



Counseling those with Same Sex Attraction

Pastor Daniel Kirk

I. Introduction: The Problem of Desire

A. Beware of your appetites

B. James 1:14-15, The pathology is simple: strong desires give birth to sin, and sin results in death

C. Genesis 2:17 - The first rebellion involved yielding free reign to one's appetite.

D. Eph. 2:3 "We all formerly lived in the lusts of our flesh, indulging our desires..."

II. Case Studies: Ryan



III. Counseling begins with the Gospel:

A. Benefits of the Gospel

1. New Identity.

- Paul Tripp reminds us, “We are always living out of some sense of identity. You are constantly telling yourself who you are, and the identity you assign to yourself has much to do with how you **respond** to the difficulties of life.”
- Genesis 1:26 “We are not just men. We are image-bearers.
- As we counsel men struggling with same-sex desires the goal is not simply celibacy. The goal is Christ-likeness.

2. Complete Forgiveness.

- 1 John 1:9
- He may be making his sin out to be greater than the cross, greater than the cross, greater than Christ, greater than God!

3. Infinite Love of God.



- John 17:23

- While we would never say that a poor relationship with one's father is the cause of homosexuality, it is often part of the equation.
- Ephesians 3:17–19.

IV. Demands of the Gospel

A. Put off Ungodliness

- Titus 2:12 teaches us that along with the benefits, the gospel also makes corresponding demands upon the believer's life.

“When Christ calls a man, he bids him come and die.”¹
(Dietrich Bonhoeffer)

- The effective counselor will help men like Ryan identify and put off every behavior that feeds his homosexual desires.
 - a) Friendships:
 - b) Websites:
 - c) Certain places and people
 - d) Feminine mannerisms (behavior)

¹ Dietrich Bonhoeffer, *The Cost of Discipleship*, (New York, Touchstone, published by Simon and Schuster, 1959), 11



B. Put on Godliness

- Daily discipline of reading and meditating on Scripture.
- Help him build male friendships that will encourage his relationship with Christ, model a life of purity, offer loving accountability, show him how to relate to women as a godly man, and perhaps one day even encourage him to marry.
- God wants something more for the same sex attracted Christian than a life of tortured celibacy.

V. Sexual Orientation

A. Why does homosexuality feel natural?

- Most Christians who would never condone homosexual behavior accept the idea of homosexual orientation.
- Rom. 1:29-32 Same-sex attraction is one of the natural capacities of the idolatrous heart of man that craves and seeks satisfaction in things other than God.
- The human heart is not born with an orientation toward homosexuality; it is born with an orientation toward sin.



- To dismiss sinful desires merely as a product of one's homosexual orientation (Tim Chester argues) will keep one from experiencing "the privilege of rooting out sin at the level of the imagination."²

- One of the most hope-filled Scriptures for men struggling with Unwanted Same Sex Attraction - 1 Corinthians 6:11

Helpful Resources:

Chester, Tim. *You Can Change: God's Transforming Power for our Sinful Behavior and Negative Emotions*. Eugene: Crossway, 2010.

Hubbard, Peter. *Love Into Light: The Gospel, The Homosexual, And The Church*, Greenville, Ambassador International, 2013

LeFebvre, Michael. *The Gospel and Sexual Orientation: A Testimony of the Reformed Presbyterian Church of North America*. Pittsburg, Pa: Crown & Covenant Publications.

MacArthur, John. *Right Thinking in a World Gone Wrong: A biblical Response to Today's Most Controversial issues*. Eugene: Harvest House Publishers, 2009.

Mohler, Albert. *Desires and Deceit: The Real Cost of the New Sexual Tolerance*. Random House Inc., 2008.

Moore, Russell D. *Tempted and Tried: Temptation and the Triumph of Christ*. Crossway, 2011.

Powlison, David. "The Sufficiency of Scripture to Diagnose and Cure Souls." *The Journal of Biblical Counseling*, Spring 2005: 2-14.

Rose Publishing. *Straight Talk: Homosexuality, Science & the Bible*. Torrance: Rose Publishing, 2005.

Prigg, Peter. *Family Research Council*. Edited by Tony Perkins. 2010.
www.frc.org/brochure/the-top-ten-myths-of-homosexuality (accessed June 26, 2013).

Tripp, Paul. *Broken Down House: Living Productively in a World Gone Bad*. Wapwallopen: Shepherd Press, 2009.

Tripp, Paul David & Lane, Timothy. *How People Change*. Greensboro, NC: New Growth Press, 2006.

Welch, Edward T. *Homosexuality: Speaking the Truth in Love*. Phillipsburg: P&R Publishing, 2000.

² Ibid., 10



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