

Care Capsule[®]

*Capsules of motivation to dispense
care and kindness*

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Living With Fear

— Dr. James R. Kok

It is a fearful world in which we live. So, that being true, one of the most comforting Biblical texts we know says, “Fear not for I am with you.” Jesus, talking to each of us.

That loving picture does calm a lot of our anxiety. It quiets our fears and gives needed peace to every troubled heart.

There is a common cry in Holy Scripture, calling us to realize the constant and consistent loving care of our Lord.

We seem to be called to breath deeply, let a smile grace our lips, and allow our fears and anxieties to melt and float away.

We, Jesus’ children, are called and encouraged toward peace—a strong fearless state of mind and heart. We are loved away from that common human condition that too easily defines us and describes how we walk from hour to hour—troubled, anxious, intensely apprehensive, worried. Instead, we must feel this:

“Fear not I am with you. I will never leave you or forsake you.” We are safe in the arms of Jesus.

At the same time, frightening days and nights embrace us all the time. There is so much we must face, wrestle with, ponder and handle.

For example, not far from here, in San Bernardino, recently, two terrorists with big guns murdered fourteen innocent people in cold blood. Suddenly, we all are terrorized and slammed into fresh awful possibilities that could

happen anywhere. Someone, with tears in her eyes, cried to me, “*that could happen on Sunday morning at church!*”

Our wonderful spiritual promises about the constant presence and love of Jesus helps a lot, but every day threats and dangers keep calling us to vigilance, caution, guardedness.

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Living With Fear

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Anxiety and fear are inevitable side effects. We are afraid. And we are friends and neighbors of many wrestling with terror, fear, and apprehension, even while knowing they are safe in the arms of Jesus.

What can we do?

We must recognize and acknowledge our fears. Denial, which is the capacity to convince ourselves we are not afraid—or that there is nothing to worry about—is a common tactic, but it is ill-advised. It is a way of living as if there is nothing to worry about.

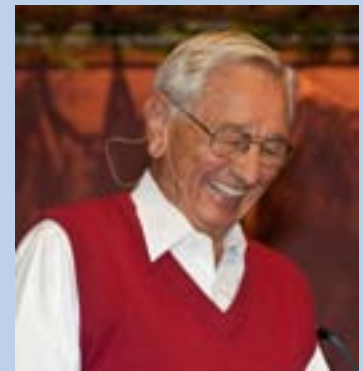
For a while it can create a protective armor, but that denial can create a vulnerability that can set us up for deep hurt and great pain. Denial neglects facing reality and doing something in order to be prepared.

Sometimes getting on with life requires denial. But it must be a temporary choice. There is much to be concerned about. When danger threatens, we can sensibly **carry out reasonable and simple actions** that may be protective: going to a friend's house, notifying the police, informing friends and neighbors, relocating valuables, increasing privacy, and anything else that might be beneficial. Sensible action is mildly tranquilizing.

Talking to a Pastor, friend or family member helps relieve fear. Connecting with others creates the inner impression, and reality, of not being alone in a frightening predicament. It is acting on our God-ordained guidance, which calls us to “love one another”, rather than go through fearsome circumstances all by ourselves. It is a Godly idea, given to us not to test our goodness, but to encourage us and strengthen our preparedness.

Rest helps maintain our resilience. It keeps us ready, aware, and flexible. Add physical exercise to restfulness and we will be far more resilient and equipped to carry, and face, fearsome circumstances and frightening events. Regular routines of rest and exercise enables us to face the hardships of life. Even Jesus modeled that kind of living.

Prayer is spiritual medicine. We are not called to the practice of prayer to satisfy God's spiritual behavior expectations—prayer is God-given therapy. We are called to prayer for our own relief, guidance, support, comfort and even more. Prayer is a Godly prescription,



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.

opening therapeutic doors and soul-soothing remedies. Talking to the Lord is far deeper and bigger than a religious activity. It is a healing walk in the middle of heartache and concern.



I FORGOT

Things I Forgot When My Friend Was Hurting

— Craig Bourne

I forgot that when her crisis occurred, she needed someone right away, not hours or days later.

I forgot that my presence with her was important. I thought a quick phone call would take care of it.

I forgot that when she stopped crying, it didn't mean that she had stopped hurting. I forgot and tried to resume our normal conversational style of the past and moved on to other things.

When the funeral services were over, I mentally and emotionally moved on to other things. **I forgot** that her grief was not over.

When she came home from the hospital, **I forgot** that she still needed support and help.

When I saw her again several months later, I tried to avoid mentioning her husband who had died. **I forgot** that she still wanted to talk about him.

When she was crying over her sudden loss, I hesitated to ask her questions about how it happened. **I forgot** she still needed to talk about all that. **I forgot** that hearing her feelings was important but that she also had to tell the whole story.

When their child died, I tried to encourage them by reminding them that they had other children, and by suggesting that they could have another child. **I forgot** that this one can never be replaced.

When he lost his job, I tried to cheer him up by pointing out all the possibilities that lay ahead of him. **I forgot** that he wasn't ready to think of them yet. **I forgot** to give him time to deal with the blow he had been dealt. **I forgot** to stand beside him in love and supporting care as he grieved and coped with a painful loss.

When he got that big promotion at work, **I forgot** to honestly enter into his joy. Instead, I teased him and downplayed it, as if it were not that big a deal. **I forgot** that by doing that I was throwing water on his enthusiasm.

When she told me about her sadness when her cat died, I tried to empathize with her by telling her about a cat that I lost once. **I forgot** that right now she didn't care about my cat. **I forgot** that she needed my sympathy about HER loss, not trying to listen to someone else's story.

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I forgot

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When he told me about what a hard day he had been through, I thought I was sympathizing with him by telling how hard mine had been, too. **I forgot** that my woes did not help him deal with his own. **I forgot** to ‘leave my story at the door.’

I forgot to **remember** the things I’ve learned to do better. I forgot to **remember** that the right things to say and the right things to do don’t happen automatically.

I have to **remember** to think consciously of my words and actions. I need to **remember** that there are hurting people all around me, whom I can help and comfort by my caring acts and my attention.

I have to **remember** to be thoughtfully consistent in my desire to offer care and kindness.

**Great minds discuss
ideas;**

**Average minds discuss
events;**

**Small minds discuss
people.**

New Website for Care and Kindness Ministries

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, 2010, and 2014. This is the design that has remained and is still in use at 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 automatically resized appropriately to look good on the variety of digital devices that each have different size screens — 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.

Our original site, 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 — 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.

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

A New List of Kindness Suggestions

Readers of my books and my blog postings are all familiar with my message that we can offer acts of kindness daily as we go about our daily lives. We can lift the spirits of those around us; we can show Jesus' love; we can bring joy to others, simply by taking an extra moment to be kind.



When I offer specific actions and ideas on what actions we can take, I get tremendous feedback on the helpfulness of such lists. So, in that spirit, here are some thoughts.

1. Tweet or Facebook message a genuine compliment to three people right now.
2. Bring doughnuts (or a healthy treat, like cut-up fruit) to work.
3. While you're out, compliment a parent on how well-behaved their child is.
4. Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
5. If you walk by a car with an expired parking meter, put a quarter in it.
6. Don't interrupt when someone else is speaking. (Surprisingly few people master this.)
7. Let someone into your lane. They're probably in a rush just like you.
8. Compliment someone to their boss.
9. Talk to the shy person who's sitting by themselves at a party.
10. Be the person who puts a tip in the tip jar at the coffeeshop. (Fewer people tip than you'd think!)
11. Stop to talk to a homeless person.
12. Play board games with senior citizens at a nursing home. Sixty percent of them will never have a visitor during their stay.

Ponderisms

Why does a round pizza come in a square box?

Why is it that people say they “slept like a baby” when babies wake up like every two hours?

Why are you IN a movie, but you’re ON TV?

Why do doctors leave the room while you change? They’re going to see you naked anyway.

Did you ever notice that when you blow in a dog’s face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

Why do the alphabet song and Twinkle, Twinkle Little Star have the same tune?
Why did you just try singing the two songs above?

Why is it called ‘rush hour’ when your car barely moves?

You know how cartons say, “Open here”? What are the chances of seeing one that says, “Open somewhere else”?

Why does sour cream have a “use by” date?

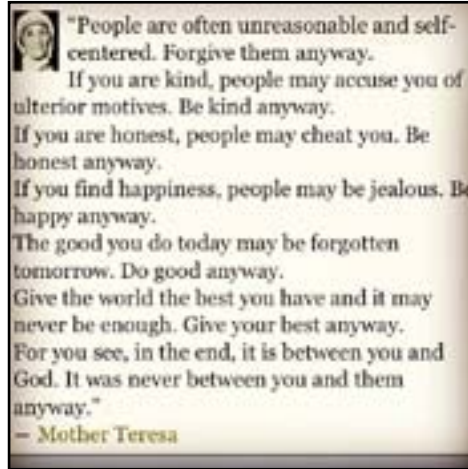

If a word in the dictionary were misspelled, how would we know?

Why are there 5 syllables in the word “monosyllabic”?

If a tree falls in the forest, and no one is around to see it, do the other trees make fun of it?

Why are they called “buildings” when they’re already finished? Shouldn’t they be called ‘builts’?

Whose cruel idea was it for the word “lisp” to have an ‘s’ in it, and spell “stutter” with ‘t’s’?





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 to let us know of your interest. Then we can begin planning together!





Little Emily

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 4 years old.

Looking up and down at my uniform, she asked, “Are you a cop?”

“Yes,” I answered and continued writing the report.

“My mother said if I ever needed help I should ask the police. Is that right?”

“Yes, that’s right,” I told her.

“Well, then,” she said as she extended her foot toward me, “would you please tie my shoe?”

**Many people will walk in and out
or your life, but only true friends
will leave footprints in your
heart.**

Care Capsule

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