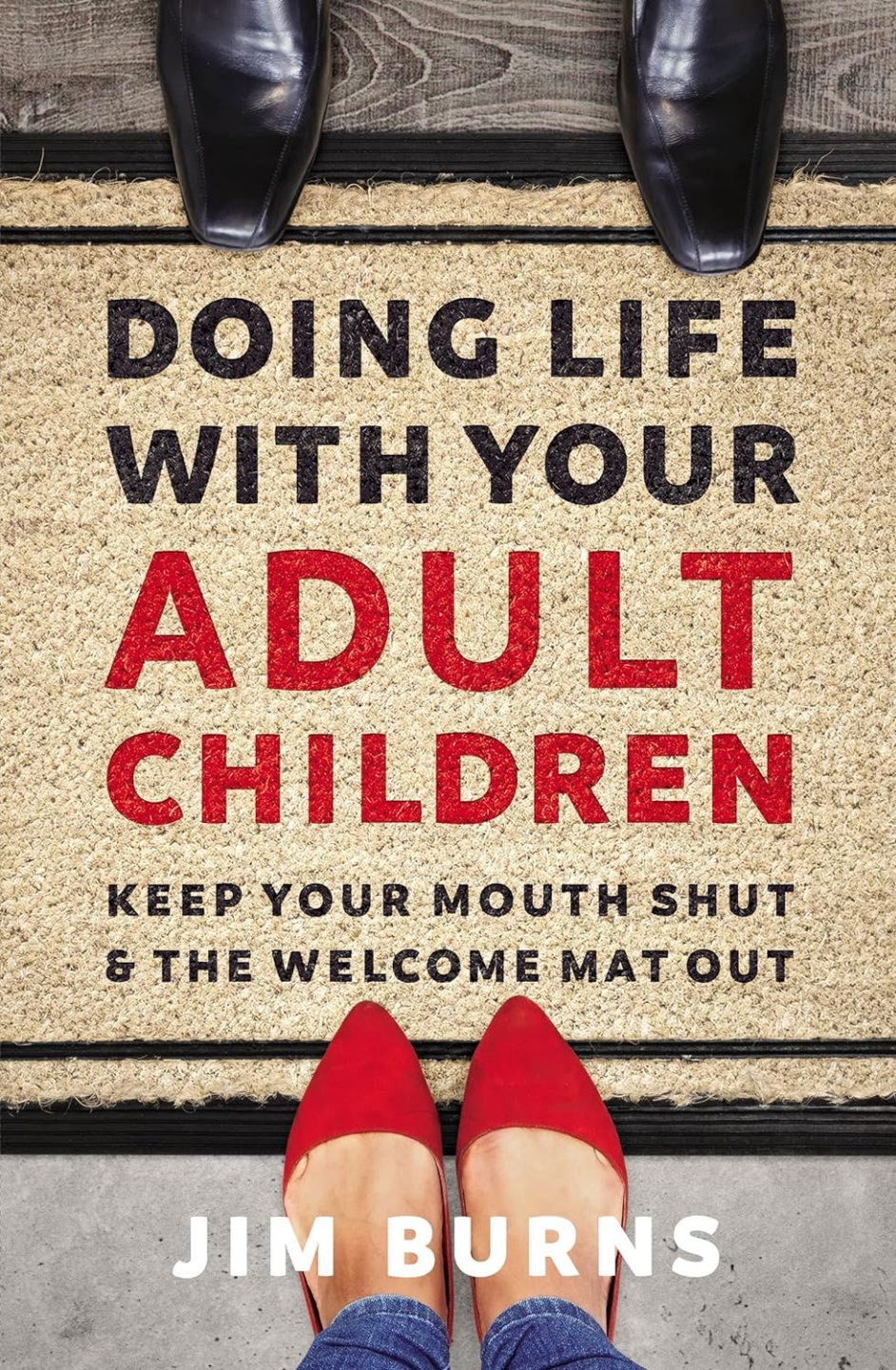


**DOING LIFE
WITH YOUR
ADULT
CHILDREN**

**A Jesus University Offering
Jan – Feb 2024**



**DOING LIFE
WITH YOUR
ADULT
CHILDREN**

**KEEP YOUR MOUTH SHUT
& THE WELCOME MAT OUT**


JIM BURNS

Facilitators: Eric and Teresa Edwards

Duration: 6 Sessions, January - February
- no class 1st Sunday of February

Resources

- The Holy Bible: scriptures throughout study
 - In-class videos and handouts
 - “Doing Life with Your Adult Children” book
-



6-Week Study

Welcome

Jan 14th, Session 1: You're Fired! (So be quiet)

Jan 21st, Session 2: Keep Learning

Jan 28th, Session 3: From Linger to Launch

Feb 4th, NEXT GENERATION PRAYER TIME

Feb 11th, Session 4: Differing Values

Feb 18th, Session 5: Money, Money, Money

Feb 25th, Session 6: The Other Relationships

Self-Study, Session 7: Now What



Session Agenda

Welcome

Welcome & Review (5-10 mins)

Video Teaching (10-15 mins)

Group Discussion (10-15 mins)

Closing Prayer (5 mins)

**What's
required
of you?**

Welcome

Open Heart



Open Mind



Willingness to Share





**Session
1
Recap**

Welcome

YOU'RE FIRED! (SO BE QUIET)

Principle One:

YOUR ROLE AS THE PARENT MUST CHANGE.

Principle Two:

UNSOLICITED ADVICE IS USUALLY TAKEN AS CRITICISM.

“And I am certain that God, who began the good work within *[your adult child(ren)]*, will continue his work until it is finally finished on the day when Christ Jesus returns.”

–Philippians 1:6 NLT

Session
2
Recap

Welcome

KEEP LEARNING

Principle Three:
YOU CAN'T IGNORE YOUR CHILD'S CULTURE.

“Understand this, my dear brothers and sisters: You must be quick to listen, slow to speak, and slow to get angry.” –James 1:19 NLT

Your adult child(ren)'s decisions do not define you.

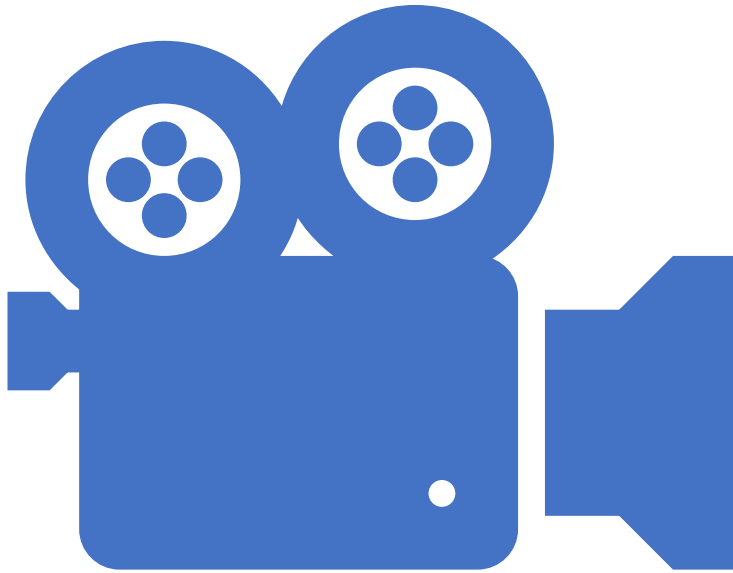
“Lord, teach me to parent the [adult] children I have, not the [adult children] I thought I would have.”



Session
3


Welcome

From Linger To Launch



Click to view
Session 3 Video

Note: I do not own rights to this video



Session 3

Welcome

FROM LINGER TO LAUNCH

- Negotiate **BOUNDARIES**.
- Express **EXPECTATIONS** and **CONSEQUENCES**.
- Develop an **ACTION PLAN**.
- Begin with the **END** in mind.
- Be **CLEAR** about desired outcomes.
- Create goals **TOGETHER**.



Principle Four

Welcome

**THEY WILL NEVER KNOW HOW
FAR THE TOWN IS IF YOU
CARRY THEM ON YOUR BACK**

Enabling and Entitlement

Am I enabling my child, or am I helping them become the responsible adult they need to become?

“For we are each responsible for our own conduct.” –Galatians 6:5 NLT



Principle Four

Welcome

SETTING BOUNDARIES

1. Express expectations clearly

- Expectations must be tailored to fit the needs and circumstances of your adult child
 - Follow through with consequences.
-

2. Develop an Action Plan

- Begin with the end in mind
 - Set deadlines & establish consequences
 - Create with your adult child(ren)
-



**Principle
Four**

Welcome

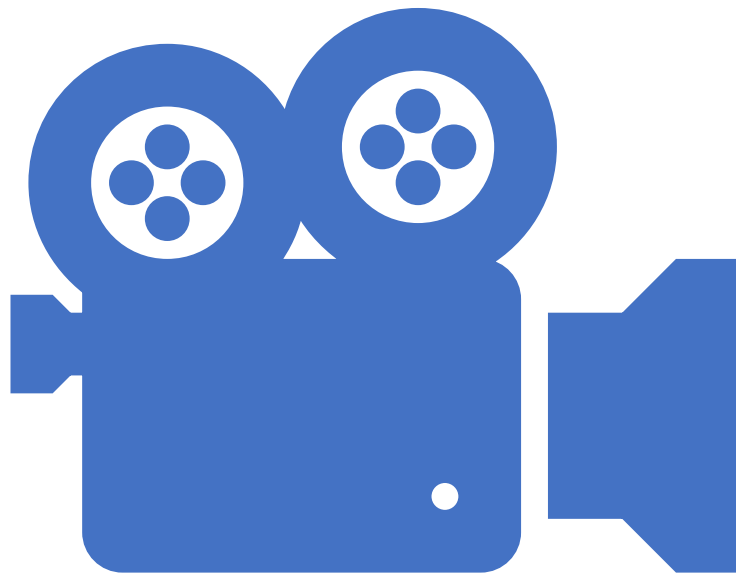
SETTING BOUNDARIES

“You earned it.”

“You can choose the pain of self-discipline or the pain of regret.”

You can’t want it more than they want it.

When the pain of remaining the same is greater than the pain of changing, they will change.



Click to view
Family Matters
Clip

Note: I do not own rights to this video

**MOVE THEM FROM
DEPENDENCE
TO INDEPENDENCE**

**Principle
Five**

Welcome

“Land the helicopter.”

“Celebrate rites of passage.”



**5
mins**

FROM LINGER TO LAUNCH

- 1) Is there anything you might be doing for your adult child(ren) that they are capable of doing for themselves? How do you “let go” and let them fail?

 - 2) Who do you think is currently more invested in making sure your adult child embraces adulthood – you or your adult child? Why?

 - 3) What boundaries have been difficult for you to negotiate with your adult child? Why?

 - 4) “Landing the helicopter” – can you relate to being overinvolved? What steps can you take to help move your child toward independence?

 - 5) How did your family celebrate your adulthood rites of passage? What rites of passage might you celebrate in your adult child’s life?
-

Session
3
Recap

Welcome

FROM LINGER TO LAUNCH

Principle Four:

THEY WILL NEVER KNOW HOW FAR THE TOWN IS IF YOU CARRY THEM ON YOUR BACK.

Principle Five:

MOVE THEM FROM DEPENDENCE TO INDEPENDENCE.

“Where there is no vision, the people will perish.” –Proverbs 29:18 KJV

“Like arrows in the hands of a warrior are children born in one’s youth.” –Psalm 127:4 NIV

Session
3
Recap

Welcome

FROM LINGER TO LAUNCH

**“Do not worry
about anything;
instead, pray about
everything.”**

–Philippians 4:6 NLT



6-Week Study

Welcome

Session 1: You're Fired! (So be quiet) – Ch 1-2

Session 2: Keep Learning – Ch 3

Session 3: From Linger to Launch – Ch 4-5

Feb 4th, NEXT GENERATION PRAYER TIME

Feb 11th, Session 4: Differing Values – Ch 6

Feb 18th, Session 5: Money, Money, Money – Ch 7

Feb 25th, Session 6: The Other Relationships – Ch 8-9

Self-Study, Session 7: Now What

Be Blessed!

RECKLESS LOVE
CORY ASBURY



9
**Principles
of
Doing Life
with Your
Adult
Children**

Principle One	Your Role as Their Parent Must Change
Principle Two	Unsolicited Advice is Usually Taken as Criticism
Principle Three	You Can't Ignore Your Child's Culture
Principle Four	They Will Never Know How Far The Town is if You Carry Them on Your Back
Principle Five	Move Them from Dependence to Independence
Principle Six	You Can't Want it More Than They Want it
Principle Seven	Financial Independence and Responsibility is the Goal
Principle Eight	Wear Beige and Keep Your Mouth Shut
Principle Nine	Being a Grandparent May Be Your Greatest Legacy