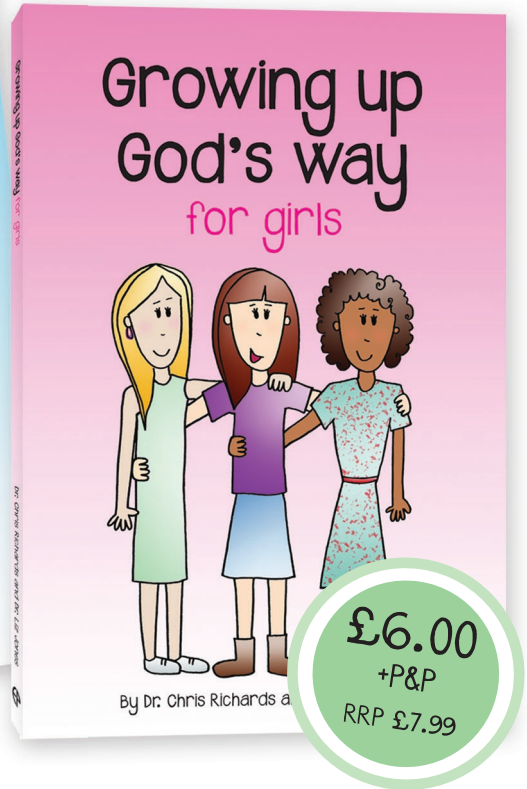
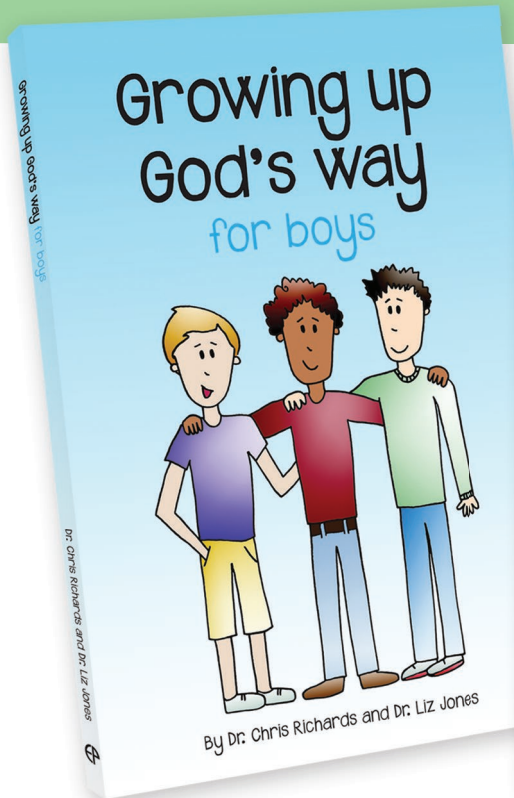


Growing up God's way



This book will help young people to understand the changes that take place in their bodies and minds during puberty and how to deal with them. It explains why these changes happen and looks at God's design for marriage and relationships. All the topics are covered from a Biblical perspective and encourage young people to face the opportunities and challenges of puberty in a way that honours God.

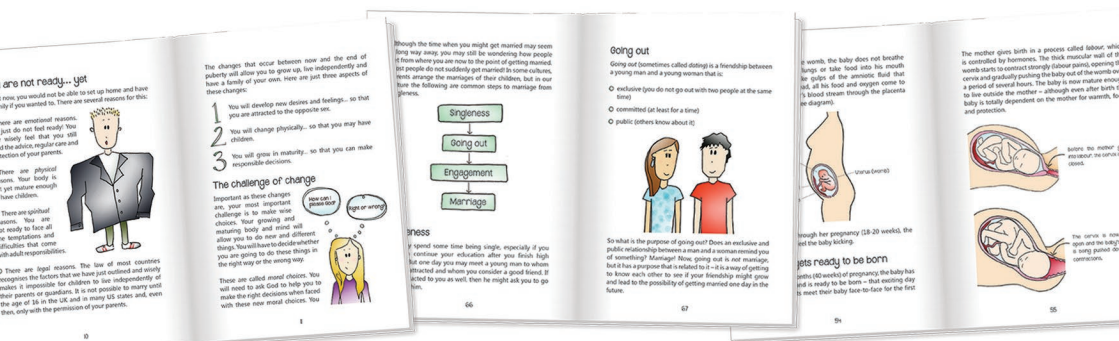


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...for the best in relationships

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14 Portland Terrace, Jesmond, Newcastle upon Tyne. NE2 1QQ



Written by two doctors and published in partnership with Evangelical Press this 80-page book is designed for 9-14 year olds to read either alone or with a parent. There are separate versions available for girls and boys.

Contents:

1. An introduction to puberty
2. Marriage
3. Puberty and how it starts
4. How your body changes
5. How the body changes in girls/in boys
6. Physical intimacy
7. Changes in the way you think
8. Going out and beyond
9. Preparing for the future

"Gentle and rooted in God's word, it addresses the emotional issues as well as the biology. I read it with our eleven year old and we enjoyed it together."

A minister's wife

Growing up God's way can be purchased from Lovewise:
www.lovewise.org.uk
 0191 2813636
 or from 10ofThose:
www.10ofthose.com



Growing up God's way for girls



By Dr. Chris Richards and Dr. Liz Jones

Growing up God's way for boys



By Dr. Chris Richards and Dr. Liz Jones

Chapter I

An introduction to puberty

If you look around when you are out and about, you will see that there are people in many different stages of life. There are newborn babies in prams, toddlers in buggies, children on their way to school, adults driving to work and older people out for a short walk.

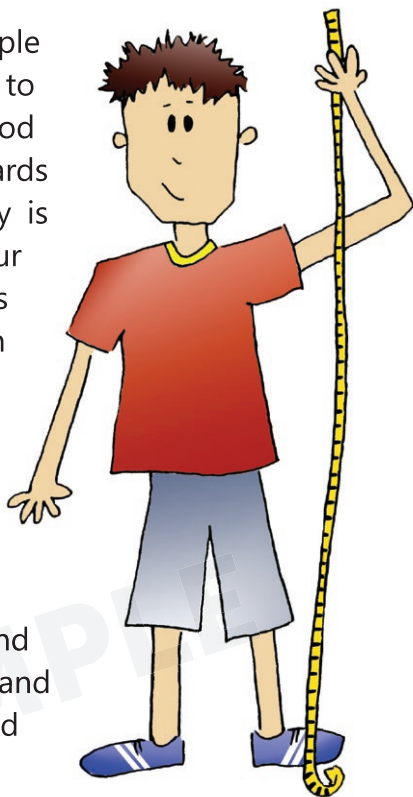


A king called Solomon saw these stages of life – he called them ‘seasons’ – and described them in a book of the Bible called Ecclesiastes:

For everything there is a season, and a time for every matter under heaven.

Ecclesiastes 3:1

During puberty young people move from one stage of life to another, as they leave childhood and move on their way towards becoming an adult. Puberty is a time of big changes to your body and mind. The changes are fast. Except as a newborn baby, there is no other time when you will grow as rapidly as you do during puberty. The changes are also big – both to your body (affecting its size, shape and nature) and to your mind (affecting how you understand things and make choices and plans for the future).



Growing up is God's idea

In thinking about the changes ahead, it is good to remember the following things.

● These changes are part of God's design for you

In His wisdom, God did not suddenly throw any of us into life as an adult; rather, He arranged it that we would grow into the role. Even Jesus, God's own Son, experienced these changes in His life as He 'increased in wisdom and in stature' (Luke 2:52).

Chapter 2

Marriage

SAMPLE

Marriage - a special design

Have you ever seen a wedding? Did everyone seem very happy? Was there an exciting atmosphere? Yes, it is obvious to anyone at a wedding that it is a very special occasion. But this is not only because of the dress, confetti and cake; at a wedding the couple show their love for each other by starting the life-long relationship of marriage.



Marriage was designed by God. The first man and woman, Adam and Eve, were created by God.

So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 1:27

They were not only the first man and woman but were also husband and wife, setting a pattern for men and women to follow in the future. The following words from the first book of the Bible called Genesis show that this was God's intention: