



DONNA

BESS

AS FOR ME AND MY PARENTING
CONTACT DONNA



UNCOMMON PARENTING

As a nurse practitioner, I constantly see the silent struggles of young people—kids who live in homes with a mom and dad but lack the guidance of true parenting. These are the moments when my heart feels the heartbeat of Jesus for His lost children.

So many of today's parents are surrounded by distractions, caught up in work, screens, or their own worries, often suffering from anxiety as well, that they are left with little time and energy to pour life and love into their children's hearts. This gap has become a fracture in our culture, leaving an overwhelming number of young people battling anxiety, loneliness, and fear.

Recently, a 20-year-old young man came into my clinic. He was coughing and worried he might have pneumonia. It wasn't an unreasonable fear—so many kids this flu season have been struggling with respiratory issues, leading to pneumonia. But what struck me wasn't his physical concern—it was the weight of his anxiety. Even after his exam and a normal chest X-ray showed he was perfectly fine, he was back in my clinic within 30 minutes, sweating with fear, desperate for reassurance.

For the next 45 minutes, I talked with him—not only as a provider but as someone who cared deeply for his soul. I assured him of his health, but we went deeper.



I learned that he had recently started reading his Bible despite growing up in a home where God was never mentioned. I could see it clearly—he was being drawn by the Father in heaven, the One who never forgets His children.

Our conversation became rich and meaningful. I shared with him what it means to trust in the Lord. I explained how the mind is a battlefield and how taking every thought captive can bring freedom. I reminded him that God is good and wants good things for him. I warned him that fear will try to steal those truths every chance it gets.

At one point, I told him, “Here’s what I want you to do. Take a 3x5 card and write this: ‘Satan wants to fill my mind with negative thoughts. Am I going to let him? Today, I have a choice.’ Put it on your bathroom mirror, where you’ll see it every day. This is your battle, and it’s a battle you can win.”

I also encouraged him to write down Philippians 4:6-9 (NIV):

“DON’T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD’S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS. AND NOW, DEAR BROTHERS AND SISTERS, ONE FINAL THING. FIX YOUR THOUGHTS ON WHAT IS TRUE, AND HONORABLE, AND RIGHT, AND PURE, AND LOVELY, AND ADMIRABLE. THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE. KEEP PUTTING INTO PRACTICE ALL YOU LEARNED AND RECEIVED FROM ME—EVERYTHING YOU HEARD FROM ME AND SAW ME DOING. THEN THE GOD OF PEACE WILL BE WITH YOU.”

When we finished, he hugged me. He said, “No one has ever talked to me like this before. My mom is as anxious as I am.”

My heart broke for him and for so many like him. I prayed silently that the seeds of truth planted in our conversation would grow into strength and freedom for him—freedom that only the peace of Christ can bring.

So, why am I sharing this story? Because parenting is not limited to biology or adoption. Parenting is about offering hope, love, and wisdom to those who need it—whether they’re your own children or someone you meet in passing. Each of us has the opportunity to be a parent figure to someone younger, someone looking for guidance and truth. Titus 2 calls the older to train the younger. I believe this is not only talking about physical age. I believe it’s the spiritually mature training those who are less spiritually mature.

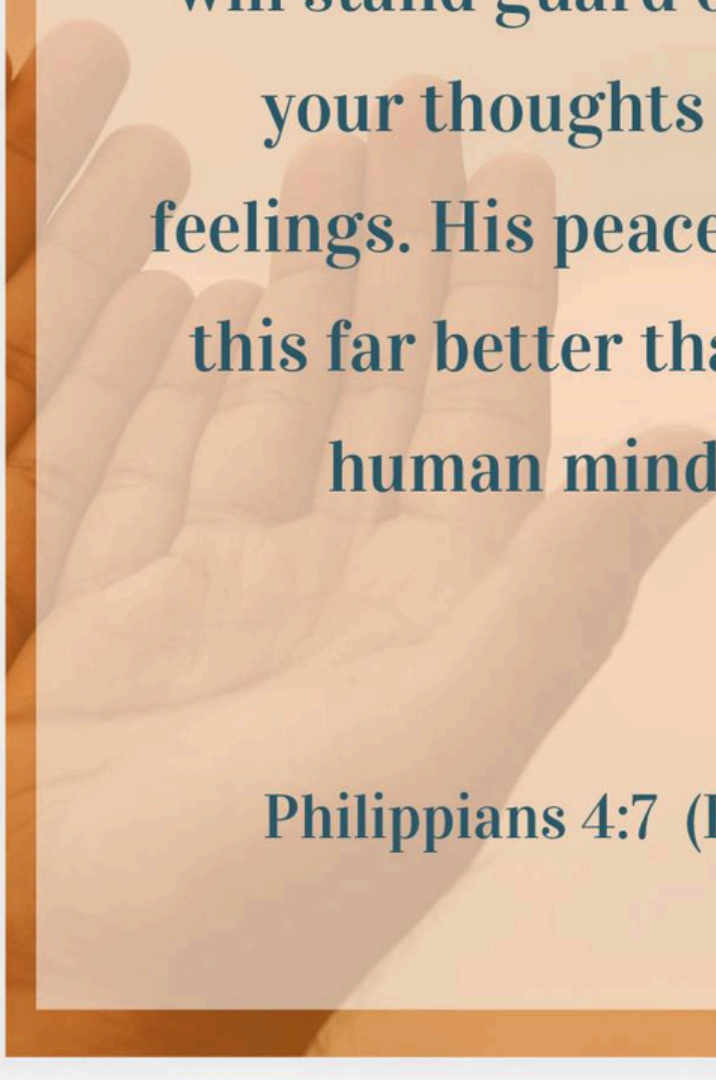


I don’t know if that young man went home and wrote on a 3x5 card or put Philippians 4:6–9 on his mirror. But I know this: for those 45 minutes, he got a glimpse of the Father’s heart for him. And I know that God longs to set him free from the anxiety that tries to rob him of his destiny.

You and I have the chance to be that voice of truth for someone. Maybe it’s your own child, a neighbor, a student, or a stranger. You never know how one moment, one conversation, could be the spark that changes everything.

Will you say yes?

Start today; speak life, offer hope, and be the voice that reminds someone of God’s truth because *one moment can ignite a lifetime of transformation.*

A faint, large image of a hand reaching out from the left side of the frame, with fingers slightly spread, as if offering a blessing or peace. The hand is light-skinned and appears to be emerging from the left edge of the image.

And because you belong to
Christ Jesus, God's peace
will stand guard over all
your thoughts and
feelings. His peace can do
this far better than our
human minds.

Philippians 4:7 (ERV)