# Women of Faith: Trusting God When Adult Children Drift Away



A 7-day journey for women to find strength, hope, and encouragement when adult children walk away from faith, emphasizing prayer, trust, and love.





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#### Introduction

When adult children step away from faith, many mothers face a profound and painful journey. It is a path marked by uncertainty, prayerful yearning, and, sometimes, silence. Yet, as women of faith, our role is much like that of Christ —continually loving, trusting, and interceding, even when hope seems dim. This 7-day study is crafted especially for women navigating this difficult terrain, offering Scripture, encouragement, and practical reflections.

Throughout the Bible, women played pivotal roles not only in their families but in God's unfolding story. Many confronted moments of despair and yet stood firm in prayer, hope, and love. This study invites you to lean into these stories and principles, drawing strength from God's promises and the example of Jesus' unwavering love.

Each day focuses on a different aspect of this journey: the pain of separation, the power of prayer, unwavering trust, God's faithfulness, patience through waiting, and the call to continual love and hope. You will be encouraged to deepen your personal time with God through reflection questions and journaling prompts tailored to your unique experience.

Remember, the Lord sees your heart and hears every whispered prayer. You are not alone in this—He walks with you step by step, empowering you to love as Christ loved. Let us embark on this week of study together, confident in God's unchanging grace and the hope that endures beyond what our eyes can see. **Keep praying, keep trusting, and keep loving.** 

















Day 1: 💔 Facing the Pain of Distance

#### Your Verse

Psalm 34:18 – "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

#### Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed... I will strengthen you and help you."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 1: 💔 Facing the Pain of Distance

#### Devotional: God Near to the Brokenhearted

The heartache of seeing an adult child walk away from faith is deep and raw.

It is natural to grieve, feel uncertain, and sometimes anger or confusion. Psalm 34:18 reassures us that the Lord draws near to those who are brokenhearted. This closeness is not just a distant, abstract concept; it means that God is present in your pain, ready to comfort and strengthen you.

While you may feel crushed in spirit, God's presence invites you to lean into Him rather than shut down. Isaiah 41:10 offers a powerful promise: you are not alone in this struggle. God promises strength and help. When sorrow feels overwhelming, Jesus calls you to come to Him for rest (Matthew 11:28).

*Today, acknowledge your pain honestly before God.* Don't be afraid to let Him see your brokenness, for He is the compassionate Father who never turns His back. Your journey, though painful, is held tenderly in His hands.







Day 1: V Facing the Pain of Distance

### Reflect and Apply

How does knowing that God is close to your broken heart change your perspective today?
What emotions have you been afraid to acknowledge in your walk through your child's spiritual distance?
In what ways can you bring your pain directly to God rather than carrying it alone?







Day 1: V Facing the Pain of Distance

### **Journaling Prompts**

1.	Write down your honest feelings about your child's distance from faith.
2.	Reflect on a moment when you felt God's comfort during a hard time.
3.	List ways you can remind yourself daily that God is near in your brokenness.







Day 1: 💔 Facing the Pain of Distance

#### Prayer for Today

**Lord, in my brokenness, I come to You.** You are near when my heart feels crushed and my spirit weary. Help me not to hide my pain, but to bring it boldly into Your loving presence. Strengthen me today to trust You even when the way is hard. May I find rest in Your arms and peace in Your promises. Thank You for Your unfailing love and for never leaving me alone in this struggle. *Fill my heart with hope and courage.* Amen.

















#### Your Verse

1 Thessalonians 5:17 - "Pray continually."

#### **Supporting Scriptures**

- Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."
- Luke 18:1 "Then Jesus told his disciples a parable to show them that they should always pray and not give up."







#### Devotional: The Power of Persistent Prayer

Prayer is our lifeline when adult children drift from faith. It can feel like prayers are unanswered or that silence reigns. Yet, God calls us to persistent and continual prayer. 1 Thessalonians 5:17 encourages us simply to "pray continually." This isn't a burden but a spiritual discipline that keeps us connected to God's heart.

Romans 12:12 further reminds us to be patient and faithful in prayer, even when waiting feels endless. Jesus Himself taught the value of persistent prayer through His parable in Luke 18:1, encouraging us not to give up.

Consider that persistent prayer sows seeds of hope and trust even when visible change is slow. It softens hearts, empowers us with God's strength, and aligns our will to His loving purposes.

Today, embrace the call to pray without ceasing, knowing that your prayers are never wasted and are heard in the heavenly places.







## Reflect and Apply

In what ways have you experienced God answering your persistent prayers?
What challenges prevent you from praying continually, and how can you overcome them?
How does praying without ceasing change your heart toward your child and the situation?







### **Journaling Prompts**

1.	Write a prayer asking God for renewed strength to pray persistently.
2.	List specific prayer requests you have for your child's faith journey.
3.	Reflect on a time when persistent prayer led to hope or encouragement.







#### Prayer for Today

Father, help me to be faithful in prayer even when I don't see immediate answers. Teach me to pray continually, trusting that You are working in ways I cannot see. Give me patience and joy in hope as I intercede for my child. Remind me that You are always listening, and that persistent prayer aligns my heart with Yours. May my prayers be filled with love and unwavering trust.

Amen. 🙏 😂 🞔









## Day 3: Trusting God's Sovereignty









#### Your Verse

Proverbs 3:5-6 - "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**

- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD... "plans to give you hope and a future."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







#### Devotional: Resting in God's Perfect Plan

When adult children walk away, it's tempting to lean on our own understanding and plans. Yet, Proverbs 3:5–6 calls us to a radical trust in God's sovereignty. This trust isn't passive; it is an active decision to submit your hopes, fears, and desires to God's loving control.

Jeremiah 29:11 reminds us that God's plans for our children and for us are good—filled with hope and a future even when the present looks bleak. Likewise, Romans 8:28 encourages us that God works all things, including pain and disappointment, for good for those who love Him.

Trusting God's sovereignty allows you to release the heavy burden of control and rest in His perfect timing and purposes. It doesn't mean not feeling sorrow, but it means placing that sorrow into His hands with confidence.







## Reflect and Apply

	How have you tried to control your child's faith journey, and what might trusting God look like instead?
2.	In what ways does knowing God has a good plan bring you comfort?
	What fears or doubts arise when you consider surrendering your understanding to God?







### **Journaling Prompts**

Write about areas where you need to release control to God.
List ways God has shown His faithfulness in your life before.
Journal a prayer of surrender, asking God to help you trust Him fully.







Day 3: Trusting God's Sovereignty

#### Prayer for Today

Lord, help me to trust You with all my heart, especially in this difficult season.

When I am tempted to lean on my own understanding and plans, remind me to submit everything to You. I trust that You have good plans for my child and for me, even when I cannot see the full picture. Strengthen my faith to rest in Your sovereignty and perfect timing.

Thank You for being a faithful God. Amen. 🙏 🦈 🛕





















#### Your Verse

Lamentations 3:22-23 - "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."
- Psalm 33:4 "For the word of the LORD is right and true; he is faithful in all he does."







#### Devotional: Hope Anchored in God's Faithfulness

Hope can feel fragile when your child steps away from faith. The pain and unanswered questions may tempt you to despair. Yet, Lamentations 3:22–23 serves as a powerful anchor for hope in God's unwavering love and mercy. His compassions are new every morning, reminding us that every day carries fresh opportunities for healing and restoration.

Hebrews 10:23 encourages us to hold fast to our hope because God is utterly faithful to His promises. Psalm 33:4 echoes this truth, affirming that all God's words and works are reliable and true.

By clinging to these truths, you nurture hope even when circumstances feel bleak. This hope is not wishful thinking but a confident expectation built on God's character and faithfulness.







## Reflect and Apply

1.	How has God shown His faithfulness to you during past trials?
2.	What does hope rooted in God's character look like in your daily life?
3.	When do you find it hardest to hold onto hope, and how can Scripture speak into those moments?







### **Journaling Prompts**

1.	Write about a time when God's compassion renewed your hope.
2.	List the promises of God that bring you reassurance.
3.	Journal your hopes for your child weighed against God's faithfulness.







#### Prayer for Today

God of unfailing mercy, remind me daily of Your great love and compassion.

Help me to hold unswervingly to the hope I have in You, even when circumstances are hard. Renew my strength every morning, and assure me that Your promises are true and everlasting. Thank You for Your faithfulness that never fails.

May my hope remain steadfast because of You. Amen. 🙏 🔼 💙























Day 5: 
☐ Patience in the Waiting Season

#### Your Verse

Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."
- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary."







Day 5: 

☐ Patience in the Waiting Season

#### Devotional: Enduring with Patient Hope

Waiting is one of the hardest parts when your heart yearns for your children's faith restoration. Galatians 6:9 encourages us not to grow weary or give up, assuring that a harvest will come in God's perfect timing.

Psalm 27:14 calls us to be strong and take heart while waiting on the Lord, strengthening our inner resolve by resting in His faithfulness. Isaiah 40:31 offers promise for the weary: those who hope in the Lord will renew their strength and find perseverance to endure the waiting.

Patience is not passive resignation but an active trust and hope that God is working even when you cannot see immediate results. Your consistent love and prayerfulness plant seeds that will produce fruit in God's timing, not yours.







Day 5: 🔀 Patience in the Waiting Season

## Reflect and Apply

	How do you respond emotionally to the waiting season regarding your child's faith?
2.	What spiritual practices help you stay patient and hopeful?
	How can you remind yourself that waiting is part of God's plan for growth?







Day 5: 🔀 Patience in the Waiting Season

### **Journaling Prompts**

1.	Describe your feelings about waiting and trusting God's timing.
2.	Write a prayer asking God to renew your strength in moments of weariness.
3.	List activities or scriptures that refresh and sustain you during long waits.







Day 5: 

✓ Patience in the Waiting Season

#### Prayer for Today

**Lord, teach me patience in this season of waiting.** When I feel weary and discouraged, renew my strength and help me hold fast to hope. Remind me that You are working even when I cannot see the harvest. Give me courage and persistence to continue loving and praying faithfully. Thank You for being my strength and refuge.

May I soar on wings like eagles because of You. Amen. 🙏 🞏 🔀

















#### Your Verse

John 13:34–35 – "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

#### **Supporting Scriptures**

- 1 Corinthians 13:4–7 "Love is patient, love is kind... it always protects, always trusts, always hopes, always perseveres."
- Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."







#### Devotional: Embracing Christ's Unconditional Love

Christ's love is the model for how we continue to love our adult children, especially when they walk away from faith. In John 13:34–35, Jesus commands us to love one another as He has loved us—selflessly, sacrificially, and unconditionally.

Paul's description of love in 1 Corinthians 13 reminds us that love perseveres through patience and kindness, trusts even when hope seems distant, and always protects and endures hardships.

Romans 5:8 reveals the ultimate love example—Christ's love demonstrated by dying for sinners. This radical love empowers us to love our children not only in good times but also when they stray.

While loving like Christ may feel impossible at times, remember it's His love working through you. Continue to extend grace, forgiveness, and open arms, trusting God to transform hearts in His perfect time.







## Reflect and Apply

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### **Journaling Prompts**

	Write a letter to your child expressing love and grace, inspired by Christ's love.
2.	Reflect on times God's love empowered you to love difficult situations.
3.	Identify practical ways to show loving kindness to your child this week.







#### Prayer for Today

Jesus, teach me to love as You love. When my heart is heavy and hope feels distant, fill me with Your patient, kind, and enduring love. Help me to extend grace and forgiveness, trusting that Your love can reach even the hardest places. May my love be a testimony to Your saving power and faithfulness. Use me as Your vessel of unconditional love.

Thank You for loving me first and teaching me to love well. Amen. 🙏 💙 🖏













## Day 7: 🗱 Holding On to Hope and Trust









Day 7: 🗱 Holding On to Hope and Trust

#### Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







Day 7: 🗱 Holding On to Hope and Trust

#### Devotional: Overflowing with Hope and Peace

As this study concludes, the invitation is to hold tightly to hope and trust in God's goodness. Romans 15:13 prays that God, the source of hope, fills you with joy and peace as you lean on Him. This trusting relationship allows hope to overflow through the power of the Holy Spirit.

2 Corinthians 12:9 reminds you that God's grace is sufficient even in your weakest moments. His power is perfected there, giving you strength beyond your own resources.

Philippians 4:6-7 offers a pathway out of anxiety: through prayer, petition, and thanksgiving, you can present all your concerns to God and receive His peace that guards your heart and mind.

Your journey with your adult child's faith walk is ongoing, but God's promises remain constant. Keep resting in His grace, praying with hope, loving without giving up, and trusting the Lord to work all things for good.







Day 7: 🎇 Holding On to Hope and Trust

## Reflect and Apply

1.1	How can you cultivate joy and peace even amid ongoing challenges?
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	What does depending on God's grace in your weakness look like right now?
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	How will you intentionally present your worries to God rather than carry them alone?
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Day 7: 🎇 Holding On to Hope and Trust

### **Journaling Prompts**

1.	Write a prayer of surrender asking God to fill you with hope and peace.
2.	Reflect on how the Holy Spirit has helped you during difficult times.
3.	Journal ways to nurture your trust in God moving forward.







Day 7: N Holding On to Hope and Trust

#### Prayer for Today

God of hope, fill me with joy and peace as I trust in You. When I feel weak, remind me that Your grace is enough and Your power is made perfect in me. Help me to give You every worry and request with thanksgiving. Let Your peace guard my heart and mind, strengthening me for this journey. Empower me to continually hope and trust, knowing You are faithful and good.

Thank You for Your unwavering presence and love. Amen. 🙏 🌈 🖏













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