

# Care Capsule<sup>®</sup>

*Capsules of motivation to dispense  
care and kindness*

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## In This Issue

Visualizing the  
Shape of Prayer...1

What's Important  
.....4

Kok's Law .....5

Weekly Blogs from  
Jim.....6

Care and Kindness  
Conference in  
Phoenix area .....6

Light Notes.....7

Say A Prayer.....8

## Visualizing the Shape of Prayer

— *Dr. James R. Kok*

**Prayer is such an important part of our lives.**

But there are different kinds of prayer: there is formal prayer; there are the kind of prayers we say before and after meals and at church services; and there are special prayers we say for people who are sick, hurting, or in some kind of distress or need.

The kind of prayer I'm focusing on, however, is praying for the sick and those who are hurting or have some special need.

There are scores of texts about prayers in the Bible, but not many that specifically talk about praying for the sick. Nevertheless, praying for the sick is a very basic part of Christian life. Many people hardly miss a day of remembering people who are hurting or sick, or who they consider in need of prayer.

I do not consider myself to be a naturally prayerful person—I need to remind myself to spend time at it and to work at it thoughtfully. For that reason, these remarkable prayer stories are particularly meaningful to me.

- A 40-year-old man, living in Northwest Washington state, was dying forty years ago as a baby. His father, who was my intern at Pine Rest Christian

Hospital in Michigan, came to me the day the baby was born, telling me that he was not likely to live.

That day many lifted the little boy up to God in prayer. I prayed intensely for him in our bedroom that night and I stood

facing in the direction of the hospital, where he had been born and was dying. The next morning his father showed up at my office, with a smile on his face,

*(continued on page 2)*



## Visualizing Prayer

*Continued from page 1*

reporting that the little boy was going to live after all. Hundreds had prayed for him, but I had a strange, yet specific feeling, that my prayer had made the difference.

• Locally, I see a young man from time to time who is the father of three little children. About 10 years ago, he and his wife came to me and asked me if I would sign a paper helping them to move into the adoption arena. They had exhausted every possibility to conceive. They were giving up and turning toward adoption. We talked for a while and I agreed to sign the paper, but I said, *“Before you go, let’s pray about having a baby the natural way.”* It was not long after that time together that they excitedly called telling me about their pregnancy.

I felt my prayer had made a difference

• Many years ago. I was a physically active young man playing a variety of sports, among which was a weekly contest against my younger brother in racquetball. I could not beat him two out of three. Since I was supposedly the family athlete, that frustrated me terribly. And I started to work at it so hard that I hurt my back. At first, I sort of ignored it and allowed a week to go by for it to heal. Then I would get back on the racquetball court, lose two out of three again, and once more wreck my back. After a while, my back was bothering me intensely all the time and it did not seem to be healing.

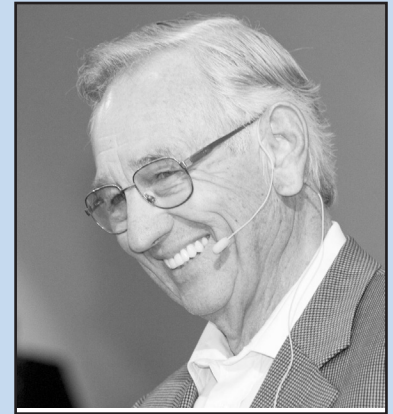
Non-directed prayer was more effective

Weeks went by, and I found that I was living with a nearly disabling back injury. For some reason, my wife Linda suggested we contact her friend, Judy, who was a notorious prayer person. I did not hold this suggestion in particularly high regard, but by this time I was so desperate that I agreed to go to Judy’s house for prayer on my back.

To make a long story short, after two or three sessions, lying on her floor, with a handful of her friends putting their hands on my back while Judy prayed intensely, my back no longer hurt. And now I count it to be about 40 years of having no back trouble at all.

• Another remarkable thing has happened in recent years. Professional people have done research on prayer and one of these projects was prayer for seeds. They carefully placed seeds on trays with water on them. Some had salt water on them. Then they would pray for these seeds as they anticipated germination. But there were some soaking seeds that were not prayed for. The prayed-for seeds clearly germinated and had sprouted more rapidly than those that were not prayed for. **The remarkable thing** is that the seeds in salt water, which was like making them sick, germinated even faster than those in clean water!

Another remarkable part of the experiment was how they prayed. They found that when they prayed for the seeds in a general way, that is, for their well-being and their healthiness, the seeds sprouted even more quickly and more healthfully



**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.

than when they prayed for the seeds to germinate and sprout. In other words, when they were directive, there were positive results, but the results were even more positive when they took what we might call a “thy will be done” approach.

• One more example: in a medical center in San Francisco a few years ago, a prayer experiment was set up. The patients were all seriously-

ill cardiac cases in a large medical center. The patient group was divided in half. Half of them were going to be prayed for and the other half would not be prayed for. The people praying were in small groups all over the United States.

After a period of time they went back and checked all the patients. Compared to the healing and improvement of others, they found significant advantages, **among those who had been prayed for!** None of the patients knew that they were either part of the prayed-for group or the not-prayed-for group.

### The Shape of Prayer

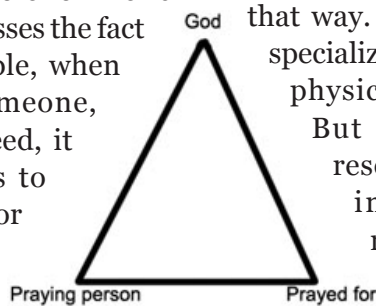
Visualize the shape of prayer as being like an enormous triangle. Looking at the triangle, I imagine the top peak to be where God is. The bottom left angle is the one who is speaking the prayer. The third angle, the extreme right, is the one for whom prayer is being spoken.

Next, I visualize the lines going out from the one who is praying—from that lower left-hand corner. One line goes up to God and the other extends on the horizontal level to the one in need.

Then I see two lines flowing down from God. One goes to the person being prayed for and the other comes back down to the one who is offering the prayers. The line that goes to the one being prayed for is God's Spirit and energy and love streaming with strength, healing and encouragement as needed. The line that goes from God to the one praying is God's love and energy

flowing back to the pray-er. But it does not stay there. It flows from there to the needy one.

This picture shows that God is reaching out to the hurting person, but God is also flowing through the one who is praying. This reality stresses the fact that, as much as possible, when we are praying for someone, who is hurting or in need, it is advantageous for us to see them, touch them, or at least have our minds point in their direction, knowing that God's healing spirit is flowing through us toward them.



### We are spiritual beings, not just physical.

We are spiritual beings, not just physical. It is so enormously important to remember that and to relate to each other in that way. The medical world specializes and works on the physical, predominantly. But there is abundant research evidence that indicates the vital necessity of spiritual care, of caring for the patient as a person. They need visitors, touch, smiles, companionship or they will not get well—and of course they need love that flows through presence and prayer—when possible.

Now and then people ask me what they should say when they go to visit someone who is very sick or seriously injured. My answer is almost always something like this: *“Just go. Your presence is the most important part. Stay a few minutes. Hold a hand and pray briefly for their well-being and recovery.”* Presence and prayer are vital medicines.

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

**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**





# What's Important

## A young man learns what's most important in life from the guy next door.

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, *“Mr. Belser died last night. The funeral is Wednesday.”* Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

*“Jack, did you hear me?”*

*“Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but I honestly thought he died years ago,”* Jack said.

*“Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spent over 'his side of the fence', as he put it,”* Mom told him.

*“I loved that old house he lived in,”* Jack said.

*“You know, Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life,”* she said.

*“He's the one who taught me carpentry,”* he said. *“I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important ... Mom, I'll be there for the funeral,”* Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away.

The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time.

Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture.

Jack stopped suddenly...

*“What's wrong, Jack?”* his Mom asked.

*“The box is gone,”* he said.

*“What box?”* Mom asked.

*“There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me: 'It's the thing I value most,’”* Jack said.

It was gone! Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

*“Now I'll never know what was so valuable to him,”* Jack said. *“Well, I better get some sleep. I have an early flight home, Mom.”*

It had been about two weeks since Mr. Belser died. Returning home from work one day, Jack discovered a note in his mailbox. ‘Signature required on a package. No one at home. Please stop by the main post office within the next three days,’ the note read.

Early the next day Jack retrieved the package. It was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. ‘Mr. Harold Belser’, it read.

Jack took the small parcel out to his car and ripped it open. There, inside, was the gold box and an envelope.

Jack's hands shook as he read the note in the envelope: ‘Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life.’ A small key was taped to the letter.

His heart racing, with tears filling his eyes, Jack carefully unlocked the box. There, inside, he found a beautiful gold pocket watch.

Running his fingers slowly over the finely etched casing, he opened the cover, where he found these words engraved: ‘Jack, thanks for your time! Harold Belser’

Then he realized: *“The thing he valued most...was... my time.”*

*(continued on page 7)*

The box was gone!

The thing he valued most was my time

# Kok's Law

## 'Kok's Law' came into being as a means of survival in intimidating circumstances.

No doubt, others have stumbled on its genius, too, but I am the first to state it as a law.

Remember all the times you sat in class as a college student — tongue-tied with fear of volunteering the answer you had in mind? Then you melted in hot self-hate as you heard another speak exactly what you had thought, and she received high praise?

Recall the many hunches, intuitions, ideas you've had, but left unspoken or ignored because you lacked the confidence to speak about them or do something with them? Then you read or heard them stated by someone else who received admiration?

### 'Kok's Law' will help.

'Kok's Law' was born one Saturday morning as I sat in a committee meeting planning a conference program. The chairman was a forceful, confident-appearing person who had a load of ideas. He was on his way toward setting up the program all by himself, as the rest of us passively agreed. Then it hit me! I was aware in my heart and in my head that I was experiencing considerable distress and unease. As I listened to my

'guts', I heard howls of anger and objections. I realized that I didn't like much of what the chairman was authoritatively hammering into place, but there I was nodding assent.

Then came the second revelation: If I'm feeling this way, I'll bet at least a couple of these other 'yes-men' are, too. Assuming this was true, I thought I should speak up, because I'd be sure to get support. So I spoke. Immediately the others joined in! The dominating chairman listened. Then the program was planned in a fresh way. Everything was changed for the better.

'Kok's Law' was born: If I am thinking something, or feeling something, at least half the others in a group or meeting are likely to be having the same thoughts or feelings!

Of course some people don't need help to take a risk and speak up. Others of us do. We should remember the high probability that support will be present. That may be all some of us need to gain the courage to trust our hunches, ideas, opinions, feelings and step up to the podium, or take action. Kok's Law, used discreetly, can give us the nudge many of us need.

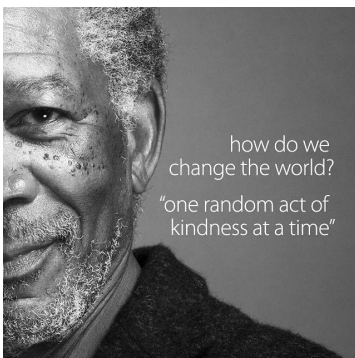
Here is another example. Have you ever been in a room with other people when you felt very warm? What do you usually do? You look around and ask, "Is it warm in here?" Kok's Law says: If you're warm, at least half the others are warm, too — unless you're getting the flu or catching a cold.

Kok's Law has become my faithful companion. It has helped me score in numerous situations where my natural self-consciousness used to limit me and hold me back. The thesis underlying Kok's Law is that I'm a somewhat normative human being with sensitivities and responses similar to those found in at least half of the population.

I give you Kok's Law to use carefully. I guarantee it will work (at least half the time.)

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**Actor Morgan Freeman** is attributed with the quote in this picture, and we who believe in the Care and Kindness Campaign are pleased that he made this comment.



However, we would have preferred that, instead of saying 'random', he had said 'intentional'.

We believe that our acts of kindness should be

intentionally done; that though they can be either premeditated or spontaneous, but they are consciously offered, rather than being simply random.

## 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 individual 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

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](mailto:ShowUp@careandkindness.org)

## New!

### Care Conference in Sun Lakes, Arizona



On March 20-21, the Sun Lakes/Chandler, Arizona community will have an exciting opportunity to be part of the area's first Care and Kindness Conference to be held at **Sun Lakes United Methodist Church**.

Dr. Jim Kok will be a keynote speaker, joined by Dr. John Vawter, who has spoken at previous Care Conferences in California. He is author of "**Achieving High Performance Friendship**" and "**Uncommon Graces**." Former President of Phoenix Seminary, Dr. Vawter has spoken in 18 countries and taught Doctor of Ministry classes at seven seminaries.

Other workshop presenters include:

**Christy McClendon**, President/CEO of New Pathways for Youth and recipient of the 2014 Greater Phoenix ATHENA Award for the Public Sector. She will present: "Building A Community of Inspiring and Inspired Individuals".

**Dr. Julian Pickens**, founder of Intervention Services of Arizona, will present "Gaining an Understanding for Ministry to the Addicted Person".

**Kathleen Thoren**, an international performer with a master's degree in counseling and a private practice in Tempe, will be presenting "A Laughing Matter", an interactive workshop that explains the psychological, social and physical benefits of laughter.

**Hospice of the Valley** will present "Caring for the Caregiver".

**Joelle Hadley**, Founder of The Culture Coaches and The Southwest Institute for Emotional Intelligence, and columnist for the Arizona Republic, will speak about "Emotional Intelligence: The Science and Secret Behind Happy People".



*(continued on page 7)*





# Light Notes

## 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.

## What's Important

*Continued from page 4*

Jack held the watch for a few minutes, then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked.

"I need some time to spend with my son," he said.

"Oh, by the way, Janet ... thanks for your time!"



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## Sun Lakes

*Continued from page 6*

**Elva Coor**, Co-founder of Arizona Chapter of National Organization of Women Business Owners, and collaborator with Justice Sandra Day O'Connor in creating SpeakOut AZ, will present "We Are the Arizona We Want."

The two-day conference is Friday, March 20, from 6:30 p.m. to 8:00 p.m., and Saturday, March 21, from 8:30 a.m. to 4:15 p.m.

The registration fee is \$15 and includes lunch on Saturday.

Registration begins Monday, February 9.

Online registration will be available at [www.sunlakesumc.org](http://www.sunlakesumc.org) or call (480) 895-8766.

More details are available on the conference website: <http://www.careandkindness.org/SunLakes/indexSL.php>

# Thoughts to ponder . . .

1. At least 2 people in this world love you so much they would die for you.
2. At least 15 people in this world love you in some way.
3. A smile from you can bring happiness to anyone, even if they don't like you.
- 4 Every night, SOMEONE thinks about you before they go to sleep.
5. You mean the world to someone.
6. If not for you, someone may not be living.
7. You are special and unique.
- 8 When you think you have no chance of getting what you want, you probably won't get it, but if you trust God to do what's best, and wait on His time, sooner or later, you will get it or something better.
9. When you make the biggest mistake ever, something good can still come from it.
10. When you think the world has turned its back on you, take a look: you most likely turned your back on the world.
11. Someone that you don't even know exists, loves you.
12. Always remember the compliments you received. Forget about the rude remarks.
13. Always tell someone how you feel about them; you will feel much better when they know—and you'll both be happy.
14. If you have a great friend, take the time to let them know that they are great.



## Say A Prayer

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated around the table as the food was being served.

When Little Johnny received his plate, he started eating

right away.

*"Johnny! Please wait until we say our prayer,"* said his mother.

*"I don't need to,"* the boy replied.

*"Of course, you do,"* his mother insisted. *"We always say a prayer before eating at our house."*

*"That's at our house,"* Johnny explained. *"But this is Grandma's house and she knows how to cook!"*

### **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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