



PART 2: COACH WITH RESTRAINT

CONNECT

Take a few minutes to discuss this question in your group:

What's something you swore you'd never do when you got older that you now do all the time?

LEARN

Before watching the video together and discussing the questions below, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, thank you for trusting us with the privilege of parenting. Give us wisdom as we navigate relationships with our adult children. Help us respond with grace, listen well, and reflect your love in the way we support and encourage them. Amen.

After praying, watch the video for Part 2.

APPLY

After the video, discuss the following questions as a group:

1. What's one thing that feels different about your relationship with your adult child (or children) compared to when they lived at home?
2. If you had to point to one thing that makes relationships with adult children challenging, what would it be? Why?
3. Read **James 1:19**.

Everyone should be quick to listen, slow to speak and slow to become angry.

Why do you think being quick to listen and showing restraint become especially important in relationships with adult children?

4. Which of the three shifts feels most challenging for you right now and why?
 - Moving from counselor to coach
 - Moving from reacting to restraint
 - Moving from pressure to invitation



5. Unsolicited advice can feel like criticism to our adult children. Why is our intent irrelevant? What does it look like to support and encourage our children when we're tempted to "advise" them?
6. What are some practical ways you can create a welcoming environment that helps your adult children want to stay connected?

MOVING FORWARD

This week, practice asking more sincere questions and offering fewer unsolicited suggestions. Look for one opportunity to respond with curiosity, encouragement, or restraint instead of advice.

PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

Heavenly Father, help us become parents who are full of grace, wisdom, and encouragement. Teach us to listen well, respond gently, and create relationships marked by trust, warmth, and love. Give us wisdom to support our adult children in healthy ways during this season of life. Amen.