

## SAME SEX ATTRACTION / HOMOSEXUALITY

### The Problem

Those who struggle with being sexually attracted to the same sex as themselves may exhibit the following traits:

- Has more opposite-sex friendships than same-sex friendships
- Feels uncomfortable and awkward around others of same sex
- Feels inadequate compared to others and is overly sensitive
- Secretly longs or desperately desires to fit in and be part of a group
- Feels ostracized by others
- Doesn't see self as a full and complete and is unsure of one's self
- Can be easily intimidated &/or persuaded by others
- Doesn't understand the give and take of healthy friendships (safe relationships)
- Is overly sensitive to criticism
- Cannot take good-natured joking or kidding from others
- Unsure of their identity as a man or woman
- May have fantasized about sexual relations with the same sex
- May have acted out sexually with the same sex
- May be overly focused on personal appearance and that of the same sex
- Secretly craves healthy, affirming affection from the same sex but feels awkward accepting or expressing such affection
- Can be indecisive (has trouble making decisions, second guesses self, fearful of doing or saying the wrong thing)
- Doesn't trust own judgment; plagued by self-doubt and regrets
- Seeks the advice and approval predominately of the same sex
- Often overcompensates for his perceived inadequacies by overachieving in school, career, profession, hobby &/or spouses' interests
- Feels that no one understands them
- May be very religious & have a highly developed sense of moral/social consciousness
- Has troubled or non-existent relationships with parent of the same sex.
- Experienced significant childhood trauma such as abandonment &/or sexual abuse
- Has rejected hurtful models of manhood/womanhood in addition to appropriate, healthy models
- Felt misunderstood as a child and as an adult
- Experienced a rigid home life with one parent being overly domineering
- Looks to external factors (career, accomplishments, material possessions, physical beauty) to feel successful and/or worthy

### The Solution

A Christ-centered, Biblical world-view of sexual expression is one man and one woman in a committed, monogamous, heterosexual marriage for life. Anything less (any sexual activity or fantasies outside of marriage), falls short of God's plan.

**We must decide if we are going to live according to God's Truth or the world's standards.** We must make a choice to confess our sins, turn away from those things scriptures states as sin and turn to Jesus Christ by receiving His free gift of forgiveness by way of the cross (Romans 5:8, 6:23,10:9-10, John 3:16, 1 John 1:9). We cannot call ourselves Christ-followers and deny the Word of God. 1 Corinthians 6:9-10, clearly states that unrepentant homosexual acts, not homosexual desires, keep a person from inheriting the kingdom of God: "***Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.***" It is important to note that the desire or temptation is not the sin – acting on or living a lifestyle based on that desire is sin.

**We must let go of the lie that we different from other people,** and no one really understands. Romans 3:23 says, "All have sinned." 1 Corinthians 10:13 states, "***No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.***" Just as a married person has to crucify their lust for anyone other than their spouse, so must those of us who struggle with Same Sex Attraction (SSA) deny desires that are contrary to God's Word.

**We must learn about the God of the Bible through prayer and daily Bible reading.** The key to recovering from SSA is radical discipleship. Often times we have been abused or traumatized by authority figures and have faulty perceptions about God. Trusting God comes from learning He is good, loving, and safe.

**We must commit to weekly recovery meetings** and to completing a Step Study to help identify the root of our struggles and to provide management tools. **We must seek out an accountability partner and support team of safe people.**

**We must commit to sexual purity.** Crying out and relying on God for the strength to abstain from physically acting out, engaging in sexual fantasy, pornography and masturbation. As with any other addiction, there are withdrawal pains. We must allow the misery of not medicating with sexual sin drive us to God instead of our past destructive behaviors. As long as we are making compromises, we can't hear from God clearly.

**We must develop realistic expectations.** Recovery is a process. We must take one day at a time simply believing and receiving: "**This is the work of God that you believe in Him whom He has sent**" (John 6:29).

**We must separate ourselves from the connection to the gay lifestyle.** Pictures, mementos, anything that connects us to our past is an open door to the bondage of emotional and sexual sin. In Christ we are a new creation; the old has passed away and all things have been made new (2 Corinthians 5:17)!

## Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not 'fix' one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

*~ There is Always HOPE for Healing from all of  
life's Hurts, Habits & Hang-ups ~*

### We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

# SAME SEX ATTRACTION

## HOMOSEXUALITY

### The Problem and Solution



# CELEBRATE RECOVERY

EVERY MONDAY NIGHT  
HENDERSON HILLS BAPTIST CHURCH  
1100 E. I-35 Frontage Rd., Edmond  
405.513.7472  
[www.moj.com/recovery](http://www.moj.com/recovery)