



to “be ever captivated” by your spouse? You may just need to reintroduce yourself (“Hi, I’m that guy who asked you out a couple of decades ago,” or “I’m that girl you met on the missions trip”) and start rediscovering some of your earlier passions and dreams.

### **STEP THREE: Rediscover your children**

During earlier parenting stages, you had some fairly clear lines of authority and control, especially when it came to your house rules. Those lines blur as your children become independent—even if they boomerang back home for a season. Now is the time when your influence is built upon strong relationship rather than direct control. Your efforts will focus on coaching your children into self-sufficiency and into pursuing marriage and building families of their own. This season requires a lot of trust because “sideline coaching” is all you can offer rather than step-by-step direction. But this season also gives you a vantage point to see the time and effort you’ve invested into your children in a different light—especially as they begin to take ownership of the values you’ve tried to instill (Psalm 78:3-7) and watch them discover God’s plan for their lives.

## **GOING FURTHER - Resources**

### **Recommended Books:**

[\*Second Half of Marriage\*](#) (by David and Claudia Arp) addresses eight challenges of the empty-nest years.

[\*10 Great Dates for Empty Nesters\*](#) (by: David Arp, Claudia Arp)  
It's just the two of you again and it's time to renew your relationship. You can reconnect and reclaim that same spark, excitement, and creativity you experienced before you had kids.

[\*Half Time\*](#) (by Bob Buford) Reaching midlife doesn't have to be a crisis. It is actually an opportunity to begin the better half of life.

### **Recommended Websites:**

Go to <http://family.custhelp.com> [www.familylife.com](http://www.familylife.com) [www.focusonthefamily.com](http://www.focusonthefamily.com) or [www.crosswalk.com](http://www.crosswalk.com) and enter “Empty Nest” in the search bar. The all provide a wide range of articles, resources and referrals.

