



# Parenting Adult Children

- NEW ROLES,
- REALISTIC GOALS AND
- NAVIGATING THE CHALLENGES

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# Topics

- Specifics of this relationship and our changing world
- Big pictures of relationships
- Common temptations and some things to avoid
- What to strive for
- Q and A and sharing wisdom
- Where to go from here?
- Evaluation and handout

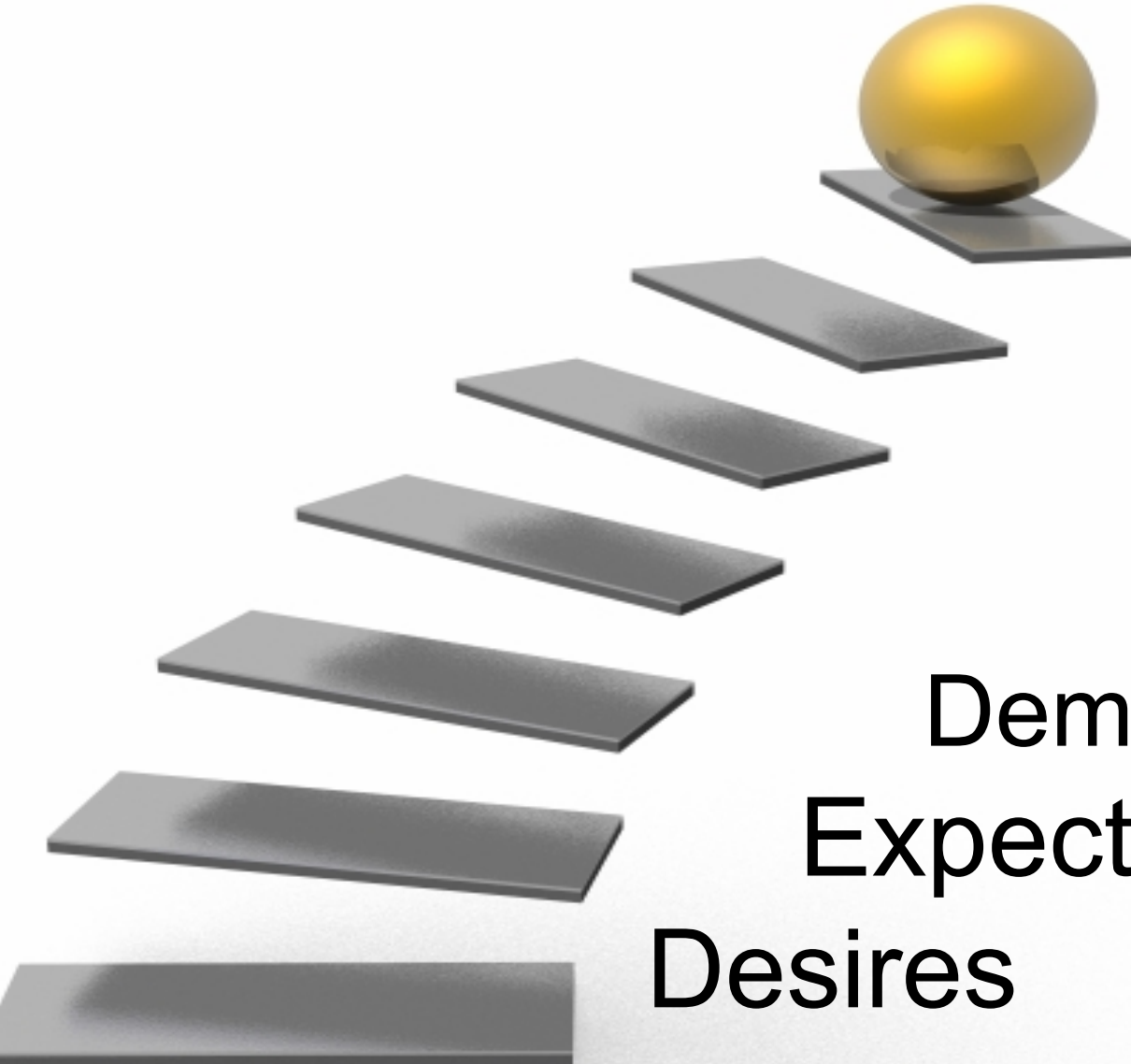


# The Fall



- We were made for relationships
- All relationships are hard
- Each of us tends to make relationships the end rather than the means
- No secret for pain free relationships
- Is it worth it?





Punishment  
Demands  
Expectations  
Desires

# Sinful Tendencies

## Ephesians 4:17-32

- Self indulgence
- Deceit
- Anger
- Selfishness
- Unhelpful communication
- Division
- Unforgiving Spirit

# With grace

- The life changing power of truthfulness
- Gentleness, patience and love
- Joy of serving needs of others
- Loving and wholesome communication
- Unity
- Forgiveness



Either

/

Or

- Blame
- Deny
- Avoid
- Threaten
- Manipulate

- Speak truth
- Exhibit patience
- Approach gently
- Ask for and grant forgiveness
- Overlook minor offenses,
- Encourage and honor others,

# Tendencies

Isolation



Immersion

I want to be  
safe

I need you  
in order to live

We want  
relationships  
that satisfy our  
personal wants  
and fears





God keeps us in messy relationships for His purposes



Good relationships are a sign of

**grace**

# Big ideas

- Every struggle is an opportunity to experience God's grace and give it to others
- Good relationships are rooted in identity and worship- only by remembering who I am and worshiping God can I respond to others with patient, gentle, hopeful and courageous love



**To fail to love others well  
is a failure to love God well**



# Moving towards:

- Humility
- Gentleness
- Patience
- Edifying honesty
- Forgiveness
- Compassion



# Scripture offers clear hope



We want the relationships to  
change:

God wants to change us through  
relationships



# Temptations



**Know your ditches!**



Where  
am I  
landing?



# Naiveté Denial



Self  
Righteousness

Cynicism-



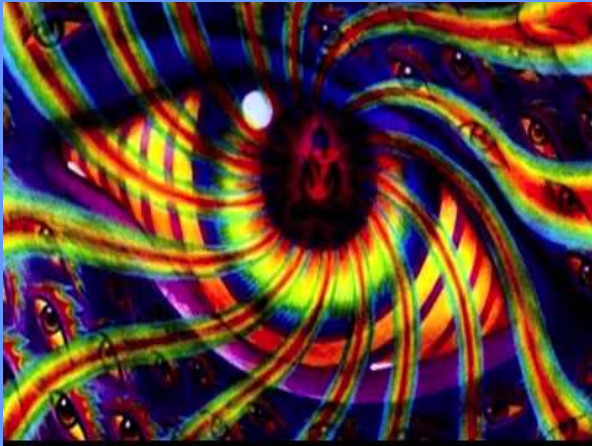
Bitterness,  
Self pity



**WARNING**

**CONTAINS BITTERNESS  
AND RESENTMENT**

# Responding in kind





# Return evil for evil



# Forgetting God's Role

Pride



Despair



Identity rests in how adult  
children are doing





Blame self or spouse

# Jealousy, comparison, why?

- Bad parents- amazing kids?
- Good parents- difficult kids?



Seeing the person as your enemy

What to strive for

Some suggestions, principles .  
questions to ask, things to  
consider



# Assess

- What's hard for me?  
Make a list.
- Strengths and weaknesses
- How problems are handled
- What is important to them

Love and discernment equals  
wisdom

*Get wisdom . Prize her highly and  
she will exalt you. Proverbs 4:7-8*



Customize your love!



Distance  
(Pain)

Redemptive

Mold yourself  
to person or  
situation  
(Fear)

# Truth and Grace

Full  
of *Grace &*  
Truth



Look more at your  
own response in  
the situation



**Living in the light**



# The Role of Lament

Is there a  
death to  
grieve?





# Marathon not a sprint





Don't treat people as their sins  
deserve



# SIN

Sin issue or  
comfort zone  
issue?

A word fitly spoken is like apple of gold in settings of silver. Proverbs 25:11





# The Role of Boundaries

Look for opportunities to bless



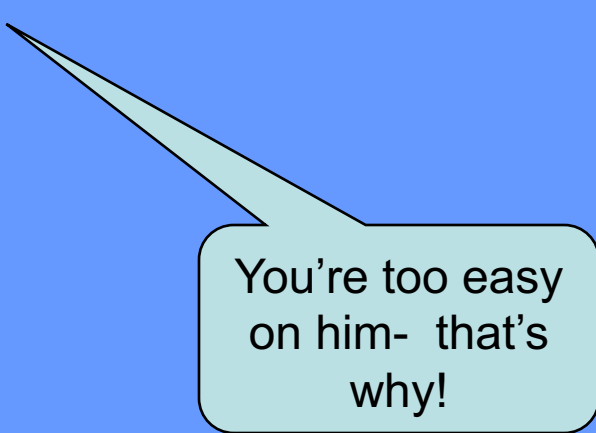


**How much help  
is wise?**

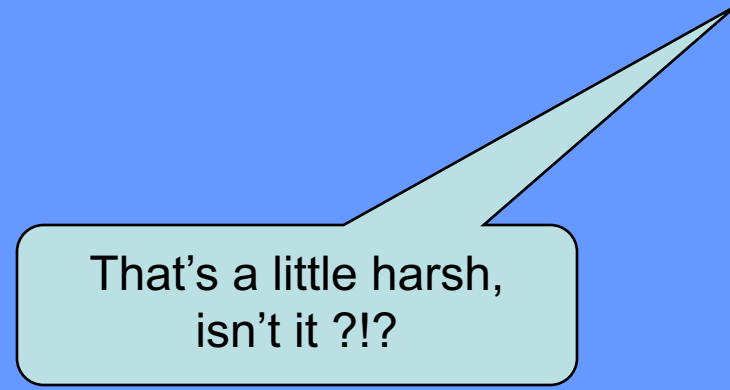




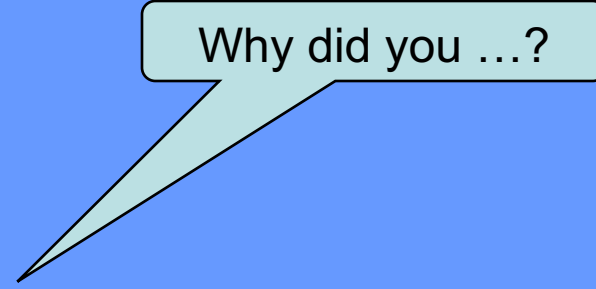
# Judgment from others




You're too easy  
on him- that's  
why!



That's a little harsh,  
isn't it ?!?



Why did you ...?



Why didn't you ...?

What is my goal?  
Is it God honoring?



Conflict and trouble does not  
equal failure



What does moving on look like  
for you?



Remember  
Faithful

God

Forget  
Fickle

Humble  
Disciplined

Self

Proud  
Indulgent

Compassionate  
Serve

Others

Insensitive  
Manipulate

# Pray





# What has been helpful to you?

- Scripture
- God's people
- Anything said to you, done for you
- A way to look at it that helped

# Parenting Adult Children

- Every relationship is impacted by the fall.
- Each of us tends to make relationships the end rather than the means.
- We want relationships to change, but God wants to change us through relationships.
- God keeps us in messy relationships for His purposes.
- We want relationships that satisfy our personal wants and fears.
- Every struggle is an opportunity to experience God's grace and give it to others.
- Good relationships are rooted in identity and worship -- only by remembering who I am and worshipping God can I respond to others with patient, gentle, hopeful and courageous love.
- To fail to love others well is a failure to love God well.
- We need to know our personal ditches.
- It's where we land that counts, not that we experience difficult emotions.
- We need to assess our relationship accurately.
- How problems are handled defines the health and maturity of the relationship, not the presence or degree of problems.
- Our model in dealing with others is truth and grace.
- Is there something to grieve?
- Are you living in the light?
- Don't treat people as their sins deserve because God does not do that with us.
- We need to customize our love.
- It's a marathon, not a sprint.
- Is this a sin issue or a comfort zone issue?
- How much help is wise?
- What does moving on look like for you? Post-parenthood should include this view.
- What is my goal? Is it God honoring?
- Boundary should be firm, but tone, posture in your heart toward them gentle.
- Look for opportunities to bless.
- Look more at your own responses in the situation.
- Conflict and trouble does not equal failure.
- Love and discernment equals wisdom.

## Either/Or

Blame	Speak truth
Deny	Exhibit patience
Avoid	Approach gently
Threaten	Ask for and grant forgiveness
Manipulate	Overlook minor offenses, Encourage and honor others

Scriptures to meditate on and consider what application they may have for you in your current relationship with adult children.

Romans 12:9-21

2 Timothy 2:23-26

1 Corinthians 13:1-7 (put your name in front of descriptors)

Isaiah 30:15-18 (What does the Lord RISE to do, after they would have none of it?)