

It's Great to Be a GUY!

JARROD SECHLER
with Dannah Gresh



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16 17 18 19 20 21 22 23 24 / DP-DBJ / 10 9 8 7 6 5 4 3 2 1



contents

A Note from Jarrod . . . 4

Getting Ready to Dig In to Bible Study. 6

Chapter 1: Your Body, a Purpose 14

Chapter 2: Your Body, Its Practice 27

Chapter 3: Your Body, God's Temple 38

Chapter 4: Boundaries, a Protection 51

Chapter 5: Eat This, Do That 69

Chapter 6: Exercise, Your Strength 85

Chapter 7: Your Body, a Source of Life 97

Chapter 8: Your Body, a Sacrifice 113

Answers to Puzzle Crazes . . . 123

A Note from Jarrod

From the second you were born, your body has been in transition to become a man. It all seems to be so barely noticeable, but pretty soon puberty strikes and you wonder what on earth is happening to you.

The word “awkward” comes to mind. But don’t worry. Tens of millions of guys are going through the same things you’re about to go through:

- Your body may be thickening.
- You’re growing taller by the second.
- At some point your voice might squeak like a mouse—and you can be sure it’ll happen at the most embarrassing moment possible.
- The hair on your head may be getting thicker and more oily.
- And hair is appearing in the most surprising places.
- One thing is for sure: you’ll stink!

[**Welcome to puberty!**]

These next few years are going to be an incredible adventure for you. I want you to know I’m honored to be your guide as you work through this book. I’ve based these pages on God’s Word and, since 2 Timothy 3:16 says that all Scripture is inspired by God and is useful for teaching us the correct way to live, I’m 100 percent positive I’m using the right source.

Look at this book as if it was an instruction manual attached to your ankle when you were born. It gives instructions on how you operate, how you're powered, and what to do if you're not working like you should.

Years ago, when I was where you are now, a lot of good happened—as well as some bad stuff. Looking back, it would have been great to have this book then, since I was so unprepared. Through these pages, you'll be able to see the future—to know what's coming and to anticipate it rather than to be constantly surprised and confused by the crazy changes in your body and mind.

I hope you'll begin to understand that God designed your body and mind to be most fulfilled as you glorify and enjoy Him. He has a perfect plan for your exact design even if you can't understand it all yet.

You'll quickly see that the Bible has a *lot* to say about your body and its purpose, and that's the main reason I'm writing this to you. After looking at Scripture and God's plan, you're going to know without a doubt that **it's great to be a guy!**

I'm also going to get practical. Because you don't have to go through life smelling like your armpits. There's this thing called deodorant. (More on that in chapter 3.) And there'll be answers to questions about what's going on below the belt in chapter 7.

It's time to discover what the Bible tells us about taking care of this amazing vessel He has created...your body!

**[You've got
this, dude!]**





YOUR BODY, A PURPOSE

You were bought with a price. So glorify God in your body.

1 CORINTHIANS 6:20

I started puberty later than the other boys in my class. They began to grow muscles, mustaches, and armpit hair, and to develop into men while I remained a boy. When we were required to change clothes for gym class in the seventh-grade boys' locker room,

it became readily evident to everyone who were the men and who were the boys. I was a boy.

I longed to be a man.

It didn't really help that my dad was a manly man. He'd played defensive tackle in college and was feared by men and boys alike. He

was a teacher in the school I attended, and he commanded the respect of everyone by his stature alone. I, on the other hand, was known by some of my extended family members as "Little Jer" because of my meager frame.



It was not a nickname I liked. I had a cousin my age who would dominate me in wrestling, boxing, foot races, and anything else physical we set out to do.

Yep, I was a boy who longed to be a man.

In about eighth grade the upperclassmen on the football team at my school presented me with a new nickname. Because I'd begun to grow taller yet still lagged behind my classmates in physical development, I became known around school as "Noodle." I was tall, skinny, and awkward. All hopes of manhood seemed lost. I was convinced I'd never be the man my father was or the man my cousin was becoming. Nor would I ever be able to compete with other males my age. I began to think that I might always be just a boy who longed to be a man.

It wasn't until about ninth and tenth grades that I began to really grow into my manly body. Since then I've outgrown almost every male from my middle school days. Today I stand six feet two and weigh 225 pounds. No one has called me "Noodle" (or any other floppy wet pasta names) in decades. And, oh, about that cousin who dominated me in everything—I think he stopped growing in about ninth grade. The last time I saw him, he commented that I was definitely not "Little Jer" anymore.

BODY HOMEWORK



Instead of telling you everything about growing up, I'm going to give you just a few key ideas in this book. It's a broad overview of the changes ahead, not a play-by-play game plan. To help you understand these, at times you're gonna need to talk with a guy who's already all man—your dad or granddad, or a big brother, uncle, or trustworthy neighbor. There's no better time to start that conversation than now. So here's today's homework: pick the growing-up topic that most terrifies you—wet dreams, deodorant, shaving, jock straps, or whatever—and go ask a reliable older guy about it. Trust us; he'll be honored when you ask.



If I could give you one piece of advice for learning about your body it would be this: don't wait. Talk with someone now. Talk early and talk often.

What do I mean by "talk often"? I mean that this is not a taboo topic of conversation. None of the topics in this book are off-limits.

every guy has to figure it out



In fact, they're just everyday conversation once you get comfortable with them. Every guy wakes up having had a wet dream. Every guy needs deodorant so his armpits don't create a stench that'd kill Bigfoot (or at least your mother). Every guy wonders when he's ready to shave. And every guy has to figure out how to use a jockstrap. And we're gonna talk about it all. These are common and ordinary things we all go through.

You have two choices when it comes to puberty: suffer through it alone, or literally MAN UP and do what it takes to get with the plan.

Which one do you choose?



THREE FACTS ABOUT PUBERTY EVERY GUY MUST KNOW

FACT #1: Every guy's body is different and every guy develops at a different rate.

On average, a guy will start puberty around his tenth or eleventh birthday. Some guys get started earlier, and others might be twelve or thirteen before they notice any changes.

What kind of changes? Here are a few of them, and the stages during which they're likely to occur. (More on many of these big events later in the book!)

Pubescent Timeline

1 STAGE ONE: You may notice hairs growing around the base of the penis (they're called "pubic hair"), your testicles will slowly get larger, and the scrotum (the loose skin around your testicles) will get darker and looser.

2 STAGE TWO: Your voice may begin to deepen, probably beginning with some cracks and squeaks. Your body will thicken as you gain pounds, and you'll go through a crazy growth spurt as you get taller. Your penis gets longer and darker, and pubic hairs get crazy curly and start to grow all over everything down there.

3 STAGE THREE: Everything in stage two keeps happening, plus you'll start to get facial hair. And the hair on your body—well, let's just say it takes on a life of its own. Your pubic hair may extend up the belly. You're physically a man. *Congratulations.* (But there is no certificate.)

FACT #2: All the changes in your body are happening for a reason.

God has arranged all that's necessary to make your body fully ready for your becoming a father one day. (It's that simple. You don't have to do anything to make puberty happen).

FACT #3: These changes are normal and safe, though they may seem awkward or uncomfortable.

It's been said that no one likes change except a baby in a wet diaper. Change is scary because we have no idea what it will bring. If you feel a little nervous about your body changing, don't worry. I survived it and I'm here to tell you that you will too.

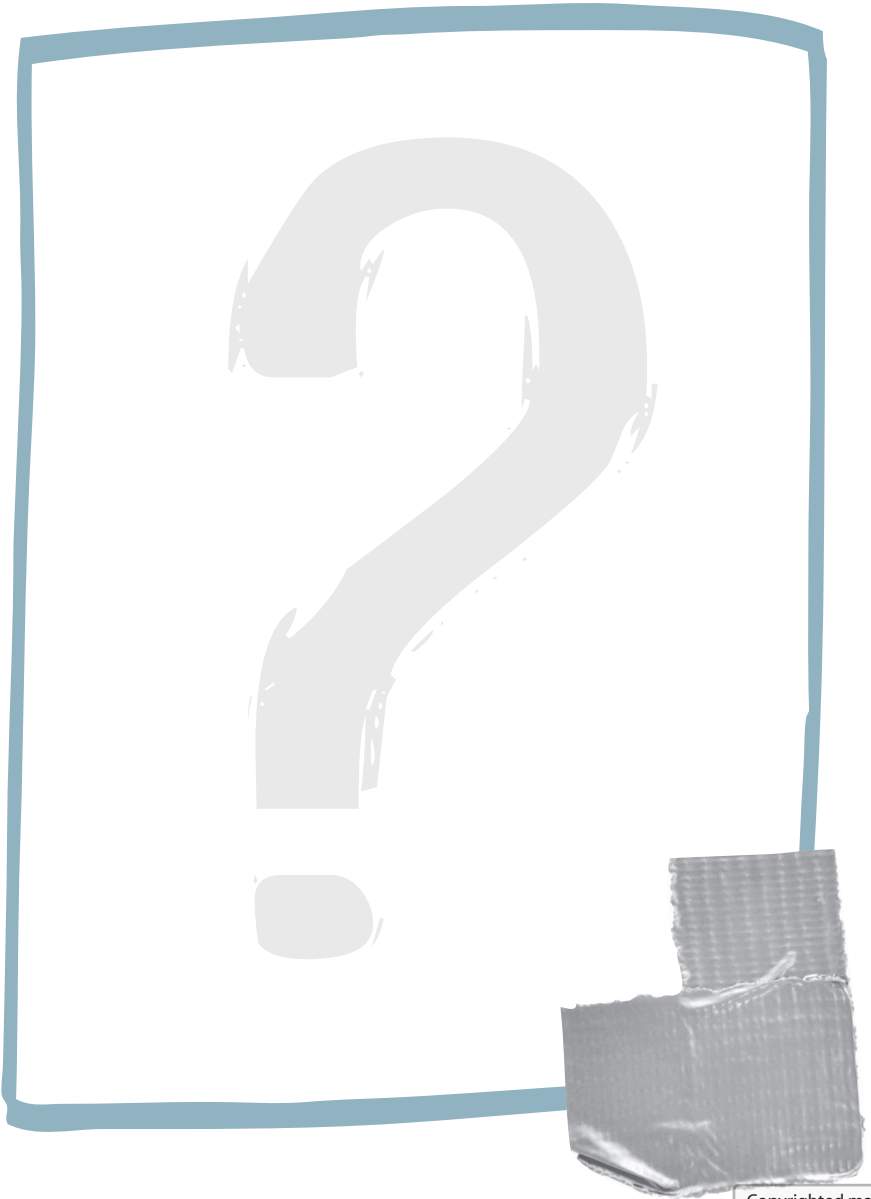
pu·ber·ty
(noun) • : the period of life when a person's sexual organs mature and he becomes able to help create children





THINK ABOUT IT

Use this box to create a list of questions
you do NOT want to forget to ask!



Meditation 1

Your Body, a Purpose

No guts. No glory.” It’s true—from the time of the gladiators until now, being a man takes courage—and so does bringing glory to God. Puberty can be confusing, annoying, and somewhat discouraging, but knowing what to expect will give you the confidence that God knows what He’s doing.

Remember, having confidence in God is what produces true courage in the first place. You’ll see how that worked in David’s life in the next section.


FACT: God has a much bigger purpose in mind for your body . . . and I’m going to show you how cool that is.

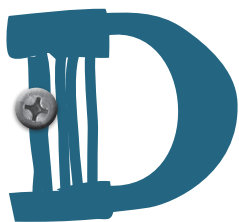


DIG IN by Studying 1 Samuel 17:32-37, 41-50

You probably know the Old Testament story of David the shepherd boy who took on a giant named Goliath. The famous Renaissance artist Michelangelo, in his famous solid-marble sculpture of David, depicts him as an extremely muscular dude. The reality, however, is that David was probably more of a gangly teenager than a seasoned warrior. David simply believed he’d been created to glorify God with the body he’d been given, regardless of his physical stature. **Let’s take a look at the story, beginning when David announces he will take on the titan:**



 **32** “Don’t worry about this Philistine,” David told Saul. “I’ll go fight him!” **33** “Don’t be ridiculous!” Saul replied. “There’s no way you can fight this Philistine and possibly win! You’re only a boy, and he’s been a man of war since his youth.” **34** But David persisted. “I have been taking care of my father’s sheep and goats,” he said. “When a



Did you know that the point at the end of Goliath’s spear weighed as much as a bowling ball? 15 pounds!

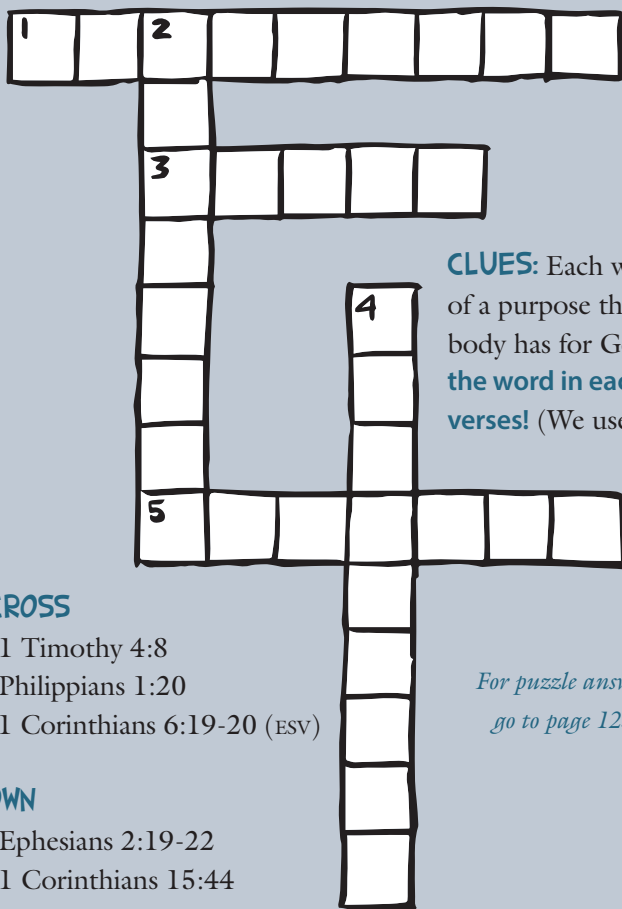
lion or a bear comes to steal a lamb from the flock, **35** I go after it with a club and rescue the lamb from its mouth. If the animal turns on me, I catch it by the jaw and club it to death. **36** I have done this to both lions and bears, and I’ll do it to this pagan Philistine, too, for he has defied the armies of the living God! **37** The LORD who rescued me from the claws of the lion and the bear will rescue me from this Philistine!” Saul finally consented. “All right, go ahead,” he said. “And may the LORD be with you!”... **41** Goliath walked out toward David with his shield

bearer ahead of him, **42** sneering in contempt at this ruddy-faced boy. **43** “Am I a dog,” he roared at David, “that you come at me with a stick?” And he cursed David by the names of his gods. **44** “Come over here, and I’ll give your flesh to the birds and wild animals!” Goliath yelled. **45** David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven’s Armies—the God of the armies of Israel, whom you have defied. **46** Today the LORD will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel! **47** And everyone assembled here will know that the LORD rescues his people, but not with sword and spear. This is the LORD’S battle, and he will give you to us!” **48** As Goliath moved closer to attack, David quickly ran out to meet him. **49** Reaching into his shepherd’s bag and taking out a stone, he hurled it with his sling and hit the Philistine in the forehead. The stone sank in, and Goliath stumbled and fell face down on the ground. **50** So David triumphed over the Philistine with only a sling and a stone, for he had no sword (1 Samuel 17:32-37,41-50 NLT).



What's the Purpose of My Body?

You might feel like the most exciting purpose of your body is to make fart noises and throw a ball really, really far, but God has greater purposes for your body! **Look up each of the Bible verses below to discover the real purpose of your body.**



CLUES: Each word speaks of a purpose that **YOUR** body has for God. **Find the word in each of these verses!** (We used NIV.)

ACROSS

- 1 Timothy 4:8
- Philippians 1:20
- 1 Corinthians 6:19-20 (ESV)

DOWN

- Ephesians 2:19-22
- 1 Corinthians 15:44

*For puzzle answers
go to page 123.*

What's our purpose? God created us to glorify Him. That's our number one job.

To glorify God means to make Him **Visible** or **known**—sort of the way the moon makes the sun known. The moon has no light of its own, but it can be seen as it reflects the light of the sun. In this way the moon “glorifies” the sun. God is like the sun, and we’re meant to be like the moon.

Circle the specific thing we are supposed to use when we glorify or make God known.



You were bought with a price. So glorify God in your body (1 Corinthians 6:20).

Specifically what part of us is supposed to glorify Him?

Our _____.

For puzzle answers go to page 123.

Our bodies are created and exist to glorify God. Much as you might enjoy making body noises, these are not the purposes of our bodies. But those things sort of humble us and make us laugh at ourselves, don't they? That's okay. Every great doctor, theologian, prayer warrior, banker, teacher, soldier, and father who has ever lived spent the first nine months of his life in a warm, safe womb (and the next nine months spitting up and needing diaper changes!) People never have been and never will be the superstars in this story of life. God Himself has always been and will always be the famous one. It is our job to make His fame more and more known *with our bodies*.



LOOK Inside Yourself



As males, we often think of glory in terms of athletic achievements. I played four years of football in high school and was an average player who got the job done, but I was never a star on the field. My crowning achievement on the football field occurred during my senior year—and it never really happened. I call it *The Greatest Pass I Never Threw*.

We were playing our rival team, the Rams of Southern Garrett. I was number 17, playing quarterback. Our halfback was number 7. We called a play that involved a direct snap to the halfback, and he threw a 71-yard touchdown pass to one of our receivers. Everyone saw the 7 on his jersey and assumed it was my number 17. Everyone thought I threw that pass. I mean *everyone*. My teammates, my friends, even my parents thought I'd finally done something big on the field. I even got the credit the next day in the newspaper! The reality, though, was that I wasn't a star. I was just average old me. I didn't deserve the glory.

The good news is that this isn't the kind of glory we're talking about when we look at 1 Corinthians 10:31. God isn't looking for you to glorify Him in front of hundreds, thousands, or even millions with your athletic talents. You don't have to play in the NFL, NBA, or NHL to bring Him glory. You do it by living out your average, ordinary, everyday life in ways that honor Him.

Two actions we do with our bodies are specifically named in 1 Corinthians 10:31. Circle them.



So, whether you eat or drink, or whatever you do, do all to the glory of God.

Eating and drinking with our bodies can glorify God. But so can “whatever.” Shaving, watching football, doing math, making your bed, or singing songs can glorify God.

What kinds of things do you like to do with your body? Write a Top Ten List below of your favorite ten activities. (Keep in mind that *everything* you write down can be for His glory.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



REACH
UP and
TALK to
GOD



Dear Jesus,

Wow. This is deep stuff. I can see that the purpose of my body is to _____ God. Help me to eat and drink to _____ You. Today I thought of the following things I can do with my body to bring glory

to You. They include _____, _____, _____, and _____. Thank You for showing me my purpose in Your plan. Forgive me for the times I've tried to be the superstar. I know that my purpose on earth is to make You look like the hero, and not me. In everything that I do, help me to point people straight to You. You alone are the famous one!

I love You, Jesus!

(sign here)