

Transcript for the podcast “Worthy: Celebrating the Value of Women.”

Hosts: Elyse Fitzpatrick and Eric Schumacher

Episode 38 — Guest: Jessica Thompson

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Eric Schumacher 00:06

Welcome to Worthy, a Christian podcast that celebrates the value of women. Each week, we'll bring you conversations with women and men, on the value of women in the church, home, and society. We will not always agree on everything. But we do agree that God is glorious, the Bible is true, women are valuable, and respectful conversation on this topic is essential in our day. Hey, welcome to the Worthy podcast. I am Eric Schumacher, with my co-author, co-host, co-whatever you want to call us,

Elyse Fitzpatrick 01:17

Belligerent

Eric Schumacher 01:18

Belligerent. We're becoming more and more like, Front Porch with the Fitzes all the time.

Jessica Thompson 01:27

That is literally my mom's worst nightmare.

Eric Schumacher 01:29

And that voice your hearing is one of the co-hosts of the Front Porch with the Fitzes, whose last name is not Fitz, Jessica Thompson, and she is our special guest today. And I am so excited to introduce her to you. I have so many questions that I have to ask. And we are recording this live. By the way, Jessica is our editor. And so if you enjoy the Worthy podcast, you can always send your thanks to me and Elyse, and if there's things in the podcast that we say that are just totally stupid, and you can't believe made it into the podcast, that's Jessica's fault. She's the editor and she should be taking all that stuff out. So,

Jessica Thompson 02:16

I am for the most part, I have an entire file that I'm just waiting to blackmail you both with.

Eric Schumacher 02:22

Yes, that would be great. If you give \$1,000 a month on Patreon for a year straight, you can listen to that.

Jessica Thompson 02:30

If you have \$100, listen I'm desperate. At this point, COVID's taken away all the speaking, everything. If you have \$50, I will send it to you.

Elyse Fitzpatrick 02:41

If you have fifty cents, that you can send to both of us, you'll get it all.

Eric Schumacher 02:45

Yeah. And for, I don't know, just asking, I'll send you the what we recorded before this podcast. We do want to thank our Patreon supporters, because they enable us to hire Jessica.

Elyse Fitzpatrick 02:58

Yes, that's where your money goes.

Jessica Thompson 02:59

I'm not cheap.

Eric Schumacher 03:00

Yeah, she is not. So if you enjoy this kind of conversation, head over to the Front Porch with the Fitzes. If you don't, just fast forward about a minute, and we'll get serious here. So, if this is making you anxious, we have cures for your anxiety. Jessica, is a prolific author. I could not believe all the titles that I found on the Amazons. She is the author of "How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears". And that's what she's on the podcast to talk about. She is also the co-author of several books, including two with her mother, which if you haven't picked up by now is Elyse Fitzpatrick. You might have heard of her. She's co-authored "Give Them Grace: Dazzling Your Kids with the Love of Jesus". Dazzling jazz hands. "Exploring Grace Together: 40 Devotionals for the Family, Counting the Days, Lighting the Candles", which is an Advent book that my family has used and enjoyed. And Advent is coming up. We'll try to make sure we published this podcast before Advent so people can buy that, and "Answering Your Kids' Toughest Questions". So I assume all the toughest questions kids can ask are in that book.

Jessica Thompson 04:26

Absolutely not.

Eric Schumacher 04:28

Okay. Now she has also co-authored a book with her brother, Joel Fitzpatrick, which is titled *Mom, Dad... What's Sex?: Giving Your Kids a Gospel Centered View of Sex and Our Culture*. Jessica has a bachelor's degree in theology, which we need to talk about because my understanding is that a bachelor is an unmarried man, and I don't know what you're doing with his degree. And so anyway, we can talk about that. She is a wife, a mother of three, and the Women's Director at Risen Church in San Diego. And I've been to that church. It's a great church.

Jessica Thompson 05:09

Yeah, you preached here.

Eric Schumacher 05:10

I did.

Jessica Thompson 05:11

Tore it up.

Eric Schumacher 05:12

I tore it up. Yeah, they're not inviting me back. She believes that the truth, that salvation is naked confidence in the mercy of God. And I just want to know, like, how has believing in this naked confidence and then writing a book with your brother about sex, how has this contributed to your anxieties and your fears and your expertise on that? And then Oh, I forgot to mention. On Amazon, it lists you as the author of "The Ultimate Ketogenic Diet Meal Plan for Beginners: A Guide to Change Healthy Lifestyle". Is that really you?

Jessica Thompson 05:53

No

Eric Schumacher 05:54

I'm looking at it. And I'm like,

Jessica Thompson 05:56

Listen, according to Amazon, I've also written science books as well. Also not me.

Eric Schumacher 06:02

It just came out this year, and it has like, follow you as the author. And so,

Jessica Thompson 06:05

Which I love.

Eric Schumacher 06:07

Yeah, but you don't get the royalties. But you could write a follow up.

Jessica Thompson 06:11

Which would be what? I don't know. But they'd buy it because they like the first one. People actually emailed me and a bunch of people email me and say, did you write this book? Because it came out as like an author alert.

Eric Schumacher 06:25

It has your little picture and everything.

Jessica Thompson 06:27

Yeah. And they're like, they look at my picture, and they're like, I'm not gonna buy a diet book from her.

Eric Schumacher 06:34

You should write revised and expanded correcting everything I said, the in first volume. No one would buy it. They'll buy the second one. And it's like, eat a lot of Eggs Benny.

Elyse Fitzpatrick 06:48

You're just saying that because you ate Eggs Benny with us.

Eric Schumacher 06:51

Yeah, I did

Elyse Fitzpatrick 06:52

In Ocean Beach last year. Before Corona.

Eric Schumacher 06:55

Maybe your mom could write a cookbook.

Jessica Thompson 06:59

Listen, I have to just tell you this really quickly as an aside. We're never gonna get started on this podcast. But let me just tell you, Wesley was telling me how much he loves the food at college. Like the cafeteria food is so good. And then I was like, listen, that is why I intentionally didn't cook very good for you guys. Because then you could go away, or your wife, whatever. You would think everything they made was so good. All you had to compare to was my cooking.

Eric Schumacher 07:29

So you learn something from your mom? Is that what you're saying? Okay, we need to get serious here. So I think where I want to lead off this discussion is, what kind of things did your mom do in your childhood to make you familiar with anxiety, and worry, and stress? And I just want this to be a safe avenue for you to share publicly things that you've never been able to share before.

Jessica Thompson 08:02

That's actually gonna be my next book, "A Tell All on Elyse Fitzpatrick".

Eric Schumacher 08:06

And why is your dad so awesome?

Jessica Thompson 08:11

God only knows that man. He's pretty great. That's gonna be behind a paywall. You have to buy the book. An exposé on the Fitzpatricks.

Eric Schumacher 08:22

You should have done that. Every book comes a little code, and you can, yeah.

Jessica Thompson 08:26

I might still.

Eric Schumacher 08:27

Yeah, maybe we could co-author that. I've been secretly recording phone calls. So, but I have to make sure I establish my own writing career before. So tell us about yourself, Jessica, about your faith journey. How wonderful it was to grow up with such great parents.

Jessica Thompson 08:54

Um, I did. Obviously grew up in a Christian home. Both of my parents are faithful followers of Jesus, and we grew up also, though, and this is not, no surprise to my mom. She's not hearing any of this for the first time. It's probably for the thousandth time at this point. Um, but we also grew up in a very legalistic home and a very strict home. And not to say that we didn't have fun, because I think we always still had fun.

Elyse Fitzpatrick 09:27

That was your dad.

Jessica Thompson 09:29

No, that's not true. But we also were expected to follow the rules, and every time the church doors were open, our family was there. We were there Sunday morning, Sunday night, Wednesday, if there was a youth group, if there was, you know, the pastor said, I need someone to clean the bathrooms, my mom and dad would send us. Um, we were there all the time. And everybody on my dad's side of the family, they were all Christians, and all not just like run of the mill Christians, like superhero Christians, you know. We actually had a family cape made. No, we didn't, but everybody was like pastors or evangelists or missionaries. So, you know, it was expected that you would be at church and that you would be paying attention. And so I learned very early on that the best way to sort of garner everybody's praise and hear how great I was, and alternately sort of keep everybody out of my life was to be the good girl. And I did that with everything that was in me. Um, in kindergarten, I won Miss Christian Character.

Eric Schumacher 10:46

Wow

Jessica Thompson 10:47

It's a big deal. It's fine.

Eric Schumacher 10:48

Is there a picture?

Elyse Fitzpatrick 10:50

Possibly somewhere Probably, I probably have it.

Eric Schumacher 10:52

I'm wondering, with the superhero thing, is there a picture of Joel in stretchy pants?

Jessica Thompson 10:56

There is, but that's from last week. So yeah, won Miss Christian Character, went on to be the girl in high school that, you know, had the Bible verse on her Letterman's jacket, and

Eric Schumacher 11:13

Which one was it?

Jessica Thompson 11:14

Matthew 5:17. You know, "Let your light so shine before men that they see your good works, and glorify your Father in heaven." Which I think, I don't even think I ever really thought about the glorify your Father in heaven part. It was really like, glorify me. Um, you know, I went on missions trips, as a high schooler. Several actually, and went so far as to go to Bible college right out of high school, to get that Bachelor's in Theology. And I knew the whole time that I wasn't a Christian. I knew that it was just the easiest way to live my life to be honest. There was no resistance from anybody. I didn't get a lot of questions about what I was doing. I was the kind of girl that you would look at church and tell your daughter or maybe not, hopefully not, at least think I wish that my daughter would be like that. I just did it all right, from what people could see. But again, I wasn't a Christian. I was what Jesus would describe as a whitewashed tomb. Right? It looks fine on the outside, whitewashed, but on the inside is just dead rotting bones. And so when I was in Bible college, we had to go to prayer before classes, and you know, I would use that time to take a gentle nap. I mean, if someone's going to set aside 45 minutes to be quiet, you better believe I'm using that to sleep. I would use that time to nap. Or if we had smartphones, back in the day, I would have been on the socials. But I, I never really, I did not have a relationship with God at all. But during Bible college, I, this isn't like some sort of hit rock bottom story at all. I was in a class with a professor that was teaching reformed doctrine. Which was interesting, because the school wasn't reformed at all. And so for them to have him teaching reformed doctrine was really, I don't know, interesting, I guess. And I won't say anything else about that. But, um, in that class I, God was really using that in my life. And I just really distinctly remember one day during prayer, just sitting there and remembering, and you need to hear like, I was the chaplain of the Bible college at the time. Okay, like, I wasn't like some slouch. You know, some, like crazy going off doing all these things like, I was studying the Bible. I was teaching the Bible. Not just the chaplain. I was the junior high youth group leader in our church. We were in a church that was fine with women leaders. And so I was in prayer, and I very distinctly remember being impressed upon I don't want to use the word hearing. But you understand, hearing the voice of God tell me that all of my goodness wasn't going to be good enough before a holy God that I actually needed the goodness of someone else. And I think I remember, I remember for the first time believing that it wasn't about my goodness, and I don't I'm sure that was something that we were taught. It wasn't something I heard the Holy Spirit hadn't awoken my heart to that. So I got saved in Bible college during a prayer service and came home and had a great conversation with my parents about how I was now a Christian after, you know, I'm in college and believing that, everybody believing that I'm like, you know, doing great. And I really wasn't. So yeah, got saved in Bible college. And that's my faith story.

Elyse Fitzpatrick 15:27

Jessica. Welcome, sweetheart.

Jessica Thompson 15:30

Thanks, Mom.

Elyse Fitzpatrick 15:31

You, you really were a sweet little girl.

Jessica Thompson 15:34

Were

Eric Schumacher 15:35

Past tense

Elyse Fitzpatrick 15:37

And then, no you still are, and then you got saved. So you've written several books about parenting, and you've given me three really amazing grandchildren. And so tell us about your kids and your philosophy of parenting. And in those books, you talk a lot about moralism. What is moralism? Why do you think it's an important topic, especially for parents?

Jessica Thompson 16:13

So I have a 21-year-old son, a 19-year-old son, and an almost 17-year-old daughter, and I gotta tell all the parents that are listening that have littles, hold on, because I think it just gets better. I mean, it's hard in different ways. But I remember parenting little kids, and I was not made for such a time as that. It was very difficult. But, yeah, I, the philosophy of parenting that I think that, I say that I have is, obviously one of grace. Hence the book "Give Them Grace". I think that as Christians, we tend to focus a lot on moralism. And if our kid just acts right, if they look like they're doing the right things, then they're okay. And again, the message that, you know, maybe I was hearing, but the Holy Spirit hadn't woken my heart up to it was that if you just act XYZ, go to youth group, pretend that you love Jesus, say all the right things, do the right things, then somehow, you're okay with God. And that's just not the truth. And I fear that in the church, we're raising a lot of Pharisees, kids who look like they're doing okay, on the outside, but again, it's like what Jesus described as those whitewashed tombs, on the inside, they're dead rotting bones. And so my philosophy of parenting now would be that there wouldn't be an emphasis on the rules to make your kids good. Because they can't do that. Rules don't make anybody good. The only thing that makes someone good as holy before God, right before God would be the goodness of Jesus Christ, placed over their lives. So what I try to do in my house, what, what we try to make our house look like, is to have an atmosphere of grace. And that would be one where I admit when I do something wrong, and not just like, I was angry, or I said something I shouldn't, sorry about that. But to really identify the areas that I fail my kids and just be honest about them. Be honest about the times where I don't have an answer to their questions, whether it's about, I did write we wrote a book called, Answering Your Kids' Toughest Questions, and a lot of times, to be honest, I'm like, I don't really know the answer to that. Um, let me go and study or let me just tell you, even as I have studied, I don't know if I've come to a clear decision on what I think about that. So an atmosphere of grace in our house would be one where we are free to admit our failures to each other. We are free to talk about when we fail each other. So I can say to my kids, you failed me, or you failed God in this way. And my hope is that they would not take that as some sort of attack against them. Now, that doesn't always happen that way. But I think for the most part, we're fairly able to talk honestly about what's going on in each other's lives. And the ultimate hope would be that we are always pointing each other back to Jesus. Now, that doesn't happen perfectly. And I get angry at my kids even still, and I expect, I put unrealistic expectations on them. But my, my hope would really be that I would look at my kids and see them as I see myself, which is a sinner in need of a Savior. And so when my kids do fail or when I fail, I'm not surprised. I'm not overly discouraged. That just points to our need for the gospel.

And that would be my, my hope would be, that's what my kids hear from me all the time, would be that we have a savior that loves us and sees us where we are, and accepts us because of the work of Jesus Christ, His life, death and resurrection.

Eric Schumacher 20:39

So unpack that for us. Unpack what the gospel is. Just take a few seconds to explain that to us.

Jessica Thompson 20:47

So the gospel and what I would share with my kids, and let me just give you an example of how I would share that with my kids, that might be helpful. Um, when my kids when my oldest was about five, and then my middle was about three, I had walked out of the room for 30 seconds. And when I left, they were blissfully playing with Thomas the Tank Engine. And as I walked out of the room and was gone, for, you know, the 1.27 milliseconds, I heard a scream and you know, if you're a parent, you know, the scream. And you, I walked, I immediately stopped what I was doing, went back into the room, and my oldest son was sitting on top of my youngest son, punching him in the face now. Again, five and three. And so but on my oldest son's back was a bite mark, but like broken skin bite mark. So I had been gone for five seconds, and my youngest son had latched on with his teeth, wolf like style onto my older son's back. My older son had flipped him around and was just pounding on him. Okay, well, yeah, I'm sure no other parent has experienced anything like that.

Eric Schumacher 22:01

You never did anything to terrorize Joel.

22:04

Oh, no, never.

Jessica Thompson 22:08

And Joel's my younger brother, just in case anybody didn't know. But um, so I pulled Wesley off of Hayden. And this is this is the picture of the gospel. And I said to him, Wesley, you must love your brother. Like you can't, it's never okay to touch someone when we're angry. That's something that we say a lot around our house. It's never okay to touch someone when you're angry. And Wesley looks at me and is crying and angry. And obviously in pain, he's got, you know, blood dripping down his back. And he says to me, I can't. And that is, that's the point of the law, to bring our kids to bring us to the point where we say, I can't Oh, my gosh, I know what's expected of me. And there's no way I can pull that off. And so then the gospel would be to come in and tell my kids, you're right, you can't. But Jesus did it perfectly on your behalf. And you are forgiven and loved, if you believe. So let's go to Jesus, and ask for the Holy Spirit to help us. So the gospel is this picture of telling your kid you can't, telling your kid what the law is, the law coming into our lives. And then us being utterly undone, I can't do that I cannot be nice to the person who just cut me off. I can't put away that dish for my spouse for the millionth time, because they apparently don't know how to take anything out of the dishwasher. I can't be nice to my boss, because he's demanding and continues to ask me to do things that are utterly impossible. I can't be nice to my friend, I can't be whatever it is, I can't whatever it is, the I can't in your life. The Gospel actually agrees with you, and offers you something better than to put it all on you, which is go to Jesus, remember you're loved. Remember what he's done for you, lived a perfect life,

died in your place, offers you righteousness before him. And then the Holy Spirit will enable you on most days. And on the days that you don't, he will remind you that you're forgiven and loved. And that one day, we're going to be free from all of that. One day, we'll be with him. And our faith will be sight. And we will love perfectly, and we will know what it feels like to understand. I mean, we're perfectly loved now, but because our minds are broken, we don't completely get that. I mean, think about what it's going to be like to take in the perfect love of the Father in a way that we've never known before.

Eric Schumacher 24:53

That is so good. You know and the heart behind our podcast is we want to celebrate the value of women and of course, our worthiness, we understand we're created with worth as the image of God, but we're all people who have made ourselves unworthy. And that message of Christ crucified and risen and the empowering of the Holy Spirit, you know, we can become as Hebrews 11 says, through faith, we are men and women of whom the world is not worthy. And I just want our listeners to know if you're a parent who has blown it, and if you're a parent, you have blown it. That just goes with the territory. There is abundant grace to be found in our Savior. And I imagine a lot of parents are feeling that right now. With you know, I mean, 2020 has been such an easy year to just sort of breeze through I mean,

Jessica Thompson 25:51

Yeah, yeah, no sanctification happening.

Eric Schumacher 25:54

No hurricanes, no fires, no pandemic, no restrictions, no stresses about what school will look like. So yeah, seriously, though, we're living in this incredibly stressful year. How have you seen or how do you think 2020, and particularly COVID, has sort of increased how adolescents are struggling with anxiety and fear about the future.

Jessica Thompson 26:24

The CDC released a study and they said that one quarter of all teens to early, like early 20s, teenager to early 20s, one quarter of everybody in that demographic has considered suicide during one point during this pandemic. I just read that the other day.

Eric Schumacher 26:42

A quarter

Jessica Thompson 26:43

One quarter. So how is this pandemic affecting us? I don't even think we understand. To be completely honest, I don't even think I can sit here and tell you how it's affected me. I really don't think that we're, we will be able to understand it until we have maybe even like a year's distance from this to look back and see how it's affected us. But I will tell you, I mean, everybody's world is it has been turned upside down. And so for a kid who is going through this, maybe like the younger children are more resilient, in a sense, right? They've never, there's going to be kids who don't really even remember pre COVID. You know, there's a lot of kids out there who don't really remember pre COVID. And so I think, but for everybody else who remembers what it was like, I mean, it just, it's insane to think about in just such a

short period of time, our entire lives have completely changed. And so then for our teenagers, speak specifically to that. You know, anxiety was already on the rise among teenagers. And it was, anxiety had become in the past couple of years, it had surpassed depression as the number one thing that kids go to seek professional help for. Something like one third of all kids say that, teenagers say that they have experienced anxiety, or they deal with anxiety. And so anxiety is already on the rise. And kids are already dealing with it. Teenagers specifically are already struggling with anxiety, and then you slap a pandemic on that. Where the future is completely unknown. I mean, I remember mom, when this first started, we were talking about when we thought it would end. And we were like, May, June, July, you know, and here we are August. And we really have no idea when this will stop. When, and especially I mean, for us in California wearing masks. We've been wearing masks outside since March, the middle of March. And so to go from living your life, as we used to know it, to now everything's different. You, you have to, in some senses, it's encouraged, right? Stay safe, wash your hands, wear a mask. You have to have a heightened sense of anxiety, right in order to survive. And so I just think, I don't even know how to quantify, and I don't think we'll know for a while except by maybe looking at mental illness and the effects that it's had, all the suicides and that have taken place during this time, the mental illness that kids are struggling with, and you know, there's so many aspects of it. Thinking about kids that are in homes that are unstable or abusive, to kids who are dealing with severe poverty. The ramifications I don't think we have any idea what this is going to do to our next generation of kids.

Eric Schumacher 30:22

So you wrote this book, "How to Help Your Anxious Teen"? What should, what should parents be doing?

Jessica Thompson 30:29

Talking to your teens. And listen. I'm not, there are some questions that parents, we find are easy and safe to ask like, how was your day? And you know, you know, you're going to get back, fine. Um, give me the highs and lows. That might go a little bit deeper? What are the highs and lows of your day? And that might be a little bit deeper. But I think asking your teens or your kids even, why don't we start with trying to get to know our teens? Hey, tell me what you were watching on YouTube today? Who's your favorite YouTuber? Can I sit down and watch an episode with you? And listen, it won't kill you, it will come close. Because you will be like, what am I watching, but it actually won't.

Eric Schumacher 31:15

That's why we started the podcast in such an awkward way. We wanted parents to taste and train that, what is this?

Jessica Thompson 31:27

I think asking your kids asking if you can sit down with your kids and watch them play Minecraft for an hour. Again, it won't kill you, it will come close. Finding out what your kids are interested in entering into their world, instead of expecting them to somehow you know, it's dinnertime, we're all going to sit around and now you magically need to enter into my world. Even though you know I've been busy all day or and you may be busy all day. I mean, we're working and all those things, but trying to find spaces where you can enter into their world. I know one thing that Joel says, again, my little brother, my younger brother says. And I know this to be true for us as well, going on walks with your kids, and just

talking about what they want to talk about. And the reason that you're doing that, the reason that you're entering into their world talking about what they want to talk about, is because you're building a relationship with your kids. And so that when something happens, and again, you're also trying to build an atmosphere of grace, and that doesn't mean that you're doing everything perfect, perfectly. It means that you're admitting when you do stuff that's wrong. When they come to a space where they need to talk to you about something serious or something that they've done. That they're not, I mean, obviously, there's going to be a level of fear involved because you're their parent. But they're not worried that you're going to disown them. They're not worried that you're gonna fly off the handle and go insane. If you've already built relationship with them, besides how is your day? And why don't you ever tell me what you learn in school? If your conversations go beyond that into what they're interested in, then they're more likely and this is not foolproof. Like, I'm not saying if you do all these things that will automatically happen. But I am saying just realistically speaking, if you know your kids and know what they like and enter into those things with them, they're going to be more likely to talk to you about the things that they're struggling with.

Eric Schumacher 33:24

That's good. So you've been listening to the worthy podcast with our extra special guest. Jessica, the daughter of Elyse Fitzpatrick Thompson. She likes to be called.

Jessica Thompson 33:36

Yeah, love that.

Eric Schumacher 33:41

Yes. And we actually sometimes referred to Elyse as the mother of Joel Fitzpatrick. So he is asked for that. He's actually going to sponsor the next season of Worthy if we introduce her that way. No, but you've been listening to her book is How to Help Your Anxious Teen, and I'm a parent of three teens, soon to be four teens. Well, that'll be a year and a half, I guess. Well, wait, I'll do the math later. Um, but I do have four kids in youth group right now. And so that's interesting. But her book is great. I, I've read it and highly recommend it. Jessica is the editor of this podcast and we support her and other podcast expenses through our Patreon, so we hope that you will go check that out. And we have two more questions for Jessica. The first one she's gonna answer on this podcast. Second one she's going to answer on Patreon. So, Jessica, like we've said, this podcast exists to talk about the value of women. Is there a difference in your expertise, as the author of this book, in how boys and girls, and how they experience anxiety, process feelings, and are there different ways we should approach helping them?

Jessica Thompson 35:15

I think, I think this is a nuanced answer. I think it would be easy to say, Well, yeah, you know, boys are generally less talkative and want to hide their feelings, maybe they don't even know what they're thinking or feeling. Girls would tend to be more expressive, and want to talk about their feelings. And although those generalizations may be true. I would just recommend parents getting to know their teens. They're a boy or a girl, male or female. The best thing to do I mean, we can we can lean into generalizations, and that's easy. I think the better thing to do would be just to get to know your kids find out their likes and dislikes. Ask them if they're struggling with anxiety. I think a lot of times, well, I should say this, I'm the type of parent who likes to do the whole, like, put your head in the sand and sort of

ignore anything that's going on and everything will be fine. Um, but I think asking, you're asking your kids like, Hey, I heard that teenage anxiety is on the rise. Is this something you struggle with at all? What about your friends? Do you think that your friends struggle with that? Ask them? Hey, why do you think that's the case? What do you think teen anxiety is on the rise? You might be surprised at what they say, I know, I was when I talked to my teens about this, um, I was really surprised at their answers. So I think it's as simple as just talking to your teens. And we're scared, and a lot of times, we don't want to take the time to do that. Or maybe we ask them a question, and they just completely shut us out. And that doesn't feel good. So I think if your teen does shut you out, and does not want to talk to you, leave it open with them just say, Okay, yeah, I get it, you know, I get that you don't want to talk to me not get angry at them. Um, but just say, I understand that, but if you ever have an opportunity, like if you ever do want to talk to me, I want you to know, I'm here, and I'd love to hear what you have to say. And anything you do say in this, I'm not going to come back at you later on, say, remember when we talked about anxiety, and you said... I think also, you know, our teens don't want to hear from us when they say that they're struggling with anxiety, or we see that they're struggling, they don't want to hear from us God's in control, just trust him. I mean, again, there's, that is true. But I think that there's got to be a nuanced conversation where we don't treat our kids like they're young and dumb, and don't understand anything. But instead, we treat our children like they're other human beings, who are valued, who are worthy, who are made in the image of God. And so they deserve us to give them their full, our full attention, our compassion, our kindness, our love. And then on the days that we don't do that, we need to apologize to them and ask for forgiveness. So I don't think I answered your question.

Eric Schumacher 38:16

I think you did. I think it was a great answer. I think that's a great answer, which actually, I think the whole, let's just not stereotype them as boys or girls and generalize, can lead into even questions of how we minister to men and women. And so we want to thank our listeners for joining us. And we want to thank you, Jess, for being on the on the show.

Jessica Thompson 38:41

And I want to thank you for doing an actual outro.

Eric Schumacher 38:43

Yes, yeah. So I don't you don't have to use like a stock one. Because we, we always end these shows with just random conversation. And Jessica's like, could you do an outro?

Elyse Fitzpatrick 38:54

You remember.

Eric Schumacher 38:55

So for the listeners who actually make it to the end of an episode, that's why it sounds so awkward. Because we never know how to do this. Well, we have one more question. For Patreon listeners. Yeah. And Elyse is gonna ask that question. And, and then we'll tell our listeners goodbye.

Elyse Fitzpatrick 39:15

So, Jessica, first of all, I just want to say, I have watched Jessica parent. I know Jessica's children. Jessica does what she is talking about, and I love the way you parent. And I can say that because you didn't learn that from me. What you learned from me is that the rules will make you good. And

Jessica Thompson 39:39

Well, I learned the gospel from you, so.

Elyse Fitzpatrick 39:41

Well, and so I yes, I just, I have watched you parent, and I know you do this. You're so invested in being friends, with your children and being there with them being a parent, but also sticking with them through the tough times. And I just love that. So thank you for being that example that you are. You're also employed as the Director of Women at your local church, and that's something that neither you nor I...

Jessica Thompson 40:21

Didn't see that one coming.

Elyse Fitzpatrick 40:23

Didn't see it, wouldn't have done it. So what's your what's your goal for the women in your care and how you're trying, how are you trying to structure your ministry to them and with them different maybe from other women's groups that you've seen? So that's the question that we're going to listen to for Patreon supporters. That's the answer we will listen to for Patreon supporters. And for the rest of you, we love you, we're glad you were with us. Thanks for being here.

Eric Schumacher 40:52

Yeah, good bye. Now get out of here.