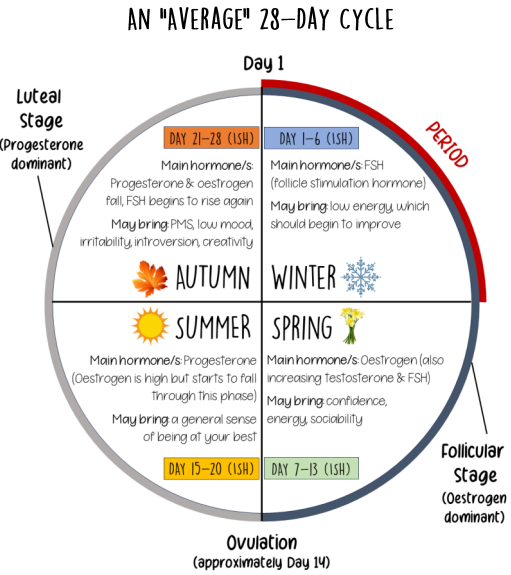




TOP 8 MOST COMMON PERI AND POST-MENOPAUSE SYMPTOMS			
BRAIN FOG	HOT FLUSHES	MOOD CHANGES/ LOW MOOD	VAGINAL DRYNESS/ PAINFUL SEX
SLEEPING PROBLEMS	JOINT/ MUSCLE PAIN	ANXIETY	BLADDER PROBLEMS

3) Arm yourself

REFLECTION

- What are the most common emotions (positive and negative) that you experience on a monthly basis?
- How do these emotions impact those around you?
- Are there things you to need to repent of (to God or to others)?
- Are there things you need help with (from God and others)?
- Where have you seen victories in your battle against your earthly nature and where is the fight still most fierce?
- What practical steps could you take to arm yourself?
- Who could you talk to/pray with about all of this?

WOMANHOOD AND HORMONES: IT'S NOT ME, IT'S MY HORMONES!

BLESSINGS OF WOMANHOOD	CHALLENGES OF WOMANHOOD

BIBLICAL WOMANHOOD

As a HUMAN, I am...

- ...created in God's image - **Gen 1:27**
- ...wonderfully made - **Psalm 139**
- ...a very good creation - **Gen 1:31**
- ...deeply loved - **John 3:16**
- ...created to serve God & bring Him glory - **1 Cor 10:31**
- ...designed for a life of faithful marriage or faithful singleness - **Matt 19:4–6 & Matt 19:11-12**

As a CHRISTIAN, I'm called to...

...seek God, not sin
Amos 5:4
...fear God, not men
Proverbs 9:10
...love God, not the world
1 John 2:15-17
...believe God, not the deceiver
John 8:44-45
...obey God, not my appetites
Titus 2:11-12
...serve God, not myself
Deuteronomy 13:4
...worship God, not comfort
Habakkuk 3:17-18

As a WOMAN...

...my true beauty comes from the inside, in particular from the cultivation of a gentle and quiet spirit.
1 Peter 3:3-4

...I am to help & support my sisters in Christ to live reverent lives and to be godly friends, wives and mothers.
Titus 2:3-5

...I have many important roles and responsibilities.
Proverbs 31:10-31

THOSE PESKY HORMONES...

Genesis 3:14-19 - all of humanity is living under the curse and that includes our endocrine and gynaecological systems!

Discuss: What impact do your hormones have on your day-to-day life? (Could be positive or negative, emotional, mental or physical.)

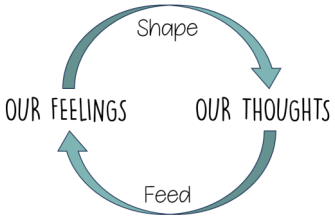
Discuss: How do your hormones affect you spiritually, as you seek to live as a godly woman? Are there specific areas where you struggle?

CAN'T I JUST BLAME IT ON PMS?

Colossians 3:1-10 - "put to death, therefore, whatever belongs to your earthly nature" (v5)

SO WHAT CAN I DO?

1) Learn the difference between thoughts and feelings.



We can't always control our emotions, but we can work on controlling our thinking.

Emotion: Sadness	**Emotion:** Anger	**Emotion:**
What unhelpful thoughts might feed this emotion?	What unhelpful thoughts might feed this emotion?	What unhelpful thoughts might feed this emotion?
What more helpful thoughts could I replace these with?	What more helpful thoughts could I replace these with?	What more helpful thoughts could I replace these with?

2.) Understand what's going on and what to expect

- Big picture
- Day-to-day
- In the future