

THE EMPTY NEST YEARS

Achieving the long-term goal of raising and launching children is one of those milestones in life that can lead to surprising emotions. One day you might feel relieved to catch your breath after such an intense marathon and then the next day you miss the busyness – especially the ever-present relationships that went with it. Whether you are approaching, just hitting or deep into the empty nest season you are likely experiencing a range of feelings that can leave you asking yourself, “What next?”

**This would be a great time to take steps toward
rediscovery in your life.**

Empty Nest Syndrome

The Empty Nest Syndrome refers to feelings of depression, sadness, and/or grief experienced by parents and caregivers after children come of age and leave their childhood homes. This may occur when children go to college or get married. Women are more likely than men to be affected. Often, when the nest is emptying, mothers are going through other significant life events as well, such as menopause or caring for elderly parents. (Psychology Today)

STEP ONE

Rediscover Your Marriage

The years after the children leave home are an ideal time to rekindle your relationship with your spouse. Married couples may feel like the tsunami of kids that swept in and out has left you needing to rediscover the person to whom you said “I do” so long ago. Proverbs 5:18-19 says, *“May your fountain be blessed, and may you rejoice in the wife of your youth.”* After this intense stretch of parenting, how can you find fresh ways to rejoice in the marriage of your youth and to “be ever captivated” by your spouse? You may just need to re-introduce yourself and start rediscovering some of your earlier passions and dreams.

STEP TWO

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, 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. Best of all you can begin to enjoy adult to adult friendship with your children which will bring new joys and rewards.

STEP THREE

Rediscover Your Mission

A major segment of your life up to this point has been committed to serving and guiding your children. That faithful and daily focus on those within your home has been preparing you for broader service. In 1 Timothy 3:5 Paul asks the question, *“If anyone does not know how to manage his own family, how can he take care of God’s church?”* Another way to see that passage is that those who have managed their

families have learned a couple of things about how to care for God's church – how to love, forgive, guide, lead and encourage. Such characteristics developed in the last season, as well as the additional time and resources that often come with an empty nest, can equip you for a whole new world of opportunities to fulfill your mission during this exciting season of life.

The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the Lord; they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him. Psalm 92:12-15

This season of life can be rewarding and satisfying as couples submit to the Lord and seek His plans and will for their lives. Take time to reflect and reassess your walk with the Lord. The empty-nest years are a good time for growing in faith with your spouse, spending more time in prayer and Bible study and finding new ways to serve in your church and community.

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RESOURCES

Half Time: Moving from Success to Significance

by Bob Buford

The second half of your life can be better than the first. Much better. But first, you need time to figure out what you want to do with the rest of your life.

Second Half of Marriage: facing the eight challenges of the empty-nest years

by David and Claudia Arp

This will challenge you to create a vision for the rest of your life together - and inspire you to make that vision a reality.

Married and Still Loving It: The Joys and Challenges of the Second Half

by Gary Chapman and Harold Myra

Offers wise counsel and practical insight on making your marriage thrive during the later years and will equip you to embrace the adventures yet ahead.

Barbara and Susan's Guide to the Empty Nest: Discovering New Purpose, Passion, and Your Next Great Adventure

by Barbara Rainey and Susan Yates

Offers practical advice and biblical guidance, along with inspiring personal stories of women who have discovered how to live a meaningful life during the "second half."
