



ONTRACK
PARENTING

THE PHASES OF PARENTING: COLLEGE AND BEYOND

Reflection/discussion guide

- Go back in time and remember when you were in college. What were some of your hopes, stresses, and fears that you had?
- As you move from a coach to a consultant in your child's life, what excites you about that change? What fears do you have about that change?
- As mentioned in the video, the asks from our kids are going to come less, so how do we make ourselves available to our kids in spite of that?
- How did your parents let you fall, but make sure that you fell forward? What are some areas in your child's life that you can help them fall forward in?
- The spiritual goal for this phase is to help them reproduce their faith. How can you help prepare them to do that with their friends and their future family? What steps can you take today?
- In this video we talked about the importance of your child having a "Home Team" of a church, and adults that are going to help them grow in their faith. How can you help your child find a "Home Team"?

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Philippians 4:6-7

Moving into the consultant phase can be scary, and stressful, but God wants to give you peace. Take some time to pray for yourself and your child as you move into this next phase.

SADDLEBACK
PARENTS
HELPING PARENTS WIN!