Growing up God's way

for boys

By Dr. Chris Richards and Dr. Liz Jones

EP

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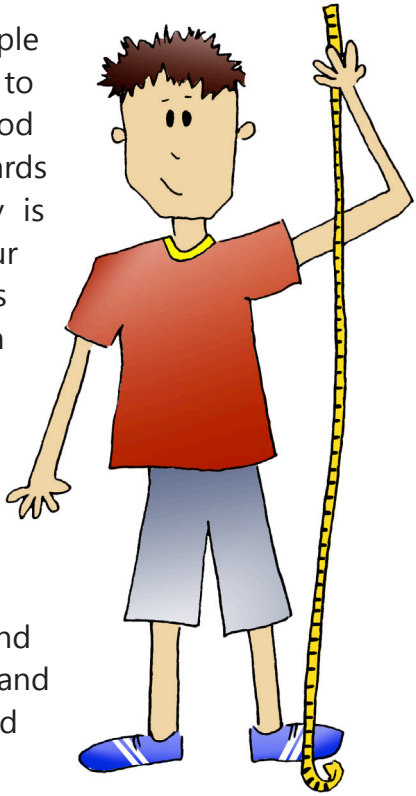
Chapter 1
An introduction to puberty

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).