



*Hormones, Hot Flashes,
... and Husbands!!!*

Dealing with Menopause

*I will give thanks to You, for I am fearfully and
wonderfully made; Wonderful are Your works,
and my soul knows it very well.*

~Psalm 139:14

Definition:

Menopause -- the period marked by the natural and permanent cessation of menstruation, occurring usually between the ages of 45 and 55. (American Heritage Dictionary)

- **Perimenopause.** This is the time you begin experiencing menopausal signs and symptoms, even though you still menstruate. Your hormone levels rise and fall unevenly, and you may have hot flashes and other symptoms. Perimenopause may last four to five years or longer.
- **Postmenopause.** Once 12 months have passed since your last period, you've reached menopause. Your ovaries produce much less estrogen and no progesterone, and they don't release eggs. The years that follow are called postmenopause. (www.mayoclinic.com)

At some point, most women experience unusual emotional and physical symptoms related to the ending of their menstrual cycle and caused by hormonal change. These symptoms can range from very slight to severe even to the point of disrupting marriage, home and ministry. How can we deal with the problems related to menopause?



1. What are the symptoms you've experienced or that you've heard others relate?

Emotional

Other

Physical



2. When we experience these emotions caused by hormonal change, is it manifesting a spiritual problem that we have?



3. What can we do spiritually that will help us cope with the emotional problems?

*“Recognize that these emotions have a physical cause
but must be dealt with spiritually.”*



4. What are some practical things we can do to help cope with...
- a) ...the emotional problems?

b) ...the physical problems?



5. Do you think you should tell your husband and your children about what you are experiencing?

What counsel would you give to women whose husbands were not willing to discuss these kinds of things?

Suggested Scripture passages on which to meditate in time of need:

Gen 16:13 Then she called the name of the LORD who spoke to her, "You are a God who sees".

Deu 33:27 The eternal God is a dwelling place, and underneath are the everlasting arms.

Job 8:21 He will yet fill your mouth with laughter and your lips with shouting.

Job 13:15 Though He slay me, I will hope in Him.

Psa 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence.

(Psalm 42:11, 43:5)

Psa 62:8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.

Psa 69:6 May those who wait for You not be ashamed through me, O Lord GOD of hosts; May those who seek You not be dishonored through me, O God of Israel.

Psa 94:19 When my anxious thoughts multiply within me, Your consolations delight my soul.

Psa 116:1 I love the LORD, because He hears My voice and my supplications.

Psa 138:8 The LORD will accomplish what concerns me; Your lovingkindness, O LORD, is everlasting; Do not forsake the works of Your hands.

Psa 142:3 When my spirit was overwhelmed within me, You knew my path.

Pro 14:30 A tranquil heart is life to the body, But passion is rottenness to the bones.

Pro 15:13 A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.

Pro 15:30 Bright eyes gladden the heart; Good news puts fat on the bones.

Pro 17:22 A joyful heart is good medicine, but a broken spirit dries up the bones.

Isa 46:3-4 "Listen to Me, O house of Jacob, And all the remnant of the house of Israel, You who have been borne

*by Me from birth And have been carried from the womb;
Even to your old age I will be the same, And even to your
graying years I will bear you! I have done it, and I will
carry you; And I will bear you and I will deliver you.”*

*Joh 14:27 “Peace I leave with you; My peace I give to you; not
as the world gives do I give to you. Do not let your heart be
troubled, nor let it be fearful.”*

*2Co 10:5 We are destroying speculations and every lofty thing
raised up against the knowledge of God, and we are taking
every thought captive to the obedience of Christ.*

*2Co 12:9 And He has said to me, “My grace is sufficient for
you, for power is perfected in weakness.” Most gladly,
therefore, I will rather boast about my weaknesses, so that
the power of Christ may dwell in me.*

*Heb 5:8 Although He was a Son, He learned obedience from
the things which He suffered.*

Recommended books:

Practicing the Presence of God by Brother Lawrence

Small Changes by Elizabeth George

The Afternoon of Life: Finding Purpose and Joy in Midlife by Elyse
Fitzpatrick

Be Still My Soul

Psa 46:10 Be still, and know that I am God.

*Be still, my soul: the Lord is on thy side.
Bear patiently the cross of grief or pain.
Leave to thy God to order and provide;
In every change, He faithful will remain.
Be still, my soul: thy best, thy heavenly Friend
Through thorny ways leads to a joyful end.*

*Be still, my soul: thy God doth undertake
To guide the future, as He has the past.
Thy hope, thy confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
His voice Who ruled them while He dwelt below.*

*Be still, my soul: when dearest friends depart,
And all is darkened in the vale of tears,
Then shalt thou better know His love, His heart,
Who comes to soothe thy sorrow and thy fears.
Be still, my soul: thy Jesus can repay
From His own fullness all He takes away.*

*Be still, my soul: the hour is hastening on
When we shall be forever with the Lord.
When disappointment, grief and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past
All safe and blessed we shall meet at last.*

"Be Still My Soul" words and music by Katarina Amalia von Schlegel, Nathan Copeland,
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