

11/21/22

Week 48: Fall Mission Feeding
Randy Robison and Sheila Walsh
Chris Capehart

RANDY: Welcome to *LIFE Today*. I'm Randy Robison. Sheila Walsh is with me. And Sheila, I can tell that today's guest is going to be fabulous because not only is he a graduate of Oral Roberts University, as am I, right? But he was on Young Blood; there are a few of you that might know what that means but we won't dwell on that.

The book is *STEP*; it is written by Chris Capehart and he is our guest today. We're going to find out what that means and how it impacts us. Great to have you, Chris.

CHRIS: Thanks for having me.

SHEILA: So you're both ORU dudes. What is Young Blood? That sounds kind of weird.

RANDY: It is kind of like a fraternity but it's on a Christian campus where we don't actually have fraternities. But I still hang out with my guys from Young Blood to this day. You do too?

CHRIS: My best friends, my business partner today, we were all Young Blood guys.

RANDY: It's a godly fraternity, Sheila.

CHRIS: I like that, a godly fraternity.

SHEILA: That's wonderful.

RANDY: So you've been pursuing some big dreams in life. You've been mainly in business, yes?

CHRIS: Yes, sir. I have -- actually with my business partner, Micah, we've been in business for quite a while now. We have a technology company where we build software for brands and organizations all over the world.

RANDY: But this is probably not the path you saw yourself on. You started out, life was not kind to you early.

CHRIS: I had some interesting scenarios, interesting situations, I guess you could say. You know, I was thinking about this and thinking about, where do I start? Because I, unfortunately, experienced quite a few tragedies early in life. But I think the most impactful one and the place that I would start is with my mother.

So I was living with my mom, she was a single mom and I remember it was a Tuesday. And every Tuesday morning I met with my youth pastor and one of my best friends and we talked about the Wednesday night service. I remember getting up that morning, getting into the kitchen, and getting ready to go before school and my mom was there. She was kind of lingering. It was weird for her to be around that early. I remember her saying to me, "What are you doing?"

And I said, "The same thing I do every Tuesday morning."

I was a teenager, and she, kind of looking back on it, "Okay. Okay. Well, I love you." And walked away.

I went, I did my Christian duties, being a good teenager, obviously, not respectful to my mother in that instance, had that meeting and I came back to our family business that afternoon after school. I was in my cubicle working on some things and my mom again, I felt her, she came into the cubicle and was just kind of hovering.

I looked back at her and said, "What do you want?" And those were the last words I ever spoke to my mother.

I went home a few hours after that. I walked to the back door, and there was a note on the door. I remember it had a heart cut out where she had hung it over the handle. And it said, "Please don't come in. I shot myself and I don't want you to see." That just kicks off a lot of my story. And so actually, to be honest, I was scared in that moment. I didn't want to see her and I didn't. I made a phone call and people showed up, police officers showed up, and ultimately, my mom had taken her life.

SHEILA: Where was your dad in all of this?

CHRIS: So my father, to rewind a couple of years to answer that question, my dad was a pastor. My mom and my dad started a church, this was when I was young. One night, I found this out later actually after my mom had committed suicide. But one Sunday evening during a service three men came into the service and while my dad was on stage they confronted him for having affairs with their wives.

SHEILA: Three men?

CHRIS: And so needless to say, my parents tried to keep it together after that but when I was around the age of three, they ultimately divorced. And so my dad did love me and stayed in the area for a while when I was younger, and I would go back and forth. I never knew any of this. I knew my mom and my mom's family did not like my dad too much. They didn't really enjoy being around him but I didn't know why because they never told me.

Anyway, so I was pretty close to my dad early on and then he married a lady, and some things happen and he had to leave the town. He had to leave when I was in I believe the ninth or tenth grade. It even had come to a point where in 10th or 11th grade I sat down with my dad and I said, "Dad, I can't have the same relationship with you that I've had before. I'm not going to be able to

talk to you anymore if you're going to continue to manipulate me and my mom."

So my dad was not involved. He had moved out of state. He was in Texas, I was living in Arkansas at the time. And so, to be completely honest, at the funeral that week, my dad came into town, I didn't even want to see him. Didn't even want to see him.

SHEILA: Had your mom struggled with some kind of mental illness before that?

CHRIS: So she had, I didn't know it. So she was diagnosed with Bipolar, and what I didn't know is that when I was in, I believe second grade, she had tried to commit suicide at that point too, through taking, overdosing, taking pills. She was in the hospital for a week and at the time they just told me she was sick and not feeling well. So she'd been fighting this for a long time.

You know what's interesting is, I look back on it and I believe that a lot of it came from a root of bitterness towards my dad. My mother went to C.F.N.I. She traveled on the worship team. She was a phenomenal woman and I think she had a hard time getting over what had happened to her. I know she tried. We talked about it a lot but she was never the same after that. And it's not to say that that was my dad's fault. Obviously, he did some things he shouldn't have. She needed to be able to let go. But I believe when we don't forgive and can't truly forgive like the Bible says it can affect us in a physical way.

SHEILA: Absolutely. I'm interested because reading your book, Chris, which is so good and you talk about your faith, how do you find that path when you have a father who is a pastor who obviously made some serious mistakes, and then your mom who clearly loved you. I read the part where you said she sold her dolls at one point because she wanted to give you a birthday party. But in the midst of all that trauma, how did you find a real relationship with Christ?

CHRIS: You know what's interesting is even in the imperfection that my parents had, they did always point me towards Christ. And I remember it was in the 5th grade when I really made a decision to go after it hard. And to be honest, from that point on I never really looked back.

I remember after my mom had passed away, I was sitting with a pastor, and he asked the question, "How are you doing?"

I said, "Well, the Bible says God has said, 'I set before you life and death but choose life.'" He gave us the cheat code ahead of time. So I looked at him and I said, "I'm choosing life."

In fact, I looked at these situations and I knew that God had a plan and a purpose for my life. And I believed that digging into him was the answer not running away from him. And I could see in those moments some people run away from God because they don't understand. And I don't understand fully but I ran to God and that made all the difference.

RANDY: What does that look like? I mean it's one thing to say that now when life -- you know, things are good. But on a day-to-day basis, that's not easy. I don't even know if we can do it on our own. How do we go one step at a time to walk that out?

CHRIS: I think that kind of parleys a little bit into part of the message in the book. It's simply this, for me, what I've learned is this, I can't do it all at once. I can't figure it all out. But I've put my faith in Jesus, and he clearly says, "I'll order your steps."

I say, okay, well, you'll order my steps, you'll order the steps of a righteous man. He also says, "You can plan your way but I'll order your steps." I just realized that's what I can control. Today, and this moment when I'm feeling depressed, when I had those moments, Sheila, I know you probably had some similar things that you went through, I heard some of your story, we've talked about it a little bit, when you walked in the water. I had moments like that.

So I went to my senior prom on the day of my mom's funeral. I remember seeing a security guard there with a gun and the thoughts in my head going maybe I should just end it now. But it was one step, one step at a time for me and it was being led by God as to what that step was.

I remember laying on my uncle's floor the night after my momma committed suicide and just feeling like I'd been shot in the stomach with a shotgun, not knowing what to do, and God

saying, whispering to me in my ear, "I've got you. I'm not going to leave you alone."

So what I would say to people and what I would say is, you don't have to figure it all out. That's what God does for us. You just have to listen and obey and know that he will guide you to that next step.

SHEILA: So why did you write this book? I love the subtitle. I think it is: "Pursuing your dreams in the midst of everyday life." A lot of people tend to, and even after the pandemic, kind of give up on their dreams. Because they seem -- I wouldn't even know where to start. What do you say to someone about that?

CHRIS: And I purposely said "in the midst of everyday life" because there is no perfect scenario to go after the things that are in your heart. I love that. The reality is this, most people get so caught up on what I call in the book the proverbial mile, which is the distance between where you are today and where you want to be; the person you are today and the person you want to be. And when we look at that mile, most of the time we don't move. And my whole encouragement to people is incredibly simple, don't focus on the mile. Don't focus on everything you can't achieve. Focus on the one thing you can today. I believe this, when we are feeling emotionally down about a situation, overwhelmed about a situation, the antidote, if you will, is to do the opposite of what we feel and change our emotions. I believe that. I really believe that.

So coming back to that question, it's simple, you can't do it all today. You're going to feel overwhelmed and you're going to feel it often. But there is one thing you can do today, do that one thing. That one thing is going to give you the motivation to keep going and to feel better about yourself, better about the progress that you're making so that you can keep moving forward.

RANDY: A lot of times when I'm not stepping, I'm just stopping. What happens when we stop?

CHRIS: That's great because that's actually my favorite chapter in the book. For those of you that haven't read the book, I say what happens when you stop stepping? And it's just a bunch of

blank packages. It's nothing is what happens. So if you want nothing, keep doing nothing.

But actually, that's a little misleading because when you stop, you actually are getting further away from the person you want to be or the things you want to achieve because you're losing time.

SHEILA: I think that relates to a lot of women where they think, oh, I wish -- I wish I could lose this amount of weight. Or I wish I could start exercising. But the whole thought is so overwhelming you actually end up doing nothing or in my case going to Krispy Kreme and getting a donut.

CHRIS: Yeah. So I think it relates. There is a story I tell about just working out in general. But the idea is this, I had a friend who wanted to lose 100 pounds. That friend didn't feel like it was possible. He felt like it was way too big. And so we talked, we had this conversation. I said, "Well, could you eat a healthy meal today?"

He said, "Yeah. I think I could eat a healthy meal today."

I said, "Okay, let's do that for 30 days and see what happens."

"That's it?"

"Let's just do that for 30 days. Let's start creating the habit of doing the right things you believe you can do and then you look back and you see how far you've actually come."

And that is the principle, I think that's one of the things the enemy, Satan tries to get us all confused about is to think I don't have time -- everyday life. I have kids, I have bills, I can't do this. The reality is you can. It might not be in the timing you thought, and it might not look like you thought, but you can be moving a step forward every day. Eat a healthy meal, walk five minutes, and take ten minutes of working out. Start somewhere and keep building from there.

RANDY: I think you're very much on to it. And it doesn't matter if it's the weight I need to lose or it's wanting to be in the word more, or to write a book, you know, you've just got to get some words on paper. To me, I think the stepping is saying, let's move in the right direction on a daily basis and focus on the here and the now and things will kind of start to take care of themselves.

CHRIS: I think that's all we can do. But that's what we should do. I loved how you put that, Randy. I believe that if we get our mind focused on what we can't do and focused on what we can do and we do that, we will look back, not with regret but we'll look back and be proud of what we've done, what we've accomplished, and the mark that we've left on this world.

SHEILA: How did your friend that was trying to lose 100 pounds do?

CHRIS: He actually did good. He did. Ultimately, what happens is you start there and then you build that momentum, and once momentum builds then you go all in. That's what I try to get people to -- I try to get people to go, let me take some steps, take a few more, and then go, I can do this. I feel it. It's working. Now I'm going to go further, I'm going to go harder.

RANDY: That momentum is a big thing. Whether it is losing weight because I've done that, or finishing a book, or whatever it is, the momentum is huge.

CHRIS: In the story of the book, I tell the story in the book, so while I was writing the book I was also growing a technology company, traveling across the U.S., and had our first child. I didn't have time. So my *STEP* was 7:00 a.m. to 8:00 a.m., twice a week at a coffee shop or in a hotel room. That's what I had and that's what I did. And all of the sudden, I look back three months later, and I've got three or four chapters. Okay, I'm going, I'm moving. And then you know what? I was so excited I took a week off. I want to write for a week. And I didn't even like writing at the time. So that momentum can carry you. But you don't get the momentum unless you do the groundwork.

RANDY: That's true.

SHEILA: So when somebody gets a hold of your book and they finish it, what is your prayer? What is your hope for people when they finish reading?

CHRIS: My prayer is that they take one step and that they believe a little more in themselves. That they believe a little more in the things that God has put in their heart from the time they were young. I want people to know that whether you're young, you're old, you failed a lot, you have had multiple tragedies in your life, it doesn't matter, you can start somewhere today. Listen to God, take that *STEP*, and keep going.

RANDY: That ties in perfectly with our outreach right now because there is a huge massive problem in the world today and here at *LIFE Outreach* we said we're going to take a step and we're going to ask our viewers to take a step. So we're going to ask you to take a step today. Watch this and we'll explain it.

On the mission field

ANNOUNCER: The love between a father and daughter is like no other. But a father shouldn't have to watch his daughter suffer from something so preventable.

ISAK: So often when we're here, we see mothers and children. We hear the stories from mothers. We've seen so many times the broken heart of a mother. It so often comes down to us telling the story about the mother, the heart of the mother. And yet, the heart of our Father is also us as fathers. And that role as a father is actually the role of protecting.

ANNOUNCER: While our mission team was at this Angolan clinic, they came to know the story of Albano and his daughter Margareta. Isak and John, as fathers, can relate to this love all too well themselves.

ISAK: A father who literally is the expression of their Father's heart. This is a man like you and I, a man who wants to protect his precious little child.

ANNOUNCER: But what is a father to do when the enemy attacking your daughter is malnutrition?

ISAK: The dad was telling us how he's traveled close to 100 kilometers to get here -- seven hours! And this is a father expressing that heart, standing up as a man, okay? As a man who says, I have to protect the life of my child. That's the reality of the day, this father has done everything he can do, and all he could do got his child here.

I want to talk to you, the dads, the fathers watching today, and I want to ask you will you help us to be the extension of the Father's heart? The expression of it? The extension of the Father's hand? You give the gift that expresses the Father's heart, you extend his hands when you give the gift of life today with mission feeding.

In the studio

RANDY: That's a tough one for me to watch as a father of two daughters. I'd do anything for them. I think that's the heart of the Father. So many of you ladies have helped us over the years, you understand the Father's heart as well. We're coming to you again to say will you join us once again in this beautiful lifesaving effort we call Mission Feeding. We can't do it without you. I hope that you see the Father's heart and the love we share because we see it when you partner with us.

And Sheila, I know we can make a difference. We can share the Father's heart with so many people that are hurting right now when people join with us.

SHEILA: Yeah, I've been here for almost seven years, and I'll never forget my very first trip. You can read statistics and educate yourself as much as you can but there is something else when you're just standing there in a malnutrition clinic with moms who, same as me, I mean as Randy said, I would do anything for my son. And the thought of my child going to bed hungry every night even though I've done every single thing possible is just heartbreaking.

And I've watched some of these moms because of the drought and just severe malnutrition, literally digging in the dirt to try and find anything that they can put in the stomach of their child. But the interesting thing for me was within just a few days we had gone from being in a malnutrition clinic where some of these little ones didn't even have the energy to cry. You could tell by the state of their body that they were severely malnourished, but it was everything they could do to just take the next breath.

And then to go to a village where we had already set up a Mission Feeding program, and being able to sit with those red bowls, and be able to hand out this food to them that looks a little like oatmeal but actually has everything in that, the protein, the vitamins, the minerals they need in that area of the world to maximize health. And they have to come to school to get a meal. So it is a way of trying to break that cycle of poverty.

This is something that James and Betty have been passionate about for years and they will never stop. And Randy, we've made it possible, we've broken it down in such a way that we can all enter at some level.

RANDY: Yeah, and you know because of the years of experience, the people we have in place, the processes we have in place, the relationships that we have globally, we are able to do this on an incredibly economic level. The bottom line for you watching is that your gift of \$30 today would help feed three children for three months. That's hard to fathom in today's inflationary economy. But it does! A gift of \$50 will help feed five children for three whole months. Maybe you can give \$100; that would feed ten children. And some of you, some of you, maybe some of you fathers out there could give \$1,000 and feed 100 children for three months.

Whatever you can do, we want you to help us reach that goal of feeding 350,000 children this year, this campaign. Will you go online or go to the phone and make the best gift you can? When you do, you will be sharing the Father's heart with people who desperately need to hear it and to feel it. I hope you will do something. Give the best gift you can and do it now.

Begin video clip

ANNOUNCER: Across the continent of Africa, children are suffering and facing severe malnutrition. Lack of rainfall and severe drought has led to one of the deadliest food crises in 40 years.

With food reserves gone and many areas experiencing severe famine, we urgently need to replenish supplies to keep feeding the 350,000 children who are counting on us. Through *LIFE's* Mission Feeding outreach, your gift of love can be an answer to prayer for a hurting and hungry child in their time of need.

Call now with your lifesaving gift of \$30, \$50, or \$100 to help feed and care for three, five, or ten children for three full months. With your gift of any amount, we'll send you the *LIFE Planner* bound in soft-touch leather. This planner will help you in your daily walk with space for you to record your appointments, goals, inspirational notes, and prayers.

With your gift of \$100 or more, please request the scripture pen set. Perfect companions to the *LIFE* planner, these beautiful wooden pens are inscribed with scripture references to keep your heart focused on God's plans for you.

Finally, with your gift of \$1,000 or more to help feed and care for 100 children, be sure to request our inspiring bronze sculpture, *Let the Children Come*. This beautiful bronze is a reminder to care for children around the world in both word and deed.

Please call, write, or make your gift online today.

End of video**On the mission field**

ISAK: My prayer is that we haven't reached this child too late. My prayer is that the therapeutic

food that we're bringing this child will save their life. But my other prayer is that we're able to reach the many mothers in villages all over this area just like Marta, mothers who are so desperate for food; that we can reach them before their children end up in malnutrition clinics.

You can be an answer to that prayer. You can provide the resources today to enable our mission teams to bring that food to these villages, to bring food to mothers like Marta. So please, I'm asking you today to go to the phone or get online and give the very best gift that you can give. Give the gift of food! Give the gift of life.

End of video

In the studio

RANDY: I pray you will take that step today and just do whatever you can because it really, together, we look back over the years, Sheila and we go, wow, we've done so much! But there's obviously more to do. We just need everyone to do that little thing.

There's a story we didn't get to touch on, Chris that I want our viewers to hear because it says so much about this truth that God's lived out through your life. Tell us about your grandfather.

CHRIS: My grandfather is the inspiration behind *STEP*. He was speaking at a conference and a lady asked him, "What is it about being successful? What do you have to do to be successful?"

And he looked at this lady and said, "Have you ever planted a garden?"

And she said, "Yeah." I don't know how he knew she'd planted a garden.

And he said, "Well, did you plant a row of corn in that garden?"

And the lady said, "I did, actually."

He goes, "Good!" He says, "Was it a good row of corn?"

She said, "I think so. It was a good row of corn."

He said, "Then you know everything I know about being successful. You do it one row at a time."

And that lesson to me is *STEP*. It is breaking down the big goals. My grandfather would say he wasn't an educated man, he wasn't a crazy complex thinker, he was a solve this by taking one step today and I'll do what other people aren't willing to do by taking that step.

SHEILA: And I know that your grandparents are safely home with Jesus now, but I wanted you guys to know that they were supporters of this ministry. I'm sure they would have been very proud of seeing you sit here today.

CHRIS: I did. I texted my aunt and my uncles and said, "I wish my grandparents would have been here to see this." But they're looking down.

SHEILA: Awesome story!

RANDY: His book is available. You can get it wherever you get books. It is called *STEP* by Chris Capehart. We appreciate you being a part of this show. We'll see you again next time!