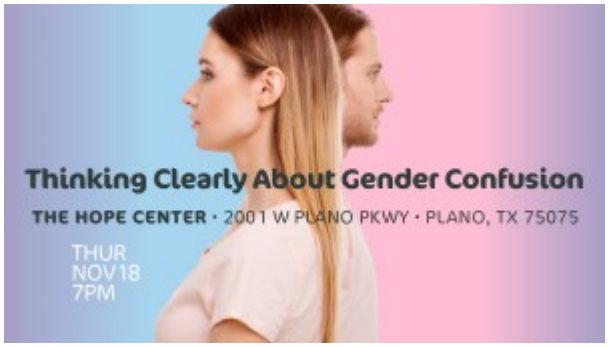
Probe Live – Thinking Clearly About Gender Confusion



Probe Live – November 18, 2021



God's good gift of gender—male and female—has never been more broken or confused. Sue Bohlin brings the clarity of biblical worldview thinking to this issue with grace and truth.

There was a problem with part of the audio recording on the video, but here is the back-up **audio recording**:
www.ministeriosprobe.org/mp3s/GenderConfusion_11-18-21.mp3

Powerpoint Slides:

PDF form: app.box.com/s/iv7z9j1ao9thnn2syfwrajh94pjrxxxm

PPT form: app.box.com/s/iv7z9j1ao9thnn2syfwrajh94pjrxxxm

How Should We Think About Pride Month?

How should Christ-followers think about Pride Month?

Well, first, in case you are not aware, Pride Month is a time of highlighting and celebrating everything LGBT (lesbian, gay, bisexual and transgender). You might have seen a few more letters tacked on—QQIAA (queer, questioning, intersex, asexual, ally).

It's hard NOT to notice it's Pride Month when rainbows suddenly appear on all kinds of products and logos. Many cities have Pride marches, much of which is not safe to broadcast on the evening news because the behavior in these parades is definitely not family-friendly.

How should believers think about it all?

We need to pass our thoughts and judgments through the filter of God's word. What does God think about Pride Month?

First, every single person who is part of the LGBT community is a precious soul that He made in His image, for whom Christ died. And very few who identify as LGBT have not sustained some sort of soul wound, which makes this promise in Isaiah 42:3 even dearer: "A bruised reed He will not break, and a dimly burning wick He will not extinguish; He will faithfully bring forth justice." So in terms of the individuals who participate in Pride Month, God knows each of them by name and He loves them, tenderly and great compassion.

God understands the heart cry of those in the LGBT community to belong, to be included and not excluded, to be visible and heard and understood and cared for, to hear that they matter.

These are the heart desires of those who align under the Pride flag.

And God gets it, because those are legitimate desires that we all have because we're born that way. God made us that way, all of us, to long to be loved, accepted, and affirmed.

It means the world to those who have found community under the LGBT banner because they were "different," they were "other," so they often felt marginalized and ostracized from their families or school communities or religious communities.

So Pride Month is a call to love the people who celebrate it.

But that's not all.

God has also revealed His design and intention for human sexuality and gender identity, both in the Old Testament and, in the words of Jesus Himself, in the New Testament: "Have you not read that He who created them from the beginning made them male and female and said, 'For this reason a man shall leave his father and mother be joined to his wife, and the two shall become one flesh'?" (Matthew 19:4-5)

God made human beings male and female. It really is that simple, regardless of how complicated people's feelings can be about gender.

And He intended sexual expression to be limited to husband and wife within marriage, which we see by the Bible's 44 references to sexual immorality (sex outside of marriage) as sin.

In view of the LGBT community's desire for not just legitimacy but commendation in any and all sexual expression, we need to remember that God specifically forbade same-sex behavior in Leviticus 18:22 and 20:13, "Do not lie with a man as one lies with a woman; that is detestable." In the New Testament, the apostle Paul expands this prohibition to include lesbianism in

Romans 1:24-27:

> Therefore, God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. . . . Because of this, God gave them over to shameful lusts. Even their women exchanged natural relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with other men . . .

So how should Christians think about Pride Month? With discernment.

- Remembering that the people involved are precious to God, but the identity they are choosing falls short of the glory of God (the Bible's definition of sin, Romans 3:23) because it does not submit to and align with God's intention for human sexuality.
- Not being fooled by the slogan "Love is love," which is a slick gloss over the false declaration that calling something "love" automatically validates it. How about brother-sister incestuous "love"? How about adulterous "love"? How about polyamory (multiple partners in a relationship) "love"? And, especially since we have already started down the slippery slope, how long before there is a call to extend the sexual underpinnings of "love is love" to children and animals?
- Comparing one's view of all things LGBT to God's word. Those who identify as an Ally should ask themselves why they want to support behavior and an identity God calls sin.
- Taking seriously the sin of pride, holding two important ideas as equally important: Philippians 3:19 says those who "are proud of what they should be ashamed of" (such as those exhibiting their broken sexuality in Pride parades) are "enemies of the cross of Christ." But Proverbs 16:5 warns, "Everyone who is proud in heart is

> an abomination to the LORD." So every single one of us needs to confess our sin of pride, of comparing ourselves to anyone else so we feel we are better than others. In fact, seeing the Pride flag during Pride Month would make a great reminder to examine ourselves to look for a prideful, judge-y heart, to confess it as sin and repent.

Many of those who have come out of homosexuality are deeply grieved by Pride Month because they know it encourages hurting, lonely, wounded people to try to find life where it can never be found. They know the truth of Jeremiah 2:13, where God says,

> "For my people have done two evil things: They have abandoned me— the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!"

How should a Christian think about Pride Month? With compassion and prayer for those caught in it, that they will turn to Jesus as the fountain of living water. And with humility for ourselves, to repent of any pride that comes from comparing ourselves to those waving rainbow flags. As Billy Graham said, "Never take credit for not falling into a temptation that never tempted you in the first place."

This blog post originally appeared at

blogs.bible.org/how-should-we-think-about-pride-month/ on June 15, 2021.

Heterosexual and Homosexual Marriages – Are Straight and Gay Marriages Identical?

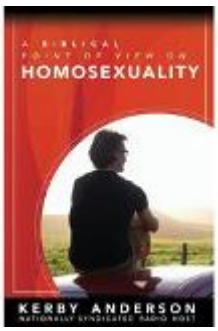
Although Kerby wrote this article before same-sex marriage was legalized, his assessment of homosexual relationships has not changed because the intrinsically disordered nature of same-sex relationships has not changed. He identifies the measurable benefits of heterosexual marriage over other types of family set ups. Then he considers the difficulties introduced by homosexual marriage in obtaining the same benefits. With the fundamental differences between them, considering them to be equivalent will not make it so.



Is there any difference between heterosexual marriage and homosexual marriage? We are told that there is essentially no difference between the two and thus marriage status should be granted to anyone of any sexual orientation. This is not true (as I discuss in more detail in my book *A Biblical Point of View on Homosexuality*{1}).

Traditional, Heterosexual Marriage

Let's begin by talking about the benefits of traditional marriage. Traditional marriage is the foundation of civilization. So before we even consider the impact of homosexuality, same-sex marriage, and other alternative lifestyles, we should consider the benefits of traditional marriage to society.



An excellent summary of the studies done on married people can be found in the book, *The Case for Marriage: Why Married People are Happier, Healthier, and Better off Financially* by Linda Waite and Maggie Gallagher.{2} Here are just a few of the many findings from the research:

- Married people are much happier and likely to be less unhappy than any other group of people.

• Married people live up to eight years longer than divorced or never-married people.

• Married people suffer less from long-term illnesses than those who are unmarried.

• Married people are less likely to engage in unhealthy behaviors such as drug and alcohol abuse.

• Married people have twice the amount of sex as single people and report greater levels of satisfaction in the area of sexual intimacy.

A look at individual studies by social scientists also confirms these conclusions. For example, married men and women report greater satisfaction with family life.{3} Married couples report greater sexual satisfaction.{4} Married women report higher levels of physical and psychological health.{5} Married people experience less depression.{6}

Researchers at the Heritage Foundation have also compiled numerous statistics that also demonstrate the positive impact of marriage. Traditional marriages have higher incomes when compared to step families, cohabiting couples, or those who

never married.{7} Traditional marriages also result in lower welfare costs to society when compared to divorced couples or out-of-wedlock births.{8} Married women are less likely to be victims of domestic violence, and married couples are more likely to be happy and less likely to attempt suicide.{9}

The studies compiled by the Heritage Foundation also found many positive effects on children.{10} For example, they found that:

• Children in married families are less like to suffer serious child abuse.

• Children in married families are less likely to end up in jail as adults.

• Children in married families are less likely to be depressed as adolescents.

• Children in married families are less likely to be expelled from school.

• Children in married families are less likely to repeat a grade in school.

• Children in married families are less likely to have developmental problems.

• Children in married families are less likely to have behavioral problems.

• Children in married families are less likely to use drugs (marijuana, cocaine).

• Children in married families are less likely to be sexually active.

Children benefit from traditional marriage in the same way just as was previously mentioned adults. For example, they are better off financially. The National Longitudinal Survey of

Youth found that child poverty dramatically increased outside of intact marriages.{11} Children in married homes are generally healthier physically and emotionally when they reach adulthood than children from other home situations.{12}

Although these are relatively recent studies, the conclusions have been known for much longer. In the 1930s, British anthropologist J.D. Unwin studied 86 cultures that stretched across 5,000 years. He found that when a society restricted sex to marriage, it thrived. However, he also found that when a society weakened the sexual ethic of marriage, it deteriorated and eventually disintegrated.{13}

Differences Between Heterosexual Marriages and Homosexual Marriages

Are heterosexual couples and homosexual couples different? The popular media treats heterosexual couples and homosexual couples as if they are no different. One headline proclaimed, "Married and Gay Couples Not All that Different," and essentially said they were just like the couple next door.{14}

There is good reason to question that assumption. Dr. Timothy Dailey has compiled numerous statistics that demonstrate significant differences.{15} He shows that "committed" homosexual relationships are radically different from married couples in at least six ways: relationship duration, monogamy vs. promiscuity, relationship commitment, number of children being raised, health risks, and rates of intimate partner violence.

Consider the duration of a relationship. Gay activists often point to high divorce rates among married couples, suggesting that heterosexuals fare no better than homosexuals. Research shows, however, that male homosexual relationships last only a fraction of the length of most marriages. By contrast, the National Center for Health Statistics reported that 66% of

first marriages last ten years or longer, with 50% lasting twenty years or longer.{16}

Various studies of homosexual relationships show a much different picture. For example, the Gay/Lesbian Consumer Online Census of nearly 8,000 homosexuals found that only 15% described their "current relationship" lasting twelve years or longer.{17} A study of homosexual men in the Netherlands published in the journal *AIDS* found that the "duration of steady partnerships" was one and a half years.{18} In a study of male homosexuality in reported in *Western Sexuality: Practice and Precept in Past and Present Times*, Pollak found that "few homosexual relationships last longer than two years, with many men reporting hundreds of lifetime partners."{19}

Another key difference is "monogamy versus promiscuity." Married heterosexual couples are more monogamous than the popular culture and media would have you believe. A national survey published in the *Journal of Sex Research* found that 77% of married men and 88% of married women had remained faithful to their marriage vows.{20} A national survey in *The Social Organization of Sexuality: Sexual Practices in the United States* came to essentially the same conclusions (75% of husbands and 85% of wives).{21}

By contrast, homosexuals were much less monogamous and much more promiscuous. In the classic study by Bell and Weinberg, they found that 43% of white male homosexuals had sex with 500 or more partners, with 28% having 1,000 or more sex partners.{22} And a Dutch study of partnered homosexuals, published in the journal *AIDS*, found that men with a steady partner nevertheless had an average of eight sexual partners per year.{23}

The authors of *The Male Couple* reported that in their study of 156 males in homosexual relationships lasting from 1 to 37 years, "Only seven couples have a totally exclusive sexual

relationship, and these men all have been together for less than five years. Stated another way, all couples with a relationship lasting more than five years have incorporated some provision for outside sexual activity in their relationships."{24} They also found that most homosexual men understood sexual relations outside the relationship to be the norm, and usually viewed standards of monogamy as an act of oppression.

A third difference between heterosexual and homosexual couples is "level of commitment." Timothy Dailey argues: "If homosexuals and lesbians truly desired the same kind of commitment signified by marriage, then one would expect them to take advantage of the opportunity to enter into civil unions or registered partnerships."{25} This would provide them with legal recognition as well as legal rights. However, it is clear that few homosexuals and lesbians have chosen to take advantage of these various unions (same-sex marriage, civil unions, domestic partnerships), suggesting a difference in commitment compared with married couples.

These three differences (along with others detailed by Timothy Dailey) demonstrate a significant difference between heterosexual and homosexual relationships. Gay and lesbian couples appear less likely to commit themselves to the type of monogamous relationship found in traditional marriage.

Is It Natural?

Many in the homosexual movement say that their feelings are natural. Often they even say that their feelings are God-given. So how could they be wrong? Years ago Debbie Boone sang a song with the lyrics, "How can it be so wrong when it feels so right?" That is the argument from many in the homosexual movement. It feels natural, so it must be natural.

But God's character as revealed in the Bible should be our

standard. There are many sinful acts that feel natural, but that does not mean they are moral. Romans 1:26-27 makes it very clear that these passions are unnatural:

> For this reason God gave them over to degrading passions; for their women exchanged the natural function for that which is unnatural, and in the same way also the men abandoned the natural function of the woman and burned in their desire toward one another, men with men committing indecent acts and receiving in their own persons the due penalty of their error.

Homosexual desires and temptations may feel natural to some people, but they are not what God intends for human beings. Any sexual encounter outside of marriage is immoral. The Bible refers to the sin of sexual immorality nearly four dozen times. Homosexuality, along with fornication and adultery, are all examples of sexual immorality.

Although God created a perfect world (Genesis 1-2), it was spoiled by sin. The effects of sin impact us physically, emotionally, and spiritually. Homosexual temptation, like other sexual temptations, is a result of the fall (Genesis 3). When Jesus was confronted by the Pharisees, He reminded them that God "created them from the beginning made them male and female, and said, 'for this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'" (Matthew 19:4-5).

Although there is a concerted effort to push for homosexual marriage within our society, we have seen in this article that there are fundamental differences between heterosexual marriage and homosexual marriage. For more information on this topic, visit the Probe website and read many of our other articles on homosexuality. And you might pick up a copy of my book, *A Biblical Point of View on Homosexuality*.

Notes

1. Kerby Anderson, *A Biblical Point of View on Homosexuality* (Eugene, OR: Harvest House Publishers, 2008).
2. New York: Doubleday, 2000.
3. Linda J. Waite, *The Ties that Bind: Perspectives on Marriage and Cohabitation*, (New York: Aldine de Gruyter 2000), 368-391.
4. Scott Christopher, "Sexuality in Marriage, Dating, and Other Relationships: A Decade Review," *Journal of Marriage and Family* 62, no. 4, November 2000: 999-1017.
5. Peggy McDonough, "Chronic Stress and the Social Patterning of Women's Health in Canada," *Social Science and Medicine*, 2002: 767-782.
6. Allan Horwitz, "Becoming Married and Mental Health: A Longitudinal Study of a Cohort of Young Adults," *Journal of Marriage and the Family*, November 1996: 895-907.
7. Patrick Fagan, et. al., "The Positive Effects of Marriage: Economic Effects of Marriage," The Heritage Foundation, www.heritage.org/Research/Features/Marriage/economic.cfm.
8. Patrick Fagan, et. al., "The Positive Effects of Marriage: The Effects of Marriage on Welfare," The Heritage Foundation, www.heritage.org/research/features/marriage/welfare.cfm.
9. Patrick Fagan, et. al., "The Positive Effects of Marriage: The Effects of Marriage on Adults," The Heritage Foundation, www.heritage.org/research/features/marriage/adults.cfm.
10. Patrick Fagan, et. al., "The Positive Effects of Marriage: The Effects of Marriage on Children," The Heritage Foundation, www.heritage.org/research/features/marriage/children.cfm.
11. See the U.S. Department of Labor for the various longitudinal studies, www.bls.gov/nls/home.htm.
12. James Dobson, *Marriage Under Fire* (Sisters, OR: Multnomah, 2004), 54.
13. See J. D. Unwin, *Sexual Regulations and Human Behavior* (London: Williams & Norgate, 1933).
14. Robert Gebeloff and Mary Jo Patterson, "Married and gay couples are not all that different," *Times-Picayune*, 22 November 2003.
15. Timothy J. Dailey, "Comparing the lifestyles of homosexual

couples to married couples," *Family Research Council Insight*, www.frc.org/get.cfm?i=IS04C02.
16. Matthew Bramlett and William Mosher, "First marriage dissolution, divorce and remarriage: United States," *National Center for Health Statistics*, 31 May 2001: 1.
17. "Largest gay study examines 2004 relationships," GayWire Latest Breaking Releases, www.glcensus.org.
18. Maria Xiridou, et. al., "The contribution of steady and casual partnership to the incidence of HIV infection among homosexual men in Amsterdam," *AIDS*, 17 (2003): 1031.
19. M. Pollack, "Male Homosexuality," in *Western Sexuality: Practice and Precept in Past and Present Times*, ed. Philippe Aries and Andre Bejin, trans. A. Forster (New York: Blackwell, 1985), 40-61.
20. Michael Wiederman, "Extramarital sex: prevalence and correlates in a national survey," *Journal of Sex Research*, 34 (1997): 170.
21. E. O. Laumann, et. al. *The Social Organization of Sexuality: Sexual Practices in the United States* (Chicago: University of Chicago Press, 1994), 216.
22. A. P. Bell and M.S. Weinberg, *Homosexualities: A Study of Diversity Among Men and Women* (New York: Simon and Schuster, 1978), 308-309.
23. Xiridou, "The contribution of steady and casual partnership," 1031.
24. David McWhirter and Andrew Mattison, *The Male Couple: How Relationships Develop* (Englewood Cliffs: Prentice-Hall, 1984), 252-253.
25. Dailey, "Comparing."

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Addressing Anxiety in Tumultuous Times

Byron Barlowe connects the dots between the universal problem of anxiety, what brain science is teaching us about our minds, and how Scripture and spiritual disciplines can help. In a world consumed by violent riots and trauma surrounding the Covid virus, this is a timely topic that God and science speak to well.

Millions of people worldwide are battling anxiety in a tumultuous time. The Coronavirus pandemic response has created a new abnormal: heightened fear of sickness and death, economic damage, and social isolation. Loneliness is the number one health crisis in America according to many epidemiologists, psychiatrists, and social scientists.{1} While we're all still reeling from this, racial strife has erupted into looting, killings, and anarchy in American streets.



Mental health is an increasing concern too. One study found that during the spring 2020 mass quarantine, prescriptions for anti-anxiety meds spiked.{2} A San Francisco area hospital has seen more deaths by suicide than by Covid-19, prompting a call for an end to mass shutdowns.{3} *It's been a perfect storm of stress.*

Are there real solutions *right now*? Yes, brain science is confirming the truths and promises proclaimed in Scripture in exciting ways! We have wonderfully adaptive minds—especially when they are focused on God. These built-in mind-morphing capabilities show the genius of our design as Image-bearers of God. Audiologist, cognitive researcher and outspoken Christian Dr. Caroline Leaf writes, "As an individual, you are capable of making mental and emotional change in your life. Through

your thinking, you can actively recreate thoughts and, therefore, knowledge in your mind."{4}

And this has profound implications for true hope. Leaf continues: "Thoughts are real, *physical* things that occupy mental real estate. Moment by moment, every day, you are changing the structure of your brain through your thinking [it's happening right now as you read]. *When we hope, it is an activity of the mind that changes the structure of our brain in a positive and normal direction.*"{5} The biblical book of Hebrews defines faith as "the *substance* of things hoped for, the evidence of things not seen" (Hebrews 11:1). The thankful, attentive, willfully hopeful mind creates positive emotions, thoughts, and acts of the will. In other words, *we significantly control whether we have a healthy soul.*

Dallas Willard writes, "The transformation of the self away from a life of fear and insufficiency takes place as we fix our mind upon God as he truly is." As Scripture teaches, "Be transformed by the renewing of your mind." In this article we'll explore this transformation.

Morphing Your Mind—It's Mostly Up to You!

Everyday stress is hard enough—but what about work-related anxiety? Money? Riots, memories of abuse, bullying, and abandonment? We have little control over family, culture or epidemics. But we can make amazing internal changes through our responses. Science and Scripture *agree* on this.

The transforming mind-renewal encouraged by Scripture is possible for us all, especially for people who have invited God to lead their lives. We can intentionally train our minds to reshape our brains—we are *not* perpetual victims of our past or circumstances. Nor are humans mere products of matter in motion. Dr. Caroline Leaf, author of *Switch on Your Brain*, claims that "Choice is real, and free will exists. You are able to stand outside yourself, observe your own thinking,

consult with God, and [work with him to] change the negative, toxic thought or grow a healthy, positive thought. When you do this, your brain responds with a positive neurochemical rush and structural changes that improve your intellect, health, and peace."{6}

Even traumatic memories can be starved, defanged, broken down, and replaced. Brought into conscious awareness, they can become plastic enough to be recreated. Leaf explains that "Neurons that don't get enough signal (that is, rehearsing of the negative event) will start firing apart, wiring apart, pulling out, and destroying the emotion attached to the trauma." Also, desirable brain chemicals that bond and remold chemical connections, increase focus and attention, and increase feelings of peace and happiness begin to weaken traumatic memories even more. So bad memories, hatred, hurt, and other negative thoughts and emotions that form toxic beliefs: "If they stop firing together, they will no longer wire together. This leads to . . . rebuilding new ones."{7}

Ideas have consequences and our beliefs guide our behavior. In the words of King Solomon, "As a man thinks in his heart, so he is."{8} That is, we construct frameworks of beliefs and *then* speak and act from them.

Science seems to confirm this biblical view of self-control. Measuring magnetic fields, electrical impulses, chemical effects, photons, vibrations, and quantum energy paints a picture of intricately [networking] neurotransmitters, proteins, and energy—that is, signals—that change the brain's landscape.{9} This "neuroplasticity [seems to be] God's design for renewing the mind."{10}

And there's nothing magic about it: overcoming anxiety can be helped a lot through habits of the mind, heart, and soul.

Mindfulness & Meditation—Self-Control and Seeking God in Silent Solitude

It's no wonder that the concept of "mindfulness" has become a "thing" these days. Meditation and concentration are new-old survival skills. How do they work?

Dr. J.P. Moreland, noted philosopher and author of *Finding Quiet: My Story of Overcoming Anxiety and The Practices That Brought Peace*, candidly shares his struggles with anxiety and the need he had for medications. He also discovered the power of seeking God in self-directed solitude. He emphasizes sustained habits of the praising, thankful, and self-controlled soul.

Mindful meditation is not like taking a drug, is not a quick fix, or denying the senses to rid oneself of desire.{11} "By charting new pathways in the brain, mindfulness can change the banter inside our heads from chaotic to calm."{12} New habits are formed over time. When it comes to our minds, "practice doesn't make perfect; it makes permanent."{13}

Remaining at rest via the practice of spiritual disciplines takes advantage of our mind's ability to "move into a highly intelligent, self-reflective, directed state." And the more often we go there, the more "we get in touch with the deep, spiritual part of who we are." This exercise switches brain modes in a way that can create wisdom and potential connection with God.{14} As Jesus taught his disciples, "Keep awake (give strict attention, be cautious and active) and watch and pray, that you may not come into temptation."{15} We can mentor our own minds, settle our souls, habituate
our hearts, and free our spirits to respond to God. Brain science is catching up on this reality.

So, what's going on physically when we stop to meditate in focused solitude and silence? A post at *Mindful.org* claims, "The impact that mindfulness exerts on our brain is borne from

routine: a slow, steady, and consistent reckoning of our realities, and the ability to take a step back, become more aware, more accepting, less judgmental, and less reactive. . . . Mindfulness over time can make the brain, and thus [ourselves], more efficient regulators, with a penchant for pausing to respond to our world instead of mindlessly reacting."{16} How different would social media conversations be—especially on politics and race—if more people practiced patient contemplation!

Various regions of our brains change while meditating. The "fight or flight" area actually shrinks in size.{17} It's a real chill pill!

God keeps "him in perfect peace whose mind is stayed on You, because he trusts in You."{18}

Thankfulness and Happiness—Healthy Habits of the Mind & Heart

In trying times, we all want to return to happiness. It's a God-given right to pursue it, according to America's founders. The biblical worldview recognizes the inherent brokenness of both creation and human beings, so it is no surprise that confusion, discord, and tragedy—along with evil spiritual powers—"steal, kill, and destroy"{19} our joy. What can be done?

Christian philosopher J.P. Moreland writes, "You have it in your power to begin a regimen of choices, assuming you would choose the right things, and form a habit of this that can *substantially improve your happiness and decrease or get rid of anxiety.* There really is hope."{20} Our non-conscious mind turns thoughts over and over. Through spiritual disciplines, we bring these into our conscious awareness, which manipulates actual proteins, creating overhauled memories. Intentionally bringing God to mind—His attributes, the wonder of creation and His blessings, promises, answered prayers—such a focus

leads to a cycle of good thinking, feeling, and *knowing* that turns into believing real truth. Faith is a gift so we're not alone in doing this. But it is up to us to put to use the gifts described here to "work out [our] salvation with [reverence and proper humility]."{21}

Remember, we have a strong influence in reshaping our own brains—especially with God's help. Secular scientists are discovering the wonderful power of thankfulness. Scientific studies prove seven benefits according to *PsychologyToday.com*. Gratitude improves relationships, physical and mental health, sleep, self-esteem, and mental resilience. It even reduces aggression, the urge for revenge. Scripture aligns with physical reality again when it tells us: "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."{22}

Moreland jokes, "If we're not careful, we may even come to think we were designed to flourish best when we are thankful and grateful! Yet as exciting as these psychological studies are, we didn't need them to know the importance and value of expressing gratitude and thanksgiving to God. The Bible insists on this . . . [it's] filled to overflowing with exhortations to be grateful to God and express thanksgiving to him."{23} As King David famously prayed in Psalm 23, "Surely goodness and mercy shall follow me all the days of my life"—he trusted a good God to lead, protect, and bless him. That's joy far beyond happiness!

Takeaways & Practical Applications

Brain networks form an inner life of the mind. We can switch between various networks constantly. Like a mom monitoring kids running around inside several contained rooms, this enables us to control the controllable—our reactions to events

and circumstances. Brain scans confirm how we capture and police rogue thoughts in ways prescribed in Scripture: “We . . . take every thought captive to obey Christ.”{24}

UCLA researchers address how our habitual non-conscious thoughts can drive anxiety—negative self-talk like:

- “I’ll be in real trouble if…”
- “What if so and so happens next week?”
- “I’ll probably fail that exam!”

“It’s what we say to ourselves in response to any particular situation that mainly determines our mood and feelings.”{25}

“Forming a new habit requires doing things you may not want to do in the early stages of formation,” as any coach or teacher will tell you.

For retraining our brains, experts have devised methods like **The Four Step Solution**:

It goes as follows:{26}

Step 1: Relabeling: call out thoughts as having no necessary connection with reality: tell yourself “That is a destructive lie.” Call on Proverbs 4:23, “Guard your heart above all else, for it is the source of life.”{27}

Step 2: Reframing: take the power out of the bad thoughts. Reset your perception of the deceptive message by being mindful that it exists, its content, and how you are now feeling by correctly categorizing the distorted message. Bad self-talk includes:

- all or nothing thinking (for example: “it was a *total* failure”)
- overgeneralizing

- singling out one thing to focus on
- catastrophizing (or making too big a deal out of things) and
- discounting the positive

Reframing them creates stable memories formed by repeated updating.

Step 3: Refocusing: Set your mind on anything else—distract yourself from the negative thoughts. Stop obsessing! Get into "the flow" of something. Focus elsewhere. And don't ruminate about the message—analyzing it will deepen the grooves in your brain.

Step 4: Revaluing: After a while, reflect on how you did Steps 1-3. Recommit to repeat these steps throughout the day.

Over 21 days, a "newly formed neural network" will decay in less than a month: thoughts are like muscles that atrophy and die or get stronger with use.{28} Starve the bad, feed the good.

As Paul instructed the Philippian church, dwell on what is good and pure, true and worthy of praise.{29}

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The Thought Police Are Here

Recently, in the same week, I watched two strikingly polar opposite events unfold on my Facebook feed. One was the long-awaited, long-prayed-for birth of a precious baby girl whose daddy had left homosexuality and repented of a gay identity as he pursued intimacy with Christ. After several years of sexual sobriety and spiritual growth, he was actually quite surprised to find himself starting to be attracted to girls. I remember him saying, "If you think puberty is rough the first time, you should try it at 28!" I was privileged to watch him weep with gratitude through his wedding to a beautiful lady, and pray for him as he became a pastor of an inner city church. And finally, after a failed pregnancy and several failed adoptions, God gave him and his wife the desires of their heart when their little one was born.

This happened the same week that Amazon banned a number of books offering hope for people struggling with unwanted same-sex attractions or gender confusion, people like my friend. A gay activist convinced Amazon that the books by a clinical psychologist who had successfully treated hundreds of men who did not want to be gay, and other books presenting a biblical view of sexuality, are dangerous. He said they cause LGBT people to hate themselves and inflict grave psychological damage. Because no one should be able to say there's anything wrong with same-sex relationships and behavior.

It’s really not any different than if a coalition of distilleries, vintners and brewing companies went after Alcoholics Anonymous to shut them down, proclaiming that it’s dangerous and even wrong to support people who want to stop drinking. And there’s something wrong with people not wanting alcohol to control or even destroy their lives, because drinkers are who they are and they need to embrace this reality.

Critics use the pejorative labels “gay cure” or “conversion therapy” to shut down the voices of those offering help to those who want it. No reputable therapist, counselor, or pastoral care person will attempt to force change on someone who doesn’t want it, but what about those who *do* want help? What about another friend of mine, who sought help when he was deep in the weeds of his gay life? When I asked what made him reach out for help over 20 years ago, he answered, “God-induced misery. If the Holy Spirit truly lives within, there is no peace, there is no stability, there is no hiding. As James says, The double minded man is unstable in all his ways.”

But technology has allowed “the Thought Police” to shut down the voices they don’t like, like those of my friends. The stewards of high tech hold the power to decide what they want people to hear and see.

- John Stonestreet’s recent Breakpoint commentary{1} relates how Facebook deleted a pro-lifer’s post quoting Saint Augustine, about focusing on the sins of others to avoid examining our own. Facebook says St. Augustine’s comment violated community standards.

- YouTube has restricted a quarter of Dennis Prager’s conservative videos, including one on the Ten Commandments (because it mentions murder).

- Smarter Every Day’s resident engineer (and winsomely

outspoken Christ-follower) Destin Sandlin created three powerful videos explaining how YouTube, Twitter, and Facebook are being manipulated to control what we see.{2}

• A single pro-LGBT activist convinced Apple, Microsoft, Amazon, and Google to remove the Living Hope Ministries app, grossly misrepresenting LHM's mission and activity as dangerous and even "life-threatening." The app was filled with expository teachings of various books of the Bible, weekly devotions, and personal testimonies of God's transformational work. The app had happily resided on all platforms for more than three years.

This app was removed for supposedly being life-threatening to LGBTQ youth, yet the same hosts offer more than a dozen pro-gay apps that are designed to encourage sexual exploration and provide a means for individuals to hook-up for anonymous sex—an activity that has proven to be dangerous and even life-threatening.{3}

These are examples of the Thought Police in action.

This is why it is more important than ever before for our thinking to be more shaped, more informed by the truth of the Word of God than by the gatekeepers of Big Tech.

For example, we need to embrace the truth of 1 Corinthians 6, describing the first century church that had former homosexuals in it:

"Or do you not know that the unrighteous will not inherit 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. **And such *were* some of you.** But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God." (vv. 9-11, emphasis mine)

I keep thinking about personal friends of mine, and their families, that the Thought Police don't want the world to know about: men and women who have turned from a gay identity to finding their identity in Christ, who have reconciled their faith and sexuality to honor and glorify God in it. Some have developed an attraction to their now-spouse, and are happily living faithful lives of service in their churches and in the world. Some report that their same-sex attractions haven't changed, but instead of a blaring, controlling force, they have retreated to white noise in the background of their lives. Their stories are real, and life-giving, and fulfilling.

But you won't know about it if the Thought Police have their way.

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This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/the_thought_police_are_here on July 23, 2019.

"My Daughter Says She's a Boy—What Do I Do?"

A real question from a real mom: "Sue, my daughter insists she's a boy. She has rejected all things feminine since she was a toddler. Now as a 15-year-old she says there's a

mismatch between her brain and her body. She wants "top surgery" (a double mastectomy) and testosterone to bring her insides and outsides into alignment. She says God made her this way and He doesn't make mistakes so she is embracing a transgender identity. What do I do?"

Oh sister. I am so sorry. I can only begin to imagine the pain, the chaos, and the conflict this is causing in your family.

Let's start with, what do we know is true?

1. God loves her. She is very dear to Him. He made her in His image and likeness. He sent His Son to give His life for her, proving once and for all how infinitely precious she is. And He may just be especially tender toward her, when we consider Isaiah 42:3–"A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice;"
2. The Creator God made her a girl. He has plans and purposes for her as a female.
3. She's only 15, and her pre-frontal cortex won't finish developing for another 10 years. She's not in a position to judge accurately the long-term effects of choices she makes today.
4. You are an adult, and you can see the long-term effects. It's essential that you not cave to pressure.
5. This issue is so rife with conflict and political correctness that everything I'm about to say will make someone furious.

What do you do? Well, first, you **love her well**. You stay focused on the wonderful gifts and talents and personality that you appreciate about her, and you keep affirming her for these aspects of who she is. Her sense of self, her sexuality, is not WHO she is, it's HOW she is. For right now.

Like any child or teenager (or adult, for that matter), she

longs for her parents' acceptance—but acceptance is not the same as approval. Acceptance means acknowledging their experience, and their perception of reality, without endorsing the conclusions they come to or the choices they make. (Consider that God accepts us, Romans 14:18 and 15:7, but He certainly doesn't approve of everything we do!)

Loving her well means listening in order to communicate that you are seeking to understand her. It means showing compassion. Believing that one is transgender is *hard*. Those with internal conflicts about their gender are more likely to suffer from depression, anxiety, a sense of not belonging, and often have thoughts of suicide. She needs your tenderness.

What else do you do? **Educate yourself about this issue**, so you can speak the truth in love (Ephesians 4:15) to your daughter and to friends and family as this comes into the light.

Gender Dysphoria is a thinking disorder, not a body disorder. If your daughter announced she were a cat, or a unicorn, how would you deal with that? Dr. Phil McGraw teaches that the first test that one's thinking is rational is that it has to be grounded in objective fact{1}. Our sex—male or female—is an objective truth that becomes apparent at birth. God, who knits us together in our mother's womb where we are fearfully and wonderfully made (Psalm 139:13-14), is the one who chooses and then reveals His plan for our gender. That is objective fact. If someone thinks or feels that they are something other than what God has made them to be, it's their thinking that is skewed, not their body. Unfortunately, our culture is very good at elevating feelings above objective truth, and that is at the core of the transgender issue.

I think that when children and adolescents claim to be the opposite sex, it's really about **not fitting into gender stereotypes**. You said your daughter "rejected all things feminine" since she was very small. That was about pink and purple sparkly princess dresses and bows in her hair, right?

And she hated them? I respectfully suggest it wasn't femininity she was rejecting, it was a certain KIND of femininity, the stereotype we as a culture (particularly a culture infected with Disney princess images) label feminine. God also delights to make sporty, athletic, very physical and competitive girls who don't really care for frilly, girly-girl clothes. They can have a hard time playing house because nobody wins! These girls are still sensitive and compassionate, still emotional and verbal, but they'd rather be outside climbing trees and throwing perfect spirals to the neighborhood boys. These are not inferior girls, they're not lesser-than girls, they're just not in the majority. They are girls who love sports and are good at it, or girls who don't care for dresses or nail polish, or girls who just don't get the superficiality of many of their girl peers. They are the kind of girl God made them to be. When they are supported and celebrated for the kind of girl they are, their sense of disconnect with their femininity can decrease as their awareness of God's good creation of femininity increases.

Please see my post The Gender Spectrum for more information.

Sometimes, **the impact of various kinds of abuse** can make a girl think that it is neither good nor safe to be a girl. They can convince themselves that if they were a boy, they could protect themselves and they wouldn't be at risk because boys don't get abused or molested. (Which, of course, is not true!) The solution is not to impersonate a boy and mutilate her body, but to get help processing the deep soul wounds of abuse and molestation.

Just as depressed people can often take comfort and refuge in the idea of ending their pain through suicide, those who experience a sense of misalignment with their birth sex can put their hopes in transitioning to the opposite sex through cross-hormone therapy and ultimately surgery. But very few are aware of the testimonies of those who regret doing this. Walt Heyer of sexchangeregret.com has recently released a book,

Trans Life Survivors, comprised of letters and emails from people who are very sorry for what they did to their bodies: the ongoing medical problems and the deep sense of loss at mutilating their bodies.{2}

I know you are afraid of your daughter committing suicide because that is the drum that is constantly beaten by the pro-trans side: "If you don't cooperate with your child's plans to transition, there's a high suicide rate when kids are not supported in their preferred gender identity." That is a bone-chilling fear, one my husband and I personally know in our family. But you should know two things: first, it's not necessarily true. See the article "The Suicide Myth" here: www.transgendertrend.com/the-suicide-myth/ Second, we do know that the suicide rate is 20 times higher in those who DO transition.

In a commentary titled "Sex Reassignment Doesn't Work: Here's the Evidence," Ryan T. Anderson writes,

> When 'the tumult and shouting dies,' it proves not easy nor wise to live in a counterfeit sexual garb. The most thorough follow-up of sex-reassigned people—extending over 30 years and conducted in Sweden, where the culture is strongly supportive of the transgendered—documents their lifelong mental unrest. Ten to 15 years after surgical reassignment, the suicide rate of those who had undergone sex-reassignment surgery rose to *20 times that of comparable peers*."{3} (Emphasis mine)

This means that the risk of suicide is far greater In those who transition, than those who don't.

Be aware of the power of social media. One of my heroes is Collin Karchner, who is "on a crusade to save teens from social media's potential destruction to their self-esteem and mental health, and empowering parents to reconnect with their kids." (savethekids.us/) I am amazed at the number of young

lives he is saving by showing them how destructive social media can be, and the good that happens when teens cut themselves off from the negativity online. The destructive forces of social media certainly manifest in the growing numbers of kids and teens thinking they are transgender.

Recently, my colleague Kerby Anderson had me on his Point of View radio program talking about Rapid Onset Gender Dysphoria, which is a part of social contagion. He posted this article on the ministry website: pointofview.net/articles/rapid-onset-gender-dysphoria/

Tumblr is a magnet for young girls, who are extremely vulnerable to the ideas and images on social media, and it is egregiously pro-trans. You should know about this social contagion phenomenon on that platform here: 4thwavenow.com/tag/tumblr-trans-contagion/

As I said above, educate yourself. But know that the pro-trans activists have been extremely successful at shutting down the voices of those concerned about the full-steam-ahead transgender agenda. You'll have to do some digging.

Check out the work and the writings of psychologist Dr. Kenneth Zucker, who counseled over 560 children and teens with gender confusion at his clinic in Toronto over 35-40 years. He found that when kids were able to go through puberty naturally, Gender Identity Disorder (a phrase he coined) resolved in 98% of boys and 80% of girls. This is profound! Apparently, there is something about the rush of the correct hormones during puberty that resets things internally in the vast majority of adolescents. The best treatment for those who feel at odds in their body is to wait and watch.

You should also know about Dr. Paul McHugh, for many years the Psychiatrist-in-Chief at Johns Hopkins University, who shut down the sex change clinic when he found that post-surgically, the patients still had their neuroses. In the article

“Surgical Sex,” he wrote,

> “When I became psychiatrist-in-chief at Johns Hopkins, I realized that by doing sex-change operations the hospital was fundamentally cooperating with a mental illness. We would do better for these patients, I thought, by concentrating on trying to fix their minds and not their genitalia.”{4}

Be very skeptical of anything from WPATH, World Professional Association for Transgender Health. They are completely uninterested in providing any balance to their reports or articles, and their poorly designed studies have no control groups. (For more information, watch this video from pediatric endocrinologist Dr, Quentin Van Meter, “The Terrible Fraud of ‘Transgender Medicine'” at youtu.be/6mtQ1geeD_c)

My last suggestion is the most important. ***PRAY.*** This is a spiritual warfare battle. The enemy prowls around like a roaring lion, seeking whom he may devour (1 Peter 5:8), and he is coming after our kids like nothing we’ve ever seen before. I have seen numerous people snatched from the enemy’s claws as God does “spiritual cataract surgery,” allowing them to see what they were blind to before, because of the faithful prayers of faithful parents and family members. Pray that the Lord will strengthen and protect your daughter from the evil one (2 Thessalonians 3:3). Pray for the eyes of her heart to be enlightened so she can see the truth about herself (Ephesians 1:18).

Pray and don’t give up.

Notes

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3. www.heritage.org/gender/commentary/sex-reassignment-doesnt-work-here-the-evidence

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This blog post originally appeared at
blogs.bible.org/my-daughter-says-shes-a-boy-what-do-i-do
on June 11, 2019.

Princess Warrior, First Responder

One of my favorite things to talk about is the Gender Spectrum, because I think it provides a very helpful understanding of people. Instead of a single spectrum with masculinity on one end and femininity on the other, I believe God has created a masculinity spectrum and a separate femininity spectrum.

The masculinity spectrum runs from the rough and tumble, athletic and physical kind of males on one end, to the sensitive, artistic, creative kind of males on the other—and everything in between. Although Western civilization tends to equate masculinity with the rough and tumble guys, I think that is a stereotype that gets in the way of appreciating the divinely created range of masculinity.

The femininity spectrum runs from the girly-girl on one end to the tomboy girl on the other. And just as with the masculinity spectrum, Western civilization tends to equate femininity with the stereotype of pink-loving, cosmetic-wearing girls who twirl in dresses to be admired. God delights to make plenty of females who are gifted athletically, are often natural leaders, and don’t really care for the stereotypical

appearance-oriented manifestations.

My belief is that Jesus Christ is the whole masculinity spectrum all at once, and as boys and men grow in Christlikeness (which is the goal of spiritual maturity), they will take up more bandwidth on the spectrum. Rough and tumble guys grow in sensitivity and compassion, and sensitive/artistic/creative men grow in their physicality and willingness to initiate and lead.

It seemed to me that a similar growth into taking up more bandwidth should happen on the femininity spectrum as well, as spiritual and emotional growth would produce a fuller-orbed experience of God's beautiful intention for His beloved female image-bearers.

I have certainly observed this happening in fully devoted followers of Christ. I have seen tomboy girls become more comfortable in their feminine skin, especially those who didn't particularly like being female because of abuse or a lack of connection with other girls growing up. It's been good to see women who protected themselves with a hardened, tough outer shell grow softer and more trusting of the Lord and other women. But I've wondered, what happens when girly-girls start taking up more bandwidth on the femininity spectrum? How do they grow and change?

One of the things I love about my tomboy girl friends is their fiercely protective willingness to fight—bullies, injustice, evil. Most of them are not in the least interested in protecting their non-existent manicures or messing up their fancy, fussy outfits (since they don't own any). Some of them grew up with a burning desire to defend the defenseless, and they were frustrated at the unfair rule that girls weren't supposed to fight. And some of them felt shamed for this supposedly unfeminine passion.

Instead, in our culture, girls are usually expected to fall in

love with Disney princesses and see themselves as a princess. Now, there's nothing wrong with being royalty. In fact, when I tell my story of trusting Christ and entering into His family, I share my childhood dream to grow up to be a princess. It was a major lightbulb moment of my life to realize that I am now a child of God, who is the King of Kings, and the female child of a King is a princess! Then I pull out my tiara and pop it on my head. I totally own the princess identity.

But one day I realized that the Bible's call to engage in spiritual warfare is not gender-related in the least. Every believer is called to don the armor of God and do battle with demons with the Lord's protection and in His strength (Ephesians 6:1-18). The person who does warfare is a warrior, right?

Voila—the opportunity to be a princess warrior! Or a warrior princess, either one works, satisfying both ends of the femininity spectrum. Justice-fueled protectors who want to go to war or even just fight the bully on the school bus have every biblical invitation—it's actually a command!—to give themselves fully to the God-given desire to fight in a way that glorifies God. Girly-girls fulfill a larger vision for femininity when they move beyond a self-oriented focus on looking good, shopping, disdaining sports, and the domestic arts, and give themselves to standing firm against evil and serving others in intercessory prayer.

Recently, though, I had another lightbulb moment when the women's director at my church, addressing a "Leaders of Leaders" equipping time, told us that we are first responders. Invoking the image of 9/11 when firefighters ran into the burning buildings of the World Trade Center and the Pentagon, she pointed out that we are also first responders when we deliberately walk into spiritual burning buildings to rescue those trapped by faulty, unbiblical thinking. We're first responders when we're willing to have hard conversations with those struggling with where scripture teaches unpopular and

uncomfortable standards. We are first responders when we're willing to walk people in conflict through the steps of biblical conflict resolution (Matthew 7:3-5, 18:15-17). We are first responders when we are willing to reach out and love the unlovely and difficult. We are first responders when we are willing to walk a woman through spiritual warfare material to identify places she has given the enemy a foothold in her life and help her take back internal real estate that should belong to Jesus.

So, regardless of where a woman finds herself on the femininity spectrum, she can glorify God as she trusts Him to expand and grow her into a more well-rounded follower of Christ. Even (and especially) if that includes pink nail polish and spiritual firefighting gear.

This blog post originally appeared at
blogs.bible.org/engage/sue_bohlin/princess_warrior_first_responder
on March 5, 2019.

How Bad is This Conversion Therapy Thing?

As pro-LGBT (lesbian, gay, bisexual and transgender) voices and values grow louder and more insistent in the culture, what about those people of faith who experience same-sex attraction and don't want it? What are they supposed to do with feelings and desires at odds with their faith? How are they supposed to learn to reconcile their faith and their sexuality?



The cultural narrative has become, "LGBT represents normal, healthy variations in human sexuality, so everyone should support and celebrate all forms of sexual diversity. And if you don't, we're going to punish you, shame you, and squelch your voice."

Part of the punishing and shaming includes outrage over "Conversion Therapy." A growing number of states outlaw it. What makes it so bad and why are people so angry about it?

What is Conversion Therapy?

Conversion Therapy is usually defined as therapy designed to change a person's sexual orientation. But is that what it really is? Therapy is a shortened form of the word "psychotherapy," which means the treatment given by a licensed mental health professional such as a psychologist or psychiatrist, a social worker, or a licensed counselor. So Conversion Therapy isn't therapy without a professional counselor of some kind, with the goal of changing someone's sexual orientation.{1} But do a Google search for organizations being labelled as doing (or even promoting) Conversion Therapy—which will include a number of churches—and you'll find neither element happening.

Conversion Therapy is the current buzzword that instantly communicates something that smears hate, shame, judgment and probable suicidality in those who undergo it, forced or not. It is not acceptable to say there's anything wrong or unhealthy about any form of "sexual diversity." Those that do—for example, anyone who holds to a biblical, traditional view of marriage and sexuality—are labeled as haters, bigots, prudes, outdated . . . and wrong.

Anne Paulk, director of Restored Hope Network, describes it as "an ideological term used by the GLBTQ activist community and their supporters who seek to link compassionate spiritual care and talk therapy with horrible, clearly disreputable practices."{2}

These "disreputable practices" include stories of some extremists who used torture, pain and punishment to try and exorcise homosexuality from people. Most notably and recently, the movie *Boy Erased* purports to show the true story of a teenage boy whose parents sent him to a strict camp that left heartbreaking wounds on his soul. (It should also be noted that the producers took a number of creative liberties to produce the most dramatic moments of the film, none of which actually happened per the book.) The cultural narrative lumps extremists with all those engaged in helping those with unwanted homosexuality, painting them all with a broad brush of condemnation.

Helping Those Who *Want* the Help

A number of ministries and churches actively seek to help those who don't want their same-sex feelings or their discomfort with their gender. Or, even if they don't fight against their feelings, they want to live lives honoring to God despite their desires, which means not giving into them. These ministries and organizations neither offer nor promise conversion of homosexual attractions into heterosexual ones. That would be like offering to make someone stop loving chocolate and start loving kale. Not gonna happen, right?

But they can teach what God's word says about sexuality, discipleship, and living a life pleasing to God. They can help people (note: choose to, not be forced to) submit every area of their lives to the lordship of Jesus Christ, including sexuality. There are many who define and identify themselves by their sexuality; God's word calls us to define and identify ourselves by our relationship to Him.

Human sexuality is a complex, many-layered issue comprised of a lifetime of experiences, perceptions, habits, and ways of thinking. There's nothing simple about it. It has also, for every one of us, been impacted by the Fall and the pervading presence of sin.

But Is Change Even Possible?

Ever hear the pejoratively-used phrase "Pray away the gay"? That's as effective as praying away fat. A prayer like, "Please Jesus make me stop wanting people/things/food I shouldn't" has never worked because He doesn't have a magic wand. He says to all those who want to be His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me" (Matthew 16:24). That means saying no to ourselves and to our flesh, the part of us that operates independently of God. The apostle Paul instructs us in Romans 12:2 to "be transformed by the renewing of your mind. . ." Cooperating with God to renew our mind means submitting our thoughts and habits to Him, "taking every thought captive to the obedience of Christ" (2 Corinthians 10:5). The call to surrender every part of us, including our sexuality, as the way to obey and honor God, is a difficult one, and it takes community. It takes the support of other Christ-followers to walk alongside us, pray for us, speak God's truth to us, encourage us, challenge us, restore us when we stumble and fall, and help us keep going.

Change is not only possible, it is the mark of things that are alive. And it is the fruit of the gospel. Lasting change comes not from human effort but from supernatural transformation as we surrender to the work of God in our lives. We experience change as we are transformed into the image of Christ (2 Corinthians 3:18). Christlikeness produces change in how we think, what we believe, how we see ourselves and others, our behavior, and finally—like the caboose on a train—our feelings. But there's no point in trying to change the feelings apart from the rest of the process.

Discipleship is often what's happening in ministries and churches that are smeared with the label of "Conversion Therapy," being lied about and attacked by people who can't abide any position other than their own.

Next time you see the term "Conversion Therapy," know that it's not about shutting down bad therapists. It's about shutting up people who agree with God about sexuality.

1. I am indebted to the amazing Joe Dallas for his crazy-great analysis and tender compassion concerning this issue, particularly this article: joedallas.com/2018/11/13/dances-with-snakes/
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This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/how_bad_is_this_conversion_therapy_thing on February 19, 2019.

Why Every Christian Student Needs Mind Games

You've probably heard or read that the vast majority of young Christians are leaving the church after they graduate from high school. But they don't have to "graduate from God" after they get their diploma.

There are several reasons young adults leave the church, and many of them jettison their faith as well. The biggest reason is that their questions and doubts—which started in junior

high school—were not answered by their parents or youth leaders.

Another reason is that they don't believe Christianity is true. Immersed in a cultural brine of religious lies and deceptions, they don't know what the truth is and why biblical Christianity blows the false ideas and religions away.

A third reason is that they caught their unbiblical beliefs and practices from their parents and other adults in the church. It turns out that Mom and Dad were almost as pickled in the cultural brine as their kids!

But Probe offers a great way to push back on these reasons.

Our summer Mind Games camp is a total-immersion, life-changing week of instruction in worldview and apologetics designed to build students' confidence that Christianity is true, and why Christianity is true. We lay the foundation of three major worldviews to give them understanding of how other people think and why Christianity is better because it matches reality. Then we teach them why they can be sure that God exists, why the Bible can be trusted, and how we can know that Jesus is God and the only way to heaven.

After these basics, campers learn how biblical principles apply to issues they need to grapple with: truth and grace about LGBT, how faith and science work together, why a good God allows pain and evil, the value of suffering, how to watch a movie with their brains turned on, genetic engineering, understanding Islam, and more.

But it's not just lectures. Plenty of free time is built into the schedule for processing what they've learned and developing friendships with other campers. The relationships that students form at Mind Games is one of their biggest takeaways. With a max of 40 participants, everyone can enjoy connecting to other campers, and many of the friendships endure year after year.

The biggest reason for leaving the church is unanswered questions and doubts. Probe staffers assure students that Mind Games is a safe place to ask any question—anonymously—and address any doubt. Many of the questions campers come with, are answered during the week in our lectures and discussion times. Whether in large group or the many opportunities for one-on-one conversations with Probe teachers, campers have many ways to get help wrestling with obstacles to their faith.

For over twenty years, Mind Games alumni have grown into leaders on campus, in public service, in the military, and in the church. The fruit of their time with us is "fruit that lasts" (John 15:16).

Mind Games Camp 2026 is June 14-20 at Camp Copass in Denton, Texas, in the Dallas/Ft. Worth area. Some scholarships are available. Check out videos and much more information at Probe.org/mindgames.

Can you think of a high school student who doesn't need Mind Games?

We can't either.

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Gay Men to Lead Boy Scouts: Gates' Failure to Render

Genuine Leadership

This week the Boy Scouts of America have announced they will welcome transgendered youth into the program. This culture-following trend began when the BSA allowed gay scouts, then gay leaders. This shows a serious leadership gap, according to Eagle Scout, former Scout employee, and volunteer Byron Barlowe.

Boy Scouts will now be subject to gay adult leadership if BSA (Boy Scouts of America) president Robert Gates' advice is taken. Gates, who once held our military's top position as Secretary of Defense, declared the inevitability of ending the ban on openly gay Scout leaders while addressing the BSA national annual meeting in Atlanta Thursday, May 21, 2015.

Does anyone really doubt that Gates' position will be made official, especially given recent advances for gay rights at the states' level, with the Girl Scouts, in Ireland's national referendum vote three days later and most likely via the United States Supreme Court this June? I wager it'll be only a few months before it's official BSA policy.

The question for Mr. Gates: How does bowing to the rapidly changing poll numbers on this issue constitute leadership? Don't heroes often have to stand alone? Even if Gates holds convictions that would dictate openness in his personal dealings, his stated premise for lifting the long-time ban on gay Scout leaders that stands to affect tens of thousands of youth is flawed: that the proverbial train has left the station and the organization needs to cover its rear guard, to go with the inevitable flow of gay rights, to kowtow to pressure from within and without. Pure pragmatism on parade. And entirely inappropriate and unrespectable.

Brave New World vs. "A Scout is Brave"

Part of the Scout Law every Boy Scout for 105 years has memorized and recited reads, "A Scout is trustworthy . . . brave . . . reverent. . . ." But the BSA has done a 180-degree flip on the topic of homosexuality, having won a Supreme Court case against a gay membership push as recently as 2000. The Opinion of the Court in *Dale v. Boy Scouts of America*, written by Chief Justice Rehnquist, reads, "The Boy Scouts asserts that it 'teach[es] that homosexual conduct is not morally straight'" in its defense of denying avowed homosexual and gay activist James Dale leadership privileges with a Scout troop.

Oh, what a difference fifteen years makes when one bases decisions on the swiveling wind vane of a degrading culture.

To his credit, Dr. Gates called for individual chartering organizations—representing 70 percent of Boy Scout Troops and Cub Packs—to decide for themselves how to implement such a policy. Yet, in the same speech, Gates cites the refusal of a New York Council to abide by current BSA policy in hiring gay leaders as a realistic reason to change the national policy. Which is it? Gay men get the right to lead, or troops and packs get to say no? We see where that is going in the courts and in culture with Christian photographers, bakers and T-shirt makers: inescapable pressure to succumb.

Live Up to High Standards of Scouting

I'm holding President Gates to a high standard here. Sure, he's been pressured by his own big business (read: big donor) board members like Randall Stephenson of AT&T and James Turley of Ernst & Young to eradicate the BSA's longstanding policies against gay participation at every level. Though it may not compare to high stakes, national level non-profit boardroom politics, I lost my job as a BSA District Executive by holding to the principles of Scouting (and my biblical faith). When asked to misrepresent the number of Cub Scout Packs in local

schools at a BSA Council in North Carolina, I refused. Threats didn't move me despite my 23-year-old, first-job fears. Call me naïve. Then explain that to a boy. It would be refreshing to see Mr. Gates stand up to power himself.

Even if I agreed with gay rights claims concerning the private youth training organization, I'd object to the hypocrisy of its leader. Gates' recent declaration, as with the BSA's 2013 decision to enroll openly gay Scouts, is modeling another dereliction of duty. Yet "duty to God," others and self has always formed the three-legged stool of values on which Scouting stood. God is not confused on this issue, nor was the Scouting program for a full century.

If This Goes, Scouting Will Forever Be Altered

I write "values on which Scouting stood" in past tense advisedly. As I was quoted via the *Los Angeles Times* syndicate while demonstrating against the policy change to allow openly gay Scouts in 2013, this is the end of Scouting as we have known it. Another prediction: A sharp decrease in numbers following that decision will be surpassed if the BSA allows admittedly gay leaders. As an Eagle Scout, father of an Eagle Scout, former volunteer Scouting leader and BSA local executive, I can no longer support in any way the Boy Scouts of America. I'll support other youth programs.

This conviction grieves me, but borrowing from the Christian reformer Martin Luther, here I stand and I can do no other. No, this episode does not rise to the level of religious reformation; however, the gravity of such social slides will change the cultural landscape for as long as our Republic stands. The gay advocacy heavyweight Human Rights Campaign is right when it celebrates Gates' announcement as a huge victory in its drive for full acceptance of homosexuals across the culture, given that the BSA is "one of America's most storied

institutions.”

As SecDef, Gates ended the ambiguous “Don’t ask, don’t tell” doctrine, a decision that opened doors for openly gay service men and women to serve freely despite fears of sexual chaos. Our former CIA Director and, again, Secretary of Defense Gates now holds the top leadership post among a younger group of Americans. On this issue he has led neither members of the armed forces nor impressionable and sexually vulnerable adolescent Scouts.

Once again, Gates’ ethics reek of pure pragmatism: “We must deal with the world as it is, not as we might wish it to be. The status quo in our movement’s membership standards cannot be sustained,” he said to the assembled Scouting leaders.

Never mind high ideals. The wind has blown, the ship has sailed and we must get on board or be left behind (or at least sued heavily). Oh, such bravery.

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