

Rules of Engagement with Adult Children

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Intro



Agenda

- **Welcome/Prayer**
- **Introductions**
- **Seasons of Parenting**
- **Rules of Engagement**
- **Tips for Maintaining Healthy Relationships**
- **Discussion Questions**
- **What is SMACTalk?**
- **Launching SMACTalk in your church**



Biblical Foundation



- **Prov 22:6** • **Train up a child in the way he should go, Even when he grows older he will not abandon it.**
- **Matt 6:34** • **So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.**
- **Phil 4:6-7** • **Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ**

Biblical Foundation



- **Deut 6:6-9** • **These words, which I am commanding you today, shall be on your heart. ⁷ And you shall repeat them diligently to your sons and speak of them when you sit in your house, when you walk on the road, when you lie down, and when you get up. ⁸ You shall also tie them as a sign to your hand, and they shall be as frontlets on your forehead. ⁹ You shall also write them on the doorposts of your house and on your gates.**
- **Eph 6:4**
- **Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord**
- **Phil 1:6**
- ***For I am confident of this very thing, that He who began a good work among you will complete it by the day of Christ Jesus.***

Seasons of Parenting

- **Infant**
- **Child**
- **Pre-teen**
- **Teen**
- **Adult**

Matt 6:34 So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.



Rules of Engagement

Healthy, God-honoring relationships with adult children have a strong foundation based on love.



Rules of Engagement

- **Healthy, God-honoring relationships with adult children have a strong foundation based on love.**
- **What does “loving” your adult children look like?**
 - **Survey says...**



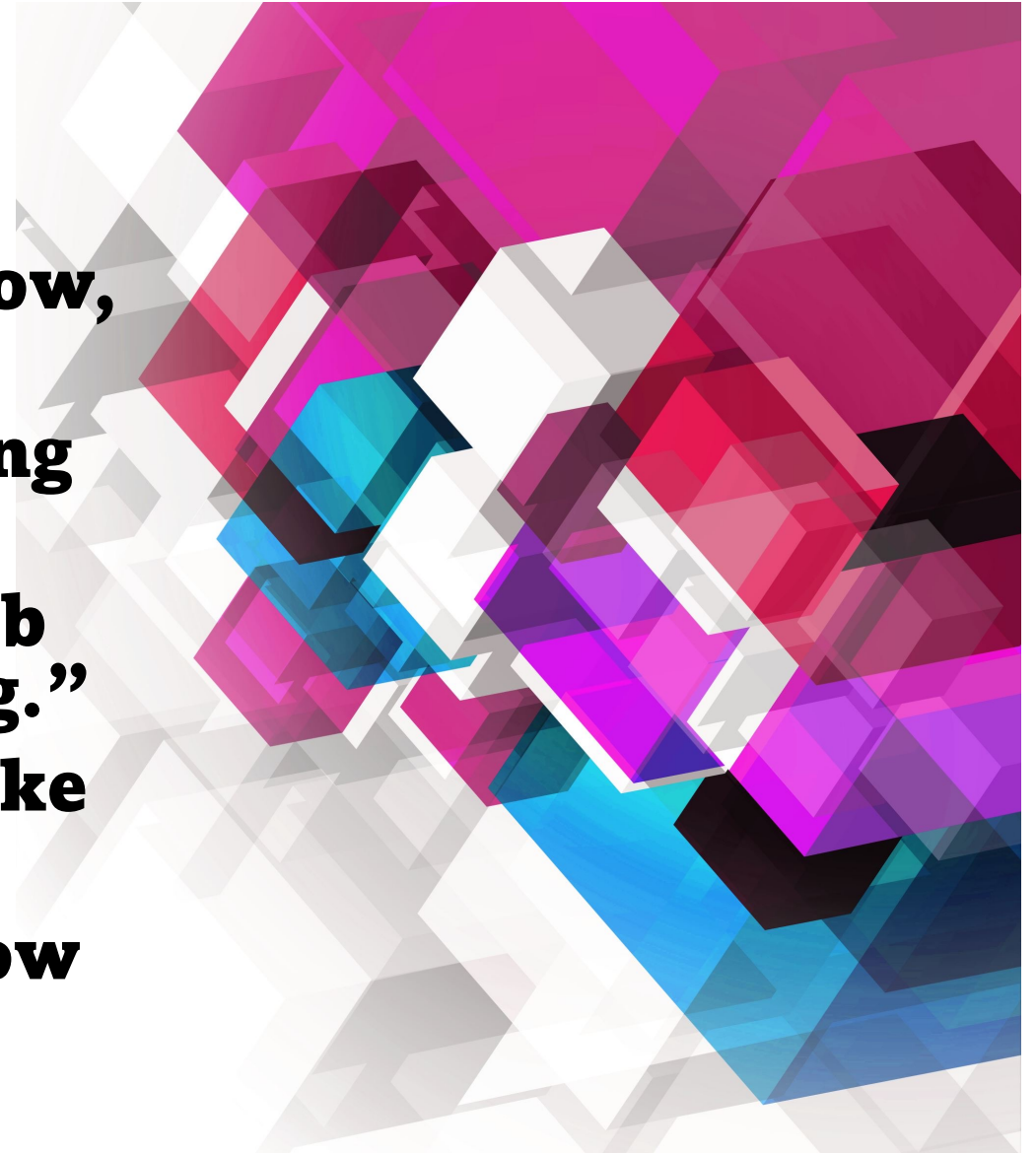
Survey says...

1. **“They let me mess up and make my own choices.”**
2. **“When I told my parents about my unplanned pregnancy, they supported me fully.”**
3. **“They don’t offer unsolicited advice.”**
4. **“They celebrate my victories and mourn my losses.”**
5. **“They listen to me.”**



Survey says...

6. **“They give me space to grow, take risks, and fail.”**
7. **“By letting me go and giving me space.”**
8. **“They trust I did a good job and I know what I’m doing.”**
9. **“Giving me freedom to make my own traditions.”**
10. **“By actively getting to know me as an adult.”**



Four Tips for Maintaining Healthy Relationships

- 1. Trust your adult children to make good choices, even if sometimes they don't.**
- 2. Squelch the impulse to give advice unless it is asked for.**
- 3. Communication is key.**
- 4. Practice grace.**

Source: Focus on the Family



Discussion Questions

- 1. What has surprised you the most about parenting adult children?**
- 2. What are the biggest challenges in this season of parenting?**
- 3. What issues do you feel like you need more resources to address parenting adult children?**





SUPPORT • CONNECT
SMACTalk
SUPPORTING MOTHERS OF ADULT CHILDREN
LAUGH • PRAY • SHARE • GROW



SMACTalk

- **Established 2016**
- **Supporting and connecting moms of adult children with one another and Biblical based resources through monthly gatherings.**
- **Wide variety of topics pertinent to this season of parenting**



SMACTalk

Mission Statement:

**To support and connect
Christian moms of adult
children with each other and
Biblical resources to equip and
encourage one another in this
specific season of parenting.**



SMACTalk

Vision Statement:

SMACTalk is a Biblically based ministry created to support Christian moms of adult children through monthly gatherings which provide opportunities for moms to connect, sharing the challenges and joys related to this specific season of parenting with the goal of establishing and maintaining healthy, God-honoring relationships with adult children.



SMACTalk

Format for monthly gatherings:

- **Worship**
- **Personal testimonies and speakers**
- **Small group connection time**
- **Prayer for each other and our children**
- **Fun – door prizes, ice-breakers, games and snacks**



SMACTalk

Topics covered have included:

- **Finances**
- **Prodigals**
- **Prayer night**
- **Addiction**
- **Abuse**
- **Launching adults**
- **Fertility**
- **Career/Relationship choices**
- **Navigating holidays and family traditions**



SMACTalk



- **Romans 12:15**
 - **Philippians 1:6**
 - **1 Thessalonians 5:11**
 - **Rejoice with those who rejoice, and weep with those who weep.**
 - ***For I am confident of this very thing, that He who began a good work among you will complete it by the day of Christ Jesus.***
 - **Therefore, encourage one another and build one another up, just as you also are doing.**
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How to's of launching SMACTalk:

- **Pray**
- **Build a team**
- **Survey women about topics of interest**
- **Promote through online presence**
- **Coordinate with women's ministry in your church**
- **Cultivate speakers**
- **Create a culture where women personally invite other women**
- **Schedule dinners or meet-ups throughout the year to build connection**



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Resources

Q & A



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Thank you for coming!

Let's connect: diana@grace-efc.org

Facebook page: SMACTalk

