



When a Loved One Strays from the Faith



HomeWord

HELP | HOPE | FAMILY



@drjimburns.com

When a Loved One Strays from the Faith

From Heartache to Hope

- Meet Eric
- Stay in the Story
- Build a Circle of Support



- Create a Welcome Mat Culture with Your Adult Child
- You Are Not Alone
- Never Give In, Never Give Up

Be the Adult in the Room

Principle 1: Embrace the Shift

Principle 2: Lead with Love

Principle 3: Improve the Relationship

Principle 4: Don't Be a Living Martyr

You Are Not Defined by Your Adult Child's Choices

The Risk of Overthinking

Here are a few signs that you are overthinking:

1. You're unable to think about anything else.
2. You become a one-topic parent.
3. You feel mentally and emotionally exhausted.
4. You fixate on things with your adult child that are out of your control.
5. You second-guess your parenting decisions of the past.
6. You can't stop worrying about your adult child's choices over which you have no control.
7. You constantly remind yourself of your mistakes in parenting or in life in general.
8. You spend time on the "what if" questions.

A Healthier Way

Reframe Your Mindset

Session 1:

Reframe Your Mindset Exercise

- **Fact:** Justin chose to live with and marry a difficult woman – they married because she got pregnant.
- **What else is true:** The baby girl is a beautiful gift from God.
- **What else is true:** Although they don't go to church, they asked one of Justin's sisters and brother-in-law, who are strong believers, to be their baby girl's godparents.
- **What else is true:** Justin wrote his mom a beautiful Mother's Day card and took her out for lunch.

Rise Above Your Circumstances

- Before Freedom Comes Pain
- Isolation Is Not Your Friend
- Adaptability Is Key
- Setting a Healthy Tone and Atmosphere

Setting Boundaries and Fostering a Good Relationship with Your Adult Child

Respecting Their Boundaries

The Benefits of Boundaries

Codependency and Boundaries

Here are some of the characteristics of co-dependence with an adult child:

- excessive control
- excessive care-giving
- poor boundaries
- low self-esteem
- driven by fear
- always attempting to rescue
- being manipulative, often indirect manipulation
- denial that they are practicing codependency
- undisciplined words and actions
- enabling

Codependent Relationship Quiz

1. Do you have a tendency to ignore or minimize your own feelings?
2. Do you often do things for your adult child that you really don't want to do just to make your child happy?
3. Do you have an excessive need to make your adult child happy?
4. Do you tend to sacrifice and neglect your own needs and desires?
5. Do you have an excessive need to get approval from others?
6. Do you tend to apologize or take the blame to keep the peace and avoid conflict?
7. Do you have excessive concerns about your adult child's habits or behaviors?
8. Do you experience guilt or anxiety when doing something for yourself?
9. Do you take on more work than you can handle to lighten your adult child's load?

The Deconstruction of Your Adult Child and What to do About it (or really any loved one who strays from faith)

Deconstruction...What is it?

In it's simplest form, deconstruction is kind of like a death of a person's belief in God or the church.

The Anatomy of a Lost Faith

1. Neglect
2. Drift
3. Disbelief
4. Disobedience
5. Insensitivity to God
6. Forfeiting Spiritual Purpose

The Three Categories of "Dropouts"

Nomads

Prodigals

Exiles

"We do not draw people to Christ by loudly discrediting what they believe, by telling them how wrong they are and how right we are, but by showing them a light that is so lovely that they with all their hearts will want to know the source of it."
— Madeleine L'Engle

5 Things to do When Someone is Deconstructing

1. Maintain a climate of openness and grace.
2. Recognize that God is sovereign and that you are not.
3. Doubters are accepted here.
4. Refuse to blame yourself
5. Continue to influence them.

Estrangement: Hope and Healing

Tina Gilbertson:

"It's not about who's right or wrong- It's about mending fences."

Seek counsel.

Embrace I'm sorry

Embrace a Relationship with Different Views

Write a letter

Do:

- Acknowledge the estrangement
- Lead with love
- Be kind
- Be clear that your hope and prayer is reconciliation
- Be respectful
- KEEP IT SHORT

Don't:

- Bring up the issues in the letter
- Be defensive
- Get lost in the weeds of relationship
- Vent your frustration
- Blame

The goal of the letter or email is to reestablish the connection and change the tone of the relationship.

Take Time to Heal

*Being confident of this,
that he who began a
good work in you will
carry it on to completion
until the day of Christ
Jesus. Phil. 1:6*

WHEN A L O V E D O N E S T R A Y S F R O M T H E F A I T H

Breaking Down Walls and Building Bridges

1. Treat Them with AWE

A: Affection:

W. Warmth:

E: Encouragement

2. Healthy Connection

3. Place Your Hope in God