

Parents in Pain

Coping with the heartache of having loved ones turn from the Christian faith

INTRODUCTION

“But you my friends, keep on building yourselves up on your most sacred faith. Pray in the power of the Holy Spirit, and keep yourselves in the love of God, as you wait for our Lord Jesus in his mercy to give you eternal life.”

JUDE 20-21



The **Parents in Pain** Bible studies have been designed to help parents cope with the heartache of having loved ones turn from their Christian faith.

We suggest that these studies are conducted in a group setting. This allows for mutual sharing and ensures that parents receive support and encouragement from others who are on a similar journey.

This study is not designed to be a therapy or counselling session. If this study raises deeper issues, please speak to your pastor or seek counselling support. These studies are designed to be a guide and we encourage you to allow the discussion to organically unfold as your group's needs are uncovered.

Parents in Pain is designed to be completed over four sessions.

SESSION 1 - You are not alone (COMFORT)

You will begin to confront the fear and pain over the heart-wrenching experience of seeing your children reject the faith.

SESSION 2 - What went wrong? (REFLECTION)

You will explore some of the factors which led your child to turn away from God. It has the goal of gaining a deeper understanding of yourself and your child/ren.

SESSION 3 - Wrestling with the guilt (LETTING GO)

Deals with the important distinction between appropriate and inappropriate guilt and how to best respond to both of these.

SESSION 4 - Just keep loving them (HOPE)

Some positive strategies for coping and for encouraging your child/ren to reconnect with the Church and their faith.

The format we use follows the headings: **Story, Reflect, Context, Read, Talk, Pray and Bless.**

Story – this is used to capture the essence of the topic. It may take the form of a testimony or a reflection. This allows participants to begin thinking about the main topic of discussion.

Reflect – choose from the selection of questions provided allowing participants to get to know one another and share their thoughts. You are invited to discuss as many questions as you would like or to come up with your own.

Context – provides a more in-depth understanding of the topic.

Read - provides the Biblical foundation.

Talk - questions and conversation starters to discuss and dig into the topic and the Bible readings.

In the **Pray** and **Bless** sections we provide some starter prayers or prayer points for you. We provide a blessing you can bless each other with as you depart.

We pray this resource is an opportunity to support the parents in your congregation who are struggling with this painful issue. Please contact Grow Ministries if you have any questions, or would like to know more about other resources we provide.

Blessings, **The Grow Ministries team**

