

**SIGNIFICANCE + GOAL
OF THE MILESTONE:**

Letting Them Grow equips parents to embrace their child’s growing independence by shifting from hands-on leadership to intentional support. This milestone emphasizes trusting God’s work, creating space for faith and decision-making, and remaining a steady, connected presence. It’s about releasing control while encouraging growth and trusting God to shape them into who He created them to be.

SESSION TOPICS:

- 1 They’ve Launched: Where They Should Be
- 2 Your New Role: Where You Should Be
- 3 Navigating Challenges: When Life Doesn’t Go As Planned
- 4 Side-by-Side Faith: Building Adult Discipleship Rhythms

**MILESTONE 7:
Letting Them
Grow**



**WHY A LIFE MAP
MILESTONE PATH?**

Milestones mark key moments in our lives where we see God’s faithfulness and growth in every area. At Grace, our Life Map Milestone Path helps families pause, reflect, and realign with God’s purposes.

Each stage brings new challenges and opportunities, and the Milestone Path equips parents with biblical guidance, practical tools, and intentional planning to disciple their children with clarity and purpose.

Engaging in this lifelong plan strengthens individuals and reinforces the God-given role of parents and grandparents in their child’s life. We would love for you to join us!

Visit gcc.org/milestones to find out how your family can get started on this journey.



**MILESTONE 7
LETTING THEM GROW**

AGES 18+



EMBRACE THE SEASON, ENGAGE THE MISSION

Every stage is a new stretch of trail. Walk it with insight and intention.



HOW THEY PRIMARILY LEARN (AGES 18+)

- 1 Experience and Consequences:** Real-life situations—relationships, finances, job performance, and moral decisions—become their classroom.
- 2 Curiosity and Exploration:** They often explore a variety of beliefs, perspectives, and communities to test what they've been taught.

- 3 Struggle and Transition:** Challenges such as loneliness, doubt, failure, and change often lead to the most growth.
- 4 Mentorship and Community:** They are drawn to wise, authentic adults who don't lecture but walk alongside them.
- 5 Purposeful Living:** They learn best when they see how faith intersects with their vocation, calling, and the brokenness of the world.

WHAT PARENTS SHOULD KNOW

- 1 Searching for Identity, Belonging, and Purpose:** Faith must connect to who they are, where they belong, and why they're here.
- 2 May Pull Away to Reevaluate:** Don't panic. Questions and even seasons of disengagement can be part of owning their faith.
- 3 Want to Be Taken Seriously:** Treat them as capable adults, even if they're still figuring things out. Respect invites relationship.
- 4 Need Support, Not Control:** Your job shifts from coach to cheerleader. Encourage them through showing support and by being a faithful presence in their lives.
- 5 Watching for Authenticity:** Be real. Be humble. Be consistent. They need to see the work of the Holy Spirit in the lives of those they look up to.
- 6 Crave Community:** Isolation is a real threat. Help them find or build community within a local church and with Christian friends, even if it takes time.
- 7 Want Their Faith to Make a Difference:** Connect their gifts and passions to kingdom work. Show them how faith fuels justice, compassion, and vocation.

EVERYDAY MOMENTS, ETERNAL IMPACT

Discipleship doesn't have to be complicated to be powerful.

BEST METHODS FOR ENGAGING (AGES 18+)

- 1 Be a Listening Presence:** Let them process openly. Ask questions more than giving answers. Earn the right to speak into their life. Unsolicited advice is usually taken as criticism.
- 2 Provide Relational Discipleship:** Encourage them without being intrusive. Be caring without enabling dependency. Focus on conversation rather than lecture. Parent with AWE (Affection, Warmth, and Encouragement).
- 3 Integrate Faith and Life:** Help them connect theology to everyday decisions - dating, work, justice, money, identity, politics, purpose. Meet them on their territory and become a student of their culture.
- 4 Model Resilient Faith:** Be open about your own doubts and how you've clung to Jesus in both failure and success.
- 5 Encourage Ownership:** Permit them to step fully into adulthood by taking responsibility for their choices, good or bad. Allow them to live out their faith without you bailing them out or directing their next step.

TOOLS FOR THE JOURNEY AHEAD
SCAN QR CODE FOR RESOURCES

Because the right resource at the right time makes all the difference.

