

III. YOUR BODY'S GROWTH AND DEVELOPMENT

CHILDHOOD

Conception to Birth. Did you know that you were alive before you were born? It sounds a little crazy, but it is true. Before you could smell the green grass or blink in the light of the sun, you were the person that God made you. Your life really began at conception.

Your conception happened when a cell from your father fertilized a cell in your mother. The two cells formed a new cell called a zygote. Although it was very tiny, the zygote had information about you. Your hair color, how tall you would be, what your face would look like, and other characteristics about you were already listed inside that cell. That zygote was you.

If you look in the mirror and then look at your parents, you can guess where that

information came from. When God designed you, He took characteristics from your father and your mother and put them together to make you. You are a special creation. No one else in the world is exactly like you. Not even identical twins are the same. You might not be able to tell them apart, but they know a difference. Thoughts, actions and personality set them apart, and they set you apart.

After fertilization, you, the zygote, began to change. The cells that made you up divided into more cells. Your hands and legs formed. Your heart began to beat. After a while, you even began to move around.

For nine months you grew in a special place inside your mother called the uterus. The uterus protected you from harm until you were born.



➤ Circle the correct answer(s) in each statement.

- 3.1 Life begins at [birth, conception, infancy].
- 3.2 Conception occurs when a cell from the father [designs, takes, fertilizes] a cell from the mother.
- 3.3 After fertilization the zygote [disappears, remains the same, begins to change].
- 3.4 For [six, nine, eleven] months a baby grows in a special place inside its mother called the [uterus, pancreas, bladder].



Birth, Infancy, and Childhood. After nine months of growth inside your mother's uterus, you were ready to be born. Your body had grown large enough and strong enough that it could work on its own. The protection of your mother's uterus was not needed anymore. So, out you came into the world.

Although you did not need to be inside your mother's uterus anymore, as a baby you still needed her protection and care. You were helpless. Your parents gave you everything you needed. If you cried for milk, they fed you. If you needed your diaper changed, they put a clean one on you.

As you grew, you were able to do more things for yourself. By the time you were two years old, you could run, use a crayon, feed yourself, and even sing a song. You learned a lot in a short time.

After you were five, your body continued to grow but more slowly than before. It was a time for growing in other ways. Your mind learned many new things.

You wanted to explore the world outside your home. People other than your family became interesting to you. You made



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friends. You learned what right and wrong behavior was. You might even have started to attend Sunday school and church to learn more about God and what He did for sinners on the cross.



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Fill in the blanks with the correct words or phrases.

- 3.5 After _____ months of growth inside the mother's _____, the baby is ready to be born.
- 3.6 At _____ years of age, a normal child can run, use a crayon, feed himself and even sing a song.
- 3.7 After a child turns _____, his body continues to grow but more slowly.
- 3.8 A child wants to _____ outside his home.



ADOLESCENCE

If you haven't noticed yet, you or your friends are beginning to change. Many changes will happen. You will see changes in your body. You will begin to feel about things differently. Your mind will be able to solve those problems that only frustrated you before. You will want to spend more time with your friends. You will want to learn more about God.

These changes are good. God is maturing you. He is preparing you to think and act like an adult. But these changes do not happen overnight. The changes can take many years. God may cause you and your friends to change at different times. So don't be afraid when something happens to you that is not happening to your friends. God is the One who decides when you will change. You are His special creation.



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Physical Changes. Your body will begin to change in many ways. You will be entering a stage in your life called puberty. Your

endocrine system will send hormones into your bloodstream so that you can grow. Pimples on your face called acne will tell you that something is happening. Your hands and feet will grow first. At times, they will seem too big for your arms and legs. But don't worry, the rest of your body will catch up. Because your bones will grow before your muscles, you might feel out of control or clumsy. You might trip more or drop things without meaning to. Your body is getting used to its new size. Be patient, this takes time.

Your whole body will grow inside and out. Your heart will almost double in size. Your lungs will become larger. Even your stomach will get bigger. You will need more food and oxygen to grow. That is why eating good food now is important. Smoking cigarettes may slow or stop your growth.

Have you noticed a difference in your voice? Does it sound lower? Boys' voices will change more than girls' voices. As you grow, your vocal cords become thicker. This change makes you sound more like an adult. The change can take a few months or maybe even a year to happen.

Emotional Changes. Do you giggle a lot? Do your brothers or sisters make you extra mad? Believe it or not, this is part of a change your body is starting to go through. During puberty, the hormones in your body are not at normal levels. This can cause you to feel very happy or very mad. At times, you might have to try extra hard to control yourself. You are responsible for your behavior.



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Social Changes. Friends are becoming very important to you. You like to play with them a lot. You like to talk to your friends on the phone. You like to go over to their house to spend the night. You might even like to dress like them. Their acceptance of you seems very important. Choose your friends carefully. First Corinthians 15:33 states, "Be not deceived: evil communications corrupt good manners." In other words, you will act like the people that you hang around with. The best friends are the friends that encourage you to listen to your parents and live for God.

Intellectual Changes. More and more things about the world are beginning to interest you. You are beginning to experi-

ment and explore. Just the facts are not enough. You are curious as to why things are the way they are. For example, a couple of years ago it was enough to know that planes could fly. Now you are curious. You want to know how planes stay up in the air. You also can be very creative. You might like to draw pictures for friends. You might like to write in your diary. You might like to make model airplanes. Whatever you like to do, remember that God gave you ability to create. Don't be embarrassed of your creations. They are special because they came from your mind.

Spiritual Changes. Spiritual growth is the most important kind of growth. Like physical growth, spiritual growth happens after you are born. However, you must be born spiritually or as Jesus said, "born again." This happens when God changes a person and they trust in Jesus Christ for the forgiveness of their sins. You cannot grow spiritually without God's help. He gives you the energy to read your Bible, to pray, and to obey His commands. When you and God work together, you grow spiritually. To grow spiritually is to act and think more like Jesus Christ.

Have you asked God to forgive your sins and trusted in Jesus for your goodness? If you want to, talk to a parent about it or perhaps someone from your church.



Draw a circle around the correct answer(s).

- 3.9 You will soon enter a stage in your life called [puberty, old age, adulthood].
- 3.10 Your hands and feet grow [last, first, in the middle].
- 3.11 [Muscles, Bones] grow before [muscles, bones].
- 3.12 Your heart almost [triples, shrinks, doubles] in size.
- 3.13 You need more food and [oxygen, carbon dioxide, nitrogen] to grow.
- 3.14 As you grow, your [fingernails, vocal cords, hair follicles] become thicker.



Fill in the blanks with the correct words or phrases.

- 3.15 During puberty, the _____ in your body are not at normal levels.
- 3.16 You are _____ for your behavior.
- 3.17 Choose your _____ carefully.
- 3.18 First Corinthians 15:33 states, "... _____ communications corrupt good manners."
- 3.19 The best friends are the ones that encourage you to _____ to your parents and _____ for God.
- 3.20 _____ is the most important kind of growth.
- 3.21 You cannot grow spiritually without _____.
- 3.22 To grow spiritually is to act and think more like _____.

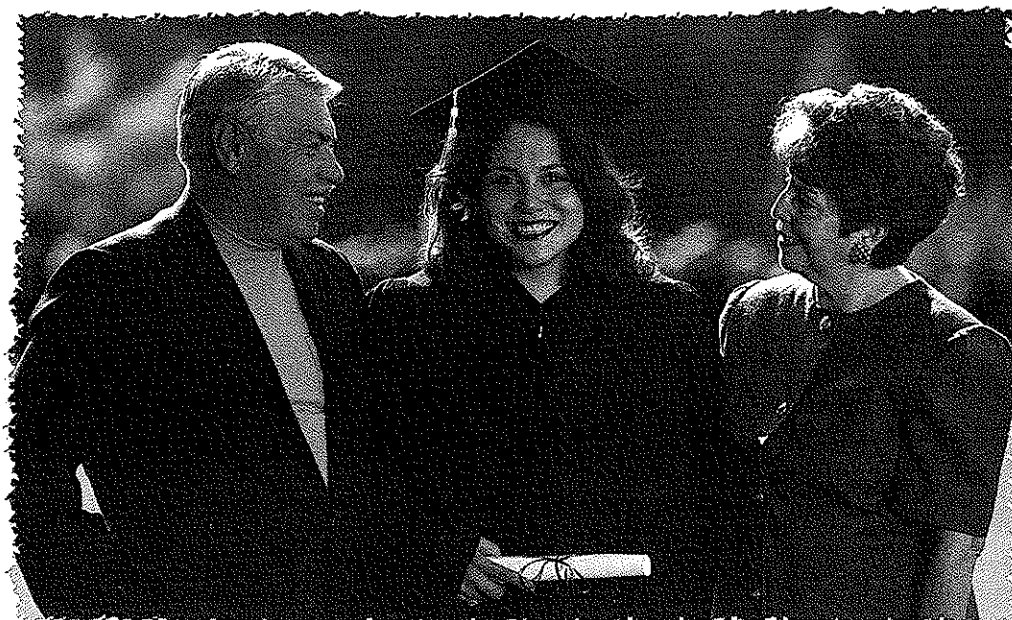
ADULTHOOD

One day, you will change from a child into an adult. Adolescence is that time of change. When you become an adult, a lot will be expected of you. You will be given a lot of responsibilities. With responsibilities come decisions. Decisions will have to be made about such things as a job, a home, a marriage partner, and a family. Your parents are helping you prepare for adulthood.

Responsibility. Do you have to clean your room and make your bed every day? If you do, you are learning to be responsible. You are picking up after yourself. By having you

do chores, your parents are trying to teach you to be like a responsible adult. Helping clean the dishes or keeping your room clean are just practice.

As an adult, you will have more responsibilities to take care of. If God wills, you will have a family of your own. One day you will be like your parents. You will have a job. Food will need to be bought. Your house will have to be kept clean. Children will need to be taken to activities and to church. There will be a lot to think about. But don't worry. As you grow, your parents will make you ready.



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Decisions. Adulthood is filled with decisions. The more responsibilities that you have, the more decisions you will have to make. Decisions need to be made according to the will of God. God's will is found in the Bible.

Some decisions will be easy. For example, if your boss asks you to steal, you know that you should quit. The Ten

Commandments call stealing a sin. Other decisions might not be that clear. You will need to pray and seek guidance from older Christians. If you ask Him, God will give you the wisdom you need to make the right decisions. "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him" (James 1:5).



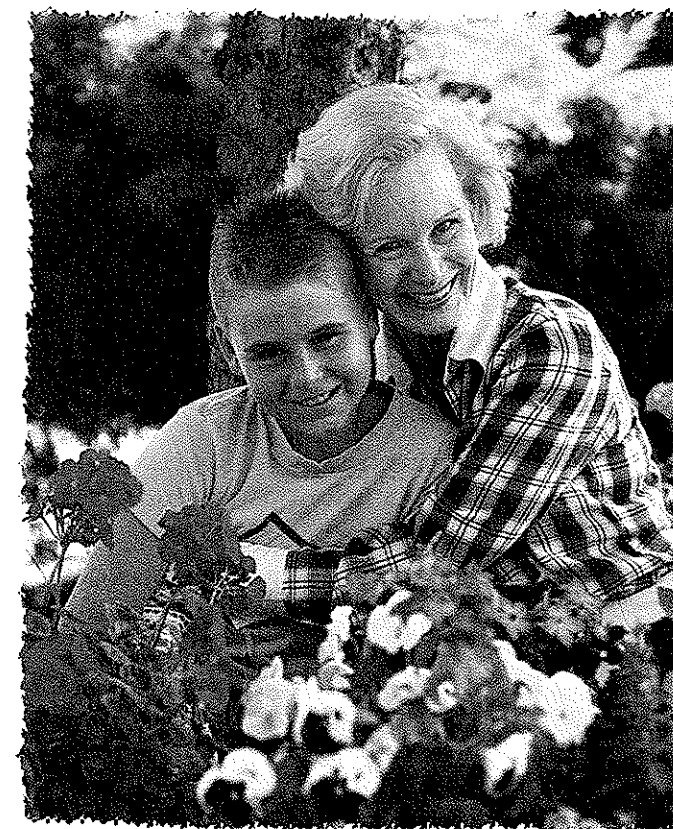
Fill in the blanks with the correct words or phrases.

- 3.23 One day you will change from a _____ into a(n) _____.
- 3.24 As an adult, you will be given a lot of _____.
- 3.25 Your _____ are helping you prepare for _____.
- 3.26 By having you do _____, your parents are trying to teach you to be like an _____.
- 3.27 Adulthood is filled with _____.
- 3.28 Decisions need to be made according to _____.



Getting Older. There will come a time when even you might have grandchildren. Can you believe that? It seems like a long time away, and it is. But there will come a time, if God wills, that you will be put in a place of honor. Old age is not something to be made of fun of. The Bible says that we should respect and honor the elderly. "Thou shalt rise up before the hoary [gray-haired], and honour the face of the old man, and fear thy God: I am the Lord" (Leviticus 19:32). A life that was lived for Christ was an honorable life. When you see a white- or a gray-headed man or woman, think of all that they have seen and done. If they are a Christian, imagine how much wisdom God has given them. Talk to them—you are sure to learn something.

Death. Everything living must die. Plants die. Pets die. And yes, even people that you know will die. To some, death is a scary thought. When you talk about death, people ask many questions: How will I die? Will it hurt? When will I die? Only God knows the



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answer to these questions. We must trust in His goodness toward us for the outcome.

Death will bring all men face to face with God. This can be the most frightening thought of all. But meeting God does not have to be scary. If you have put your faith in Jesus Christ for the forgiveness of your sins, then you have nothing to fear. You will spend eternity with God. But death for the unbeliever will only bring more pain and misery. Christ will be your Judge and not your Savior. You will spend an eternity in hell for the punishment of your sins.

No one knows when he or she will die. That is why it is important to seek God while you can. If you know that you need to repent of your sins and trust in Jesus Christ for your forgiveness, then do so now.

The Goal of Life. In this section on growth and development, we have looked at some of the changes in your life. We looked at how you were conceived and your birth. We studied the different changes that you are (or will be) going through. We also looked at your future. But have you wondered why you have to go through this? Why did God make you?


A group of godly men once wrote, "Man's chief end is to glorify God and to enjoy Him forever." You were made with a purpose. And that purpose is to live a life that glorifies God and not you. The Bible says, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31).

 **Fill in the blanks with the correct words or phrases.**

- 3.29 _____ is not something to be made of fun of.
- 3.30 The Bible says that we should _____ the elderly.
- 3.31 "You shall rise before the _____, and honor the presence of an _____, and fear your God: I am the Lord." Leviticus 19:32
- 3.32 Death will bring _____ face to face with _____.
- 3.33 If your faith is in _____ then you have nothing to fear.
- 3.34 "Man's chief end is to _____ God and to _____ Him forever."

 **Complete these Health Quest Pentathlon activities.**


- 3.35 You are beginning to change in almost every part of your being. Write a letter to a grandparent or relative you haven't seen in awhile. Make sure you use your best spelling and handwriting. Make sure your letter includes the following:
- Describe how you are physically changing—maybe how much your feet have grown or how tall you've become.
 - Share how you are growing smarter, or perhaps the subjects or things you find interesting.
 - Tell about your friends and the things you like to do with them.
 - Finish your letter by telling what you hope to do when you are an adult.

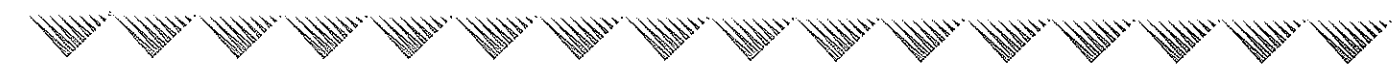
 Adult check _____
Initial _____ Date _____

- 3.36 In this first Health Quest LIFE PAC, you've become aware of just a few of the complex parts of your human body. No wonder David wrote in Psalm 139:13-16:

For thou hast possessed my reins:
thou hast covered me in my mother's womb.
I will praise thee; for I am fearfully and wonderfully made:
marvellous are thy works;
and that my soul knoweth right well.
My substance was not hid from thee,
when I was made in secret,
and curiously wrought in the lowest parts of the earth.
Thine eyes did see my substance, yet being unperfect;
and in thy book all my members were written,
which in continuance were fashioned,
when as yet there was none of them.

Memorize and recite these verses to an adult.

 Adult check _____
Initial _____ Date _____



You've done it!! You've completed the activities for this Health Quest Pentathlon LIFE PAC! Place your third gold medal sticker to complete the 100-meter dash section of your Health Quest Pentathlon track. Congratulations! Your 100-meter runner is ready for the race of his life.



Before you take this last Self Test, you may want to do one or more of these self checks.

1. _____ Read the objectives. Determine if you can do them.
2. _____ Restudy the material related to any objectives that you cannot do.
3. _____ Use the SQ3R study procedure to review the material:
 - a. Scan the sections.
 - b. Question yourself again (review the questions you wrote initially).
 - c. Read to answer your questions.
 - d. Recite the answers to yourself.
 - e. Review areas you didn't understand.
4. Review all activities and Self Tests, writing a correct answer for each wrong answer.