



## DISCUSSION QUESTIONS

### EPISODE 10: THE EMPTY NEST

featuring Paul and Traci Lowden-Stoole

1. What are some ways that you can prepare yourself for children leaving home?
2. Are there areas of yourself that you need to discover again once your children leave home? What are they?
3. Friendship in marriage is key during this time of transition and rediscovery. How can you actively invest in your friendship with one another?
4. As children grow older they start to wean themselves off you and it's important that you wean yourself off them too. What would this look like for you?
5. Take some time as a couple to discuss your hopes, plans and purposes in this new season of life.

