

# Care Capsule<sup>®</sup>

*Capsules of motivation to dispense  
care and kindness*



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## Pain Helps Us Grow

— Dr. James R. Kok

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**The title of this essay worries me. I fear that someone will take the words too literally and run with the idea.** I am concerned they would play down the heartbreak that goes with some of the unwanted circumstances of life. Heartache and tragedy, loss and grief — these things are not to be appreciated or sought after; rather, they are what happens to us, and they hurt!

Therefore, please, never suggest to someone who is hurting or grieving that ‘*pain helps us grow*’. Never say that there is something good to be found in heartache or distress! The rule for loving-kindness to those who are injured, or living with pain, is to simply “weep with those who weep”. These brief words from the Bible are our best guide. They are the essence of empathy.

**Have you noticed, though, that pain usually heals?** It is the way we are created. As time passes, the wounds change, they close up, they look different, and they usually hurt less than at their beginning.

Of course, this is not totally true. When a parent loses a child by death (or by any means), time may change how they feel, but most who face this will say the pain of losing a child never goes away and it never diminishes.

And there are other pains and losses like that.

Nevertheless, the reality of this topic must be lifted up and even valued — pain **does** help us grow. Going through the pain and

the struggle and the grief, in time, often, if not always, strengthens us and deepens us.

In my own life I discovered fifteen years after it happened that my mother’s death, at her young age

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Of 39, slowly but definitely helped me to grow. It led me to be more effective in responding to sad and untimely deaths—and maybe to grief in general. It may even have led me into professional ministry, by jolting me into thoughtfulness.

For the first fifteen years following her death, I struggled with mild depression. I did not realize what was the cause of my unhappy life. Later (15 years after her death), after being confronted very personally with my sadness and actually being healed, I became a new person. I believe the tragedy, hitting me as it did, has enlightened, deepened, and sensitized me—and maybe more. It took a long time, but the good Lord turned my sadness into qualities helpful to others.

**It led me to be more effective in responding**

**A Caution:** Having said all that, I must point out a need for caution. It is impossible to imagine a time when this truth about my own life should be shared with a devastated person. I must never be talking to one who is suffering, about how Jesus' love will enlarge and deepen their faith. That is glossing over their pain. Leave such thoughts for the Sunday sermon or the Bible study. Do not talk that way yourself. Those words are not helpful during the moments of crisis.

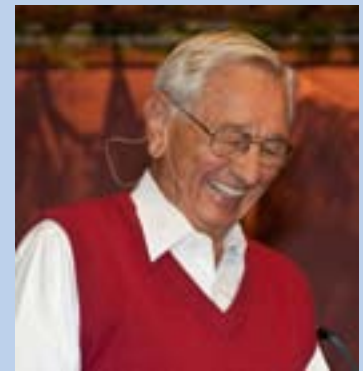
Jesus' love does show up when hearts are breaking. Jesus' love is there! But the vital truth that 'pain helps us to grow' is a reality we mostly carry quietly and personally in the corner of our heart. Healing can't be hurried. Jesus walked with me for fifteen years before I began to awaken, heal, and grow.

**We become deeper and wiser souls after heartbreak hits**

Jesus' loving Spirit is there when we are bleeding and in agony. It is comforting to realize how His healing heart shows up when we are knocked down. That is Love! Jesus' love! The healing of

the Lord is such a beautiful and powerful reality — that we not only recover through the love of Jesus but we become deeper and wiser souls after heartbreak hits. The healing and growth that follows our devastation is Jesus' love rushing to our presence.

**Another caution:** That is not why it happened! Our suffering is not sent by the Lord! The devastations of life are the result of our living in a broken world. We are all vulnerable and victimized by the weaknesses of nature and even the sinfulness of humanity: carelessness, envy, indifference, spite, jealousy, and much more. These things are the source of much of our woundedness, and, of course, much is also connected to our natural mortality.



**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.

This then is how it is: We live in a world where we experience a lot of pain, distress and heartache all the time. But our loving Lord, and God's love in many loving people, is always rushing to be present with the hurting. In its own mysterious and undefined way, healing

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happens. And a lot more . . . which we silently embrace in our hearts. Love helps people grow beyond where they were before they were shattered and broken.

The strongest people in the world are those who have recovered from personal pain. And

**The strongest people in the world are those who have recovered from personal pain**

we quietly thank our good Lord for that. It is no doubt simplistic to quote here an old elementary saying, but this one fits so

perfectly: “once burned twice cautious”. While there are abundant exceptions, it is a law of life implanted by God in our spirits. We grow and gain wisdom from mistakes, accidents, and heartbreaks. No one skates two times on thin ice. A dog bite is an educational event. Many a soul carries a Master’s Degree earned by the mistakes they have made.

Disabled by a major stroke , my friend, Ted, was sidelined for months from his active life as an executive. Today, several years later, Ted has mastered the computer world and created a service business more lucrative and satisfying than his original work. In my life as a Pastor, such stories have trickled in for decades, testifying to the helping, healing love of the Lord.

The sterling truth we embrace from this reality is that we are all called to reach out in loving kindness and compassion to

**We are all called to reach out**

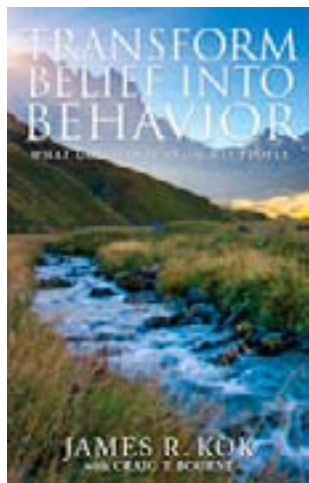
the injured, broken, and suffering. The hurting seldom need our advice or warnings. They all need a word of sympathy, a sentence of understanding, a smile of care, a tear of empathy, a touch of kindness, a hug of love, personal prayer. Phone calls, e-mail messages, notes in the U.S. Mail, are medicine of the best kind. And a touch, a smile, a hug connected to brief words like “I heard about your accident,” (illness, injury, grief etc.) or “You are in our prayers”.

Doing the things I just listed are so simple, so easy! Please don’t overlook them or discount their value. Each of these ideas is an act of kindness that you can offer. They show that you care.

**Don’t overlook them**

### *New Release*

Jim Kok’s newest book, **Transform Belief Into Behavior**, is 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**

Here is my own testimonial about how pain helped me to grow. When I was about 45 years old I developed a severe back pain from playing too much racquetball. I competed weekly with my younger brother and could seldom beat him two out of three games. And the challenge slowly began taking its toll on my body. At first the pain would go away in about a week but gradually healing did not happen. I began to live with constant back pain and sports came to an end. I tried everything. Every M.D. or professional body-person was consulted—to no avail. I walked miles believing that might help. The pain endured.

A friend mentioned asking another friend, Judy, to try healing prayer. That was Judy’s private ministry, which I had noticed and was somewhat fascinated by, but regarded as

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irregular and a little strange. It did not strike me as an option for me.

But the pain endured.

Finally, my mind changed. We called Judy. After two times with prayerful laying on of hands, with a couple of other friends present, the pain slipped away. Totally. There has not been a hint of pain in thirty-five years. My back was healed and my mind and belief system deepened, enlarged, modified. My spiritual outlook is now much richer. I was not only healed, I also grew spiritually. An unwanted distress was turned into an enormous growth experience.

**my mind  
changed**

That is how it is. Bad things happen, and we care for those who are injured or broken. And we silently and confidently trust that the good Lord will bring healing and often profound growth to the injured souls.



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**I've learned... that  
I can't choose the  
way I feel, but I can  
choose what I do  
about it.**

## New Website for Care and Kindness

Allow us a moment to review with you the history of the Care and Kindness website.

A long time ago (*in today's digital world*), we developed our first web page — way back in 1999. It was created primarily to provide details about the Care and Kindness Conferences and to keep people reminded during the intervals between conferences of care and kindness ideas. It stayed with that focus for a couple of years.

Then, in 2001, access to previous issues of the **Care Capsule** was provided as an additional feature on the web page.

In 2002 the Home Page got a new look, which was updated further in 2003. That design remained the same until 2010, when it was modified slightly.

In 2014 the color scheme was changed, with a new layout design and a new menu system. This is the design that has remained and is still in use at [www.careandkindness.org](http://www.careandkindness.org).

**But now . . . we have launched a new site that makes use of all of today's technology features!**

We are particularly excited about it because the pages are resized and adjusted to look good on the variety of digital devices that all have different size screens and that are so common today — iPads, smart phones, tablets, laptops, etc. In other words, whatever you are using to look at the website, it looks like it was designed just for your device.

We have a new web address for this site which you will want to mark as a Favorite or a bookmark on your computer: [peoplekindness.com](http://peoplekindness.com).

Our original site, [careandkindness.org](http://careandkindness.org), is still available, and contains links to all the archived conferences that have been held throughout the years. But come check out our new pages at [peoplekindness.com](http://peoplekindness.com) — we think you will really like them!

## Are you a Facebook user?

Care and Kindness Ministries  
has a Facebook page!



Have you looked for it while browsing through your Facebook entries?

Just do a **Search** for our name (Care and Kindness MInistries).

**It would be helpful to us** if you would **Like** our page. It will help us spread our vision and our message.

## Jim Kok Interview on the Hour of Power



Dr. Jim Kok was interviewed on the international broadcast of the Hour of Power. [This link](#) will connect you to the video, where you can hear him describe his passion for sharing the Care and Kindness Campaign.

## Note from a Reader

Connecting with those who have experienced homelessness, drugs, etc. has been a rewarding encounter for me.

A market I frequently visit usually has a person collecting money for a certain charity, so I stop and ask them to tell me about their ministry, which leads to my then saying, *“I would like to hear your story.”*

I listen and respond with encouragement. I often ask them if they know the Lord, and I learn that most of them have been rescued from the streets and taken under the wings of the charity. They have received rehabilitation, are led to faith in Christ and given an opportunity to give back by helping others.

I also try to remember their names, so that when I see them on another visit to the store, I can greet them by name.

Many of these people are being blessed to be a blessing to others as I am blessed by listening to them and encouraging them in their journey of faith. If it seems appropriate, I ask if I can pray for them and they always say yes.

Joyfully,

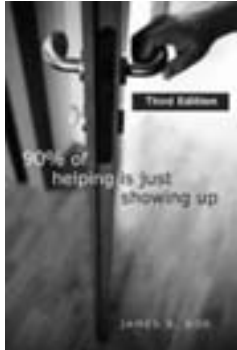
Vicki

## New Edition

now available

Jim Kok's first book, **90% Of Helping Is Just Showing Up** is now in its third edition!

This edition features an entirely new discussion section at the end of each chapter that challenges both individuals and groups to think about — and act on — the many ways of caring.



Available from Amazon.com or order from

**Care and Kindness Ministries,**  
10073 Valley View St, #429,  
Cypress, CA 90630,  
for **\$12.00**

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## Weekly Blogs from Jim

As a subscriber to the **Care Capsule**, you are receiving emails with Jim Kok's weekly blogs

Send us the addresses for others in your church, or of your friends who would like to read his weekly Thoughts.

Write to us at [ShowUp@careandkindness.org](mailto>ShowUp@careandkindness.org)

## Have you seen the new Care and Kindness video?



We have a new video posted on Youtube [click here](#), as well as on the **Tools** page on our Care and Kindness website: [peoplekindness.com/tools](http://peoplekindness.com/tools).

This video illustrates the mission of Care and Kindness Ministries, which is to increase everyone's awareness of the fact that they are surrounded by people who need our kindness.

The issues portrayed in the video are only a small slice of the burdens that people around us are facing. The mission of Care and Kindness Ministries is to increase everyone's awareness of the fact that they are surrounded by hurting people; to offer hope and encouragement to persons who are facing trials and difficulties.

We cannot FIX them; and as Kindness Ambassadors, it is not our responsibility to even try to be 'fixers'. But we can indeed offer our love; we can offer acts of kindness; we can demonstrate our concern and support for them as they struggle.

[Come view the video now.](#)

## Quiz answers that drive teachers to drink

Q. Name the four seasons.

*Salt, pepper, mustard and vinegar.*

Q. How is dew formed?

*The sun shines down on the leaves and makes them perspire.*

**What guarantees may a mortgage company insist on?**

*If you are buying a house they will insist that you are well endowed.*

**What are steroids?**

*Things for keeping carpets still on the stairs.*

**What happens to your body as you age?**

*When you get old, so do your bowels and you get intercontinental.*

**What happens to a boy when he reaches puberty?**

*He says goodbye to his boyhood and looks forward to his adultery.*

**Name a major disease associated with cigarettes.**

*Premature death.*

**How can you delay milk turning sour?**

*Keep it in the cow.*

**How are the main 20 parts of the body categorized (e.g., the abdomen)?**

*The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A ,E ,I, O, U.*

**What is the fibula?**

*A small lie*

**What does 'varicose' mean?**

*Nearby.*

**What is a terminal illness?**

*When you are sick at the airport.*

**What does the word 'benign' mean?**

*Benign is what you will be after you be eight.*

## Partnering for a Conference!



**Would you like to help host a Care and Kindness Conference in your community?** We can 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](mailto:ShowUp@careandkindness.org) to let us know of your interest. Then we can begin planning together!

**God put me on this earth to accomplish a certain number of things. Right now I am so far behind, I will live forever.**

## Little Dylan



An exasperated mother, whose son was always getting into mischief, finally asked him, *“How do you expect to get into Heaven?”*

The boy thought it over and said, *“Well, I’ll run in and out and in and out and keep slamming the door until St. Peter says, ‘For Heaven’s sake, Dylan, come in or stay out!’”*

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One summer evening during a violent thunderstorm, a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, *“Mommy, will you sleep with me tonight?”*

The mother smiled and gave him a reassuring hug. *“I can’t dear,”* she said. *“I have to sleep in Daddy’s room.”*

A long silence was broken at last by his shaky little voice: *“The big sissy.”*

### Care Capsule

A publication of Care and Kindness Ministries, as part of the Care and Kindness Campaign. Our web page is at [www.careandkindness.org](http://www.careandkindness.org). For a free subscription to **Care Capsule**, send an email to [ShowUp@careandkindness.org](mailto:ShowUp@careandkindness.org)

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