

## Questions and Answers

Truth is difficult to discern if our minds are clouded with conflicting thoughts about homosexuality. The best way to discern what is right in God's sight is to know the truths of Scripture.

### ***“Is homosexual temptation a sin?”***

- No. Jesus was tempted *“in every way,”* yet He did not sin. Therefore, temptation is clearly not a sin, however, yielding to temptation is a sin.  
*“We have one [Jesus] who has been tempted in every way, just as we are—yet he did not sin”* (Hebrews 4:15).

### ***“Is homosexual behavior a sin?”***

- Yes. According to numerous passages in the Bible, the Law of God states . . .  
*“Do not have sexual relations with a man as one does with a woman; that is detestable”* (Leviticus 18:22).

### ***“Is homosexuality the worst sin?”***

- No. The Bible says, if we commit *any sin*, we are guilty of breaking the whole law.  
*“Whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it”* (James 2:10).

### ***“Is a person born a homosexual?”***

- No. Homosexuality is a *behavior*, not an *identity*. No scientific study has ever found a “gay gene” or any other cause for homosexuality. However, all people are born with a personal inclination or “bent to sin” (Psalm 51:5). Two other significant factors leading to homosexuality are childhood *environment* and the child's chosen *responses*. Yet the Bible says,  
*“Don't copy the behavior of this world, but let God transform you into a new person by changing the way you think”* (Romans 12:2 NLT).

## Factors Leading to Same-Sex (SS) Attraction

Various factors draw people into gay relationships. These three are the most common . . .

1. **Failure** to identify with a parent perceived as weak or absent
  - Viewing the SS parent as weak and powerless and the other parent as overpowering
  - Recoiling from the opposite gender because of that parent's domineering, controlling behavior
  - Despising being taken as a surrogate “spouse” by a lonely parent

**Result:** To fill the emotional SS void, they become easy prey for someone of their own sex.

2. **Failure** to bond with a non-affirming, non-nurturing SS adult
  - Continually feeling, “I'll never measure up” to the SS parent's expectations or standards
  - Envy siblings whose genders are affirmed, while their own gender is criticized or ignored
  - Perceiving themselves as failures both at home and among peers

**Result:** They are vulnerable to an affirming, SS person who sexualizes the relationship.

3. **Failure** to attach to positive, healthy SS role models due to abuse
  - Experiencing sexual identity confusion because of SS sexual abuse before the age of twelve.
  - Retreating from their own gender because of hurt and rejection
  - Blaming their gender for their abuse

**Result:** To protect from further wounding, they refuse to trust the opposite sex.

*“Though my father and mother forsake me,  
the LORD will receive me.”*  
(Psalm 27:10)

## Breaking Free

Your “belief system” is what you think about your own value, relationships, and sexuality. This system determines your behavior. If your thinking is wrong, your behavior will be wrong. But Jesus says: Not only can you change, but also how you can change. *“If you hold to my teaching . . . you will know the truth, and the truth will set you free”* (John 8:31–32).

The degree to which you apply Jesus’ teaching is the degree to which you experience the truth, which in turn, sets you free. Realize, any person can desert you or die—tomorrow.

So what is the truth about you?

### Your Need for Love

**False Belief:** “I feel unloved . . . intimacy with my gay partner makes me feel loved.”

**True Belief:** Sex with your gay partner gives you true bondage. You are loved. God is love.

- **Jesus** died on the cross for you. (John 3:16)
- **God** adopted you. (1 John 3:1)

### Your Need for Significance

**False Belief:** “I’m insignificant . . . sex with my gay partner makes me feel significant.”

**True Belief:** Sex with your gay partner gives you true guilt. God has established your worth.

- **You** were worth creating. (Psalm 139:13)
- **You** are worth Christ living in you. (Colossians 1:27)

### Your Need for Security

**False Belief:** “I’m insecure . . . being wanted by my gay partner makes me feel secure.”

**True Belief:** Sex with your gay partner gives you *false security*. You are wanted . . . by the *Lord*.

- **The Lord** is your Shepherd. (Psalm 23:1)
- **The Lord** will walk with you through life. (Isaiah 43:2)

## Finding Freedom

Nothing is so freeing as becoming the person God created you to be. For *“If the Son sets you free, you will be free indeed”* (John 8:36). Therefore . . .

**F**ace the truth that homosexual behavior is a sin, forbidden by God. *“If a man has sexual relations with a man as one does with a woman, both of them have done what is detestable”* (Leviticus 20:13).

**R**ealize, you have a Redeemer, Jesus Christ, who gives you power over sin. *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak”* (Matthew 26:41).

**E**liminate the belief that willpower can set you free. *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing”* (John 15:5).

**E**xchange your lack of control for Christ’s control by yielding yourself to Christ. *“Count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires”* (Romans 6:11–12).

**D**epend on God to meet all your needs. *“My God will meet all your needs according to the riches of his glory in Christ Jesus”* (Philippians 4:19).

**O**pen the door to healthy relationships and close the door on homosexual relationships. *“Do not be misled: ‘Bad company corrupts good character.’ Come back to your senses as you ought, and stop sinning”* (1 Corinthians 15:33–34).

**M**aintain an eternal perspective and a focus on godly priorities. *“Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us”* (Hebrews 12:1).

## Changing Patterns of the Past

Change is a process. Pray to God, *“Keep me free from the trap that is set for me, for you are my refuge”* (Psalm 31:4).

**F**ocus on God’s love for you. (Jeremiah 31:3)

- Recognize the Lord’s everlasting love for you.
- Exchange condemning self-talk with Scriptures of God’s love.
- Respect how wonderfully God has made you.

**R**eplace your negative emotions. (Proverbs 28:13)

- Identify negative emotions rooted in past pain.
- Reject negative feelings from the past.
- Pray for God to break the bondage to your childhood emotions.

**R**efuse to act on your emotions. (Psalm 119:11)

- Dedicate your desires to God—daily.
- Put God’s Word in your heart by memorizing . . . Eccl. 7:9, Ps. 4:4, Phil 4:19, Rom. 6:11.
- Tell yourself God’s truth when you’re tempted.

**U**nderstand your sexual triggers. (James 1:14)

- Identify what makes you vulnerable to sexual desire.
- Avoid anything that stimulates sexual temptations.
- Claim God’s power to overcome your temptations.

Forgive your offenders. (Colossians 3:13)

- Confess the emotional pain you've experienced.
- Confess your anger and unforgiveness as sin.
- Choose to forgive those who hurt you in the past, release them to God.

Embrace your true identity. (Galatians 2:20)

- Accept yourself and the gender God made you.
- Surrender your body and soul to God.
- Choose to be the person God created you to be.

## More Questions and Answers

**“Why does the Bible state that homosexuality is ‘unnatural’?”**

- Homosexuality is not physically “natural” because the anatomy of two same-gendered people are not sexually compatible. However, male and female bodies fit together—*naturally*. *“At the beginning of creation God ‘made them male and female.’ For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh”* (Mark 10:6-8).

**“Is homosexuality ‘natural’ for some people?”**

- Homosexuality could be considered “natural” in the same way it’s “natural” for sinners to sin. Thus, *unnatural behavior* can actually *feel natural* to those with unnatural desires. The Bible unequivocally states that sexual relations between members of the same sex are *unnatural*, and *shameful*. . . . *“God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. In the same way the men also abandoned natural relations with women and . . . committed shameful acts with other men, and received in themselves the due penalty for their error”* (Romans 1:24-27).

**“Can people who practice homosexuality change?”**

- Yes. Any behavior can be changed. Lie and you’re a liar—STOP and you’re NOT. The same is true for homosexuals. You stop the behavior—you drop the label. The Bible affirms . . . *“No sexually immoral people, . . . adulterers, or anyone practicing homosexuality, no thieves . . . will inherit God’s kingdom. And this is what some of you were. But you were washed, . . . sanctified . . . justified in the name of the Lord”* (1 Corinthians 6:9-11).

## Related Topics

- Bullying
- Childhood Sexual Abuse
- Forgiveness
- Guilt
- Self-Worth
- Sexual Addiction
- Sexual Integrity

The information and solutions offered in this resource are a result of years of Bible study, research, and practical life application. They are intended as guidelines for healthy living and are not a replacement for counseling, legal advice, and/or medical advice.

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