

A 7-Day Empty Nest Reading Pack

For parents in the first months after the last child leaves home.

KJV scriptures for parents whose children have left home — for the quiet house, the letting go, and the new season.

How to use this pack

- One page a day, ideally read together as a couple.
- Day four is about the marriage underneath the parenting.
- Keep the answers; this season lasts longer than you expect.

The seven days

Day 1 — The quiet house · Proverbs 22:6

Day 2 — A season ending · Genesis 2:24

Day 3 — Letting go · Psalm 121:8

Day 4 — The marriage underneath · 3 John 1:4

Day 5 — Identity beyond parenting · Isaiah 43:19

Day 6 — New usefulness · Psalm 92:14

Day 7 — Blessing them from a distance · Philippians 1:6

The house goes quiet in a way no one prepares you for. Empty nest is a real grief wrapped inside a genuine success — you raised them to go, and they went. These King James verses speak to the letting go, the identity shift, and the season that follows. They also speak to what does not change: your child is still under God's keeping, and your calling did not end at the front door.

The quiet house

Train up a child in the way he should go: and when he is old, he will not depart from it.

Proverbs 22:6 (KJV)

The promise you built on, now released

Devotion prompt

What do you miss most, and what — honestly — are you relieved about?

Write your answer

Pray it back to God before you close the page.

A season ending

Therefore shall a man leave his father and his mother, and shall cleave unto his wife.

Genesis 2:24 (KJV)

Leaving is God's design, not a failure

Devotion prompt

To every thing there is a season. What has ended, and what have you not let yourself grieve?

Write your answer

Pray it back to God before you close the page.

Letting go

The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

Psalm 121:8 (KJV)

God keeps them where you cannot

Devotion prompt

Where are you still managing an adult child's life? What would trusting God with them require you to stop doing?

Write your answer

Pray it back to God before you close the page.

The marriage underneath

I have no greater joy than to hear that my children walk in truth.

3 John 1:4 (KJV)

The joy that outlasts the daily raising

Devotion prompt

With the children gone, what have you and your spouse got to talk about? Choose one thing to do together weekly.

Write your answer

Pray it back to God before you close the page.

Identity beyond parenting

Behold, I will do a new thing; now it shall spring forth; shall ye not know it?

Isaiah 43:19 (KJV)

A new season, not an ending

Devotion prompt

Who are you now that the daily job is finished? Write one sentence.

Write your answer

Pray it back to God before you close the page.

New usefulness

They shall still bring forth fruit in old age; they shall be fat and flourishing.

Psalm 92:14 (KJV)

Fruitfulness after the children leave

Devotion prompt

What could you give the church or a younger family that you had no time for before?

Write your answer

Pray it back to God before you close the page.

Blessing them from a distance

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.

Philippians 1:6 (KJV)

God finishes what you started in them

Devotion prompt

Write a blessing for your child and send it. Then commit to praying it weekly.

Write your answer

Pray it back to God before you close the page.

More verses for this season

Keep this page for cards, texts, and the days when you need different words.

To every thing there is a season, and a time to every purpose under the heaven.

Ecclesiastes 3:1 (KJV)

Naming the change honestly

A prayer for this season

Father, we have handed back what was always yours. Fill this quieter house with purpose, keep our children close to you, and give us something new to build. Amen.

Practical ways to use these verses

- Write Psalm 121:8 in the card you send with them — it says what you cannot say at the car door.
- Isaiah 43:19 and Psalm 92:14 are the two verses for the parent asking "what now?"
- Read 3 John 1:4 on the days you miss them most.

Notes and prayer requests

Read the full collection, with every verse in context, at biblesundays.com/life-events/empty-nest-verses — free KJV verse collections, printables, and reading plans for every season of life. Free to print and share; please keep this page attached.