



## Broadcast Transcript

**Broadcast:** Peace: Hope and Healing for the Anxious Momma's Heart – Part 2

**Guest(s):** Becky Thompson

**Air Date:** October 23, 2020

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- Dr. Dobson: You're listening to Family Talk, the radio broadcasting division of the James Dobson Family Institute.
- Dr. Dobson: I am that James Dobson and I'm so pleased that you've joined us today.
- Roger Marsh: In Isaiah 26:3 we read, you will keep him in perfect peace whose mind is stayed on you.
- Roger Marsh: The idea of peace is a foreign concept in today's society, isn't? It with the constant busy-ness of life and the access and addiction to technology. Well, families today rarely have an uninterrupted moment but when we orient our lives around God, we will in fact experience true peace.
- Roger Marsh: Today, here on Family Talk, we're going to continue talking about this idea and how families, specifically moms, can find calmness in a chaotic world.
- Roger Marsh: Our host, once again is Dr. Tim Clinton and in just a moment, you'll hear the conclusion of his interview with author and blogger, Becky Thompson.
- Roger Marsh: The major basis for their conversation today is the community and support that women need from other women.
- Roger Marsh: Here now is Dr. Tim Clinton to continue this enlightening discussion.
- Dr. Tim Clinton: Becky, in your book, Peace, Hope and Healing For The Anxious Mommas Heart, what I love about it and what I really got excited about was, your wisdom and your work to help mommas understand that you have some sensible things you need to begin to do to help overcome this debilitating anxiety in your life.
- Dr. Tim Clinton: You talk about routine diet, exercise, medical care, for example, right up front and how important they are because Becky, sometimes the etiology what's bringing the anxiety can be other issues in our life. It can be biologically related or it can take some biological effort to help calm down that amygdala that's firing in your brain that's gotten so out of control that's consuming you, along with all the other issues and challenges going on in your life.

Becky Thompson: Exactly. Yes and I think that taking those sensible steps and those practical pathways to peace is so important. And the first thing that we have to remember is that the steps that I take and the things that work for me are great but they might not be what works for you or for somebody else.

Becky Thompson: And so remembering that God has a personalized pathway for each of us is so important because the step that you take next is the right step for you and it might not be the step that I take. But I do. I offer some important steps in the book that we can all begin to take, to really protect our peace.

Dr. Tim Clinton: Becky, one of the areas that Paul talked about that's I think really important is, the mind is what begins to spin a lot.

Dr. Tim Clinton: In Philippians 4:8 he said, "Whatsoever, things are true. Lovely, just have good report and so much more, learn to think on those things," because our mind can get into that stinking thinking piece and begin to consume us. That and then the fear and the what if questions you were talking about before, can become really overwhelming and threatening in a lot of ways to us.

Dr. Tim Clinton: How do you talk to a woman, to a mom, about getting control of her thought life?

Becky Thompson: Well, first of all, we have to identify that the thought that doesn't line up with scripture, that's important to know the scripture. You have to know what God has already said, to know when your thoughts aren't expressing what's true. And I found that so many of the fears that I have experienced, especially recently, are rooted in lies, where the enemy is trying to tell me or my own thoughts are just sort of veering off course saying that something that should be true about God is not.

Becky Thompson: And here's an example. I was sharing earlier about how sometimes when my kids are at school, I worry because they're away from me and what that comes down to is, I'm afraid that God won't be who he says he is in his word, which is protector. I am believing that I am the sole protector, that my constant supervision and my constant awareness and perhaps my obsessive nature is what keeps my kids safe.

Becky Thompson: When in reality, I do my best and God does all of it. I would say he does the rest but he really does all of it. He is the protector. He's the one that loves my children even more than I do. And so remembering the things about who God really is, Oh, it's so important, Dr. Clinton, because he is. He is the protector. He is the provider. He is with us, always. He isn't confused or unaware of what happens next. He has a plan and he has a purpose and so identifying that lie at the root of the fear, can help us trace back and then expose and then replace what we have been believing, with what we really deeply in our hearts know is true, which is that God comes through for us and he comes through for our kids.

Dr. Tim Clinton: We often talk about thought stopping. That's hard to do. Stop that thought and thought insertion. You know, it's one thing to stop the thought, Becky. You're like, Hey, I've got to stop this. Stop this, Tim. Right now. Stop this Becky. Stop thinking that way. But if you don't do thought insertion, if you don't replace it with something else, Becky, you're just fighting against yourself. It's almost like grasping at the wind. It's an exercise in futility. It's so frustrating, right?

Becky Thompson: Yes. It's like telling your kids don't touch that and rather than say, don't touch that or don't do that, you offer an alternative for what they should be touching and what they should be doing.

Dr. Tim Clinton: You guys, let me go back to your Facebook, Midnight Mom Devotional Page. As a part of what you do, you post a prayer and really what you're trying to do is you're trying to begin dialogue and conversation and seeding a thought into an anxious mom's heart. I suspect that's what's happening, Becky.

Dr. Tim Clinton: The response you all get is unbelievable. It's overwhelming, isn't it?

Becky Thompson: It's absolutely overwhelming. Yes, we'll post a prayer at 8:30 at night, every night, for a different momma, going through a different circumstance, addressing something that she's facing and offering the truth of what God, what we're asking God to do in her life. And within just a couple of hours, we have 20,000 people who have shared that with their friends and followers. It's just, it's overwhelming. There's no other way to describe it.

Dr. Tim Clinton: Becky in the posting that's going on, do people start pouring out their emotion a lot, what they're experiencing or how they responding to a verse or a thought that you all are posting as you begin to pray for one another?

Becky Thompson: You know, what we see often are women saying, I am this mom. This is me. You pray directly for me and you'll see thousands of women saying I am. This is... I was the person that you were thinking of when you prayed this prayer.

Becky Thompson: One of the most beautiful parts of the page and of what we get to do with this ministry every night is connect women to each other's stories and connect women to others going through the same things. And maybe not going through the same life circumstances by detail, but going through the same life circumstances by weight and emotion, by common experience, by common felt need.

Becky Thompson: And then saying for any momma who has worried about how she spoke to her kids today, or she's dealing with guilt, or she needs more patients, or she needs peace, God. You know, Lord meet her in this moment. Give or your rest. Give her your peace. Help her know what you say about her is true and good. And she has enough, not because she's enough, but because you are God.

Becky Thompson: We begin this dialogue but seeing women say your story is different than mine, but I see that we have the same need. It shows them, Dr. Clinton, where they are on each other's paths and I feel like that's so important, especially today when we do feel so isolated and alone, to know that we do have a community of other women surrounding us, praying for us. Gosh, that's a beautiful thing.

Dr. Tim Clinton: It is a beautiful thing. I remember being in my doctoral program. Again, I'll go back there, Becky. But in this group counseling, group psychotherapy course, we learned about what are the therapeutic factors that begin to work when people come together like in a group, or maybe on a Facebook page, and these key factors, there were two of them that really stuck out in my mind.

Dr. Tim Clinton: The first one was the concept of universality. That when I walk or go to a page like this, or I read a book like yours, I begin to realize I'm not alone. I'm not crazy. Other people doing this. And as it begins to unfold, it also begins to bring a second therapeutic factor, which is the instillation of hope, that other people are journeying and they're finding their way, which means I too can find a way.

Dr. Tim Clinton: Now, you seeing that come alive, Becky, in this kind of work?

Becky Thompson: That's exactly what's happening, Dr. Clinton, and that's exactly the response that's actually coming from the book. I know we're talking about the Facebook page and this community of women online.

Becky Thompson: I think what we're experiencing online specifically is an outflow of exactly what you've just shared. It is hope and it's community. It's the realization that I'm not alone and that we can now go through this together and I don't have to walk through this alone.

Becky Thompson: In the book, I made an example of women who are still in the forest of fear. Having the bravery to hold up a light and say, I'm out here. So often we want to reach out to others and we feel equipped to reach out to others or qualified once we've made it through the situation. Once we are whole. Once we're well. Once our peace has returned. But it's so important that we have the bravery to say, you're not alone out here. I'm still struggling to. I have resources that help me move further. I have walked this trail before and so I know the way, and now I'm not going to leave you alone in it. We're going to walk it out together.

Becky Thompson: But that's what I'm really seeing happen in these last few months through the online community, through the book, through women reading the books together and through women just in the world who are saying, we cannot do this alone. And you know, that's something the word of God reminds us. It's not good for man to be alone. We were created to be with God but we were also created to walk alongside others.

Dr. Tim Clinton: You're listening to Family Talk. Becky Thompson is our special guest. We're talking about her new book called Peace, Hope and Healing for the Anxious Momma's Heart and God's using her like, it's unbelievable.

Dr. Tim Clinton: She's one of those online presence that God is just using to pour into the lives of a lot of moms right now. Moms like my daughter, Megan, who is a new mom with a little girl named Olivia, that we love dearly. Our very first grandchild and she's two years old and it's just all consuming.

Dr. Tim Clinton: But Becky, thank you for the gift that you give to us. I want to go a little deeper here in the book you talk about and I love this. I love this. How to be a trail angel and so little outflow of what we've just been talking about but can you explain it, why women need to walk with other women, even while they're struggling with anxiety, even in the midst of it when the storm seems strongest.

Becky Thompson: Yes, absolutely. So when I moved to California a couple of years ago, I didn't know about trail angels. But this is a community of people who help hikers that take long hikes called through hikes, where they might not just go out for a day journey, but they might set out a one day and finish a trail months later.

Becky Thompson: And so trail angels or trail magic as it's called, are people who go out specifically to help hikers on their journey, by meeting a need that they couldn't meet while they were on the path.

Becky Thompson: So when I moved to California and I heard about this community, I heard one specific story about trail angel who set out with lighter packs, with just what they needed in their packs for the day, and then they met a hiker. They would park, walk into the trail where you can meet up with people on this longer path, and they would carry a lighter pack and then offer, Oh, Dr. Clinton, I love this. They would offer to carry the pack of someone on a through hike.

Becky Thompson: They would say, I know that you've been carrying that for miles and miles. But see, my pack is lighter and I was wondering if I could walk with you for a while. Will you let me carry your pack? And then this person, who did not have the ability to put their pack down, now has the opportunity for even just a few miles to pass that pack off and walk alongside someone else who is literally carrying their burdens, out of love.

Becky Thompson: Then after a few miles, they say, this is as far as I can go. They pass the pack back and then they go back on their journey and the person on their through hike continues walking on. But when I heard the story about the community of people who specifically go out to meet needs of those on a through hike, I could see the spiritual and kingdom aspects of their work.

Becky Thompson: I could see the importance and specifically the scripture, where Jesus reminds us to carry one another's burdens in love, playing out. I think today, more especially when we're feeling so isolated, that it's important to do two things. I

think it's important to say, yes, I'll let you help me, cause that can be hard in the first place. Yes. I'll let you help me. Yes, I'll explain what I'm actually carrying. Yes, I'll acknowledge what's on my own back. But Dr. Clinton to also say, I can help you, even if I can't get you to where you need to be. I can help you a little bit further because I know this path and I know how exhausted you are and I know what you're going through. Gosh, trail angels. Isn't that a great concept?

Dr. Tim Clinton: Think about what could happen. Again, want to ask you, what are your thoughts about the church? How could the church maybe improve the way they deal with the topic of anxiety and depression and those who suffer from it? You know, that's my heart and I'm with you 1000%, but we've got to get church communities going in this direction too, don't we?

Becky Thompson: I agree, yes. And I think that the church does a fantastic job of addressing the spiritual and aspects of anxiety, the need for community and the need for spiritual support. They give us the biblical tools, the spiritual tools, and those are so important and we agree on that. We agree that those steps are a huge aspect and a huge part of overcoming fear.

Becky Thompson: But I think the church could improve by remembering, just simply remembering, that anxiety is not just a spiritual issue. And remembering that there are physical components that play a part in our emotional and mental health and therefore, when we're speaking about faith, when the pastor speaking about faith, I think about the anxious momma sitting in the church. And I think about her saying, "Pastor, I'm listening. I'm doing everything you're saying. I feel like a failure. I feel like an exhausted failure because I can't shake this fear. What do I do next, pastor?"

Becky Thompson: Is just giving the pastor... And not trying to change his message. I'm just trying to increase his message. I'm trying to expand the language around it, which is to simply say what we've said all along throughout this conversation. There isn't something broken with your faith. There is not something broken with your faith if you need additional support.

Becky Thompson: And so, talking to our lay people, our elders, those who have the ability to speak into the lives of others, not just the pastor, but the church as a whole, giving them practical tools to point their congregants, their community members, in the direction of an additional support person. I think that's an amazing first step and I think that's one way the church can say, how can we support those who are dealing with perhaps chronic anxiety, perhaps something that needs a Dr.'s influence, perhaps something that needs more help than we have within our four walls.

Dr. Tim Clinton: I'm so glad you said that Becky, because there are people, may be listening right now, who have been trying to turn off this onslaught of insanity in their life, this overwhelming sense of dread or anxiety and they've done just pretty much everything and they don't know where to turn.

Dr. Tim Clinton: Turning to wisdom and direction to professionals is okay. A matter of fact, if someone comes into me as a client and I'm seeing overwhelming signs of anxiety in their life, one of the very first things I'm recommending is you need to get to a Dr. real quick and get an assessment because some of this can be fueled by real physical problems. And even more, it could be that there is a need for medication.

Dr. Tim Clinton: I talked about the increased need for medications, such as Klonopin or Ativan and others. For some people, there's also a comorbidity, we call depression can co-exist with anxiety and people are looking for help in some direction. Maybe it's a medication like Prozac or Lexapro or something like that.

Dr. Tim Clinton: Under constant medical supervision, where medical management is really attuned to this, not to put a person into, Becky, as a stupor or something like that. No, we're way beyond all that. But actually to get them to a place where they're free and where they can begin to receive and think clearly and to a place that can get them to find the hope and the healing that they're looking for.

Dr. Tim Clinton: And yes, we understand all the arguments. People call us and say, too many people are over-medicated. We agree. So a lot of people are undermedicated. We agree. And some people who have anxiety problems don't need medication. But again, getting the right people to do a quick assessment and then get you on the road to recovery is what this is all about.

Becky Thompson: Absolutely. You know, Dr. Clinton, I think about the stories and scripture and how Jesus healed using multiple methods. And he treated the same problem in different ways. For one blind man, he spoke to him and he received a sight. For another, he made mud and sent him to wash.

Becky Thompson: I think, remembering that whatever God is directing us to do next, whoever God is asking us to talk to, whatever next step is, is the most important step. And that might be a Dr. for some people and knowing that Jesus is involved in sending us on these next steps, goodness, that brings the face element of what he's asking us to do back into this journey.

Dr. Tim Clinton: And significant mental health professionals who are out there who'll come alongside, who by the way, are part of the body of Christ. Now, people who understand faith journey and how significant it is, depression to God.

Dr. Tim Clinton: Paul, he understood that God's presence was so significant and that he was near and because he believed that, he got that belief piece right and sometimes it's hard to go there. But once you get that squared away too, it begins to affect and infect in a good way, how we're dealing with everyday life.

Dr. Tim Clinton: Becky, I want to close out this way. I want you to speak to that listener right now who says, listen, you're talking straight to me today. And if you could give her a parting word, Becky, what would it be?

Becky Thompson: You know, if I could say anything to the listener who's saying, gosh, this is me and I just don't know what to do next. This is me. I can't stop the worry wheel. I can't get off. I can't walk straight. I'm in that forest. How do I find my way out?

Becky Thompson: I just want her to see Jesus, right there with her. And I want her to see Jesus, not shaming her, not disappointed in her, but reaching out his hand and saying, I do know the way to peace and I am peace. Because peace, isn't just a feeling, not just a concept. It's the presence of the Prince of peace and he's available to us. And he walks us right through pandemics and civil unrest and everything happening in our home, on top of everything that seems to be chaotic outside of our four walls.

Becky Thompson: And I want her to hear, I want him to hear, I want the listener to hear God saying, I know how brave you really are. I know how brave you really are. I know how hard you've tried to work. I know the steps you've already taken. Now I'm inviting you in this moment, to trust me with your hope and your healing.

Becky Thompson: Friend, he still heals today. He still performs miracles today. And as the miracle unfolds in your life, I pray that you would trust him with your next steps because he is a kind good father and he cares more about you having peace than even you do.

Dr. Tim Clinton: What a great word for the anxious momma's heart and for us all. Becky Thompson, thank you for joining us.

Becky Thompson: Thanks for having me, Dr. Clinton.

Roger Marsh: Wonderfully uplifting point to end this Family Talk broadcast. We all desire peace and tranquility in our lives, but God desperately wants that for us too. We have to remember that.

Roger Marsh: For a mom who might've been listening to today's program or yesterday's broadcast, I hope you've been encouraged by Becky's words. Despite the weightiness of life, remember that you are not alone in your anxiety and there are plenty of others who are struggling along with you. Most importantly, our Heavenly Father, he cares for you.

Roger Marsh: Be sure to go to today's broadcast page at [drjamesdobson.org](http://drjamesdobson.org) and connect with Becky Thompson and see how easy it is to order a copy of her newest book. That's [drjamesdobson.org](http://drjamesdobson.org), and then click on the broadcast button.

Roger Marsh: Well, Election Day 2020 is just a few days away. The question is, do you have your faith votes publication yet?

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Roger Marsh: As we wrap up this week of broadcasts, I want to remind you that Family Talk is completely listener supported. Your generous contributions to this ministry allow us to continue fighting for marriages and families everywhere. Go to [drjamesdobson.org](http://drjamesdobson.org) and find out how easy it is to give a gift online. That's [drjamesdobson.org](http://drjamesdobson.org), or if you'd like information on how you can give a gift over the phone call (877) 732-6825. That's (877) 732-6825. And please know how much we appreciate your support and your prayers for this ministry.

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