

August 2025

What are hormones?

<u>Hormone</u>- Greek word meaning "setting in motion." Hormones are chemical molecules (produced by glands of the endocrine system and transported by the circulatory system) that tell each part of the 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)

Stages of Life

- **I. Puberty:** the natural part of development when your child's body goes through physical and hormonal changes to reach sexual maturity (The Cleveland Clinic).
 - A. Hormone Levels
 - B. Menstruation Discussion
 - C. Emotional Challenges

II. Teenage years

A. Physical Challenges

B. Emotional Challenges

C. Spiritual Challenges

1. Fostering a Relationship with your daughter:

"Mature Christians are keenly aware that they can't raise their kids. It's a no-brainer. Even if they are perfect parents, they still can't get inside their kids' hearts. That's why strong Christians pray more." ~ Paul Miller, A Praying Life, p.58.

- Prayer
- Set the agenda—Deuteronomy 6:7
- Humility
- Foster communication.
- Be available to talk when they want to talk.
- Be home and be there.
- Express affection.
- Make memories.
- Unity between father and mother is essential.

(Girl Talk by Carolyn Mahaney and Nicole Mahaney Whitacre)

2. Discussing Sex and Marriage

- Sex is to take place in the context of serving someone else, your marriage partner.
 It is a one-flesh relationship, a gift given by God.
 "Sexual behavior of any type is reserved by God for marriage."
- "Sexual activity is not self-serving, but must be first and foremost pleasing to God.

1 Corinthians 6:18-20 makes this point with clarity. Our bodies are not our own to use for our own sexual pleasures. Sexual activity is to glorify God." ~ John A. Younts, Everyday Talk About Sex and Marriage'

These two Biblical principles rule out any other type of sexual activity, including masturbation and of course, homosexuality. (Lev. 18:22; 20:13; Rom 1:26-27; 1 Cor. 6:9-10)

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.

3. Discussing Modesty

1 Timothy 2:9-10: Likewise, I want women to adorn themselves with proper clothing, modestly [with a sense of shame] and discreetly [moderately], not with braided hair and gold or pearls or costly garments, but rather by means of good works, as is proper for women making a claim to godliness.

"Revealing, seductive clothes are the costume of a woman seeking to draw attention to herself rather than bring glory to God. So modesty, then, is humility expressed in dress. It is the attire of the godly woman." ~ Nicole Mahaney Whitacre, *Girl Talk: Mother-Daughter Conversations on Biblical Womanhood*

The godly woman dresses:

- To please God
- To help her brothers in Christ

III. Young Single Adults

- A. Undivided devotion to the Lord.
- B. Unique temptations.
- C. Doing life with the body of Christ.

IV. Pregnancy and Postpartum

A. Pregnancy

"During pregnancy, estrogens are produced by the placenta and their levels rise about a thousandfold. Progesterone rises to about four hundred times its normal level." ~ Dr. Ruta Nonacs as quoted in *Living Beyond Postpartum Depression* by Jerusha Clark

Pregnancy Challenges:

- Fatigue, especially in early pregnancy
- Morning sickness, thought to be caused by hormones, especially human chorionic gonadotropin (HCG)
- Heartburn—Pregnancy hormones slow down the digestion system, and relax the esophageal sphincter, allowing stomach acid to back up into the esophagus.
- Mood swings

B. Postpartum period

"In the first few days after delivery, [hormone] levels drop dramatically. Within three for five days, estrogen and progesterone return to their pre-pregnancy levels." ~ Dr. Ruta Nonacs

- 50-75% of new mothers experience "baby blues."
- 10-15% of new mothers experience postpartum depression.

 Postpartum Depression (PPD) - A type of mood disorder that can cause depression and other side effects and can appear anytime within the first year after giving birth but typically within the first few weeks.

(postpartumdepression.org; Kimberly Langdon, MD)

- a. Other Symptoms Include:
 - Persistent sadness
 - Weepiness
 - Apathy or decreased motivation
 - Lack of interest in anything
 - Feelings of incompetence
 - Difficulty making decisions
 - Numbness
 - Shame
 - Thoughts of suicide

b. Risk Factors for PPD

- Personal or family history of depression
- Unexpected pregnancy
- Complications during childbirth
- Major loss in past 2 years
- Lack of familial or community support
- Separation or divorce
- Childhood abuse
- History of severe PMS
- Drug or alcohol abuse
- Perfectionism
- Previous cases of PPD

2. .1-.2% of new mothers experience postpartum psychosis (PPP).

V. Perimenopause, Menopause, & Postmenopause

- A. <u>Menopause</u> The time that marks the end of your menstrual cycles. Menopause is 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.
- **B.** <u>Postmenopause</u> The years that follow the end of your last menstrual cycle. Your ovaries produce much less estrogen and no progesterone, and they no longer release eggs. (The body does continue producing some amount of these hormones in the adrenal glands.)
- C. <u>Perimenopause</u> (Really should be called premenopause) 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 periods
- Vaginal dryness, and decreased sex drive
- Loss of breast fullness
- Weight gain and slowed metabolism
- Thinning hair and dry skin
- Indigestion
- Migraines
- Brain fog, oversensitivity to noise, and confusion
- Mood changes

D. Practical Suggestions for Hormonal Difficulties:

- Exercise
- Fresh air and sunlight
- Rest and don't over-schedule
- Eat healthier
- Stay connected and communicate with your family
- Journal your struggles
- Listen to scriptural music
- Stay organized and do the next right thing
- Have a sense of humor

Spirit-Filled Response

I. Trials draw us to Christ.

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

"He wants us to own up to our weaknesses of body, heart, and behavior, not so we will be paralyzed by our inability, but so that we will reach out to where real strength can be found." ~ Paul David Tripp, Lost in the Middle: Midlife and the Grace of God

A. Four Questions God Wants Us to Face:

1. Is He all wise?

Romans 11:33: Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways!

Colossians 2:3: In whom are hidden all the treasures of wisdom and knowledge.

2. Is He all-powerful?

Psalm 103:19: The Lord has established His throne in the heavens, And His sovereignty rules over all.

Jeremiah 32:17: Ah Lord God! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You.

3. Is He good?

1 John 1:5: This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all.

Deuteronomy 32:4: The Rock! His work is perfect, For all His ways are just; A God of faithfulness and without injustice, Righteous and upright is He.

4. Does He love me?

Romans 8:38-39: For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Ephesians 2:4-7: But God, being rich in mercy, **because of His great love with which He loved** us, even when we
were dead in our transgressions, has made us alive together
with Christ (by grace you have been saved), and raised us
up with Him, and seated us with Him in the heavenly places
in Christ Jesus, so that in the ages to come He might show
the surpassing riches of His grace in kindness toward us in
Christ Jesus.

"In God's dealings with His own who love Him, because He first loved them, He cannot be unloving in His treatment of them . . . He chastens us that we may have the very best such love can bestow." ~Herbert Lockyer, Dark Threads the Weaver Needs

II. Trials grow us.

James 1:2-3 tells us that the trying of our faith produces endurance and enduring that trial will complete us, perfect us. This is growth.

"What often keeps us from recognizing the grace of God is that we long for a different kind of grace. In the middle of difficulty we long for the grace of relief, while what God is bestowing us with is the grace of rescue. We want the trial to end because we don't like pain, while God wants the trial to remain in our lives until it has completed its work in us. We don't rejoice in suffering like Paul did in Romans 5 because we would rather have a comfortable life than the character that God-sent difficulty can produce. Yet God loves us too much to relent. He didn't shed the blood of his one and only Son to leave us to ourselves. . . He is intently focused on finishing what he has started in us. So, if it's the heat of rescue that we need, he will not provide relief until the redemptive heat of difficulty has done its work." ~ Paul David Tripp, Lost in the Middle: Midlife and the Grace of God

A. Andrew Murray's Formula for Trial

- 1. He brought me here. It's by His will I am in this straight place. In that fact I will rest.
- 2. He will keep me here in His love and give me grace to behave as His child.

- 3. Then He will make the trial a blessing, teaching me the lessons He intends for me to learn.
- 4. In His good time, He will bring me out again—how and when He knows. So let me say: I am
 - a. Here by God's appointment.
 - b. In His keeping.
 - c. Under His training.
 - d. For His time.

III. Trials provide a platform to showcase God's sufficiency thereby helping others

2 Cor. 1:3-4 . . . God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

The Music of a Rest

"There is no music in a rest, but there is the making of music in it." In our whole life-melody the music is broken off here and there by "rests," and we foolishly think we have come to the end of the tune. God sends a time of forced leisure, sickness, disappointed plans, frustrated efforts, and makes a sudden pause in the choral hymn of our lives; and we lament that our voices must be silent, and our part missing in the music which ever goes up to the ear of the Creator. How does the musician read the "rest"? See him beat the time with unvarying count, and catchup the next note true and steady, as if no breaking place had come between.

Not without design does God write the music of our lives. Be it ours to learn the tune, and not to be dismayed at the "rests." They are not to be slurred over, not to be omitted, not to destroy the melody, not to change the keynote. If we look up, God Himself will beat the time for us. With the eye on Him, we shall strike the next note full and clear. If we sadly say to ourselves, "There is no music in a 'rest" let us not forget "there is the making of music in it." The making of music is often a slow and painful process in this life. How patiently God works to teach us! How long He waits, for us to learn the lesson! ~ John Ruskin as quoted in Dark Threads the Weaver Needs by Herbert Lockyer

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
- Living Beyond Postpartum Depression by Jerusha Clark
- Good Mood, Bad Mood by Charles D. Hodges, M.D.
- Dark Threads the Weaver Needs by Herbert Lockyer
- A Mom's Guide to Lies Girls Believe by Dannah Gresh
- A Praying Life by Paul Miller

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