

### How to practice NFP

I first recommend a simple method described by the Family of the Americas, a \$5 downloadable book on the "How To" of NFP: <http://store.yahoo.com/faf-store/lovefertility.html>

It is a mucous-only method in a simple presentation:

1. About 7 days after the woman's monthly menstrual period, sticky and dense mucous forms in the vagina that she can check with her finger or via wiping with a tissue after urination. At this point, when the sticky and dense mucous forms, she has entered the fertile cycle. She should refrain from sex if she does not want to become pregnant.
2. After a few days, the mucous becomes clear and feels wet and slippery within the vaginal opening. The woman has a definite feeling of lubrication within the vaginal opening.
3. The last day on which the woman feels wet and slippery is called the Peak Day.
4. Recall the Peak Day is the last day on which the woman feels the wet and slippery sensation. Now count 3 days past the Peak Day because these are also possible fertile days.
5. On the fourth day after the Peak Day, the woman can no longer conceive and she can begin to have sex again.
6. Total is 4-5 days from the start of wetness through the Peak Day. Then 3 days after the Peak Day are also part of the fertile cycle. Therefore, there are 7-8 days per month, depending on the woman, when she should refrain from sex.
7. Note that when the wet feeling disappears and the woman feels dry, any mucous at this point will become less elastic in nature, and the woman will not feel the sensation of being wet and slippery. This sense of dry and non-slippery will then continue.
8. The mucous-only method is adequate for most women with regular menstrual cycles. If she is irregular, then cross-correlation with a body temperature check (a specially calibrated oral thermometer) is helpful (see below). This method uses both mucous and an oral thermometer that shows 0.2° increases in temperature that correlates with the fertile phase.

### NFP Courses

- o Billings Ovulation Method Classes (mucous only):
  - <http://www.billings-centre.ab.ca/>
- o Creighton Method Classes (mucous only):
  - <http://www.creightonmodel.com/>
- o Couple-to-Couple League Classes (mucous plus temperature):
  - <http://www.ccli.org/>
  - In Houston: <http://www.cclhouston.org>
  - Houston contact for courses: [nfpflm@aol.com](mailto:nfpflm@aol.com), or call the Houston-based chairperson: Joe DeVet at 281-723-5686

### Further Reading

- "Open Embrace: A Protestant Couple Rethinks Contraception", Sam and Bethany Torode, 2002.
- "Good News about Sex and Marriage", Christopher West, 1997.
- "Theology of the Body Explained", Christopher West, 2003
- [A large part of the material that I used came from Christopher West's lectures and books, and I am deeply indebted to him.](#)

### Redemption Prayers

- Men: I thank you, Lord, for the beauty in this woman. She is made in the image of God. By the power of the death and resurrection of Jesus Christ, may I never use her as an object for my own lustful gain. And by that power, please untwist in me that which sin has twisted. And may I come to see my sexuality rightly.
- Women: I thank you, Lord, for this man. He's is made in the image of God. By the power of the death and resurrection of Jesus Christ, may I never use him or seduce him for an object of my own physical or emotional gain. And by that power, please untwist in me that which sin has twisted. And may I come to see my sexuality rightly.

Unabridged audio of *Scriptural Sexual Ethics*: [http://www.jmtour.com/?page\\_id=40](http://www.jmtour.com/?page_id=40)