

The Sacred Cycle

A Biblical Blueprint for Balanced Hormones, Energy, & Femininity





Note from the Author

Dear Sister,

Welcome — truly, from my heart. My name is Maryssa Briggs, Founder of P31 Life, and I am so honored to walk alongside you in this journey of understanding, healing, and celebrating the beautiful design that God has woven into womanhood.

Disclaimer & Welcome

Disclaimer

This ebook is for educational and devotional purposes only. It is not medical advice and should not replace professional care or recommendations from your healthcare provider. Always consult a qualified medical professional before making changes to your health, nutrition, exercise, or medication regimen. The contents are based on the author's study, experience, and faith journey as a follower of Jesus.

Years ago, I struggled with my own cycle, feeling confused and even ashamed at times. But through prayer, scripture, and learning about God's intricate wisdom, I discovered how much purpose and beauty is packed into our femininity — *down to every hormone and every season of our cycle.*

My prayer is that as you read, you'll find wisdom and comfort — that you'll learn about your body in a new light, and experience a deeper healing and freedom as a daughter of the King. This isn't just about cycles or science — it's about walking in the inheritance and wholeness Jesus died to give us, and stewarding our wellness for His glory.

Let's dive in, precious friend.

With love,
Maryssa Briggs

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01 —

Designed with Purpose

Your Body, God's Wisdom

The Beauty of Womanhood and God's Intentional Design

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I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.

Psalms 139:14 (NIV)

From the very beginning, God set apart women — carefully, tenderly, and with extravagant intention. There are no accidents when it comes to your body: the curve of your smile, the rhythm of your heartbeat, and yes, the miraculous monthly cycle you walk through. In a world that can minimize, mock, or misunderstand femininity, it's easy to forget that *our womanhood is God's idea* — and it is gloriously good!

Let's take a moment to marvel at the beauty of your design:

- **Created in God's Image:** Every detail in your body is a reflection of His creativity. Your cycle, hormones, and rhythms are not burdens to be “managed” and suppressed, but sacred invitations to live in sync with Him.
- **Woven on Purpose:** Science now confirms what scripture declared first — our hearts, minds, and hormones are woven together to thrive in different seasons. Whether you're single, married, a mom, or longing to be, God calls you *very good* (Genesis 1:31).
- **Not a Mistake:** Every up and down, every craving or emotion, holds the possibility for deeper dependence on God and a richer understanding of yourself. The world may treat your cycle as inconvenience, but the Kingdom sees it as identity.

A Gentle Introduction: Hormones, The Menstrual Cycle, and Kingdom Wellness

Before we get practical, let's make things plain! Your body isn't random — your cycle is simply your body's way of communicating what it needs, shifting gently through four main phases each month. Hormones like estrogen and progesterone are like guides, signaling your body when to rest, rise, or renew.

Kingdom wellness means honoring all these phases as God-ordained, learning to work *with* your design instead of fighting against it. Rather than striving for "balance" as the world defines it, we invite the Holy Spirit into every fluctuation — trusting that He knows intimately what our bodies need.

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Your body is not a problem to be fixed, but a wonder to be embraced.

Maryssa Briggs

Prayer: Embracing Our God-Given Design

Father, thank You for crafting me with purpose and for calling me 'wonderfully made.' Help me to honor my body and cherish Your wisdom in my cycles. Set me free from shame, confusion, and comparison — and fill me with wonder at Your intentional design. Teach me to listen, trust, and steward my whole self in partnership with You. Amen.

02 — Map of Your Cycle

Understanding Each Phase

A Season for Everything: The Four Phases of Your Cycle



There is a time for everything, and a season for every activity under the heavens.





Ecclesiastes 3:1 (NIV)

Just as God set seasons for the earth, He's woven seasons into your monthly cycle too. Every phase carries a gift, a purpose, and unique needs. Let's meet them all:

Phase Icons

- **Menstrual (Moon):** Release and renewal
- **Follicular (Flower):** Growth and fresh energy
- **Ovulation (Sun):** Radiance and connection
- **Luteal (Leaf):** Reflection and preparation

Visual Guide:

Phase	Symbol	Days*	What's Happening
Menstrual	 Moon	1–5	Shedding the uterine lining; hormones at their lowest
Follicular	 Flower	6–13	Estrogen rises, energy builds
Ovulation	 Sun	14–16	Peak estrogen, most fertile, social "high"
Luteal	 Leaf	17–28	Progesterone rises, body prepares for next cycle

* Days approximate, based on a 28-day cycle.

Key Hormonal Shifts Explained Simply

Instead of a tide that “wrecks” your plans, think of your hormones as ocean waves — carrying you gently to shore when you trust their pull.

- **Estrogen:** Rises in the first half (menstrual to ovulation), brings clarity, energy, and motivation.
- **Progesterone:** Dominates after ovulation, calming, grounding, encourages rest and reflection.
- **FSH & LH:** Spark egg growth and release at ovulation.
- **Testosterone:** Briefly spikes before and during ovulation for confidence and drive.

What's Most Important?

Every month, your brain and ovaries are in holy conversation — tuning your moods, energy, and even immune system. When we align life with these shifts, we discover less friction, more peace.

Phase-by-Phase: Mood, Energy, and Strengths

Phase	Mood Tendencies	Energy Shifts	Superpowers
Menstrual	Introspective, tender	Lower, need for rest	Discernment, reflection
Follicular	Hopeful, creative	Climbing, inspired	New projects, planning
Ovulation	Outgoing, radiant	Highest, magnetic	Communication, connection
Luteal	Grounded, reflective	Decreasing, calls for boundaries	Focus, completion

Prayer: Accepting Every Season

Lord, thank You for orchestrating my body like the seasons. Help me embrace each phase — the highs and the lows — with gratitude and wisdom. I release frustration and invite Your peace into every hormonal wave. Remind me that You meet me in every season. Amen.

03 —

Syncing Your Life

Practical Cycle Syncing for
Kingdom Women

What is Cycle Syncing?

Cycle syncing is the art of aligning your activities, self-care, and nutrition with the phases of your cycle. It's not about rigid rules, but about listening to your body, recognizing what it needs each week, and honoring those needs as part of your Kingdom stewardship.

By living *in sync* instead of pushing through, you conserve energy, manage stress, and cultivate joy instead of burnout.

It's one of the most loving things you can do for yourself and your calling.

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"A woman in tune with her body is a woman in tune with her purpose. You were not created to live disconnected or depleted — you were designed to live whole, healed, and on fire for the life God called you to live." — MaryssaBfree / P31 Life

Foods, Movement, and Self-Care by Phase

Start with this blueprint — and tweak it as the Spirit leads!

Menstrual (Rest & Nurture)

- **Foods:** Warm soups, root veggies, iron-rich meals, herbal teas (ginger, chamomile)
- **Movement:** Gentle stretches, restorative yoga, short walks
- **Self-Care:** Journaling, prayer, hot water bottle, extra sleep

Follicular (Renew & Grow)

- **Foods:** Leafy greens, berries, lean proteins, seeds (flax, pumpkin), colorful veggies
- **Movement:** Cardio, strength training, dance
- **Self-Care:** Vision planning, trying new things, creative hobbies



Ovulation (Shine & Connect)

- **Foods:** Fresh salads, cruciferous veggies (broccoli, cauliflower), plenty of water
- **Movement:** HIIT, group classes, running
- **Self-Care:** Social dates, worship nights, community



Luteal (Protect & Prepare)

- **Foods:** Complex carbs (quinoa, sweet potatoes), roasted veggies, magnesium-rich foods (dark chocolate, nuts)
- **Movement:** Pilates, stretching, moderate weights, walking
- **Self-Care:** Declutter, set boundaries, cozy rituals

Phase	Best Foods	Movement	Self-Care Focus
Menstrual	Soups, iron, teas	Stretch, walk	Rest, warmth
Follicular	Greens, seeds, berries	Cardio, strength	Create, plan
Ovulation	Fresh veg, hydration	HIIT, group	Social, connect
Luteal	Carbs, magnesium, roots	Gentle strength	Boundaries, nest

Scriptural Encouragement

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Do you not know that your bodies are temples of the Holy Spirit, who is in you...?

1 Corinthians 6:19 (NIV)

Prayer: Inviting God Into Our Wellness Rhythms

Jesus, show me how to honor my body's rhythm as an act of worship. Give me discernment for my food, movement, and boundaries. Help me lay down performing, receive Your grace, and steward my health in partnership with You. Amen.



04 —

Healing the Heart & Body

Addressing Root Causes

How Stress, Trauma, and Wounds Impact Hormones

Sometimes hormonal symptoms are not just about food or exercise, but deep places in our hearts and histories. God cares about every stress curve, every traumatic memory, and every disappointment.

Chronic stress, childhood wounds, unresolved grief, or bitter unforgiveness can signal your adrenal glands and ovaries — keeping your body in “fight or flight” instead of rest and renewal.

Symptoms like:

- Irregular cycles
- Pain or PMS
- Fatigue or anxiety

... may be invitations to deeper healing, not just surface fixes.

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True healing is both spiritual and physical, requiring us to lay our wounds at the feet of Jesus.

Maryssa Briggs

Rest, Forgiveness & Surrender: Biblical Healing Steps

God's plan for you is wholeness — body and soul. He invites you to:

1. **Rest:** Honor a weekly sabbath; take quiet time; say "no" to hurry.
2. **Forgive:** Release bitterness to Jesus; declare forgiveness; pray for those who hurt you.
3. **Surrender:** Surrender expectations and outcomes to God; trust Him with your process.

Simple Tips: Supplements, Rest, and Boundaries

- **Nourishing Supplements:**
 - Magnesium glycinate: for cramps, sleep
 - Vitamin B6: eases PMS, mood
 - Omega-3s: support hormones and brain health
- **Rest & Sleep:**
 - Regular bedtime routine
 - Limit screens after dark
 - Prayerful, worship-filled wind-down
- **Healthy Boundaries:**
 - Learn to say "no" kindly but firmly
 - Schedule white space in your week
 - Ask for help; don't do it all alone

Testimony: A Vignette

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When I finally forgave myself for my past, I noticed my cycle stabilized for the first time in years. Healing truly began in my spirit before I saw it in my body.

Anonymous, P31 Life Community

Prayer: Healing and Restoration

Jesus, You are my healer. I release stress, pain, and old wounds to You now. Bring Your light to every place of my body and soul that has been burdened or broken. I choose forgiveness, rest, and radical trust in Your restoration. Amen.

05 —

Becoming a Wise Woman

**Discernment & Community in
Hormone Health**

Partnering With God and Others on Your Wellness Journey

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If any of you lacks wisdom, let him ask of God, who gives to all generously...

James 1:5 (NIV)

Wisdom doesn't flourish in isolation. When it comes to hormone health, discerning the right path means partnering with God, learning from wise mentors, and tapping into supportive, faith-filled community.

Why Wise Counsel Matters

- God places people (doctors, coaches, spiritual mentors) in our path to help us find clarity, accountability, and sound science.
- Your health journey is unique — don't compare! Lean on those who hold both faith and understanding.

Navigating Advice With Biblical Discernment

Not every trend or advice fits your body or calling. Here's how to sift the gold:

- Pray before acting on any new advice.
- Hold your health plans open before God.
- Compare everything to scripture — does it align with His peace and truth?

Table: Questions to Ask

To Ask a Doctor/Coach	To Ask Your Faith Community
Is this evidence-based and safe?	Will this plan help me honor God?
Does this align with my calling?	Is there support or accountability?
Am I listening to my body?	Do I feel peace or pressure?

“

**Wisdom is the ability
to apply knowledge
with grace, guided by
God's truth.**

— Unknown

Prayer: Wisdom and Guidance

Holy Spirit, I invite You into every decision about my health. Lead me to wise mentors and help me discern what aligns with Your heart. Protect me from confusion, self-reliance, or striving. Let Your wisdom light my way. Amen.



06 —

**Beauty,
Purpose &
Kingdom
Legacy**

Embracing Femininity, Beauty, and Purpose

In every generation, God has chosen women to carry beauty, strength, and the fragrance of His Kingdom. Your hormone journey is about more than health — it's about legacy. When you tend to your inner and outer beauty, you invite the next generation to walk in confidence and wholeness.

Simple Beauty Rituals to Celebrate Your Design

- Aromatherapy and oils for calm and confidence
- Beauty prayers while applying skincare ("Lord, thank You for my skin, my smile, my body")
- Journaling God's faithfulness in each cycle

Faith, Confidence, and Purpose

You were born for "such a time as this" (Esther 4:14). Your confidence doesn't come from the world — it springs from knowing whose daughter you are.



Pull quote:

Reflection & Journaling Prompts

01 In what ways is God calling me to cherish my body more fully?

02 What season am I in — body, mind, and spirit?

03 How can I pass on Kingdom wellness/beauty to the next generation?

Prayer: Walking Forward in Purpose

Father, help me to radiate Your beauty and strength. May my confidence remain in Christ alone. Equip me to love and serve others from a place of wholeness, and empower me to leave a lasting Kingdom legacy. Amen.



Final Blessing & Invitation

A Personalized Blessing

Daughter, you're designed on purpose by a loving, intentional God. May you walk in freedom, wisdom, and joy all your days. May every cycle become worship and every season be drenched in grace. You are loved, you are chosen, you are wonderfully made.

Next Steps

- [Connect with Maryssa here.](#)
Interested in deeper coaching or mentorship?
- IG [@P31_Life365](#)
Follow daily encouragement:
- Visit: www.MaryssaBriggs.com
for resources and community

About the Author

Maryssa Briggs is the founder of P31 Life, a passionate voice empowering women to walk in wellness, wisdom, and wholeness as daughters of the King. After her own battle with crohns disease, addiction, hormone imbalances, shame, and striving, Maryssa found profound healing through scripture, science, and surrender.

She now coaches women worldwide, equipping them to embrace their cycles, steward their health, and root their identity in Christ. Whether through writing, speaking, or mentoring, Maryssa brings warmth, truth, and beauty — always pointing daughters back to the One who designed them.



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Wellness is not a destination but a daily invitation — deeper into God’s love and your own divine design.

— Maryssa Briggs