

Care Capsule[®]

*Capsules of motivation to dispense
care and kindness*

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God is love and love is God

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— *Dr. James R. Kok*

Our agenda is to share the wonderful promises of God/ Jesus for this life. It is about helping others enjoy life more richly, and finding greater happiness ourselves, while here on this earth. It is about using the time God has given us wisely and thoughtfully by making our earthly home happier for everyone around us.

The title above is a wonderful and rather profound theological statement. It is amazing to think about. Most of us have heard all our lives that God is love. But few of us have really done much more than celebrate that fact. But understanding that God is love is a tremendous, deep piece of reality. We all need love. We all celebrate love. Love is such a vital part of life. We see and feel it in a number of ways, and when we feel it or see it, we must be aware that we are seeing God.

The second part of this statement that love is God is mind boggling. Because what that

means is that God flows out of everyone of us. We are in fact instruments of God, part of God, and needed by God to make this world a better place.

I would like now to give you a brief theology lesson. It starts with the early writings in the Bible where we are told that we are created in the image of God. What that means in part is that we have godly attributes. We are godlike. God and we are partners in some wonderful, mysterious way. So if we are created in the

image of God and have God in us, we are also living partners with Jesus. The divinity of Jesus is in us, according to the doctrine that we are created in the image of God,

because Jesus and God are one.

So if God is love and we are created in the image of God, we need to understand that we are creatures of love. That means that we can and must be intentionally loving in this world in order to be partners with God in blessing and enriching and improving life on earth.

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Love is God

Continued from page 1

So that's the first piece of this theological reality. God is love, we are created in his image, and we are also loving creatures.

The second theological point has to do with religious life as we see it in Old Testament times. The religious community, the Israelites, the Jewish people, were overwhelmed with religious activities, which were all about sacrifices, rituals, offerings, rules and laws related to their sinfulness, and were tied to their desperate need to be right with God—to have their sins forgiven, to be obedient children of the Lord. And it was mostly about rules and laws and offerings and sacrifices related to their sinfulness.

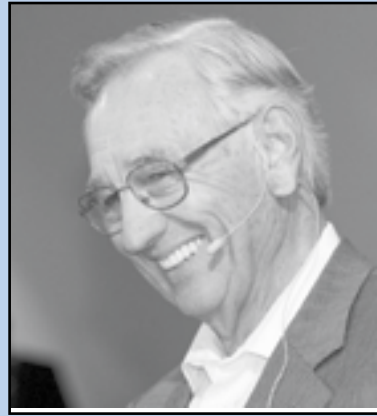
Now let's jump ahead hundreds of years to Jesus. Early in Jesus' ministry, He spoke to the people around him, some of whom were his chosen disciples, many of whom were just interested, curious people. He looked at them and said to them, "You are the light of the world." What is amazing about that description or announcement is that it apparently applied to everybody who heard him (and I think it applies to everybody, everywhere, to this day). In other words Jesus was telling us that we have something to do right here, right now, and everybody can, and must be, partners in that.

A little while later, when Jesus was teaching his disciples to pray, he created what we call the Lord's Prayer. Among the sentences are these words, "Thy kingdom come, Thy will be done, on earth as it is in heaven." What is so

Any time we interrupt our busyness to assist another and to show love, that is dying for another person.

amazing about that sentence is that it connects in our thinking with God's promise generations earlier to lead the people to a land flowing with milk and honey, to the promised land. We easily relegate that thought either to a lost promise in the Old Testament, or more likely, we have identified those thoughts as having something to do with going to heaven.

For hundreds of years and for millions of people, it has been believed that heaven, a joyous perfect afterlife, is what Jesus came to guarantee. But when we ponder these words of Jesus in the Lord's Prayer and when we connect them with Jesus naming them and us as the light of the world, a fresh wonderful reality comes before us. It is this—the good Lord God/Jesus intends for us to make this world a beautiful place. His agenda and ours is not



Dr. James R. Kok's definitive resource book, "**The Miracle of Kindness**" (available at major bookstores, in either paperback or eBook editions.) details the key essentials in becoming a more caring person. His latest book, "**Transform Belief Into Behavior**" provides the Biblical background for these key essentials and outlines the Theology of Care and Kindness.

As the **Koach Of Kare**, Dr. Kok was pastor at the Crystal Cathedral for 29 years and headed the Care Ministry department. The author of seven books and numerous articles, and founder of the Care and Kindness Campaign, he officially retired in 2013, but continues to write, to speak nationally, and to serve as volunteer pastor at Shepherd's Grove.

exclusively about getting people to heaven after death; it is about making this world a land flowing with milk and honey.

Now let's jump to Jesus' death on the cross. The most powerful words that he said were world changing words. When breathing his last, he said, "It is finished."

What that means is that the enormous efforts and activity of the people of God in that day and ever after (whereby they sacrificed animals they kept incredible detailed rules and laws in order to deal with their sinfulness) were finished. That is the essence of Jesus' death on the cross and those words that he said he spoke: "It is finished."

What we have learned then is that we have another agenda. We are not to be preoccupied with sacrifices, rituals and rules concerning our sins.

Instead, we are called to work hard at loving one another. Our agenda is that promise of God for this life—namely, a land flowing with milk and honey, the promised land. He intends this for us NOW, here on earth — not something we have to wait until we die to enjoy.

Yes, heaven is our destiny, but our preoccupation with living for Jesus starts with showing people God's goodness. It is living in such a way that people experience love in whatever form it might take: that we communicate directly, indirectly, personally, professionally or any

other way the presence of love in this world. Because love is God and God is love.

Here is another text that is so wonderfully relevant and yet easily misunderstood. Jesus said "If you lose your life for my sake you will find it." That sounds overwhelmingly beyond us. But it is possible.

Think of it this way: Any time we pause, or interrupt our personal business; any time we step out of our own preoccupations and busyness to encourage,

appreciate, assist, show love, or any other expression of interest and concern, that is dying for another person.

Granted, it is a long ways from Jesus' dying on the cross, but it is part of Jesus' kind of love, and it is a form of dying for another person. I believe that it is of the same species. St. Paul put it this way, "We are children of God and, if children, then heirs of God and joint heirs with Christ, if indeed we suffer with him." And another version of what Jesus said is this, "Whoever loses his life for my sake will find it."

So there we have it! God is love and love is God. And we are conduits of God's love. As weak and lacking in confidence as we may be, we are called to be the light of the world because in giving love, we give God, we give Jesus to people.

It is much more possible and probable that people who start to experience lovingkindness, compassion, conscientiousness, care and concern from Christians will gain an appreciation of the love of Jesus and celebrate his love for them.

They will both enjoy this life in a greater way and be open to the loveliness of a heavenly destiny after they die.

New Release

Jim Kok's newest book, **Transform Belief Into Behavior**, is now available in bookstores and on Amazon.com



If you would like an autographed copy, you can order from: Care and Kindness Ministries, 10073 Valley View St, #429, Cypress, CA 90630, for \$16.00

Kindness is difficult to give away because it keeps coming back

Care and Kindness Conference in Noblesville, Indiana



We were blessed with great music, food, and skits.



The Conference was a great success and very meaningful for those that attended. We have received cards and personal comments about how wonderful the conference was.



The Hamilton County Good Samaritan Network provided excellent speakers for the conference. The messages were for everyone and not just for church folks.



The outstanding thing that came out of the conference was the hard work of the volunteers that assisted and the messages that the attendees heard from all the speakers.



Writing on the Tablecloth

I live in a senior residence where everyone eats together in a large dining room. The tables have white tablecloths but are also covered with white paper that can be quickly removed and replaced after a group leaves so that it is ready for the next group to be seated.

The young men and women servers, all dressed in black and white, do a tremendous job of seeing to it that all of our needs are met and that we enjoy our meals. They are willing to help a resident walk to the buffet without his/her cane, carry a plate to the table, pick up things that are dropped, and even cut our meat if we ask. Many of the residents have difficulty remembering the servers names since they all dress alike and are all about the same age, so any appreciation spoken is the usual thank you.

Occasionally, a resident will have a rough day and be a little demanding or crotchety with their server, but the server still assists with a smile and a gentle voice. I usually ask the servers their name and try to thank them when they pick up our dirty dishes. But one day it occurred to me to write a note of appreciation on the paper table cloth for this young girl to find after we left our table. I wrote, "Celeste,

thank you for your excellent service. Your cheerful smile and joyful attitude brightened up the whole dining room today!"

The next day, Celeste came across the dining room to where I was sitting and said with glee, "Thank you for the wonderful note! I tore it off the table cloth and showed it to everyone in the kitchen! Then I took it home to show my mom!" And with eyes sparkling, she said in a softer voice, "I'm going to keep it."

What a simple thing. It took 30 seconds to write the note but it made this young girl's day (and maybe changed her life.

Since that day last week, I've written notes to several servers and notice whoever is sitting at our table overhears their delight at receiving a 'thank you' in writing.

Today, I was surprised to see on each table, a little yellow pencil sticking out of every small basket of crackers. I have no idea who caught the spirit but maybe there will be more writing on the tablecloths in the days to come. I hope so.

— Rhea Zakich

Weekly Blogs from Jim

Are you receiving the email notices of Jim Kok's weekly blogs?

They are sent out each Friday and the feedback we have been getting is very encouraging. These are short little messages that can be read in a few moments.

To be added to the distribution list, send us an email request at ShowUp@careandkindness.org

Great message! Tremendous ministry!

Glenn

Thanks for this insightful and compelling piece. Your weekly features are deeply appreciated.

Jake

So true and something I need to work on because I run from outside emotion. Thanks for being the gentle reminder angel.

Rosa

I really enjoy your writings. Keep up the good work!

Dick

This was beautiful and thought provoking, Jim!

Barb

Thanks, Jim, for reminding us to splurge on beauty -- and to look for it all around us.

Carol

Both Gil and I were deeply saddened and touched by this reality of life in the family.

Vicki

Excellent - as are all of the postings!

Gary

Love your home-spun advice.

Marge



Actual Analogies Used By High School Students In English Essays

1. When she tried to sing, it sounded like a walrus giving birth to farm equipment.
2. Her eyes twinkled, like the moustache of a man with a cold.
3. She had him like a toenail stuck in a shag carpet.
4. The lamp just sat there, like an inanimate object.
5. Her face was a perfect oval, like a circle that had two sides gently compressed by a Thigh Master.
6. Her eyes were like the stars, not because they twinkle, but because they were so far apart.
7. His career was blowing up like a man with a broken metal detector walking through an active minefield.
8. From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and Jeopardy comes at a 7:00 p.m. instead of 7:30.
9. It's basically an illusion and no different than if I were to imagine something else, like Batman riding a flying toaster.
10. If it was any colder, it would be like being in a place that's a little colder than it is here.
11. The bird flew gracefully into the air like a man stepping on a landmine in zero gravity.

New!

Care Conference in Sun Lakes, Arizona



Sun Lakes United Methodist Church has announced the dates of their conference on **March 20-21, 2015**. Sun Lakes is on the south side of Phoenix.

Keynote speakers will be Dr. Jim Kok, author of *Transform Belief Into Behavior*, and Dr. John Vawter, author of *Achieving High Performance Friendship*. Other speakers will discuss topics that are still being determined.

Mark this web page with a bookmark so that you can check for details as they are finalized and announced: <http://www.careandkindness.org/SunLakes/indexSL.php>

Partnering for a Conference in your area!

How would you like to help host one in your community? We would like to work with your team to schedule a local mini-conference that would make it easy for people in your geographic area to attend.



We will offer as much help as you would like, drawing upon our past experience. You can determine the topics, speakers, schedule any way you want — or we can provide someone to work alongside your people in developing those things.

Drop us a line at ShowUp@careandkindness.org to let us know of your interest. Then we can begin planning together!

Worry is the darkroom in which 'negatives' are developed



Prayer Time

During the minister's prayer one Sunday, there was a loud whistle from one of the back pews.

Gary's mother was horrified. She pinched him into silence, and after church, asked: "*Gary, whatever made you do such a thing?*"

Gary answered soberly: "*I asked God to teach me to whistle . . . and He just then did!*"

Johnny had been misbehaving and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer.

"*Fine,*" said the pleased mother. "*If you ask God to help you not misbehave, He will help you.*"

"*Oh, I didn't ask Him to help me not misbehave,*" said Johnny. "*I asked Him to help you put up with me.*"

Care Capsule

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