

1. What “Letting Go” Means for Parents

When a child struggles with addiction, a parent’s heart breaks. The natural instinct is to hold on tighter — to control, to rescue, to fix. But in Christ, letting go doesn’t mean giving up on your child. It means placing them in God’s hands, trusting Him to do what you cannot.

Letting go means:

- Releasing the illusion that you can save them by yourself.
- Trusting God to love your child even more deeply than you do.
- Shifting from fear-driven control to faith-filled prayer.

Think of it this way: Imagine planting a seed: you water it, tend the soil, and protect it from weeds. But you cannot force it to grow. Only God brings life. Letting go means entrusting your child to the One who gives the increase.

Scripture: “Train up a child in the way he should go; and when he is old, he will not depart from it.” (Proverbs 22:6)

2. Steps to Help You “Give It to God” as a Parent

- **Acknowledge the pain.** Say it to God: “Lord, I can’t carry this alone.”
- **Release control.** Picture yourself placing your child in Jesus’ arms.
- **Stand in the gap.** Pray not from fear, but from love and faith.
- **Set boundaries in love.** Protect your own health and family while still offering grace.
- **Seek support.** Healing comes in community — lean on trusted believers who will pray and walk with you.

Daily Prayer Breath:

Inhale: “I release...”

Exhale: “...I trust You, Lord.”

3. Sample Letters of Empathy to a Child

Even when words feel impossible, a short letter can open a door.

Letter Example:

Dear [Child's Name],

I want you to know I love you — always. I know your journey has been painful, and I see the weight you carry. Addiction may try to define you, but it does not change my love for you. I cannot fix this for you, but I will walk beside you and trust God with your healing. You are my child, and nothing will ever erase that.

Love always,

Mom/Dad

4. Declarations of Identity for Parents

Speak these aloud when fear rises:

- I am not alone. God strengthens me. (Isaiah 41:10)
- I am a parent, but my child belongs first to God. (Psalm 127:3)
- I will not give in to fear. I will trust in the Lord. (Psalm 56:3)
- God is my refuge and strength. (Psalm 46:1)
- With Christ, hope is never lost. (Romans 15:13)

5. First Steps in Prayer

Prayer is your lifeline — not only for your child, but for your own heart.

One-Line Prayers:

- “Jesus, hold my child tonight.”
- “Lord, give me peace in the waiting.”
- “Father, heal what I cannot see.”

A Parent's Prayer:

Heavenly Father, I place my child in Your care today. Protect them, pursue them, and draw them to Your love. Guard my heart from fear, strengthen me with patience, and fill me with hope. Help me remember that You are faithful, and You never stop working. Amen.

Note: This kit is not about fixing your child overnight. It's about anchoring yourself in God's love, so you can walk in strength, hope, and peace while He does the deeper work in their life.