

Journeying through Puberty

Transforming into His likeness

A mother's letter to her precious daughter.



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hapter 1

A

mother's introduction

Dear precious,

I am so delighted to see you grow from that little baby I used to put on my back, push in the buggy, bath, dress and feed food etc. I remember the many stages you passed through till now. I call to mind your first step as a child. You were 15 months old when you took your first step. It was a lovely day. And since then I have seen you grown from a little girl to a young woman.

I took it upon myself to put into writing yet another stage which you'll be passing through. We have often spoken about them, but I feel it's worth putting down in writing since you are a lover of books.

The puberty stage is a very special stage put in place by God for every human being. Both believers and unbelievers go through this precious stage. For many, they see it as an inevitable fiery furnace, but for you; a child of God, you must see it as God's path for you into your destination.

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hapter 2

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hat is the puberty stage?

It is a time the body experiences changes that are necessary to be a perfect adult. It is not an end in itself but it is a means to an end. It is a stage that starts in girls between ages 8 and 13. It lasts about two to three years, so the body changes have been completed by the time a girl is between 11 and 16 years old. Puberty shouldn't be considered a bad or difficult time of your life.

My dear child, for everything upon the earth there is a time. Ecc3:1. My God who is your God also is so well organised that He put in place a season of life for you to transform. This transformation takes place in the following ways:

Hormones: At puberty, your hormones are what kicks off action in your body. Hormones are regulatory substances produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action. In humans, this is triggered by a part of your brain called "the hypothalamus"; this stimulates your pituitary gland, which in turn awakens other glands in your body. And this begins even a year before you see any physical result of puberty. Some of the things I will now be discussing with you are all as a result of the hormones.

God indeed is a master designer. Remember Ephesians 2:10 (Amp) *For we are His workmanship [His own master work, a work of art], created in Christ Jesus [reborn from above—spiritually transformed, renewed, ready to be used] for good works, which God prepared [for us] beforehand [taking paths which He set], so that we would walk in them [living the good life which He prearranged and made ready for us].*

God has prearranged the puberty stage for you to walk into. You are His grand design out of all His creation. It is not a sad time but a joyful time. God did not

create the hormones to dominate your emotion, for the Bible says all good and perfect gifts come from God. (James1:17). Hormones are gifts from God to help your body to bring about all it needs for adulthood.

Body changes: Due to the activities of the hormones in your body, your physical body begins to change and take shape. You will find yourself growing in height quickly. This is all part of your manufacturer's design for you. The beauty of this is that you end up with your own specific figure, height, weight etc. You are not meant to be another person but you! You are wonderfully and fearfully made. Ps139:17.

Breast budding (Thelarche): Your breast will also begin to grow at this lovely stage until you are around 16. God, who is your maker, has put this season in place for every part of your body to grow into all you'll need in future. Therefore, your breast will begin to grow gradually until it reaches its final size that God has set ever before you were born.

Breasts go through five "stages" of growth over the next five to six years, until their full maturity is reached by age 17 or 18. The final size of a girl's breasts is determined by heredity and can range from very small (like bra size AA) to very full (such as size EE). Breast size varies greatly among women, and all sizes and shapes are normal and healthy

Hair growth: One of the developments you'll notice is that you start to grow hair under your arm (armpit) and around your private. Your body may begin to have more hair than before also. These are all of God's natural beauty to a young girl. Receive this with a grateful heart.

Sweat: At this lovely time also, you'll notice sweat from your armpit. Your armpit should be properly cleaned during bath time. Body odour is a result of microbes feeding on the sweat from the arm pit. All humans have body odour. Do you remember Esau and Jacob? Remember their father said Jacob's smell was like that of the field (Gen 27:27).

Discharge: Prior to menstruation, you'll notice some discharge in your panties, this is because your body is getting ready for menstruation.

Menstruation: This is God's special gift to all girls who desire one day to become a mother in their adult years after getting married. It usually occurs with blood discharge from your private. It comes in a circle and takes 3 to 7 days in a month. Some girls/women go through intense pain during menstruation, but my child; you can walk in the finished work of Calvary through Christ Jesus and have a painless menstruation like I your mother do each month. Menstruation is not a bad thing at all, it is God's unique gift to the female gender; it is peculiar to us, so receive it with joy. Some days or weeks to your menstruation, your breast could become tender, and slightly uncomfortable. The bearing of all these will help you to be a persevering young woman in the future.

Skin Changes: One of the changes that occur is that the pores (little holes) in your skin will be making more oil, especially on your face. This may cause acne, pimples etc. In this case, make sure you wash your face thoroughly during bath.

Puberty is pretty much complete when your pubic hair attains an adult pattern (this is an inverted triangle), covering the entire pubic area, with some extension of hair down the inner thighs. Also puberty is complete when your breasts are adult configuration.

Having spoken of the puberty stage and its changes, I would like to tell you a few things that you must take heed to through puberty and beyond.

1. **Stewardship of your body: 1Cor6:16-20, 3:23, 2 Cor6:16-18**
2. **Comportment:** At this stage my dear child, how you carry yourself matters a lot. The way you walk. Walk with good posture, sit with your legs full closed or better still, put your right leg on top of your left (or vice versa). You must portray yourself as a girl with dignity in the way you carry yourself.

Relationship: Bad Company corrupts good manner. Be careful who you make your friend at this stage. Friends have the power to make or damage you. Choose friends that reflect your value and standards. Don't keep close acquaintance with a boy.

Emotion: Do not allow your emotion to be ruled by the world's idea of what the puberty stage is. Always remember that the platform on which you stand during this puberty stage is CHRIST. He is the rock that you must stand on; by His cross He brought an end to your natural life, and has given you a new life in Christ Jesus which can have emotions that reflect Christ. And those who belong to Christ Jesus have put to death their human nature with all its passions and desires. Gal 5:24 (GNB).

Anger, wrath, impatience and lashing out, which the world links with puberty, are all works of the flesh.

My child, I am closing with Psalms 139:17 which says "How precious also are thy thoughts unto me, O God! How great is the sum of them!"

God did not only make you and put the puberty stage in place for you, but He is thinking of you. And He has put me in your life to journey with you through and after puberty. My dear child, I commend you into the hands of His grace, to carry you throughout your puberty stage.

My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them. Psalms 139:15-16

Enjoy this puberty stage! Do not despise it!