

TIME FOR A CHANGE!

Before we begin, take a minute to think back when you were six years old. You just started first grade. Write down what you remember when you were that old...

WHEN I WAS IN FIRST GRADE...

- My favorite TV show was _____.
- My favorite game I played with my friends was _____.
- I used to be afraid of _____.

If you were to answer those questions today, how many answers would be the same?

Most people would have different answers now than when they were six. That is because as people grow, they change. Change is a normal part of growing up. Adolescence will bring many changes in your life as you grow in maturity. It's important to understand the changes that take place during adolescence.

It's encouraging to remember that Jesus Himself went through puberty and can relate to all the changes you are or will be feeling. Look up Luke 2:52 to see how the Bible describes Jesus as a 12 year old boy!

Luke 2:52 "And Jesus grew in _____ and
in _____ and in favor with God and men."

This evening we will look at three major changes that occurs in students going through puberty.

GROWING IN WISDOM

One of the greatest changes that occur during puberty is the change in how students think. Let's see how adolescents think differently than children.

1. Your mind thinks more DEEPLY.

As you grow, your mind is able to understand things much more deeply than a child understands them. Be prepared though! As a result of your new thinking ability, teachers give more responsibility and sometimes schoolwork becomes much more difficult.

The idea that Christ died in our place to pay for our sins is a deep thought. And often students come to appreciate what Christ did for them in a whole new way!

2. Your mind thinks more CRITICALLY.

Thinking **CRITICALLY** means we tend to find fault in others, or judge peoples' actions and words more closely. Students find themselves questioning what the teacher says. They need to know not only **WHAT** is true, but **WHY** it is true. Often we become much more critical of people as well.

How can **CRITICAL** thinking help students?

How can **CRITICAL** thinking hurt students?

3. Your mind becomes much more SELF-CENTERED.

Students begin to wonder what other people think of them. Have you ever worried about what other students think of you? What worried you?

We should be careful not to put too much emphasis on what other people think of us. Ultimately, the important thing is what God thinks of us!

GROWING IN STATURE

Luke 2:52 says that Jesus also grew in stature. Many changes occur in the body of a student going through adolescence. This is perhaps the most obvious change in students! It's important to understand what to expect!

WHAT IS GOING ON?

During adolescence, the body changes from that of a child, to that of an adult. Though it will be years before you will be a parent, the body begins to prepare itself for parenthood now. The process of change in your body is called PUBERTY! These changes can begin suddenly, almost overnight. It's important to know what to expect!

WHAT HAPPENS TO BOYS

If you are a boy, you will find...

- ⇒ Your muscles develop
- ⇒ You become bigger, stronger, and more coordinated
- ⇒ You begin growing hair...
 - under your arms
 - on your face
 - in your pubic region
- ⇒ Your sex organs become larger
- ⇒ Your voice becomes deeper
- ⇒ You'll have an increase in sweat gland activity

WHAT HAPPENS TO GIRLS

If you are a girl, you will find...

- ⇒ Your breasts will develop
- ⇒ You will start menstruation
- ⇒ You will begin growing hair...
 - under your arms
 - in your pubic region
 - on your legs
- ⇒ Your hips will widen
- ⇒ You will go through a growth spurt

These are all signs that your body is changing from that of a child to that of an adult. Don't be scared...these are positive changes!

GROWING IN FAVOR WITH GOD AND MAN

The last change we'll look at this evening is how we change **SOCIALLY**. As we grow through adolescence, we change the way we socialize.

1. We change the way we pick our friends.

When we were children, we played with anyone our age that was close by! We just wanted to play! But as we get older, we tend to change how we pick our friends. What kinds of things do you consider when choosing friends?

2. We change the way we feel toward the opposite sex.

When we were very young, we didn't even know there was a difference between boys and girls. Then as we got a little older we recognized there was a difference and decided the other sex was totally gross. But as we grow through adolescence, we tend to find ourselves not only accepting the opposite sex, but often times attracted to them! So it's important we understand healthy ways of dealing with the opposite sex. We'll cover this more in the near future.

3. Our relationship with God takes on new meaning.

Our relationship with Jesus is the most important relationship we have. During adolescence we tend to move away from Bible stories like Jonah and the whale, and we move more towards understanding who Jesus is and what He did for us. During puberty, we can deepen our relationship with God and grow in exciting new ways!

WRAPPING UP

WOW!! There are tons of changes going on during adolescence! It can feel overwhelming at times! Take a second to mark down which of these changes worry you the most!

God says in Hebrews 13:5, "I will never, never fail you nor forsake you!" (TLB)

The changes of adolescence may seem overwhelming, but remember that Jesus went through them too. He is there to help you!

Before leaving, take a moment to silently commit these worrisome areas to God in prayer!