



A FREE 2-DAY TASTE

When Your Teenager Pulls Away

*14 days of hope for the parent
who's still praying*

THE STILL PRAYING COLLECTION • NO. 1



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You Were the First to Notice

READ: Psalm 139:1–12

“Where can I go from your Spirit? Where can I flee from your presence?”

— Psalm 139:7 (NIV)

You noticed before anyone else did. Parents usually do. The songs that stopped. The Bible collecting dust on the nightstand. The way “I don’t feel like going” turned from an excuse into a pattern, and then into a Sunday morning nobody argues about anymore.

Maybe the quiet is the part that unsettles you most. An argument at least meant they were still engaged enough to push back. Silence feels like a door that closed while you were in the next room.

Here is the first thing this guide wants to hand you: you are not the only one who noticed. Psalm 139 says there is nowhere your child can go, no mood, no doubt, no distance, where God’s presence does not already wait for them. Not the bedroom with the closed door. Not the friend group you worry about. Not the questions they will not say out loud.

You have been watching your teenager drift and feeling like the only lifeguard on duty. You are not. The God who knit your child together in the womb has not lost the thread now that they are fifteen.

So today, no action plan and no strategy. Just one reframe to carry: the distance you are seeing is real, but your child has not left God’s sight. You noticed because you love them. He noticed first, because He loves them more.

Let that be enough for day one.

REFLECT

1. When did you first sense your teenager pulling away, and what did you feel in that moment?
2. What changes when you picture God already present in the places your child seems distant?

TRY TODAY

Text your teen something with zero agenda today: a meme, a joke, a “this made me think of you.” Connection first.



Lord, thank You that my child is never out of Your sight, even when they feel far from mine. You saw them before I did and You see them now. Help me rest in that tonight.

This Is Not Your Report Card

READ: Lamentations 3:19–26

“Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

— Lamentations 3:22–23 (NIV)

Somewhere along the way, many of us absorbed a quiet equation: if I raise them right, they will stay. So when a child wavers, the math runs backward, and it lands on us. I must have missed something. I worked too much. I pushed too hard. I did not push enough.

You may know this from your own praying. You sit down to ask God for your child and the prayer collapses into an apology for yourself. Every request turns into a confession. You are grieving your child’s faith and prosecuting yourself in the same breath.

Friend, your teenager’s spiritual season is not your report card. Scripture is full of faithful parents with wandering children and broken homes that produced prophets. Faith is not an inheritance you can deposit like money. It is a living thing between your child and God, and God carries responsibility for it that you were never asked to bear.

Yes, you made mistakes. Every parent alive has, and you could probably name a few tonight without thinking hard. But Lamentations says His compassions never fail and they are new every morning. New for your teenager. New for you.

Today, notice when the guilt starts talking. You do not have to argue with it. Just refuse to let it sign its name as God, because condemnation is not His voice. His voice sounds like mercy, morning after morning after morning.

REFLECT

1. What specific guilt do you keep replaying, and what would you say to a friend who confessed that same regret to you?
2. How would your prayers for your teen change if you truly believed God’s compassion covers your parenting too?

TRY TODAY

Write down one parenting regret. Then write across it: “His mercies are new this morning.” Throw the paper away.



Father, silence the voice of condemnation in me, and let me hear Your mercy instead. You know exactly where I fell short, and You have already covered it. Let me pray for my child tomorrow without apologising for myself.



This is only the beginning

There are twelve more days waiting for you: the guilt that is not your report card, the father who didn't chase, the seeds growing in the dark, the questions that deserve gentleness. Find the complete 14-day guide in the Everyday Mercies shop on Etsy, and come say hello at everydaymercies.com.

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