# Enduring Parenting: Loving Adult Children with Trust and Grace



Explore how to persevere in parenting adult children by loving without control and trusting God's guidance every step of the way.





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#### Introduction

**Endurance** in parenting transforms as our children grow into adulthood. *Letting go* while continuing to love deeply is one of the greatest challenges any parent faces. This Bible study dives into how we can nurture adult children with a spirit of trust and grace, rather than control, relying on God's wisdom and timing through every trial.

The journey of parenting doesn't end when children become adults—it often becomes more complicated. As parents, it's natural to want to protect and control outcomes, but God calls us to practice *endurance* by loving patiently and entrusting our children to His care. Scripture offers powerful lessons on perseverance, faith, and surrender that resonate deeply with this struggle.

Over these five days, you will reflect on how God's strength equips you to continue loving your adult children with hope and humility. You will encounter examples of biblical endurance, discover practical ways to let go of control, and grasp the peace that comes with trusting God's perfect plans. Embrace this time as an invitation to grow in faith and love, renewed by the living Word and sustained by God's faithful presence in your parenting journey.

















Day 1: 1 Stand Firm in God's Strength

#### Your Verse

Ephesians 6:13 NIV: "Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

#### **Supporting Scriptures**

- Isaiah 40:31 NIV: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles."
- Philippians 4:13 NIV: "I can do all this through him who gives me strength."







Day 1: V Stand Firm in God's Strength

#### Devotional: Finding strength to endure through faith

Parenting adult children tests your endurance and emotions in ways you might never have imagined. The Bible reminds us that our strength doesn't come from our own efforts but from God's mighty power. **Ephesians 6:13** encourages believers to "put on the full armor of God"—this symbolizes arming yourself with faith, truth, righteousness, and peace to stand firm in challenges.

Rather than trying to control every outcome, *lean into God's strength*. When patience wanes and worries multiply, tap into the promise of **Isaiah 40:31**, which assures those who hope in the Lord will renew their strength like eagles soaring. This hope is vital when parenting adult children who are making their own decisions.

Remember, you are not alone in this journey. When you feel the burden of wanting to control or protect, let **Philippians 4:13** remind you that you *can do all things* through Christ who empowers you. Enduring for your children means standing firm in God's strength, no matter the circumstances.







Day 1: **(**) Stand Firm in God's Strength

# Reflect and Apply

1. \	What parts of parenting your adult children drain your strength?
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2. I	How have you been trying to rely on your own power rather than God's?
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	n what ways can you 'put on the full armor of God' in your current parenting challenges?
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Day 1: **(**) Stand Firm in God's Strength

# **Journaling Prompts**

	Write about a recent situation with your adult child that tested your endurance.
2.	List areas where you feel God's strength helping you persevere.
	Describe what it means to you to 'stand your ground' in faith without controlling outcomes.







Day 1: ① Stand Firm in God's Strength

### Prayer for Today

**Dear Heavenly Father,** thank You for being my source of strength when parenting feels overwhelming. Help me to put on Your armor daily, so I can stand firm and trust You with my adult children's lives. Teach me to rely on Your power rather than my own, and fill me with patience and hope as I wait on Your perfect plan. Remind me that You are in control, and give me grace to love without controlling. *In Jesus' name I pray, Amen.* 















#### Your Verse

Proverbs 3:5-6 NIV: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Romans 8:28 NIV: "And we know that in all things God works for the good of those who love him."
- Jeremiah 29:11 NIV: "For I know the plans I have for you," declares the Lord.







#### Devotional: Surrendering control to God's wisdom

One of the hardest aspects of parenting adult children is surrendering control and trusting God's sovereign plan. **Proverbs 3:5–6** gently commands us to trust the Lord fully and not lean on our own understanding—hard when our hearts are bursting with concern for our children's futures.

Trust means releasing anxious grip and submitting our ways to God, believing He will guide their paths in ways that honor His perfect wisdom. **Romans 8:28** reminds us that God can work all things—mistakes, missteps, and pain included—for good for those who love Him. Your prayers, tears, and wisdom are all part of this divine tapestry.

God's plans declared in **Jeremiah 29:11** offer hope amid uncertainty. He desires good for your children, even if the journey looks different than you expect. Loving adult children with endurance requires that you let go of control, trust in God's timing, and walk confidently in faith, knowing He holds their futures securely.







# Reflect and Apply

	In what areas are you finding it hardest to trust God's plan for your adult children?
2.	How do you currently react when things don't go as you hoped?
	What steps can you take to lean less on your understanding and more on God's guidance?







# **Journaling Prompts**

	Journal about your feelings when you think about surrendering control over your adult children.
2.	Write a prayer asking God to help you trust Him more fully.
3.	Describe a time when God's plan surprised you for the better.







### Prayer for Today

**Father**, teach me to trust You with all my heart when it comes to my adult children. Help me to stop relying on my limited understanding and submit their lives into Your capable hands. Remind me that Your plans are good and that You work everything for good. Grant me peace as I walk by faith, trusting Your timing and sovereignty. Thank You for loving my children even more deeply than I do. In Jesus' precious name, Amen. (?)









Day 3: Day Strong Love Without Control









Day 3: Day 3: Day 3:

#### Your Verse

1 Corinthians 13:4-7 NIV: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres."

#### **Supporting Scriptures**

- Galatians 5:22–23 NIV: "But the fruit of the Spirit is love, joy, peace... patience, kindness... faithfulness."
- Matthew 7:12 NIV: "So in everything, do to others what you would have them do to you."







Day 3: Day 3: Day 3:

### Devotional: Practicing patient and trusting love

Enduring parenting means practicing *love without control*. **1 Corinthians 13:4-7** beautifully portrays love as patient, kind, and persevering. This passage challenges us to love adult children not by controlling decisions but through steadfast affection that respects their autonomy.

Fruit of the Spirit, such as patience and faithfulness from **Galatians 5:22–23**, help cultivate this kind of love. When our natural instincts want to steer or fix things, the Holy Spirit equips us to love with humility and grace, honoring God's work within our children's hearts.

The Golden Rule, found in **Matthew 7:12**, reminds us to treat our children as we would want to be treated—as adults able to make choices, mistakes, and grow. Loving without control demands endurance because it means consistently offering trust, encouragement, and support even when outcomes are uncertain.







Day 3: Day Without Control

# Reflect and Apply

1.	How can you show love that respects your adult child's independence?
2.	What controlling behaviors do you recognize in yourself?
3.	How can the fruit of the Spirit empower your love for your children?







Day 3: Day Without Control

# **Journaling Prompts**

1.	Reflect on a time you struggled to let go and love without control.
	Write down ways you can practice patience and kindness in your relationship with your adult children.
3.	Describe how treating your children as you would want to be treated changes your interactions.







Day 3: Day 3: Day 3:

### Prayer for Today

**Lord Jesus,** fill my heart with patient and kind love. Teach me to love my adult children without controlling or manipulating. Help me to embrace Your Spirit's fruit—patience, kindness, and faithfulness—so I can support them with grace. May I always act with respect and trust, mirroring how You love me. Strengthen my endurance to persevere in love through every trial. In Your holy name, Amen.

















Day 4: **B** Embracing God's Timing

#### Your Verse

Ecclesiastes 3:1 NIV: "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Psalm 27:14 NIV: "Wait for the Lord; be strong and take heart and wait for the Lord."
- Lamentations 3:25–26 NIV: "The Lord is good to those who wait for him, to the soul who seeks him."







Day 4: **B** Embracing God's Timing

### Devotional: Waiting patiently on God's perfect timing

Patience in parenting adult children becomes most evident as you learn to embrace God's timing. **Ecclesiastes 3:1** reminds us that every season has its purpose, and rushing or forcing outcomes rarely leads to lasting peace.

Waiting is not passive—it requires strength and endurance. **Psalm 27:14** urges believers to "be strong and take heart" in waiting for the Lord. This waiting period is a time for faith to grow and for God to work unseen.

Lamentations 3:25–26 offers reassurance that God is good to those who wait and seek Him. When you are anxious about your adult children's choices, place your hope in His timing and goodness. Trusting His clock means releasing impatience and embracing peace in the waiting seasons, knowing He is continuously at work.







Day 4: BEmbracing God's Timing

# Reflect and Apply

1.	What makes it difficult for you to wait on God's timing regarding your children?
	How has God shown His faithfulness during seasons of waiting in your life?
3.	What practical steps can you take to grow stronger and more hopeful while waiting?







Day 4: BEmbracing God's Timing

# **Journaling Prompts**

Write about a 'waiting season' you experienced with your adult children.
Reflect on ways waiting has deepened your faith in God.
List activities or practices that help you wait with peace.







Day 4: BEmbracing God's Timing

### Prayer for Today

**Gracious God,** teach me to embrace Your perfect timing in the lives of my adult children. Help me to be strong and courageous as I wait on You without frustration or fear. Remind me You are good, working all things according to Your plan. Cultivate patience in my heart and endurance in my spirit through every season. May I rest in Your peace and trust Your timing fully. In Jesus' name I pray, Amen.  $\Sigma$   $\Longrightarrow$   $\Delta$ 















#### Your Verse

James 1:12 NIV: "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."

#### **Supporting Scriptures**

- Romans 5:3-4 NIV: "We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."
- Hebrews 12:1 NIV: "Let us run with perseverance the race marked out for us."







#### Devotional: Finding hope to endure the parenting race

Endurance in parenting adult children is a race filled with trials, but also incredible hope. **James 1:12** promises blessing for those who persevere under testing, assuring us that God rewards steadfast love and faithfulness.

Romans 5:3-4 teaches that hardships produce perseverance, which develops character and ultimately hope. Each challenge faced with trust shapes you into a more compassionate, patient parent, full of hope for your children's futures.

Hebrews 12:1 encourages us to run with perseverance the race God has set before us. This race includes praying without ceasing, loving without controlling, and trusting God continually. Let hope fuel your endurance today, knowing that God's promises never fail, and His love sustains you throughout every season of parenting.







# Reflect and Apply

1.	What specific hopes do you hold for your adult children?
	How does understanding perseverance as a race help you view your parenting journey?
	What character traits has God developed in you through your parenting challenges?







# **Journaling Prompts**

Write about how hope sustains you during difficult parenting moments.
Reflect on the ways perseverance has strengthened your faith.
List ways you can actively 'run the race' with endurance and joy.







### Prayer for Today

**Heavenly Father,** fill my heart with hope and perseverance as I continue the journey of parenting adult children. Help me to keep running this race with endurance, trusting Your promises and Your love. Strengthen my character and faith even when trials come. May I be blessed as I hold fast to You and love without ceasing. In Jesus' glorious name, Amen.







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