

If You Started This Class, It Would Fill Up

There are many parents of adult children who are going through a hard time and are hurting. They may have adult children in addictive lifestyles. Some grandparents are rearing (or helping to rear) their grandchildren. A newer trend is adult children who have cut their parents off. Certainly, some children have been abused and need to protect themselves, but that isn't what we're talking about here. We speak here of parents who are being cut off for other reasons, who don't deserve this treatment. Sometimes, it's about political disagreement. There are sons and daughters-in-law who keep their in-laws at arm's length from the family. There are many variations on this theme. Provided below is a description of this trend, and links to articles on this subject. This represents a ministry opportunity for the church! On page 3, we offer some ideas for a ministry plan.

When Adult Children Cut Off Their Parents

Posted on Facebook – looking for the source so we may give proper attribution.

There's a rising trend in our culture that very few people want to talk about: adult children cutting off their parents.

I'm not talking about abuse situations or dangerous relationships. I'm talking about loving, flawed parents who raised their children, gave sacrificially, and are now being completely shut out with no warning, no conversation, and no willingness to reconcile.

According to research, the vast majority of estrangements between parents and adult children are initiated by the child, not the parent. Often, the parent doesn't even fully know why. One day, the phone calls stop. The texts go unanswered. The holidays are silent. And when you finally hear something, it's often a list of offenses you didn't even know existed.

Why is this happening?

Because our culture now teaches that anyone who doesn't "support how you feel" is toxic. Therapy-speak has replaced honor. TikTok influencers and pop psychology encourage cutting people off as an act of self-love.

Many adult children are now rewriting their childhoods, relabeling boundaries as trauma, and tossing aside their parents like disposable relationships.

This is rebellion. It's spiritual deception. It's pride disguised as empowerment.

Scripture warned us this would happen:

“In the last days, people will be lovers of themselves... disobedient to parents, unthankful, unholy, without natural affection.” (2 Timothy 3)

If you’re a parent going through this, you’re not alone. You’re not crazy. And you’re not a failure. The enemy is after families, and this is one of his most effective tools right now - deception and division.

These parents still have something to give. Love, advice, presence. Not perfection but something real. And now it just sits there, wasted. Not because they failed but because their children decided they were no longer worth the effort. That is the heartbreak no one talks about.

But God sees. He knows the truth. Keep praying. Stay grounded. Tell your story. Refuse bitterness. And don’t stop believing that the prodigals can still come home.

Below, you will see that there is a Facebook page to give support to such parents and links to multiple articles one can find online on this subject, though not necessarily from a Christian perspective.

Facebook: Support Page for Parents of Estranged Children

<https://www.facebook.com/p/Support-Page-for-Parents-of-Adult-Estranged-Children-100064930350321/>

Examples of Related Articles:

[Why Some Grown Kids Cut Off Their Parents | Next Avenue](https://www.nextavenue.org/why-some-grown-kids-cut-their-parents/)

<https://www.nextavenue.org/why-some-grown-kids-cut-their-parents/>

[Unpacking the Epidemic of Parental Estrangement | Psychology Today](https://www.psychologytoday.com/us/blog/from-fear-to-intimacy/202405/unpacking-the-epidemic-of-parental-estrangement?msocid=263334315fab6a54049a22335e826bc0)

<https://www.psychologytoday.com/us/blog/from-fear-to-intimacy/202405/unpacking-the-epidemic-of-parental-estrangement?msocid=263334315fab6a54049a22335e826bc0>

[Family estrangement: Why adults are cutting off their parents - London Daily](https://londondaily.com/family-estrangement-why-adults-are-cutting-off-their-parents)

<https://londondaily.com/family-estrangement-why-adults-are-cutting-off-their-parents>

[The Why and How Behind Adult Children Cutting Off Their Parents](https://firstthings.org/adult-children-parents/)

<https://firstthings.org/adult-children-parents/>

Ideas for a Ministry Plan:

1. **Start with an Event.** A conference for parents in this situation. Hold it on a weeknight or on a Friday and Saturday. Bring in a Christian counselor to speak. Promote the event using social media and direct mail. There are many secular people experiencing this problem. You will have church members in this situation; ask them to help you spread the word to others they know. Make the event nice and create a tone of encouragement and healing.
2. **Start a Sunday School Class (Small Group or Life Group or whatever you call them at your church) for these parents.** Now, here's the deal: You don't want this one problem to be the topic of discussion *every time* the class meets. You will launch the class with a series of Bible studies on this subject. From time to time, as new Christian material is produced on a related issue, you may use that for some weeks. On most Sundays, however, you are teaching the whole counsel of God, covering all of Scripture. Each and every week, the class members are with people who understand their situation and support them. And the class prayer time will be meaningful and powerful.
3. **Maintain a Good Referral List.** Be able to connect these parents with Christian Family Counselors, Christian organizations in your area who assist people with addiction, and so forth. Be ready to make timely referrals when the opportunities come.

A Book from a Christian Perspective:

Doing Life with Your Adult Children: Keep Your Mouth Shut and the Welcome Mat Out
by Jim Burns (Grand Rapids, MI: Zondervan, 2019)

[christianbook.com](https://www.christianbook.com/):

<https://www.christianbook.com/children-welcome-unabridged-audiobook-slightly-imperfect/9781978671133/pd/671131DA?event=ESRCN>

[Amazon](https://www.amazon.com/dp/0310353777/?bestFormat=true&k=keep%20your%20mouth%20shut%20and%20the%20welcome%20mat%20out&ref=nb_sb_ss_w_scx-ent-pd-bk-d_de_k0_1_20):

https://www.amazon.com/dp/0310353777/?bestFormat=true&k=keep%20your%20mouth%20shut%20and%20the%20welcome%20mat%20out&ref=nb_sb_ss_w_scx-ent-pd-bk-d_de_k0_1_20

[Logos](https://www.logos.com/product/156369/doing-life-with-your-adult-children-keep-your-mouth-shut-and-the-welcome-mat-out?queryId=0be8957e69ea16d50253bca512587db3):

<https://www.logos.com/product/156369/doing-life-with-your-adult-children-keep-your-mouth-shut-and-the-welcome-mat-out?queryId=0be8957e69ea16d50253bca512587db3>

Find more ideas and resources like this at: smalltownbaptist.net