



Changes: 7 Biblical Lessons to Make Sense of Puberty

Luke Gilkerson, Trisha Gilkerson

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Acne. Pubic hair. Breasts. Squeaky voices. Menstruation. Nocturnal emissions. Make no mistake, puberty can feel like an awkward time in a child's life. But with the right perspective, children can be taught to anticipate puberty as a blessing. Changes is a series of 7 studies, anchored in the Scriptures, that helps parents talk meaningfully with children about the mental, emotional, and physical changes puberty brings. Changes was written for parents to read with children ages 8 to 12 years old. The study supplies children with a Bible-based understanding of puberty in a language they can understand.

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