

All About Puberty
or Teens and
Young Adults: By
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Introduction:

In this book, I talk about everything that relates to puberty, including growth spurts, hormones, acne, menstrual cycles, eating disorders, peer pressure, depression, anxiety, dating, and sex. I hope and pray that this book will be a help to teens and young adults struggling with these types of things as they grow and mature into adulthood. This book was written from a Christian perspective. So I share scripture in the Bible that relates to this topic of puberty.

As a teenager begins to grow and mature to adulthood changes occur in the body. Women and men have growth spurts where they get taller or bigger in their height and weight. Also, women and men get hormonal acne on their skin. The acne can become hard to treat. One way you can treat the acne is with acne medication or facial cleansers such as acne scrubs that have the chemical acetone in them. The hormones in women and men cause their faces to break out with pimples, especially around a woman's menstrual cycle. A woman's breasts also get bigger when she is in her teens.

Women get a menstrual cycle when they are in their early teens and can go until late adulthood. Menstrual cycles are usually every month around the same time. A menstrual cycle usually lasts anywhere between five to ten days or longer, depending on the woman. Some women get cramps during their menstrual cycle. The cramps can be painful. A woman may need to treat the cramps with a heating pad, with pain medication, or with prayer. Also, women get what's called PMS or

premenstrual syndrome, before their periods. This can cause a woman to become moody or irritable before and during her period.

Men develop facial hair and an Adam's apple on their neck when they are in their teens. But not all men have an Adam's apple. Also, men go through hormonal changes as well that can cause them to lust after a woman or commit adultery with her in his heart. A teenage man may look at a woman in a lustful way or want to have sex with her because of her beauty. Some teenage men will go so far as to have sex with other teenage women. Teens should abstain from sex outside of marriage or fornication and wait until marriage to have sex. A teenage woman or man should keep their sexual purity.

1 Thessalonians 4:3-4 says, "For this is the will of God, even your sanctification, that ye should abstain from fornication: that every one of you should know how to possess his vessel in sanctification and honour."

Fornication, or sex outside of marriage, is a sin that is leading many Christian teens and adults to destruction or hell. That is why we need to be very careful of sexual

sins or sexual temptations. Even pornography can lead a teen or young adult to hell because their thoughts are focused on lustful images and not on pure thoughts. Lust, adultery, and fornication are sins that take many men and women captive and lead them astray from the gospel truth and from Jesus Christ.

Now should teenage men and women date or marry? With hormone fluctuations, teens desire to date and be in relationships because they are lonely or desperate for love, affection, or just attention. Many teens are not getting love from their parents or friends, so they turn to relationships with the opposite sex to fill a void inside that only Jesus Christ can fill. Teenage men and women should wait on God for the right marriage partner and should wait for marriage to have sex. Teens should keep their sexual purity for marriage. Parents should not allow their teens to date or be in relationships until they are older. Proverbs 22:6 says, "Train up a child in the way he should go: and when he is old, he will not depart from it."

Many teenage men and women are self-conscious of their bodies and how they look on the outside.

Therefore, teens develop eating disorders when they are young because of the peer pressure to fit in with society. Many teenage women and men do not like the way that God has made them, so they try to change their body image by eating less food or throwing up their food due to an eating disorder. These eating disorders today may be called anorexia nervosa or bulimia. These men and women need deliverance from these eating disorders, and that is only possible with God's help. The Holy Spirit can deliver and set a woman or man free from eating disorders, addictions, depression, and loneliness.

Also, teenage men and women need to change the way they see themselves. When they see themselves the way Christ sees them, then their whole outlook on life will change. A teenager may see themselves the way their parents or friends see them. But when they start spending time in the word of God and in prayer with the Holy Spirit, then they will start to see themselves the way God sees them. These teens will know their worth and identity in Christ. They will not look to man or relationships to define them.

Many teens get picked on by other teens and kids because of their looks or their appearance. A teenage woman or man may get made fun of because of acne on their skin or because they are short or wear glasses. And so many teens become self-conscious of the way they look and try to fit in with the rest of society. We were made to stand out and be set apart from the world as Christians and believers. That is because of our relationship with Christ. There is something unique and different about us believers, and that is because we are not like the rest of the world. That is okay. We were made to be different because we are “peculiar people.”

Many teens deal with the pressure to fit in a mold of society. Many teens are peer pressured into drinking, doing drugs, smoking, or fornicating because they are hanging around the wrong people. Also, because their parents did not train them the right way growing up. Teens turn to the wrong people and things because of their childhood upbringing. When a teen is brought up with godly parents and taught the Bible growing up, then they are more likely not to stray from the truth or from Jesus Christ. And if they do stray, they will return back to God because the Holy Spirit will convict them of

their sins and lead them back to the truth if they are true born-again believers.

But many teenage men and women are out fornicating and getting drunk and high off of drugs because of the people they are surrounded by. These teens are peer pressured into doing these things because of bad influences around them. 1 Corinthians 15:33 says, "Be not deceived: evil communications corrupt good manners." This is why it is so important to pray about the people you are connected to because there are some that are sent from the enemy. These counterfeits are meant to lead many teenage Christians into sin and astray from the gospel truth.

We may not be able to choose who our family is, but we can choose who we are friends with. It is important that we ask God for discernment when it comes to choosing friends. The devil can send people into your life to deceive you and distract you from your calling and purpose and relationship with Heavenly Father.

Many teenage men and women struggle with depression and anxiety; this could be due to hormonal changes and changes in emotions. When a woman is

about to start her period, she may be more stressed or depressed because of fluctuations in emotions. Also, teenage men and women may go through depression and anxiety when their bodies are changing and maturing. Also, teens may go through depression and anxiety because of the way they were brought up by their parents or because of the influences in their lives.

Also, because of peer pressure to fit in a mold of society, women and men may struggle with loneliness and depression. This is something that does not necessarily need to be treated with medication. It can be treated with the help of the Holy Spirit. God can heal and deliver a person from anxiety and depression. One can overcome it through regular prayer and time spent reading the Bible and spending time in the presence of God.

