

Letters to a Young Adult Man

A Call to Protect and Provide

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

When you were a little boy, hopefully you read stories about being a knight, a warrior, and a man. 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 knight, a warrior, and a man, is a calling to protect and provide. Protect is a verb defined: “to cover or shield from exposure, injury, damage, or destruction; to guard; to defend; and to maintain the status or integrity of especially through financial or legal guarantees.” Provide has among its definitions: “to make preparation to meet a need and to take precautionary measures.”

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.

Most important, you will learn more about how to protect and provide to fulfill your purpose.

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 ultimate protector and provider. May you learn to know Him as God the Father, Jesus the Son, and the Holy Spirit.

“Observe, my son, your father’s command, and do not reject your mother’s teaching; Keep them fastened over your heart always, tie them around your neck. When you lie down they will watch over you, when you wake, they will share your concerns; wherever you turn, they will guide you. For the command is a lamp, and the teaching a light, and a way to life are the reproofs that discipline,”
Proverbs 6:20-23 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 the 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 lady before you give her your heart. Be conscientious about not taking her heart. Your beloved is out there and you are meant to discover her and rediscover her daily. A gentleman is uniquely gifted with a perfect balance of hormones to guide him in this discovery process. Honor your wife and help each young lady to honor her husband.

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 wife, may you and your wife 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 for your beloved. Consider that the 7th Commandment is to not commit adultery and the 10th is to not covet. When a man looks, fantasizes, or desires a woman that is not his wife, he is coveting someone else's wife and committing adultery against his own. In art, the Gestalt Theory encourages one to imagine the completion of a line or image. Avoid the imagination that will lead you to stray from the beauty of your beloved.

Treasure
Your Wife's
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 wife’s body is beautifully and wonderfully made. Like the seasons of the year, her cycle is beautiful. Every month, her body prepares for a baby. There is a window of time in her cycle in which she is more amorous and she is more allured than the rest of the month. This is the time in which she is most fertile.

When a woman is on hormonal contraception, her natural pheromones are masked and her cycle is manipulated. Enjoy the phases of her natural cycle and the beauty of her 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 her.

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.

Your body will create seed, but your wife possesses all of the eggs she will ever have.

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 wife, 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.

Plan to
be the
Provider

“To the man he said: Because you listened to your wife and ate from the tree about which I commanded you, You shall not eat from it, Cursed is the ground because of you! In toil you shall eat its yield all the days of your life. Thorns and thistles it shall bear for you, and you shall eat the grass of the field. By the sweat of your brow you shall eat bread, Until you return to the ground, from which you were taken; For you are dust, and to dust you shall return.” Genesis 3:17-19 NABRE

If God wills that your marital union creates life, then your seed will decide whether your child is a boy or girl. You will be the provider to that child and to the mother of the child. This responsibility is set in natural law and it is required through law.

You must prepare every day to be the provider that this child and mother deserve. You must equip yourself with the skills and work history necessary. Do your very best in school. Act responsibly. Protect life and liberty. Pursue happiness through prosperity and free markets. Find a career and life work that will provide.

Keep the
Marriage
Bed
Undefined

“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 wife 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 hers for union.

Rejoice in
the Wife
of Your
Youth

“When a man is newly wed, he shall not go out on a military expedition, nor shall any duty be imposed on him. He shall be exempt for one year for the sake of his family, to bring joy to the wife he has married.” Deuteronomy 24:5 NABRE

Your wife needs emotional intimacy from you. In order to freely give physical intimacy, your wife will need to feel secure in provision and protected from harm. She needs to know that you are with her and that you are honoring your covenant. She wants to be chosen.

You will need to choose her every day and in every decision. Choose to understand her. Choose to study her and please her. Choose her over every other choice.

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.

Take time to invest in your wife and your marriage. If you marry well and work hard for your marriage, you will have a long and fulfilling marriage. May you always find joy as your wife reveals beauty to you.

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 and your helper will sanctify each other and help each other get to Heaven.

May you and your wife 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. Cultivate relationships in your life with people that will 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 wife 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 wife, 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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