

Letters to a Young Adult Lady

A Call to Create and Nurture

This book is a collection of thoughts. Each thought will include scripture and provide some background information.

When you were a little girl, you read stories about being a princess, a wife, and a mother. Now you are ready to launch. You have worked hard. You have persevered. You have done hard things. And you may even be ready to move to a new location. You should be proud of yourself.

Being a princess, a wife, and a mother, is a calling to create and nurture.

In the next phase of your life, you will take what you have learned about the world and relate yourself to that world. You will be challenged. You will be uncomfortable. You will be called to do hard things.

May these letters bless you and point you to Jesus. He has answers to all of your questions and every doubt. May He be your perfect protector and provider. May He be your perfect husband. May you learn to know Him as God the Father, Jesus the Son, and the Holy Spirit.

“Who can find a woman of worth? Far beyond jewels is her value. Her husband trusts her judgment; he does not lack income. She brings him profit, not loss, all the days of her life. She seeks out wool and flax and weaves with skillful hands. Like a merchant fleet, she secures her provisions from afar. She rises while it is still night, and distributes food to her household, a portion to her maidservants. She picks out a field and acquires it; from her earnings she plants a vineyard. She girds herself with strength; she exerts her arms with vigor. She enjoys the profit from her dealings; her lamp is never extinguished at night. She puts her hands to the distaff, and her fingers ply the spindle. She reaches out her hands to the poor, and extends her arms to the needy. She is not concerned for her household when it snows - all her charges are doubly clothed. She makes her own coverlets; fine linen and purple are her clothing. Her husband is prominent at the city gates as he sits with the elders of the land. She makes garments and sells them, and stocks the merchants with belts. She is clothed with strength and dignity, and laughs at the days to come. She opens her mouth in wisdom; kindly instruction is on her tongue. She watches over the affairs of her household, and does not eat the bread of idleness. Her children rise up and call her blessed; her husband, too, praises her: “Many are the women of proven worth, but you have excelled them all.” Charm is deceptive and beauty fleeting; the woman who fears the Lord is to be praised. Acclaim her for the work of her hands, and let her deeds praise her at the city gates.” Proverbs 31:10-31

NABRE

You
are
Loved

“You formed my inmost being; you knit me in my mother’s womb. I praise you, because I am wonderfully made; wonderful are your works! My very self you know. My bones are not hidden from you, When I was being made in secret, fashioned in the depths of the earth. Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be.” Psalm 139:13-16 NABRE

You are loved unconditionally by God the Father. God gave you an earthly mom and dad to love you unconditionally and model God’s love to you. Unfortunately your mom and dad are human and make mistakes. They may have made mistakes or not been present. Do not allow their faults to obscure your understanding of God the Father. His love is every longing and desire you seek.

There is nothing that you can do. There is no sin you can commit. There is no mistake that you can make that would make Him stop loving you.

Date
with a
Purpose

“That is why a man leaves his father and mother and clings to his wife, and the two of them become one body. The man and his wife were both naked, yet they felt no shame.” Genesis 2:24-25 NABRE

Take your time. Get to know a young man before you give him your heart. Be conscientious about not misleading his heart. Your beloved is out there and you are meant to reveal yourself to him daily. A woman is uniquely gifted with a perfect balance of hormones to guide her in this discovery process. Honor your husband and help every young man to honor his wife.

A flood of dopamine gives you the courage to take risks. Consider the consequences before you take those risks. Think 2, 3, 4 or more steps ahead to where that risk will take you. Don't make promises with your body that you cannot keep. When you lie with your husband, may you and your husband be naked and unashamed.

Never
Underestimate
the Power of a
Hug

“Drink water from your own cistern, running water from your own well. Should your water sources be dispersed abroad, streams of water in the streets? Let them be yours alone, not shared with outsiders; Let your fountain be blessed and have joy of the wife of your youth, your lovely hind, your graceful doe. Of whose love you will ever have your fill, and by her ardor always be intoxicated. Why then, my son, should you be intoxicated with a stranger, and embrace another woman?” Proverbs 5:15-20 NABRE

The most intimate and intoxicating hug is the marital embrace which is meant for bonding and procreation. When a mom nurses a baby, she experiences a flood of oxytocin to bond. That same hormone gives each of us a feeling of trust and security to bond to someone during a hug. The flood of oxytocin in a male and female creates a bonding for monogamy that help people stay with their mates for life. Training one's body to bond and separate with someone can damage the ability to bond for life long monogamy.

Pursue
the True,
the Good,
and the
Beautiful

“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart.” Matthew 5:27-28
NABRE

The world will tell you a lot of things. Not all of those things are true. It will be your responsibility to distinguish between counterfeits and that which is true, good, and beautiful. The Lord has given us natural law and His ways are always consistent.

You are meant to reveal beauty to your beloved. Consider that the 7th Commandment is to not commit adultery and the 10th is to not covet. When someone looks, fantasizes, or desires another that is not their spouse, they are coveting someone else’s spouse and committing adultery against their own. In art, the Gestalt Theory encourages one to imagine the completion of a line or image. Avoid enticing men to complete images of your body causing them to stray. You are meant to reveal your beauty to your beloved. Guard the imagination of others. Establish a sense of modesty to protect yourself and others.

Treasure
Your
Reproductive
System

“To the woman he said: I will intensify your toil in childbearing; in pain you shall bring forth children. Yet your urge shall be for your husband, and he shall rule over you.” Genesis 3:16 NABRE

Your reproductive system is only 50% of the system. You need someone of the opposite sex, your spouse, to complete your reproductive system.

Your body is beautifully and wonderfully made. Like the seasons of the year, your cycle is beautiful. Every month, your body prepares for a baby. There is a window of time in your cycle in which you are more amorous and you are more allured than the rest of the month. This is the time in which you are most fertile.

When a woman is on hormonal contraception, her natural pheromones are masked and her cycle is manipulated. Embrace the phases of your natural cycle and the beauty of your body as it entices, welcomes, and nourishes life every month.

The marital embrace is meant to be union without chemicals or barriers, without images of others, and only for you and him.

Love
Your
Children
Now

“Children are a heritage from the Lord, offspring a reward from him. Like arrows in the hands of a warrior are children born in one’s youth. Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court.” Psalm 127:3-5 NIV

God knew you and loved you before you were in your mother’s womb. You have always been loved. You possess all of the eggs you will ever have. Your husband’s body will regularly create seed.

There are viruses and infections that spread during intimate contact between two people that can permanently damage a young ladies ability to successfully carry a child or deliver a healthy child. There is no barrier or chemical that 100% prevents this transmission during intimate contact. Choices outside of marriage can cause heartache and heartbreak when a couple decides to have children.

Protect your body and pray for your husband, that any disadvantages that your children might have are not due to choices that you make and could have been prevented.

Honor
the
Temple
of the
Body

“Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body.” I Corinthians 6:19-20 NABRE

Over the last fifty years, viruses and infections have spread through the population that cause cancers and diseases that weaken the body from full health to the point of death. Terminal health threats caused through intimate contact include AIDS and cancer including but not limited to oral, esophageal, and cervical.

A woman's pregnancy history affects her chances of getting breast cancer. If she gives birth to every baby that she conceives, she is less likely to develop breast cancer in the future.

Avoiding risky behavior is a consistent public health message to encourage optimal health including avoid nicotine to reduce chance of lung, oral, and esophageal cancer.

Embrace
the role of
Nurturer

“As for yourself, you must say what is consistent with sound doctrine, namely, that older men should be temperate, dignified, self-controlled, sound in faith, love, and endurance. Similarly, older women should be reverent in their behavior, not slanderers, not addicted to drink, teaching what is good, so that they may train younger women to love their husbands and children, to be self-controlled, chaste, good homemakers, under the control of their husbands, so that the word of God may not be discredited.” Titus 2:1-5 NABRE

If God wills that your marital union creates life, then your husband's seed will decide whether your child is a boy or girl. The Lord ordains that your husband is to be the provider and protector and you are to be the creator and nurturer.

Equip yourself to be the helpmate to your future husband. Act responsibly. Protect life and liberty. Find job opportunities as you pursue happiness that will provide financially and develop your strengths until you meet your husband. Stay out of debt and learn to live within your means. Commit to the full time nurturing of the children and support of your husband when the time comes.

Keep the
Marriage
Bed
Undeclared

“Let marriage be honored among all and the marriage bed be kept undefiled, for God will judge the immoral and adulterers.” Hebrews 13:4
NABRE

The enemy seeks to corrupt the marriage bed because the marital embrace is precious to God and reveals God to each husband and wife. The temptations to defile the marriage bed are numerous.

Your husband is not an object. Pope John Paul II calls spouses to behold each other with “all the peace of the interior gaze.” To stare or to reduce any activity to an animalistic act is to dehumanize the person and miss the purpose of the union.

Every act unless by mistake of spillage should be consummated by insemination which is the providing and receiving of seed. All other acts are counterfeits and meant to mock the marital embrace. Dr. Miriam Grossman tells girls in her book “Sense and Sexuality” that the “rectum is an exit, not an entrance.” Each activity trains the body to respond to each other. Train your body and his for union.

Steward
Your Need
for Intimacy
Properly

“A wife does not have authority over her own body, but rather her husband, and similarly a husband does not have authority over his own body, but rather his wife. Do not deprive each other, except perhaps by mutual consent for a time, to be free for prayer, but then return to one another, so that Satan may not tempt you through your lack of self-control. This I say by way of concession, however, not as a command.” I Corinthians 7:4-6 NABRE

You may feel like you need emotional intimacy from your husband in order to give physical intimacy. You will need to feel secure in provision and protected from harm. You will need to know he is with you and that he is honoring his covenant. You will desire to be chosen. Learn to articulate your needs and steward your desires towards your husband without over burdening him.

Support your husband in his mission to protect and provide. Honor your marriage vows and love deeply. Every marital embrace is a reconfirmation of the wedding vows. May your ‘yes’ be an ‘I do’ repeatedly.

Help
Others
Get to
Heaven

“But because of cases of immorality every man should have his own wife, and every woman her own husband.” I Corinthians 7:2 NABRE

Just as The Lord gave Adam a helper, you are the helpmate to your husband. You are called to sanctify each other and help each other get to Heaven.

May you and your husband be joined into a bond that is represented when you each use the word “we” referring to the “Royal We” for every joint decision and position. This is a difficult and an imperfect process.

Any step in departure from this union is a violation of the covenant made at the altar, to the Lord, and in the presence of your family and friends. Find people to support you in this commitment.

Some day you will answer before The Lord regarding your responsibility to help others get to Heaven. Take that responsibility seriously especially for your husband and children.

Go to the
Father
when you
Make
Mistakes

“That is what some of you used to be; but now you have had yourselves washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.” I Corinthians 6:11
NABRE

There will be temptations. Unfortunately, there will be opportunities for mistakes.

Avoid situations in which you could be misunderstood or accused. The world is not as forgiving as The Father.

Protect yourself, your husband, and your family. Love deeply.

Love unconditionally so that you may learn to know His Love. Love yourself and accept His Love as a beautiful gift.

May you find comfort in Psalm 51, a Prayer for Restoration that David prayed after being confronted regarding transgressions.

Find Him at the foot of the cross every time.

Marriage and the marital union are metaphors for your relationship with Jesus. He loves you more than anyone has or can ever love you. He is yours and you are His.

May The Lord bless you and keep you.

“I belong to my lover, and my lover belongs to me;”
Song of Songs 6:3a NABRE

Psalm 51 - Prayer for Restoration (KJV)

- ¹ Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.
- ² Wash me thoroughly from mine iniquity, and cleanse me from my sin.
- ³ For I acknowledge my transgressions: and my sin is ever before me.
- ⁴ Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest.
- ⁵ Behold, I was shapen in iniquity; and in sin did my mother conceive me.
- ⁶ Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom.
- ⁷ Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.
- ⁸ Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.
- ⁹ Hide thy face from my sins, and blot out all mine iniquities.
- ¹⁰ Create in me a clean heart, O God; and renew a right spirit within me.
- ¹¹ Cast me not away from thy presence; and take not thy holy spirit from me.
- ¹² Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
- ¹³ Then will I teach transgressors thy ways; and sinners shall be converted unto thee.
- ¹⁴ Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness.
- ¹⁵ O Lord, open thou my lips; and my mouth shall shew forth thy praise.
- ¹⁶ For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering.
- ¹⁷ The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.
- ¹⁸ Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem.
- ¹⁹ Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar.

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