

LIFE Talk • April 29, 2026

SHALOM—WHOLENESS, PEACE, WELLNESS

Grow in the grace and knowledge of Jesus Christ. 2 Peter 3:18



TODAY'S TOPIC

Parenting After the Nest is Emptied

Parenting doesn't stop when our kids reach 18 or 21 or even when they leave home. Parents face new challenges-midlife crisis, empty nest syndrome, sandwich demands, in-laws, grandparenting, how much to try to influence, what, financial support, etc. Dr. Jack will discuss these challenges and explore helpful ideas in this last stage of parenting.

ABOUT OUR PRESENTER

Dr. Jack Stoltzfus



Dr. Jack Stoltzfus is a clinical psychologist and America's Launch Coach.™ His mission is to help parents launch their young adult to self-sufficient, responsible independence while maintaining a caring bond with their parents. He is a clinical psychologist who counsels parents and writes about his young adult challenges, his current role as a parent of adult children, and his extensive experience working with parents struggling to balance love and backbone in the letting-go process. In 2019, he wrote a book entitled *Growing Apart: Letting Go of Our Adult Children*, which addresses the parenting challenge after kids leave home. His recent book is entitled *The Parent's Launch Code: Loving and Letting Go of Our Adult Children*. Website: parentslettinggo.com

MINISTRY SURVEY: LIFEU

surveymonkey.com/r/MS_LIFEU

We have a brief survey inviting your feedback. Your insights will help our leadership team strengthen community and better steward our ministries. As a participant in LIFEU, your feedback is invaluable! Please complete the survey by May 8 by using the link above or scanning the QR code. Stop by the Welcome Desk for assistance if you are having difficulty accessing the survey online.



Replay videos available at saintandrews.org/LIFEU.

LIFE Group Sheet

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GETTING STARTED

Share in a spiritual practice, discuss an igniter question, and/or begin with prayer.

Creator God, thank you for the opportunity to gather with each person here, to grow in faith and knowledge together, and for the gift of your Holy Spirit. Bless our time, our conversation, and how we care for one another. Amen.

FIRST IMPRESSIONS

Briefly share (in pairs or 3s) your initial reaction to what you heard in the LIFE Talk.

Prompts: What stood out to you? What is stirring inside of you? What are you thinking, feeling, or wondering about?

DIGGING DEEPER

Question 1: Who in your immediate or extended family needs to hear that you cherish them, you love them unconditionally, and nothing they say or do can break this bond?

Question 2: Who in your immediate or extended family is estranged (not talking to another family member), and what opportunity do you have to address this through apology and forgiveness?

Question 3: What opportunities do you have to show both love and backbone in your immediate or extended family? An opportunity to say no, set boundaries, and allow a family member to face consequences, but done in love?

CLOSING PRAYER

Offer a prayer to draw your time to a close, using one of your own or the one below.

God of wisdom and beauty, thank you for this time together. Help us as we live out our faith this week and share what we have learned. Make us instruments of your peace and healing love, as we grow in grace and knowledge of Jesus. In Christ's holy name we pray, Amen.

To join a LIFE Group, contact Sue Lennartson at slennartson@saintandrews.org