

messy  
**HOPE**

**Help Your Child Overcome Anxiety,  
Depression, or Suicidal Ideation**

**LORI WILDENBERG**



# NOTES

- <sup>1</sup> FastStats, “Adolescent Health,” *Centers for Disease Control and Prevention*, last reviewed March 1, 2021, <https://www.cdc.gov/nchs/fastats/adolescent-health.htm>.
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- <sup>3</sup> Pete Henshaw, “One in Eight Students Have a Mental Health Disorder, Official NHS Figures Confirm,” *SecEd*, November 28, 2018, <https://www.sec-ed.co.uk/news/one-in-eight-students-have-a-mental-health-disorder-official-nhs-figures-confirm/>.
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- <sup>5</sup> Dr. Amit Sood, *A Very Happy Brain*, by Global Center for Resiliency and Wellbeing, Stressfree.org, January 12, 2015, YouTube video, 4:23, [https://www.youtube.com/watch?time\\_continue=239&v=GZZ0zpUQhBQ&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=239&v=GZZ0zpUQhBQ&feature=emb_logo).
- <sup>6</sup> Warner Bros. Entertainment, “75th Anniversary, Dorothy Meets The Scarecrow,” *The Wizard of Oz*, July 15, 2013, YouTube video 2:26, <https://www.youtube.com/watch?v=tCgpLROSNmc>.
- <sup>7</sup> Emily Scott, “Helping Kids Process Through Tragedy,” *Renewed Hope Parenting*, July 23, 2019, <https://renewedhopeparenting.com/helping-kids-process-through-tragedy/>.
- <sup>8</sup> Scott, “Helping Kids Process Through Tragedy.”
- <sup>9</sup> Scott, “Helping Kids Process Through Tragedy.”
- <sup>10</sup> Lori Wildenberg, *The Messy Life of Parenting: Powerful and Practical Ways to Strengthen Family Connections* (Birmingham: New Hope Publishers, 2018), 101.
- <sup>11</sup> Wildenberg, *Messy Life of Parenting*, 102–3.
- <sup>12</sup> Lori Wildenberg, *Messy Journey: How Grace and Truth Offer the Prodigal a Way Home* (Birmingham: New Hope Publishers, 2017), 109–10.
- <sup>13</sup> Wildenberg, *Messy Journey*, 110.

- <sup>14</sup> Sandy McKeown, interview with the author, August 10, 2020.
- <sup>15</sup> “Trailer: We Are Columbine: Stronger Together,” Channel Z, 2018, video, 1:23, <https://wearecolumbinefilm.com/>.
- <sup>16</sup> Sheila Qualls, “A New View on Race from a Mother’s Heart,” Speak Up Conference, <https://speakupconference.com/a-new-view-on-race-from-a-mothers-heart/>.
- <sup>17</sup> Qualls, “New View on Race.”
- <sup>18</sup> Qualls, “New View on Race.”
- <sup>19</sup> Jason Daugherty, LPC Associate and Kelly Martin, LPC Associate, “Managing Adolescent Anxiety in the New Normal,”(Lecture Notes, On-Line CEU Course, May 29, 2020).
- <sup>20</sup> Jodie Utter, phone interview with author, August 21, 2020.
- <sup>21</sup> Lori Wildenberg, *The Messy Life of Parenting: Powerful and Practical Ways to Strengthen Family Connections* (Birmingham: New Hope Publishers, 2018), 48–50.
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- <sup>23</sup> Emily Scott, “Helping our kids deal with the stress of life and the hardships of growing up is an important responsibility we have,” Facebook, Renewed Hope Parenting, June 13, 2020, <https://www.facebook.com/renewedhopeparenting/posts/2820991278024324>.
- <sup>24</sup> Kathy Koch, *8 Great Smarts: Discover and Nurture your Child’s Intelligences* (Chicago: Moody Publishers, 2016), 16–18.
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- <sup>28</sup> Adele Funk, interview with the author, June 11, 2020.
- <sup>29</sup> Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015), 103.
- <sup>30</sup> Carol Langlois, “Teens & the Duck Syndrome,” Psych Central, September 19, 2013, <https://psychcentral.com/blog/teens-the-duck-syndrome/>.

- <sup>31</sup> Brené Brown, "Listening to Shame," TedTalk, 14:09, March 16, 2012, [https://www.youtube.com/watch?time\\_continue=869&v=psN1DORYYV0&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=869&v=psN1DORYYV0&feature=emb_logo).
- <sup>32</sup> Jennifer Vail, "I Have Anxiety and Jesus," Her View From Home, <https://herviewfromhome.com/faith-anxiety-and-jesus/>.
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- <sup>34</sup> Vail, "I Have Anxiety and Jesus."
- <sup>35</sup> Vail, "I Have Anxiety and Jesus."
- <sup>36</sup> Vail, "I Have Anxiety and Jesus."
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- <sup>38</sup> Michele W. Berger, "Social Media Use Increases Depression and Loneliness," Penn Today, November 9, 2018, <https://penntoday.upenn.edu/news/social-media-use-increases-depression-and-loneliness>.
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- <sup>40</sup> Means, "When my second child was born."
- <sup>41</sup> Jodie Utter, "If you struggle at all to maintain your mental health," Utter Imperfection, Facebook, August 16, 2020, <https://www.facebook.com/utterimperfection/>.
- <sup>42</sup> Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids: Baker Books, 2013), 26.
- <sup>43</sup> C. S. Lewis, *The Weight of Glory and Other Addresses*, rev ed. (New York: HarperOne, 1980), 46.
- <sup>44</sup> Margarita Tartakovsky, "Fear of Missing Out Affecting Your Family? 7 Tips to Help," Psych Central, July 8, 2018, <https://pc903.liviant.com/blog/fear-of-missing-out-affecting-your-family-7-tips-to-help/>.
- <sup>45</sup> Kathy Koch, PhD, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody Publishers, 2015), 107.
- <sup>46</sup> Tartakovsky, "Fear of Missing Out Affecting Your Family?"
- <sup>47</sup> Amber Cullum, "As [my son] moves into his pre-teen years," Instagram (graceenoughpodcast\_amber),

September 6, 2020, <https://www.instagram.com/p/CEy1aG0nJQ3/?igshid=a67q7kzn0ima>.

<sup>48</sup> Cullum, "As [my son] moves into his pre-teen years."

<sup>49</sup> *Psychology Today*, "Dopamine," <https://www.psychologytoday.com/us/basics/dopamine>.

<sup>50</sup> Crystal Raypole, "12 Ways to Boost Oxytocin," *Healthline*, May 27, 2020, <https://www.healthline.com/health/how-to-increase-oxytocin>.

<sup>51</sup> Caroline Leaf, *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health* (Grand Rapids: Baker Books, 2013), 22.

<sup>52</sup> Susan Yates, "Our Kids and Our Worries," *Mom Life Today*, <https://momlifetoday.com/2020/03/our-kids-and-our-worries/>.

<sup>53</sup> John Ortberg, *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People* (Grand Rapids: Zondervan, 2002), 140.

<sup>54</sup> Focus on the Family, "Questions and Concerns About Contemplative Prayer," <https://www.focusonthefamily.com/family-qa/questions-and-concerns-about-contemplative-prayer/>.

<sup>55</sup> Kurt W. Bubna, *Uncommon Hope: The Path to an Epic Life* (Spokane: Essential Life Press, 2019), 83.

# REFLECT AND CONNECT STUDY GUIDE

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For personal exploration or small group experience.

## **Introduction: Hope Needed**

1. What moved you to read this book?
2. How do you respond to Jesus' words in John 16:33?
3. What type of struggles are you or your loved one experiencing?
4. Read Hebrews 11:1. What does hope mean to you?

## **Chapter 1: Which Way**

1. Describe suffering you or your child have experienced: innocent, other people's sinful choices, natural consequences of personal bad decisions.
2. Share a time of delay regarding a personal dream or your child's dream. How did you (or didn't you) see God move in this time?
3. How do you respond to Isaiah 55:8–9?

## **Chapter 2: Suffering Stinks**

1. What have been your (or your child's) Goliath-sized struggles? How were they resolved?
2. What loss has your child experienced? How did you encourage him? What would you do differently? What did you do well?
3. Discuss the different impact empathy and sympathy have.
4. Respond to 2 Corinthians 5:8.

### **Chapter 3: Hard World**

1. Look over the racial healing list from Sheila Qualls. How can you participate in healing?
2. What social media guidelines will you or do you put into practice?
3. Are you and your kids able to have a dialogue rather than a debate? What boundaries will you or do you set up prior to talking about potentially divisive issues?
4. Respond to the emotionally safe home self-examination questions.
5. Discuss the truth in Romans 5:3–5.

### **Chapter 4: Hope Killers**

1. What hope killer statements have you used? How will you correct this?
2. What positive messages can you speak over your children or grandchildren?
3. Describe a time when you have received toxic positivity or experienced emotional bypassing.
4. How does Psalm 119:116 encourage you?

### **Chapter 5: The War Within**

1. When has your child or when have you donned a mask or played a part that denied your true feelings?
2. How can you help your kids avoid believing the happiness lie?
3. Review the HSP assessment questions. What insight does this give you into your loved one?
4. Discuss the relationship between 1 Peter 2:6 and Brené Brown's description of shame and guilt.

### **Chapter 6: Faith Factor**

1. Discuss 2 Corinthians 12:7. Do you have a different perspective of anxiety? How so?
2. When have you experienced perfect love that casts out fear?

3. Discuss Psalm 55:5.

## **Chapter 7: Family Resemblance**

1. How does being created in God's image (Genesis 1:27) encourage or affect you?
2. How can you encourage your kids in the skill of making friends?
3. Have you ever been in survival mode? Have your kids?
4. How will you help your kids (or yourself) wire out toxic thoughts?

## **Chapter 8: Mirror, Mirror**

1. How do you (your kids) view yourself (themselves)?
2. Read Ephesian 1:1–14 and insert your own name or your child's name into the verses. Now how do you respond to God's love?
3. What messages will you, or do you, speak over your kids regarding their identity?
4. How will you reduce FOMO?

## **Chapter 9: Know Your Enemy**

1. What does it mean to put on the full armor of God (Ephesians 6:11)?
2. What are your child's (or your) triggers?
3. Which coping mechanisms will you try?
4. Share some empowering positive statements to speak to your kids (and yourself).

## **Chapter 10: Build Your Army**

1. How do you react to the word *helper*? Explain.
2. Describe a time you were blessed by help.
3. Who is your Elizabeth? Who is your kid's? Why?
4. How do you respond to Genesis 2:18?



## **Chapter 11: Behind Enemy Lines**

1. As a parent, what does this mean, “The thief comes only to steal and kill and destroy” (John 10:10)?
2. Look over the acronym F.A.I.T.H. Which strategy is the most helpful for you? For your child?
3. Which treasures do you have in your treasure chest? Are they real and lasting or counterfeit and temporary?
4. What lies have you or your child listened to? What does God say instead?

## **Chapter 12: Secret Weapon**

1. Do you have a prayer partner? If not, will you work to find one?
2. How does Psalm 145 encourage you?
3. How is the verse Hebrews 13:8 helpful when praying a breath prayer?

## **Chapter 13: The Battle Plan**

1. Read Isaiah 41:10. Respond to God’s words in this verse.
2. Unpack Romans 5:3–5. How does the sequence in this verse encourage you?
3. Discuss the possible reasons God does not rescue us. How do you respond to this?
4. 4. How will you capture destructive thought patterns?

## **Conclusion: Onward**

1. What does Proverbs 19:21 mean to you?
2. What long-term lesson has God taught you in the hard times?
3. Review the acronym H.O.P.E. Which point are you most comfortable with? Which one challenges you?

# ADDITIONAL RESOURCES

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## **Lori's On-Line Resources**

LoriWildenberg.com

Facebook.com/1Corinthians13Parenting

MOMS Together on Facebook and Instagram

MOMS Together Podcast

Moms Better Together Podcast

## **Other books by Lori Wildenberg**

*The Messy Life of Parenting: Powerful and Practical Ways to Strengthen Family Connections*

*Messy Journey: How Grace and Truth Offer the Prodigal a Way Home*

*Raising Big Kids with Supernatural Love* (with Becky Danielson)

*Raising Little Kids with Big Love* (with Becky Danielson)

*Empowered Parents: Putting Faith First* (with Becky Danielson)