about their dear one. My mother died, what, 50 years ago. I still run into people in Bellflower who at the Artesia Christian home who remember my mom and I grab them. I ring every little anecdote I can out of them. Cost them their life. So to believe that . . . I had a very, uh, (maybe this is in the book, maybe it isn't,) but a few years ago, I went to a football game at Valley Christian, where my dad, my dad was kind of the founding pastor at that school in 1935 or something. And, uh, my son went there and I went to a homecoming event and, see, I had not gone to school there after the fifth grade, I went to a homecoming event — I ran into a guy who had graduated from there and he remembered me and he said, oh, Jimmy, so great to see you. He said, oh, I remember your mom. And I think I got a little tear in my eye. And he said, oh, sorry. And he ran, almost literally, I mean, this tear was a tear of joy. He thought he had hurt me and he was embarrassed and he thought he had done the wrong thing. He had done exactly the right thing.

That's naming the elephant: bringing up the difficult topic. Bill Waterson, I dunno if he's here, but Bill, this really came home to me when, uh, we had, uh, a class of, uh, elders and others. Bill Waterson came in and his face was black and blue, big scabs and bruises and, uh, it looked like something had happened to him about, you know, earlier in the week, this was on a Saturday morning and I said, Oh Bill, what happened to you? He said, well, I fell on the rocks at Newport Beach. He said, You know what? This happened last Sunday and you're the first person who asked me about it. He'd been walking around with this beat up face. I guess they were afraid maybe his wife did it or something. No one asked him about it.

So that, that's, that's getting on the cutting edge sometimes — to bring up subjects. You know, you're with someone, you're thinking about what happened to them, they're thinking about it. Ask. Bring it up. Thinking about Joe in six months since he died. You just, you just get it on the table. They talk, they want to talk.

And when you do — number six, — Check your story at the door. This is a national, national plague. It is a national plague where, if you tell somebody something happened to you . . . I'll give you an example. This happened to me about 10 years ago. I played golf with my friends and afterwards we went for coffee

and an egg sandwich; I play early in the morning. And I said, “Oh, my dog died, my Labrador retriever died.” What do you think happened for the next half hour? I listen to dog stories. They had no remembrance that I brought the story, that I was the person in pain. And this happens all the time. You know, I beg you, I ask you, I plead with you to be the first to start biting your tongue about those stories that we are all full of. We're all full of those stories of things that happened to us. Our unfinished therapy, I guess is what it is. And when somebody brings up the topic, we are so prone to taking the stage from them. Be really careful because it is wrong.

We had a story, even on New Hope where one of the other counselors heard another counselor, and one of our trained counselors was doing exactly the same thing to the caller. She was telling her about . . . maybe it was Okay, but it didn't sound okay. Check your story at the door.

Now there is a time for telling your story. There is a time, and sometimes the story, your own story . . . You know, my wife went through radical breast cancer. There was a time if somebody says, you know I've been diagnosed with breast cancer or something, it is necessary and good to say, “Well, I've been through that.” Stop.

But to identify that you understand, that you are there, you know, you're in that arena, and then they can ask about it. But because these things are so, many of these things are so powerful, it is so easy for us to go into our own. And then the other person who is really the listenee, he is left behind.

Okay. Pray personally, I think you had a prayer workshop — maybe that covered all that, but just uh, keep prayers simple, personal, include touch, usually holding another person's hand, naming the person and just talking to God about what you understand the person needing, is all it needs for a personal prayer. You don't have to pray for the president or the missionaries in the foreign fields.

Tears. Number eight is Tears. We can talk a lot about that. Like this guy who came to me on that homecoming event — he could not handle tears. He could not handle one tear in Jim Kok's eyes — one tear is about my annual share. I used to sit with our kids watching Little House On The Prairie and if I got tears in my eye, I'd say, [ ] and I'd say, No, I have feelings. That's a fact. But it is so helpful in the healing process / the helping process, to realize that most of the time when a person tears up in front of you, it is a good place you're in. Not a place to escape from, apologize for or tried to back up on.

My CPE students, I don't know if the new ones know this, but I do not like them (when somebody cries) to go get the Kleenex box. You know what you're doing with Kleenex? You shove the tears back. I want them to just mess them up, let them flow and they just get comfortable with other peoples' tears, cause they are good. They are a gift of God and we usually want them to stop, not for their sake, but for our own sake, because we're uncomfortable. That's why we want them to stop, because it gets us crying. Well it is probably a gift of God to cry with somebody than to get them to stop crying (so neither of you cry.)

You know, men have more problems with this or, or women have a problem with men crying. The whole man thing is always kind of special, because men don't cry easily more. Most of them. Some are blessed with tears. And so when a man cries, sometimes for women it is very traumatic, because they never saw their dad cry, or they saw their dad cry once in their life or something and it was very traumatic. But most of the time, tears are good. Don't try to run from them, stop them.

When people come to my office and there's tears flowing, I quietly celebrate. We are in a good place then, something good is happening, not something bad. Something good is happening when the tears are flowing.

Okay. We're at the end of this. The last paragraph is crucial. However, uh, showing up consistently requires continued refreshment of your vision and reinforcement of your commitment to give your life and find it. This means nourishing your spirit with soul food. The strengthening you get by being with God's people in church and small groups at home and with friends. Love is replenished in that way. And Love is God — focusing on Jesus is the bottom line. That is spirit reviving. Looking to Jesus brings God back into your heart afresh. And that's what needs . . . you know, we're in a big, big challenge to be helping people and we'd need to have the help part charged up constantly, and help us, God. And God is love and help is love. And so we need to stay at the source of love all the time. And that's the bottom line here.

Thank you. That was fun talking to you.