

THE PRODIGAL PARENT SURVIVAL PACK

A one-page peace guide for parents standing in the gap.

WHEN I'M TRIGGERED — QUICK PRAYER

Father, steady my emotions. Quiet my fears. Help me respond in wisdom, not reaction. Remind me You love my child even more than I do. Cover us both in Your peace. Amen.

SCRIPTURES TO PRAY

Psalms 32:8 — He will instruct and guide.
Isaiah 54:13 — Great shall be their peace.
Jeremiah 24:7 — A heart to know Him.
Ezekiel 36:26 — A new heart and new spirit.
Luke 15:20 — Restoration is always possible.

CONVERSATION SCRIPTS

When they're angry: "Let's pause and talk when we're both calm."
When they want more than you can give: "I love you. I can't do that, but I believe in you."
Boundary: "I want a healthy relationship. Here's what I can offer..."
When distant: "Thinking of you today. No pressure to respond."

HOPE REMINDERS

God is working even when unseen.
My child's story is not finished.
Hope is anchored in God's character.

EMOTIONAL GROUNDING

1. Unclench jaw + breathe slowly.
2. Speak truth: "God is here. God is near."
3. Reset with John 14:27.
4. Ask: "What is the peaceful next step?"

DAILY PRAYER

Father, I lift my child to You. Calm their storms. Heal what I cannot. Surround them with Your truth, Your power, and Your love. Guide me with wisdom and peace. Amen.