

## A Review of the Course: Maidens by His Design

Do you feel inadequate to teach about a woman's menstrual cycle? Does it feel uncomfortable to talk about this all-important subject? Does just thinking about it make you break out into a sweat or to want to run and hide? Well, Doran Richards has created a unique course called *Maidens by His Design* that will help women face what may be an uncomfortable topic. This course will help change that. In an effort to bring God back into the center of our lives and how He has specially designed us as women, Mrs. Richards covers from start to finish a subject that many of our own mothers chose not to discuss thoroughly with us. This course prepares girls to understand and accept the changes their bodies will go through, God's way.

*Maidens By His Design* is a ten-week course with the leeway to make it longer or shorter depending upon your need. It was created with young girls ages 8-15 in mind. It includes a teacher's manual and student workbook, suitable for just mom and daughter or for a small group, classroom or homeschool group. The course will take you through how God created women, the way our body was created, how it was designed to have a menstrual cycle, the stages of the cycle and the factors that can affect it. The teacher's manual includes the materials needed to teach the course, topics and questions to cover and suggestions on how to teach it. However, it does allow the freedom to teach according to the individual's teaching style. The student workbook even includes short little devotionals for the girls to read during the week of their menstrual period; just to help them focus on the Lord, His Word and not so much on themselves. We all know how easy it is to become self-focused when we are not feeling well! There is also a quiz to determine the student's level of comprehension of the materials covered.

Mrs. Richards keeps a light tone, respecting the ultimate authority of the parents and their choice of how much to share with their daughters. Her desire for us to be creative and have fun is emphasized throughout because such a delicate topic need not be boring and flat! We are supposed to rejoice and give thanks in all things (I Thessalonians 5:16-18). We ought to celebrate becoming a woman. It is such a significant milestone in our lives and not one that should be looked down upon, as the world does. God is the giver of life and He has created women to bring forth that new life into the world. The intricate way in which the Lord has designed us is reason alone to celebrate. Mothers and daughters will enjoy creating their own private celebration of how God has created us and in preparing daughters for maidenhood.

There are many resources listed including: books, websites and questions, which make the course very user friendly. It also helps in taking away that uncomfortableness that many experience when the topic of maturing and menses comes up. Discussion time will be easily started in the way in which the course is laid out with such questions as: Do you understand why we menstruate each month? What does the word *menses* mean? What are two ways I can take my thoughts captive each month? And more. She also touches on the importance of eating nutritionally. Therefore, if your daughter has not yet made it a habit to eat healthy, then perhaps this course will touch her heart in that area.

The whole process of menses is clearly understood through history, definitions, diagrams, illustrations, and thorough explanations. Even if questions come up that remain unanswered, the many resources included should provide enough material that additional research should answer them soon enough.

This course would be a perfect supplement to any Christian Education program to help prepare girls in becoming young maidens. It encourages young ladies and their mothers or teacher to embrace God's design and God's process of becoming a woman. It is refreshing to see Mrs. Richards' desire to educate young girls the truth about their bodies from a Christian perspective. It is also a wonderful way for mothers and daughters to knit their hearts together as they become more intimate through talking about womanly issues. What better way to bond as women than to study becoming one!

Mrs. Richards is a wife, homeschooling mother to five dear children, author of the booklet, *A Celebration of Pregnancy* and owner of the ministry **Blessing God's Way**. Her passion for birth and educating women in maidenhood, maternity and menopause God's way is very evident throughout the materials she has created. Mrs. Richards is initially teaching the *Maidens By His Design* course herself to groups in her community in Virginia. Please feel free to contact her for more information at [rejoice@blessingGodsway.com](mailto:rejoice@blessingGodsway.com)

*Review written by Mrs. Robert Gould. Mrs. Gould resides in Northern Illinois and is a wife and homeschooling mother of six children. She enjoys walks with her family, reading, writing and helping her husband with their family business, Faith and Family Books [www.faithandfamilybooks.com](http://www.faithandfamilybooks.com), in addition to all her duties as a wife and mother. ©*