



Mothers of Teens

September 29, 2019 | Lesson 5

Recommended Listening:

Hormones —2015 panel;

Physical Changes —2016 panel

(from Mothers of Adults)

We Do Not Lose Heart:

Dealing with Hormones as We Run Our Race

Esther Talbert

Memory Verses:

2 Corinthians 4:16-18

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

I. Hormones Lost: Menopause

Definitions

- **Hormone**- from Greek word ὁρμῶν meaning “setting in motion”- chemical molecules (produced by glands of the endocrine system and transported by the circulatory system) that tell each part of your body what work to do, when to do it, and for how long.

This work includes the areas of:

- Growth and development
- Metabolism – how your body gets energy from the foods you eat
- Sexual function
- Reproduction
- Mood

(Wikipedia and Hormone Health Network)

- **Menopause**- the time that marks the end of your menstrual cycles. It's diagnosed after you've gone 12 months without a menstrual period. Menopause can happen in your 40s or 50s, but the average age is 51 in the United States. Menopause is a natural biological process.
- **Postmenopause**- the years that follow the end of your last menstrual cycle. Your ovaries produce much less estrogen and no progesterone, and they do not release eggs. (The body does continue producing these hormones in the adrenal glands.)

- **Perimenopause**- (really should be called pre-menopause) the time when the ovaries gradually begin to make less estrogen. Hormone levels rise and fall unevenly, causing menopausal symptoms. The average length of perimenopause is 4 years but may last only a few months or continue for 10 years.
(Mayoclinic.org; WebMD)

Perimenopausal Symptoms

- Hot flashes
- Night sweats
- Sleep problems
- Irregular menstrual periods
- Vaginal dryness
- Loss of breast fullness
- Weight gain and slowed metabolism
- Thinning hair and dry skin
- Indigestion
- Migraines
- Brain fog, oversensitivity to noise, confusion
- Mood changes

Practical Suggestions

- Exercise.
- Rest. Don't over-schedule.
- Eat healthier.
- Stay connected. Communicate with your family.
- Journal your struggles.
- Listen to beautiful, scriptural music.
- Stay organized. Do the next right thing.
- Don't make decisions when feeling emotional.
- Have a sense of humor.

Inward Renewal

When there is a gap between my circumstances and my understanding of those circumstances, I must fill that gap with who God is and trust Him, for he knows what is best. ~Ken Collier

Colossians 2:13-15

*When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, **having triumphed over them through Him.***

If you had been there on the day that they tortured and killed the Messiah, you probably would have interpreted it as the ultimate defeat. . . It was the victory of victories. ~Paul David Tripp

[God] will unrelentingly work until we are zealous for the one thing for which we were created: Him.

~Paul David Tripp

His the loving purpose solely to preserve us pure and holy. ~Caroline V. Sandell-Berg

Four Questions God Wants Us to Face:

1. Is God all wise?

- Romans 11:33
- Colossians 2:3

2. Is God all-powerful?

- Psalm 103:19
- Jeremiah 32:17

3. Is God good?

- 1 John 1:5
- Deuteronomy 32:4

4. Does God love me?

- Romans 8:38-39
- Ephesians 2:4-7

Only when viewed from eternity can physical aging be put in its proper place. ~Paul David Tripp

This afternoon woman is renewed daily in Christ. I am ready to love, to laugh, to cherish in new ways. I am still running the race described in Hebrews, but now I run with arch supports. ~Elyse Fitzpatrick

II. Hormones Gained: Puberty

Keep the lines of communication open.

Deuteronomy 6:6, 7 says, *“These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up.”*

The first thing to note from these verses is that parents are chiefly responsible to initiate communication with their children.

~Carolyn Mahaney

Two Principles to Remember When Discussing Sex with Your Children

1. Keep the education age-appropriate.
2. Focus of the education: Sexual behavior of any type is reserved by God for marriage. (John A. Younts)
 - It is a one-flesh relationship.
 - It is not self-serving but must be pleasing to God.

1 Corinthians 6:18-20

Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

- Rules out masturbation.
 - Sex is reserved by God for marriage.
 - Sex is to be glorifying to God, not self-serving.
 - Almost always accompanied by lustful thoughts, forbidden by Christ in Matt. 5:28.

1 Corinthians 10:13

No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

Hebrews 4:15, 16

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

It is a great blessing for your teenagers to trust Christ for forgiveness for any sin, including lust and masturbation. Do not be shy in encouraging them to know that Christ does forgive and heal the wounds caused by the pursuit of self-pleasure. ~John A. Younts

- Rules out homosexuality.
Forbidden in scripture (Lev. 18:22; 20:13; Rom. 1:26-27; 1 Cor. 6:9-10)

Marriage of God's making is the joining by covenant of one male and one female to become one flesh until parted by death. ~Catechism # 21

Book References:

- *The Afternoon of Life: Finding Purpose and Joy in Midlife* by Elyse Fitzpatrick
- *Lost in the Middle: Midlife and the Grace of God* by Paul David Tripp
- *Girl Talk: Mother-Daughter Conversations on Biblical Womanhood* by Carolyn Mahaney and Nicole Mahaney Whitacre
- *Everyday Talk about Sex and Marriage* by John A. Younts with David Younts

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