

# DDD

*Dad Deep Dive*

Podcast

## The Empty Nest

Steve Ray  
Episode 7

### Synopsis

Steve Ray discusses his perspective navigating the many issues that often arise when you launch your kids into adulthood aka -The Empty Nest. In this new season of life, it can be a period of adjustment that includes embracing the opportunity for renewal in your marriage, understanding how to shift from being a parent or "manager" to the role of being a mentor, learning how to communicate with your adult kids, and most importantly, identifying what you need and what they need. Recognizing this shift can help in developing and strengthening your relationship with them as they continue through adulthood.

## deeper reflections

- What is your communication style with your adult kids? Is it working? Identify what ways you could improve this?
- In what ways can you support your spouse if he/she is having difficulty with this new season of life?
- Have you discussed what you need from them and defining expectations and boundaries ex: preferred communication (text, email, etc), Financial, school, job, dating, marriage issues, where they live, in-laws, involvement in their day to day problems
- How would you describe the difference of: "managing" versus "mentoring"; "advise and listen" versus "control" and "you should do this.."
- Have you asked the question lately " what do you need from me"?

Steve Ray is the husband of Holly (more recently Dr. Holly Ray), dad to Austin (father-in-law to Eleanor) and Tyler, and "pawrent" to our latest addition "Millie" the Cavapoo. He has been the Worship Pastor at Magnolia's First Baptist Church, in Magnolia, TX since 2005. He also served as a student minister for eight years at Jersey Village Baptist Church. In between, He spent time working in computer support between those two churches. Steve and Holly launched their last child from the nest in 2015.