



PUBERTY

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GOD'S PLAN FOR MY
GROWING BODY



Day 6



Genesis 1:24-28
“Then God said,
“Let the earth
bring forth the
living creature
according to its
kind: cattle and
creeping thing and
beast of the earth,
each according to
its kind”; and it
was so. And God
saw that it was
good.”

Day 6

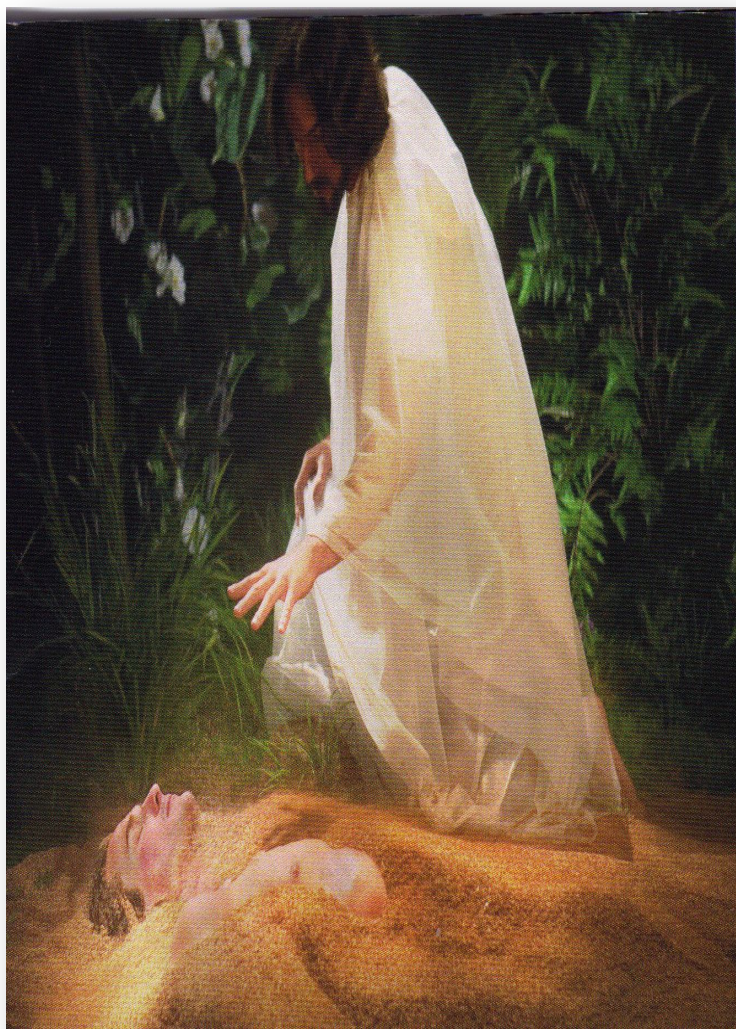


Then God said, “Let Us make man in Our image, according to Our likeness;

So God created man in His own image; in the image of God He created him; male and female He created them.

Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it.”

So the evening and the morning were the sixth



Genesis 2:7-9
And the Lord God
formed man of the dust
of the ground, and
breathed into his
nostrils the breath of
life; and man became a
living being. The Lord
God planted a garden
eastward in Eden, and
there He put the man
whom He had formed...
the tree of life was also
in the midst of the
garden, and the tree of
the knowledge of good
and evil.



Genesis 2:15-17

Then the Lord God took the man and put him in the garden of Eden to tend and keep it. And the Lord God commanded the man, saying, “Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.”



Genesis 2:18

And the Lord God said, “It is not good that man should be alone; I will make him a helper comparable to him.”

Genesis 2:21

And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place.



Genesis 2:22-24

Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man.

And Adam said: "This is now bone of my bones And flesh of my flesh; She shall be called Woman, Because she was taken out of Man."

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

*Genesis 2:25 And they were both naked,
the man and his wife, and were not
ashamed.*



□ So, what happened ?

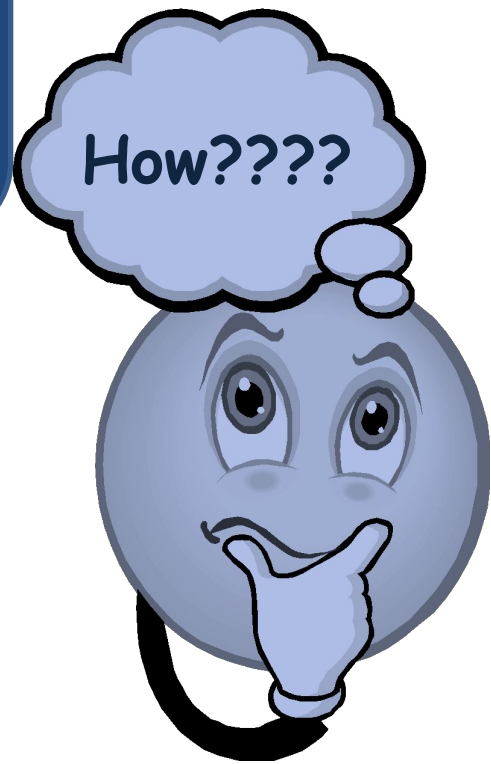
□ Why are things different now?

Facts we need to Always remember

1. We are God's children & our bodies are not sinful.
2. God taught us that we are the children of light & everything in us is pure.
3. The devil keeps trying to get us in trouble as he did with Adam & Eve before.
4. Satan can use the media, our classmates or anyone else to take our purity away with ungodly thoughts & acts.

What can we do to keep our purity?

- Be Prepared!



LET'S FIND OUT HOW TO BE PREPARED

First I need you to answer some questions:

1. Can a soldier fight in a war without his weapon?
2. Can a teacher teach in class without having knowledge?
3. Can a fisherman catch fish without a rod or net?

The answer for all those questions is NO!

So for us to be prepared

- We need to have a spiritual plan.
- We need to have an educational plan.

The Spiritual Plan



Ephesians 6:10-13

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

KNOWLEDGE IS POWER

“But we have the mind of Christ.” 1 Corinthians 2:16

1. WE KNOW that you are growing, expecting that you are changing & willing to help you through those changes for the best outcome.
2. You need to know the correct information.
3. Understand that NOT everyone has the correct information.



You're a Tween

- No longer a kid
- Between stages
- Changes (body, feelings)
- Tough choices

The Good News is...



The good news is...

- All these changes are normal. What's happening to you is normal. YOU ARE A NORMAL PERSON.
- Not only that, these are the healthiest years of your life.
- God understands all this. Remember, you were His idea!



The best news is this:

- Even though you are changing, you are still YOU.
- God loves and understands you.
- He created you as an individual, one-of-a-kind you (Psalm 139:13,16)
- He deliberately designed and made your body, including your sexual parts (1 Corinthians 12:18)
- Your body, changing and growing may be a mystery to you, but it's not a mystery to God
- "O Lord, you have searched me and you know me... I praise you because I am fearfully and wonderfully made, Marvelous are Your works, and that my soul knows well (Psalm 139:1,14)

Physical Development

Development of secondary sex characteristics.

- Rapid gains in height and weight.
- Development of acne (facial pimples).
- Increased fatigue.
- Increased need to sleep.
- Increased appetite.
- Variability of timing of these changes.



How does physical development affect you?

- Increased sense of self consciousness.
- Increased sensitivity towards criticism.
- Increased thinking about appearance.
- Concern about fitting in and being popular.
- Confusion and superficial understanding about sexuality.
- Family conflicts.



My Feelings

- “Jesus grew in wisdom and stature, and in favor with God and men” (Luke 2:52)
- Jesus was once your age. He understands your weaknesses. He was “tempted in every way, just as we are- yet without sin” (Hebrews 4:15)
- God’s plans for you are good plans



My Attitudes

- Sources of Information:
 - Your Friends
 - Media-television, movies, magazines, newspapers
 - Sex Education
- “The good man brings good things out the good stored up in him, and the evil man brings evil things out of the evil stored in him”
(Matthew 12:35)



My Actions

- God gave you freedom of choice
- You have a choice to make
- Choose to stay in control
- You gain control by giving God control
- It's easier to control actions when you control words. Why?
- Consequences



How to stay on Course

- "How can a young man keep his way pure? By living according to your word. I seek you with my whole heart; do not let me stray from your commands"
(Psalms 119:9-10)
- "Turn my eyes away from worthless things; preserve my life according to your word. Your hands made me and formed me; give me understanding to learn your commands. Your word, O Lord, is eternal...you established the earth, and it endures, Your laws endure to this day"
(Psalms 119:37,73, 89, 90,91)



Getting Off Course Can it happen?



Getting Off Course Can Happen When...

- You're in the wrong place!
- You've got the wrong stuff!
- You're with the wrong people!



HOLINESS OF THE BODY

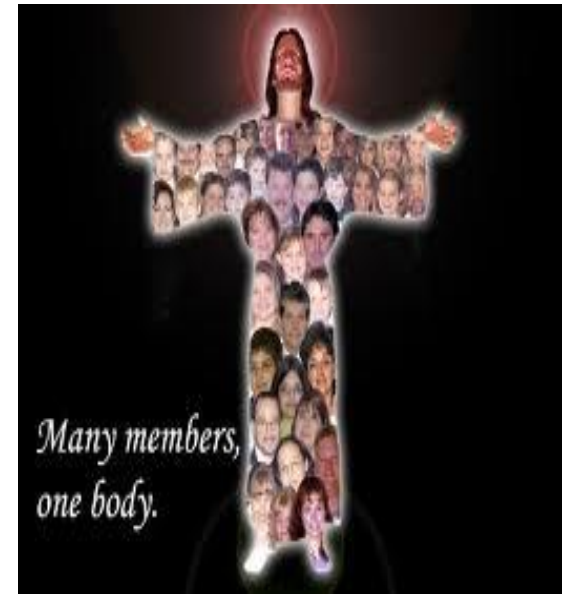


Holiness of The Body

God did not give me my body for sin, but rather for holiness because:

My Body...

1. Is created in His likeness and His image
2. Was shared by The Lord when He took flesh
3. Is a member of Christ's body
4. Is a temple of the holy spirit
5. Interacts with God through the sacraments
6. Is bought by the precious blood of God
7. Is not my own but belongs to God



Q 1

It is inappropriate to speak with my parents, Abona or Sunday school teachers about sex because they are godly people.

- A) True
- B) False

A 1

Why?

- A. Because God. created sex for our normal development as boys and girls and there is nothing shameful in that.
- B. Because Satan uses this topic to cause most people to sin through friends, strangers, TV and Internet.
- C. Because, it is better to speak with godly people whom we trust about this topic to get accurate and godly information.
- D. All of the above
- E. None of the above

Q 2

How do I keep myself pure during puberty?

- A. Thank God daily that He is growing my body.
- B. Always remember that my body parts are those of Christ.
- C. Always take communion to unite with the body of Christ.
- D. Pray constantly against Satan's plans to attack my purity.
- E. Be strong enough in personality to say NO to any person who leads me away from purity, and holiness.
- F. All of the above.

Q 3

How do I take care of my body during puberty?

- A. Always put on the latest fashion.
- B. Try to be the coolest person around.
- C. Look in the mirror carefully to check for any problems in my body.
- D. Make sure that my hair style is attractive.
- E. Put on things that make my body attract the attention of most people.
- F. It's good to look nice but what really matters is how you look from inside, building your mind & your heart with Christ. This will lead you to go through puberty successfully.

KNOWLEDGE IS POWER

*“But we have the mind of
Christ.”*

1Corinthians 2:16

1. You may have many questions to ask & we understand that.
2. It's perfectly ok to ask us ANY question you have & we will answer it.
3. We are willing to give you ALL the information you need to know to grow the right way without confusion or misunderstanding.

