Abortion: A Biblical View

Sue Bohlin calls for a spiritual and moral reflection on the topic of abortion, urging people to consider the eternal implications and affirming that God's love, grace, and forgiveness extend even to those who have committed this sin.

An earlier version of this article is also available in Spanish.

Abortion as Spiritual Warfare

Abortion continues to be a volatile issue, and an emotional one, in the United States. It is usually seen as a political issue, but I think it's way bigger than that.

I believe we need to see abortion as spiritual warfare.



We live in two dimensions at the same time: the physical world that we can see and touch and measure, and the unseen spiritual realm that is filled with God, angels and demons (2 Corinthians 4:17-18). Jesus revealed to us that Satan is the thief who "comes only to steal and kill and destroy" (John 10:10); abortion is one of the most wicked, heinous ways he inflicts pain and destruction on people God loves.

He steals joy and peace from women who have had abortions, as well as some of the fathers of the babies who were killed in the womb. He steals babies from what should be the safest place on earth. He steals motherhood from women and fatherhood from men. Through abortion, he steals grandchildren from grandparents.

Satan uses abortion to kill. Just in the United States, since

Roe v. Wade made abortion legal, over 64 million babies have been murdered.{1} In China, the horrible one-child policy that terrorized the Chinese people for 35 years resulted in 350 million baby deaths.{2}

Satan uses abortion to destroy. Willingly choosing abortion for a pregnant teenager has been Satan's foothold in many families that were torn apart, a phenomenon I have seen with my own eyes. Abortion—and its evil twin infanticide—destroyed the natural ratio of boys to girls in China. Today, there are 30 million young men who cannot find a girl to marry because there aren't enough to go around.{3}

The rallying cry of abortion is, "It's my body"—even though there is another human being's body involved as well. Theologian Dr. Peter Kreeft's insight is breathtaking to me: "Abortion is the Antichrist's demonic parody of the Eucharist. That is why it uses the same holy words, 'This is my body,' with the blasphemously opposite meaning."{4}

Abortion is an evil weapon in the hands of an unspeakably evil enemy. In Genesis 3, Satan declared war on the people God created and loves, and he has been warring with us ever since. The Lord Jesus triumphed over this defeated foe at the cross, but He allows battles to continue on this side of eternity to strengthen us and help us learn to depend on Him and grow stronger in our faith. In this article we'll be talking about the spiritual battlefield of abortion, but please remember that not only does Jesus win in the end, He has provided us with spiritual armor that starts with TRUTH. Let's go there now.

The Bible's View of the Unborn

Pro-choice advocates don't like the use of the word "murder." Many of them maintain that no one really knows when human life begins, and they choose to believe that the idea of personhood at conception is a religious tenet and therefore not valid.

But it *is* a human life that is formed at conception. The zygote contains 46 chromosomes, half contributed by each parent, in a unique configuration that has never existed before and never will again. It is not plant life or animal life, nor is it mere tissue like a tumor. From the moment of conception, the new life is genetically different from his or her mother, and is not a part of her body like her tonsils or appendix. This new human being is a separate individual living inside the mother. Rather like an astronaut being protected and kept alive in space.

The Bible doesn't specifically address the subject of abortion, probably since it is covered in the commandment, "Thou shalt not murder." (Exodus 20:13) But it does give us insight into God's view of the unborn. In the Old Testament, the Hebrew word for the unborn (*yeled*) is the same word used for young children. The Hebrew language did not have or need a separate word for pre-born babies. All children were children regardless of whether they lived inside or outside the womb. In the New Testament, the same word is used to describe the unborn John the Baptist and the already-born baby Jesus. The process of birth just doesn't make any difference concerning a baby's worth or status in the Bible.

We are given some wonderful insights into God's intimate involvement in the development and life of the pre-born infant in Psalm 139:13-16:

> For you created my inmost being;
> you knit me together in my mother's womb.
> I praise you because I am fearfully
> and wonderfully made;
> your works are wonderful, I know that full well.
> My frame was not hidden from you
> when I was made in the secret place.
> When I was woven together in the depths of the earth,
> your eyes saw my unformed body.
> All the days ordained for me

were written in your book before one of them came to be.

All people, regardless of the circumstances of their conception, or whether they are healthy or handicapped, are God's image bearers who have been personally knit together by His fingers. He has planned out all the days of the unborn child's life before one of them has happened.

Chemical Abortion: "The Abortion Pill"

Chemical abortions now account for the majority of induced abortions in the U.S.{5}

Two drugs are used in tandem to end a pregnancy. The first pill, RU-46 or Mifepristone or Mifeprex (all the same drug), shuts down progesterone. That's the pregnancy hormone that the developing embryo or fetus needs to survive and thrive. Progesterone allows the mother's body to feed and nourish and oxygenate the baby. The first abortion pill blocks progesterone, so the baby dies. Then the next drug, Misoprostol or Cytotec, causes the uterus to contract and squeeze out the baby and other pregnancy tissue like the placenta.{6}

These drugs are very disruptive to the natural progress of growing a baby inside a womb. They are unfortunately quite effective up to seven weeks' gestation, and then their effectiveness drops off. By the time the baby is ten weeks along, for one in six women the drugs won't fully empty the uterus. Dangerous complications can set in, like:

- An infection caused by an incomplete or failed abortion where the fetus remains in the uterus
- An undetected ectopic pregnancy, which can be dangerous and is a medical emergency
- Blood clots remaining in the uterus
- Heavy bleeding

What is also scary is that chemical abortions are so easy to

obtain they are like over-the-counter medications. No doctor is needed to supervise. If a woman has an ectopic pregnancy, where the embryo grows in her Fallopian tube instead of her uterus, she's going to have awful pain and needs a sonogram to see where the baby is. Some of the deaths from Mifeprex abortions were from women that never had an ultrasound; they were given the drug and they had a pregnancy in their tube, and they died.

Thousands of women experience complications, called "adverse events" that require hospital intervention, but the FDA does not require adverse events to be reported unless someone dies. The abortion pill is being touted as being "safe as Tylenol," which is a life-threatening lie.{7} But then, abortion is spiritual warfare, and the enemy constantly lies and deceives us.

But there is good news! Many times, even while swallowing the abortion pills and immediately afterwards, women wrestle with regret for starting the regimen. There is a protocol called Abortion Pill Reversal where a doctor prescribes a dose of progesterone, the pregnancy hormone, to counteract what the mifepristone did. If started quickly enough within 72 hours of a woman taking mifepristone and before she takes the second drug, there is about a 70% chance of saving her child!{8} Thank You Lord!

Handicapped Children

What if prenatal tests reveal that a baby is going to be born sick or handicapped? There's no doubt about it, raising a handicapped child is painful and hard. Is it ever okay to abort a child whose life will be less than perfect?

We need to ask ourselves, does the child deserve to die because of his handicap or illness? Life is hard, both for the handicapped person and for her parents. But it is significant that no organization of parents of mentally retarded children

has ever endorsed abortion.

Some people honestly believe that it's better to abort a handicapped child than to let him experience the difficult life ahead. Dr. C. Everett Koop, former Surgeon General of the United States, has performed thousands of pediatric surgeries on handicapped children. He remarks that disability and unhappiness do not necessarily go together. Some of the unhappiest children he has known had full mental and physical faculties, and some of the happiest youngsters have borne very difficult burdens.{9} Life is a lot harder for people with disabilities, but I can tell you personally that there is a precious side to it as well. I have lived most of my life with a physical handicap, but it hasn't stopped me from experiencing a fierce joy from living life to the fullest of the abilities I *do* have. I can honestly rejoice in my broken body because it is that very brokenness and weakness that makes it easier for others to see the power and glory of my Lord in me, because His power is perfected in weakness. (2 Corinthians 12:9)

Often, parents abort children with defects because they don't want to face the certain suffering and pain that comes with caring for a handicapped individual. By aborting the child, they believe they are aborting the trouble. But as we discussed earlier, there is no way to avoid the consequences of abortion: the need to grieve, the guilt, the anger, the depression.

What if a baby is going to die anyway, such as those with fatal genetic birth disorders? I think we need to look at the larger picture, one that includes God and His purposes for our lives. When a tragedy like this occurs, we can know that it is only happening because He has a reason behind it. God's will for us is not that we live easy lives, but that we be changed into the image of Jesus. He wants us to be holy, not comfortable. The pain of difficult circumstances is often His chosen method to grow godliness in us and in the lives of

those touched by the tragedy of a child's handicap. When it is a matter of life and death, as abortion is, it is not our place to avoid the pain.

My husband and I know what it is to bury a baby who only lived nine days. We saw God use this situation to draw people to Himself and to teach and strengthen and bless so many people beyond our immediate family. Despite the tremendous pain of that time, now that I have seen how God used it to glorify Himself, I would go through it again.

Not all abortions are performed as a matter of convenience. Some are performed in very hard cases, such as a handicapped child or as the result of rape or incest. But again, we need to back off and view abortion—for whatever reason—from an eternal perspective. God is the One who gives life, and only He has the right to take it away. Every person, born or unborn, is a precious soul made by God, in His image. Every life is an entrustment from God we need to celebrate and protect.

Post-Abortion Syndrome

Millions of women live with the emotional and physical aftershock of abortion. Although some do not seem to have been rocked by their choice, many many women live with deep guilt and shame and denial. Some live with the physical effects of the hormonal shock of suddenly ending the massive construction job of their body building another human being inside her womb. It's something like throwing a car into park when it was going full speed down the road.

Post-abortion syndrome or stress disorder is real for many women. The grief is real; the deep loss of the child is real. And many people need help facing the pain and getting through it. I asked a dear friend about her experience. It's been 48 years since her abortion. She wrote to me,

> “Though the procedure was fairly easy, I knew the second it was over that I had done the wrong thing. I left that clinic empty, guilty, and depressed. It was the start of a lifetime of sadness and regret. I told no one other than my husband and kept that secret for over 30 years. I suffered in silence. I knew then that I had made the choice to end a human life.
>
> “When I became pregnant later, the sadness and guilt actually multiplied. When I could feel the baby inside me, the intense feelings of shame and guilt consumed me for ending my first child’s life. When my daughter was born and I held her for the first time and looked into her eyes, as happy as I was to have her, I also felt the worst pain I had ever felt because of what I had done 7 years earlier.”

Ending another’s life, whether freely chosen or being pressured into it, is capital-T Trauma. The woman is shaped and changed by this trauma, and I am so grateful for abortion recovery programs. They help women (and men, though there are far fewer programs for Forgotten Fathers) to experience grace and compassion as they confess their sin and receive forgiveness and cleansing from Jesus, *who died for their abortion*.

Abortion is a hard choice for which there are hard consequences. But God’s love and compassion and grace are bigger than all of it, and there is such good news in Romans 8:28—God is able to make all things work together for good for those who love Him and are called according to His purpose.

Notes

1. nrlc.org/communications/0123saus/

2. www.wired.com/story/china-one-child-policy-in-numbers/

3. youtu.be/u6tOe7naoEw?si=VGq2XzV8PDsWRfxs

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5. www.cnn.com/2024/03/18/health/abortion-data-guttmacher/index.html

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7. aaplog.org/wp-content/uploads/2023/08/20230728-Chem-Ab-One-Pager.pdf

8. aaplog.org/abortion-pill-reversal/

9. C. Everett Koop, "The Slide to Auschwitz," in Ronald Reagan, *Abortion and the Conscience of the Nation* (Nashville: Thomas Nelson, 1984), 45-46.

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Two Genders, Two Spectrums

Sue Bohlin suggests a biblical view of masculinity and femininity that encompasses the variety within two genders as God creates us.

How do you see the variations of gender in people? Many people automatically think of a single spectrum with masculinity on one end and femininity on the other.

I don’t think that’s the way it works.



Consider the very first thing we encounter about gender in the creation account of Genesis 1:27–

> So God created mankind in his own image,
> in the image of God he created them;
> male and female he created them.

Just two genders. No matter how many choices of made-up genders that Facebook used to offer.

We can look at the issue of gender spiritually by reading about how God created us male and female. We can also see the binary nature of gender by looking at biology. Male bodies produce small reproductive sex cells called gametes—sperm—and female bodies produce large gametes, eggs. There are no other options.

In this article we’ll be walking through a way of looking at gender that I believe faithfully reflects what God has revealed in His word about His design for us as human beings. Instead of a single spectrum with male and masculinity on one end and female and femininity on the other, I suggest there are two separate spectrums{1}: a masculinity spectrum and a femininity spectrum. God makes delightful variations in girls and women, and equally delightful variations in boys and men, all of us made in His image and created for His glory.

I suggest that God chooses where on each gender spectrum a baby comes into the world. It’s our starting point, but as we mature we can embrace and grow in the other characteristics of masculinity or femininity. We can take up more “bandwidth” and become a more fully-rounded man or woman.

One end of the masculinity spectrum, I suggest, are the rough-

and-tumble boys who are constantly moving, playing sports, making noise, getting dirty, and can easily be emotionally clueless. On the other end of the spectrum are the sensitive, artistic, creative boys. And there's everything in between.

On the femininity spectrum, we see girly-girls on one end, who love frilly clothes, playing with their doll babies, and in American culture are drawn to pink and purple and sparkly. On the other end are the tomboy jockettes who are often gifted athletes and natural leaders, and hate girly clothes. And, as with their brothers, there is everything in between.

Let's explore these different gender spectrums and hopefully gain a fuller understanding of the goodness of God's creation just the way He makes each one of us.

Masculinity Spectrum 1

I really like the idea that every child, created in his or her own individuality in the image of God, is a gift box that we as parents and care-givers get to open and discover what's inside. Every child is fearfully and wonderful made, as we read in Psalm 139, and that includes the kind of boy and the kind of girl God chose for them to be. Whoever came up with the philosophy that children are blank slates that we write on, so they become whoever and however the surrounding culture instructs them to be, must have never been around actual children. Real babies come out of the womb and start revealing how God made them.

God shapes some baby boys as rough-and-tumble. They are often considered classically "all boy." They're constantly moving. Ask boys to walk from point A to point B and they may well zig-zag their way across the room. They often have an affinity for fighting and weapons. One mama who said no toy guns in her home because she hated violence, found her young son nibbling his toast into the shape of a pistol, which he pointed at his brother and made shooting sound effects. Her other son would

treat the longest French fry from his Happy Meal like a miniature rifle to pretend-shoot his brother.

These rough-and-tumble boys are often emotionally clueless. They don't *mean* to be insensitive, they just don't pay much attention to non-verbal cues from other people. They tend to enjoy rough-housing with their daddies and with other boys. They will chest-bump and jostle each other in their male way of expressing friendship and affection. And these boys are drawn to contact sports, especially anything with balls.

God delights to make other boys, though far fewer of them, as sensitive, artistic, and creative. They are often gifted in the performing and visual arts, music, dance, drama, and design. They tend to experience life through a magnifying lens attached to their soul; everything is bigger, louder, and more vibrant. They can experience negative communications as more critical than they actually are. A parent's frown may feel as devastating as a spanking.

They constantly scan their environment, sensing when others around them are upset. My husband can spot these sensitive boys at age two in the church nursery. He has seen boys drop whatever toy they had and go over to another toddler asking, "You okay? It's okay."

Many of them don't care for sports, especially contact sports. Often they lack the eye-hand coordination needed for sports that utilize balls, rackets, clubs and other game equipment. They can do better at sports that scratch their competitive itch where they're racing against the clock, like cross-country running.

And of course, there are boys (and men) everywhere in between as well. One of my sons was so sensitive and artistic he graduated with an art degree; the other puts himself square in the middle of the masculinity spectrum.

Masculinity Spectrum 2

We see the two kinds of boys and men in the account of Jacob and Esau in Genesis 25. Esau, the rough-and-tumble man, was a hunter, an outdoorsman. His twin brother Jacob was a mama's boy, more interested in hanging back in the tents with his mother, in all probability the sensitive, artistic, creative type.

Since sensitive boys are in the minority, they often get bullied by the rough-and-tumbles or boys in the middle of the spectrum, and they can easily feel like they don't fit, they don't belong. They feel different from an early age.

These are the ones who are vulnerable to spiritual attacks of being labeled gay and other ugly words. In recent years, as sensitive, artistic and creative boys feel the pain of not fitting in, they are now being encouraged to label themselves as transgender. It used to be they would think, "I don't fit in the world of boys. There's something wrong with me." Now they are being encouraged to think, "I don't fit in the world of boys because I'm really a girl. Or life would be better and easier if I became a girl." (Which, of course, is impossible.) Then if they accept these false labels and they practice seeing themselves that way, they can literally think themselves into a gay or trans identity. But it doesn't have to be that way. Scripture tells us to "take every thought captive to the obedience of Christ" (2 Corinthians 10:5). All of us need to derive our identity from who God says we are.

Thinking of the masculinity spectrum, I like to ask, where would you put Jesus?

I think He embodies the entire spectrum. He was the best of rough-and-tumble men, strong and physically active; He started out as a carpenter or handyman, and men were drawn to Him. Was He artistic? Have you ever seen a sunrise or a sunset? Jesus paints the sky with glorious colors! Was He creative?

Scripture tells us He was the Creator of the universe!

I have observed over years that as boys and men grow spiritually, they start taking up more bandwidth on the masculinity spectrum as they become more well-rounded. Rough-and-tumbles learn to listen and show compassion, and sensitives stretch out their comfort zone to take more initiative and reject passivity.

Rough-and-tumbles can become great leaders and servants as they use their strength to love and serve others. Sensitives can become great husbands, dads, pastors, counselors, and teachers as *they* use their gifts to love and serve others.

Femininity Spectrum 1

On the one end of the femininity spectrum are the girly-girls who come into the world wanting a pink receiving blanket and one of those headbands with a big puffy flower on their little bald head. They can't wait till their fingernails and toenails are big enough for Mommy to paint. In American culture they often gravitate toward pink and purple and silver glitter. They cuddle baby dolls and stuffed animals.

One progressive-minded mother didn't want to support gender stereotypes for her daughter, so instead of buying her stuffed animals and dolls, she gave her cars and trucks. One afternoon she saw her little girl lining up the cars and trucks, covering them with a blanket, and tenderly kissing them "night-night" as she put them down for a nap. Just as she would have with dolls and stuffed toys, if she'd been allowed to have them.

It's easy to define feminine as girly-girls, but God loves and creates another kind of femininity.

He delights to make some girls tomboy jockettes. They have no interest in frilly clothes or makeup. They don't care for skirts or dresses and in fact will often push back when

required to wear “girl clothes.” For them, comfort is everything. You can find them outside climbing trees, shooting hoops, and perfecting their spirals. Some mechanically-inclined girls want to help their dads work on cars and lawnmowers. They tend to have no patience for girly-girl activities; girl drama drives them crazy. Barbie is stupid, and who wants to play house—nobody wins!

Many times they are gifted athletes, and often natural leaders.

Like sensitive boys, tomboys are outnumbered by girly-girls and those in the middle of the femininity spectrum. Being the minority, they are often bullied. They are judged and ostracized for not being like the other girls.

Sensitive boys and tomboy girls can get the message loud and clear that they don’t have what it takes to be a good boy or girl. They can conclude, wrongly, that they don’t belong in the world of boys, of girls. They burn with the shame of being “other than.” Different.

But God makes every person male or female on purpose, for His glory. They DO belong in the world of boys or girls, of men and women!

Femininity Spectrum 2

As girls grow spiritually, becoming more like Jesus, they can take up more bandwidth on the spectrum and become a more well-rounded expression of femininity.

Girly girls can put down their mirrors and selfies, and become prayer warriors and first responders. They can walk into emotional crises and hard conversations to point people to Jesus. They can become shepherds, more concerned about other people than themselves.

Tomboys can embrace the softer, more nurturing side of

femininity. These girls often want to fight and defend those needing protection. They need to be introduced to spiritual warfare! Whether as a princess warrior or a warrior princess, the kingdom needs all girls and women to be fully engaged in fighting evil!

Many of the gender issues today are about stereotypes. People want to stick everybody in either a blue box or a pink box. They make sweeping generalizations like

- "Boys wear blue and brown and play with trucks and guns."
- "Girls wear pink and purple and play with Barbies and jewelry making kits."

But what if a boy thinks blue and brown are boring, and he loves pink and purple? Does it mean he's gay? No! Jesus loves pink and purple! Have you ever seen a sunrise?

What if he doesn't want to play tackle football? What if he'd rather sit and try to draw out another kid's thoughts and feelings? Does it mean he's gay? No! It may be a junior counselor in the making, who's also going to be a fantastic daddy!

What if a girl thinks it's just WRONG that she has to stay inside and learn to make gravy because Grandma says that's what girls do, when there's a broken carburetor outside she's itching to get her hands on? What if she's an amazing softball player? Does it mean she's a lesbian? No! It means she's a gifted mechanic or athlete!

Let's forget the blue and pink boxes and just open the gift box that is each child and find out how God packed the gifts and interests inside. Let's celebrate God's good design of each child IN HIS IMAGE and affirm them as the child they are, even if they don't conform to stereotypes.

Can you imagine how freeing it would be to celebrate the full spectrum of masculinity and femininity, and teach kids to

appreciate and celebrate it in each other?

Notes

1. I do realize that the plural of spectrum is *spectra*, but most people don't take five years of Latin like I did. For those who wince at my coining a word, my apologies.

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The Dangerous Ideology of Transgenderism

Transgenderism has been the topic in the news for more than a decade; therefore, Christians need to know what to think about the various claims being made. We also need to know how to respond to an aggressive push by trans activists to normalize this behavior and criticize anyone who does not accept it.



Transgenderism is the belief that people have a "gender identity" that is distinct from their biological sex. If they feel there is a conflict between their gender and their sex, gender identity should take precedence. Although a very small fraction of the population may experience gender dysphoria (where a person experiences discomfort or distress from a mismatch between their biological sex and the gender they want to be), the current percentage of Americans identifying as transgender or nonbinary (not identifying as either male or female, masculine or feminine) has exploded.

Sexuality, Gender, and Medical Studies

Dr. Paul McHugh has served as the Professor of Psychiatry and Behavioral Sciences at Johns Hopkins Medical School. He has concluded that "gender reassignment surgery" doesn't work. He, along with Dr. Lawrence Mayer, surveyed over 200 peer-reviewed studies done in various disciplines.{1} Here are four of the most important conclusions from their paper:

First, the "belief that sexual orientation is an innate, biologically fixed human property" is not supported. In other words, people are not "born that way."

Second, the "belief that gender identity is an innate, fixed human property independent of biological sex—so that a person might be a man trapped in a woman's body or a woman trapped in a man's body—is not supported by scientific evidence."

Third, "only a minority of children who express gender-atypical thoughts or behavior will continue to do so into adolescence or adulthood." It goes on to say that children should not be encouraged to become transgender. They also should not be subjected to hormone treatments or surgery.

Fourth, people who are homosexual or transgender "have higher rates of mental problems (anxiety, depression, suicide), as well as behavioral and social problems (substance abuse, intimate partner violence), than the general population."

While the paper only focuses on the scientific research, it obviously has implications for public policy. Incorrect scientific claims have been used to justify court rulings, government policies, and medical practices concerning sexual orientation and gender identity. They have not been based upon sound science.

American College of Pediatricians

Above, we talked about some of the scientific research into homosexuality and transgenderism. Dr. Paul McHugh and Dr. Lawrence Mayer surveyed over 200 peer-reviewed studies and came to conclusions that are contrary to much of the current statements being made by trans activists.

Dr. Paul McHugh was also one of the authors of a statement by the American College of Pediatricians. The title of their statement was: "Gender Ideology Harms Children."{2}Here is a summary sentence or two of the eight points they make in their statement.

1. "Human sexuality is an objective biological binary trait: XY and XX are genetic markers of health, not genetic markers of a disorder."

2. "No one is born with a gender: Everyone is born with a biological sex. Gender (an awareness and sense of oneself as male or female) is a sociological and psychological concept; not an objective biological one."

3. "A person's belief that he or she is something they are not is, at best, a sign of confused thinking."

4. "Puberty is not a disease and puberty-blocking hormones can be dangerous."

5. "According to the DSM-V [Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition], as many as 98% of gender-confused boys and 88% of gender-confused girls eventually accept their biological sex after naturally passing through puberty."

6. "Pre-pubertal children diagnosed with gender dysphoria may be given puberty blockers as young as eleven, and will require cross-sex hormones in later adolescence to continue impersonating the opposite sex. These children will never be

able to conceive any genetically related children even via artificial reproductive technology. In addition, cross-sex hormones (testosterone and estrogen) are associated with dangerous health risks including but not limited to cardiac disease, high blood pressure, blood clots, stroke, diabetes, and cancer."

7. "Rates of suicide are nearly twenty times greater among adults who use cross-sex hormones and undergo sex reassignment surgery, even in Sweden which is among the most LGBTQ-affirming countries."

8. "Conditioning children into believing that a lifetime of chemical and surgical impersonation of the opposite sex is normal and healthful is child abuse."

Gender Dysphoria Research

Abigail Shrier wrote about the transgender craze in her book *Irreversible Damage: The Transgender Craze Seducing Our Daughters*.{3} In my radio interview with her, she explained that "gender dysphoria" was characterized by severe and persistent discomfort in one's biological sex. It typically begins in early childhood. In previous generations, it afflicted a sliver of the population (roughly .01 percent) and occurred mostly in boys.

Prior to 2012, there was no scientific literature on girls (11-21) ever having developed gender dysphoria at all. Then the Western world experienced a sudden surge of adolescents claiming to have gender dysphoria and self-identifying as "transgender."

In 2016, Lisa Littman (an ob-gyn, public health researcher) was scrolling through social media when she noticed a statistical peculiarity. Several adolescents (most of them girls) from a small town in Rhode Island had come out as transgender. In fact, they were all from the same friend

group.

She admitted that she knew very little about gender dysphoria, but this statistical anomaly was interesting to her. And she then noticed there had been a sudden spike in the Western World of girls experiencing gender dysphoria. She immersed herself in the scientific literature on gender dysphoria to try to understand what was happening. Perhaps it was due to increased social acceptance of LGBTQ people, but she suggested in a peer-reviewed paper that the girls might be rushing toward “transition” because of peer contagion. As you might imagine, her suggestion was roundly criticized. She was also accused of anti-trans bigotry.

In a subsequent research project, she collected data anonymously from 256 parents whose kids had not met the criteria of gender dysphoria in childhood, but suddenly identified as transgender in adolescence. She identified 16 traits in common. Here are a few.

1. The vast majority have zero indicators of childhood gender dysphoria.

2. Almost a third of them did not seem at all gender dysphoric.

3. A majority had one or more psychiatric diagnosis and almost half were engaged in self-harm prior to the onset of dysphoria.

4. Nearly 70 percent of the teenagers belonged to a peer group in which at least one friend had also come out as transgender.

5. Among parents who knew their children’s social status, over 60 percent said the announcement brought a popularity boost.

6. Over 88 percent of the parents surveyed reported being

supportive of transgender rights.

There is growing evidence that social contagion is a much better explanation for the notable increase in the number of young people (especial young women) who now claim to be transgender.

Promotion of Transgenderism

Transgenderism has been promoted through social media, through the schools, and even through the medical establishment. Abigail Shrier began to look at the influence of social media on this transgender craze. In her chapter on “The Influencers” she talks about trans promoters who have become a YouTube sensation. We are seeing similar promoters on TikTok and other social media platforms. Here are a few of the ideas she discovered.

1. If you think you might be trans, you are.

2. Testosterone is amazing. It may just solve all your problems.

3. If your parents love you, they will support your trans identity.

4. Deceiving parents and doctors is justified, if it helps transition.

5. You don’t have to identify as the opposite sex to be trans.

She also found that transgenderism was being promoted through the schools. One program coordinator she talked to acknowledged that the “role of schools has changed.” Now “schools have expanded to be the hub for a lot more social services and looking more holistically, emotionally, at what’s going on with children.” In other words, they have become a “source of social justice.”

You might wonder how schools teach about transgenderism to young children. Teachers begin by talking about gender identity. A book intended for kindergarten teachers to read to their students reinforces the idea that gender is a social construct. It begins with a familiar origin story: "Babies can't talk, so grown-ups make a guess by looking at their bodies. This is the sex assigned to you at birth, male or female." It then provides a list of gender options: trans, genderqueer, non-binary, gender fluid, transgender, gender neutral, agender, bigender, etc.

Transgender charts and diagrams are being used in many schools. There is a "Genderbread Person" that is supposed to help children sort through how their gender identity and their gender expression relates to their biological sex. And there is a "Gender Unicorn" that is supposed to help them understand who they may be physically attracted to and emotionally attracted to.

The American Psychological Association has even put together guidelines for the Care of Transgender and Gender Nonconforming (TGNC) patients. Doctors must provide "gender affirming care" which is defined as being "respectful, aware, and supportive of the identities and life experiences of TGNC people."

How to Respond to the Transgender Moment

Ryan Anderson is the author of the book, *When Harry Became Sally: Responding to the Transgender Moment*.{4} When I interviewed him on his book, he explained how transgender ideology promotes the opportunity for children to change their gender with surgery and drugs. And parents "are told that puberty blockers and cross-sex hormones may be the only way to prevent their children from committing suicide."

Ryan Anderson countered that the best studies of gender

dysphoria have found “that between 80 and 95 percent of children who express a discordant gender identity will come to identify with their bodily sex if natural development is allowed to proceed.” He also documented that even children going through “transitioning” treatment still have an extraordinarily high rate of suicide attempts compared to the general population.

He reminded us that we should be tolerant and loving toward children (and adults) who struggle with their gender identity. But we should also be aware of the potential harm when transgender identity is normalized.

Unfortunately, we are living in a world where transgender activists want more than tolerance and kindness. They demand affirmation. We aren’t allowed to question whether using medical treatments to aid in transgender transformation is positive for children. In his book, Ryan Anderson shows that the best biology, psychology, and philosophy support an understanding of sex as a bodily reality. As he puts it: “Biology isn’t bigotry.”

Abigail Shrier also offers several suggestions. First, don’t get your kid a smartphone. She explains that nearly every problem teenagers face traces itself back to the introduction of the smartphone years ago.

Second, don’t relinquish your authority as a parent. You don’t have to go along with every idea your teenager has, nor do you have to go along with every educational or psychological fad being promoted in society.

Third, don’t support gender ideology in your child’s education. She provides an example of what happens when schools do a seminar on anorexia or suicide. Often the prevalence increases. A small number of students may have gender confusion or gender dysphoria. But talking about it will spread confusion.

Finally, don't be afraid to admit, that it's wonderful to be a girl.

While she talks about the benefits and opportunities of being a girl, Christians can go even further. We believe God is responsible for who we are and what we are. Each one of us is created in God's image (Genesis 1:26). We can celebrate girls and boys and encourage them to use their gender and their gifts to the glory of God (1 Corinthians 1:31).

Notes

1. Dr. Lawrence S. Mayer and Dr. Paul R. McHugh, "Sexuality and Gender," *The New Atlantis*, Fall 2016, www.thenewatlantis.com/collections/sexuality-and-gender.
2. "Gender Ideology Harms Children," September 2017, https://acpeds.org/assets/imported/9.14.17- Gender-Ideology-Harms-Children_updated-MC. pdf.
3. Abigail Shrier, *Irreversible Damage: The Transgender Craze Seducing Our Daughters*, Regnery Publishing, 2021.
4. Ryan Anderson, *When Harry Became Sally: Responding to the Transgender Moment*, Encounter Books, 2019.

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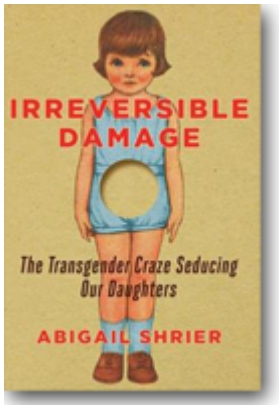
Transgenderism

Kerby Anderson provides an overview of the transgender craze that has taken over the western world in the past ten years, drawing on startling insights from Abigail Shrier and Ryan Anderson.

Transgenderism is the belief that people have a "gender identity" that is distinct from their sex. If they feel there is a conflict between their gender and their sex, gender

identity should take precedence. Although a very small fraction of the population may experience gender dysphoria, the current percentage of Americans identifying as transgender or nonbinary has exploded.

Gender Dysphoria Research



Abigail Shrier wrote about the transgender craze in her book *Irreversible Damage: The Transgender Craze Seducing Our Daughters*. When she joined me on my Point of View radio program, she explained that "gender dysphoria" was characterized by severe and persistent discomfort in one's biological sex. It typically begins in early childhood. In previous generations, it afflicted a sliver of the population (roughly .01 percent) and occurred mostly in boys.

Prior to 2012, there was no scientific literature on girls (11-21) ever having developed gender dysphoria at all. Then the Western world experienced a sudden surge of adolescents claiming to have gender dysphoria and self-identifying as "transgender."

In 2016, Lisa Littman (an ob-gyn, public health researcher) was scrolling through social media when she noticed a statistical peculiarity. Several adolescents (most of them girls) from a small town in Rhode Island had come out as transgender. In fact, they were all from the same friend group.

She admitted that she knew very little about gender dysphoria, but this statistical anomaly was interesting to her. And she then noticed there had been a sudden spike in the western world of girls experiencing gender dysphoria. She immersed herself in the scientific literature on gender dysphoria to try to understand what was happening. Perhaps it was due to increased social acceptance of LGBTQ people, but she suggested

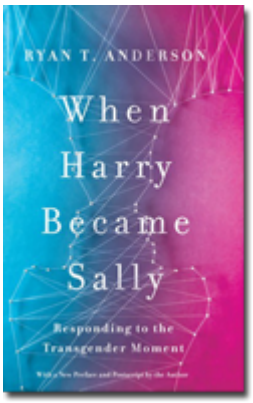
in a peer-reviewed paper that the girls might be rushing toward “transition” because of peer contagion. As you might imagine, her suggestion was roundly criticized. She was also accused of anti-trans bigotry.

In a subsequent research project, she collected data anonymously from 256 parents whose kids had not met the criteria of gender dysphoria in childhood, but suddenly identified as transgender in adolescence. She identified 16 traits in common. Here are a few.

- The vast majority have zero indicators of childhood gender dysphoria.
- Almost a third of them did not seem at all gender dysphoric.
- A majority had one or more psychiatric diagnosis and almost half were engaged in self-harm prior to the onset of dysphoria.
- Nearly 70 percent of the teenagers belonged to a peer group in which at least one friend had also come out as transgender.
- Among parents who knew their children’s social status, over 60 percent said the announcement brought a popularity boost.
- Over 88 percent of the parents surveyed reported being supportive of transgender rights.

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The Lies You Hear About Transgender

Sue Bohlin exposes some of the lies being told about the transgender deception in our culture.

I am deeply concerned about how the cultural narrative about transgender keeps ratcheting up. I believe this is a massive display of spiritual warfare, where the enemy of our souls is screaming lies about gender and identity—especially to teens and younger and younger children. Jesus warned us that the

devil's agenda is to "steal, kill and destroy" (John 10:10), and this deception about gender is, I believe, one of the most wicked and insidious deceptions he's ever come up with.

Consider some of the lies that have become commonplace:

"People can be born into the wrong body."

This represents a thinking disorder, not a biological problem. There is no such thing as being born into the wrong body; God creates each person's body exactly as He wants us (Ps. 139:13-16). There *is* a false dichotomy between the body and the person, as if they could be separated. But God makes us spirit/soul/body, a unified whole.

Studies have reliably demonstrated that the vast majority of children allowed to go through puberty resolved their discomfort with their bodies. There is something about going through puberty, with the massive hormonal changes that bring a child's body into adulthood, that resets the vast majority of discomfort-which is a normal part of adolescence. Change is uncomfortable for most people, but it's an essential part of being human. The best solution to gender dysphoria is "watchful waiting."

The idea of being born into the wrong body is as nonsensical as being born into the wrong species.

"If you are uncomfortable with your body, it probably means you're transgender."

Traversing the path from child body to adult body can be hard and confusing. There is a massive influx of sex hormones on top of significant body changes that can happen relatively quickly. No wonder there can be discomfort in the adolescent body!

Particularly in our highly sexualized culture, many girls are dismayed by the attention they receive from their developing

breasts. One teenage boy told me that he hated the internal storm that higher levels of testosterone caused in his brain. These are normal degrees of discomfort. The solution to this kind of discomfort is to grow in resilience, not to embrace the magical thinking that being the other gender will solve the problem.

One parent made this insightful comment on the online Substack "Parents with Inconvenient Truths about Trans":

"I know we did it from love, but we raised a generation of children who have NEVER been uncomfortable. We've loved them and sheltered them and kept them from all harm, and then they hit puberty, which is inherently a time of uncomfortableness. Then we tell them that if they are uneasy about these changes they are trans. It's like we wrote a script for this to all happen." (pitt.substack.com/p/an-unremarkable-story-from-the-age/comments)

Kids who are uncomfortable with their bodies need compassion and understanding. They need to be reassured that "this too shall pass." They do not need to be given an untrue label.

"People *are* the gender they prefer to be."

Feelings do not determine reality. If someone feels like they want to be a cat or iguana or peacock, that doesn't make it so. Feelings need to be submitted to the reality of the world God created.

Transgender ideology elevates feelings above what is objectively true. That doesn't work with gravity; it isn't going to work with gender issues either.

Social contagion (especially those on Tumblr) results in massive numbers of teen girls identifying as trans. The same social pressures that have resulted in anorexia and cutting in the past are now producing huge numbers of girls declaring they are trans.

The very wise Abigail Shrier, author of *Irreversible Damage: The Transgender Crazy Seducing Our Daughters*, writes, "The teen girls susceptible to this social contagion are the same high-anxiety, depressive girls who struggle socially in adolescence and tend to hate their bodies." [Gender Ideology Run Amok | Imprimis (imprimis.hillsdale.edu/gender-ideology-run-amok/)]

"Transwomen are women."

No. People with XY chromosomes are male.

Only people who possess female biology are female.

Males who possess larger lung capacity, longer and stronger bones, higher metabolism, greater strength and speed than females, have an advantage over females.

People born male, who can only father babies and never give birth to them, are not women.

Men declaring they are women are trying to erase the boundaries of femaleness, which is a form of bullying and disrespect.

"Mental health issues and autism have nothing to do with transgender."

There is a very high prevalence of depression, anxiety, and self-harm in those identifying as trans. Instead of referring to a gender clinic, it would be wiser and more loving to investigate the mental health pressures experienced by those who say they are trans.

Many people embracing a transgender identity are on the autism spectrum; they already feel a lack of connection with others. It's not surprising they also feel a lack of connection with their own bodies.

"For those therapists (gender idealogues), the parents are the

problem. Not the child's social anxiety, autism, irrational thinking, or social media addiction. No, the issue is mom and dad's refusal to embrace their teen's two-week-old identity and allow a kid to run the show." -Dr. Miriam Grossman, psychiatrist and therapist (thefederalist.com/2021/11/11/therapists-have-betrayed-the-parents-of-gender-confused-kids-and-therell-be-hell-to-pay/)]

"Social transitioning and medical transitioning (puberty blockers, cross-sex hormones) are reversible."

Pretending to be the other sex (social transitioning) can't be undone because it creates personal history. For example, a boy identifying as and pretending to be a girl lives a childhood of practicing lying about reality. He will never experience getting his first period as girls do because he will never menstruate. He cannot enter the world of females because he's not a female.

Medical transitioning—administering cross-sex hormones and puberty-blockers— results in:

- Deepened voice and hair loss in females
- Decreased bone and muscle growth
- Infertility
- Vaginal and uterine atrophy
- Preventing the body from maturing sexually (ending up with a child's genitals), which also prevents the possibility of normal sexual experience or pleasure
- Greater risk of: heart attack, endometrial cancer, testicular cancer, obesity

There are no longitudinal studies on use of puberty blockers and cross-sex hormones in children. It is wrong and evil to make this promise when we just don't know the long-term effects of unnatural chemicals in the body.

Adults taking hormone replacement therapy, such as menopausal women and rare medical conditions, are warned of the health

risks. Going on hormones that are natural to one's sex can make one a permanent medical patient. Going on hormones of the opposite sex will make one a permanent medical patient. (Which also means a vast, reliable stream of income to the pharmaceutical industry and the hormone-prescribing physicians.)

Amputating healthy body parts does not create the opposite sex, it mutilates one's body. Surgeries cannot be reversed. This is a particularly evil and heartbreaking lie.

"Not allowing someone to transition will make them commit suicide."

There is little evidence of this in children/teens. The few studies that exist were poorly constructed and poorly analyzed.

Kids are instructed via social media on what to say to get their way. Playing the suicide card is breathtakingly effective to get parents to give in.

In reality? A Swedish study discovered that those who transitioned were 19 times more likely to attempt or commit suicide than the general population.

We are called to speak the truth in love (Ephesians 4:15), not cooperate with a delusion or fantasy. The pro-transgender idealogues are lying, whether they know it or not. At the very least, they are being used as puppets by demonic forces that are out to hurt and destroy people loved by God, made in His image, and created with His good choice of either male or female.

This blog post originally appeared at blogs.bible.org/the-lies-you-hear-about-transgender/ on July 19, 2022.

Who Told You That You Were Naked?

Sue Bohlin reflects on God's question to Adam after he fell and broke the creation.

There is a most interesting interaction in Genesis 3 between Adam and God after the Fall, when Adam and Eve sinned by rebelling against God's command not to eat from the Tree of the Knowledge of Good and Evil. God calls to Adam, who is hiding among the trees of the Garden of Eden, "Where are you?" Adam explains, ". . . I was afraid because I was naked, so I hid."

And the Lord God said, "Who told you that you were naked?" (3:11)

Hmmmm. Interesting question, one that Adam doesn't answer.

The first thing the newly fallen man tells his Creator is that he was afraid, and he was naked. Up to this point, in a literally perfect world, there was no fear, and there were no clothes. How did he know to identify this new feeling of being afraid? And "naked" is the opposite of "clothed." In a world without clothes, "naked" has no meaning, right?

When Adam says he was afraid because he was naked, my guess is that this was how he described the new, unwelcome feeling of *shame:* the horrible awareness of being very not-okay, of being vulnerable and embarrassed and exposed.

But I've been munching for days on the next question: *"Who told you that you were naked?"*

In Genesis 3:7, we read that as soon as Adam and Eve sinned,

“Then the eyes of both of them opened, and they knew they were naked; so they sewed fig leaves together and made coverings for themselves.” Apparently there was an immediate and awful awareness of a change, of something very very wrong.

(I personally think they might have been previously enveloped with light and glory. Psalm 104:2 tells us that God, who made them in His image, “covers himself with light as if it were a garment.” The moment they sinned, I think they lost their light.)

But God didn’t ask, “How did you know you were naked?” He asked, “*Who told you* that you were naked?”

There are only four characters in the garden: God, Adam, Eve . . . and the serpent, who we find out later is “the devil who deceives the whole world” (Revelation 12:9).

So, although Adam doesn’t answer God’s question, it sure sounds to me like it was the nasty serpent.

And I wonder if that question is in the scriptures to direct us to pay attention to the voices that speak to us:

- Who told you that you were too much?
- Who told you that you were not enough?
- Who told you that you were fat?
- Who told you that you were ugly?
- Who told you that you were dumb?
- Who told you that you were incompetent?
- Who told you that you were a loser?
- Who told you that you were too old?
- Who told you that you were too young?

And now I’m seeing the pattern extend to the broken sexuality in our culture:

- Who told you that you were a boy in a girl’s body?
- Who told you that you were gay or lesbian or bisexual?

• Who told you that you were asexual or polyamorous?

Social media has given the enemy of our souls a megaphone for his devious, destructive lies.

I thank God for His clarifying question that is just as salient today as it was the day the creation broke at the Fall: “Who told you that you were _____?” We need to look beyond the message to the WHO behind it, the source of the voice planting doubt and lies in our souls.

And instead of listening to the voice of the one whose native tongue is lies (John 8:44), we should listen to the One who speaks loving truth to us about ourselves:

• You are the salt of the earth (Matthew 5:13)
• You are the light of the world (Matthew 5:14)
• You are blessed of the Father (Matthew 25:34)
• You are more valuable than many sparrows (Luke 12:7)
• You are clean because of the word which I have spoken to you (John 15:3)
• You are the branches (John 15:5)
• You are My friends (John 15:14)
• You are the called of Jesus Christ (Romans 1:6)
• You are beloved of God (Romans 1:7)
• You are a temple of God and the Spirit of God dwells in you (1 Corinthians 3:16)
• You are Christ’s body, and individually members of it (1 Corinthians 12:27)
• You are a letter of Christ (2 Corinthians 3:3)
• You are all sons of God through faith in Christ Jesus (Galatians 3:26)
• You are sons of light and sons of day (1 Thessalonians 5:5)
• You are a chosen race, a royal priesthood, a holy nation, a people for God’s own possession, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light (1 Peter 2:9)

Now when we hear, “Who told you that you are _____?” we can say, “YOU did, Lord! You told me in Your word!”

This blog post originally appeared at blogs.bible.org/who-told-you-that-you-were-naked/ on November 16, 2021.

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

"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

1. drphilintheblanks.com, Living by Design Worksheets.
2. sexchangeregret.com/bookstore/
3. www.heritage.org/gender/commentary/sex-reassignment-doesnt-work-here-the-evidence
4. www.firstthings.com/article/2004/11/surgical-sex

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.

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on March 5, 2019.

Raising Gender Healthy Kids

Emotionally healthy children who grow up to be emotionally healthy adults are comfortable in their own skin, in the gender God chose for them. These days, when a child shows non-stereotypical gender behavior, people start to freak out, afraid that their child is actually the opposite sex on the inside.

Good news! There are things parents can do to raise gender healthy kids, girls who are content to be girls and boys who are glad to be boys. Without resorting to artificial stereotypes, either.

First, loosen up your expectations of what boys and girls should be like. A friend of mine now in college was recently exasperated when the instructor taught that "Little girls play with dolls and wear dresses." Carol shot back, "I was NEVER like that!" My friend preferred to climb trees and ride her skateboard, and absolutely hated it when her grandmother tried to teach her to make gravy because "that's what girls do." And it really irritated her that her brothers never had to do any kitchen work because "boys don't do that sort of thing." Narrow gender stereotypes don't honor the creativity of the God who makes varieties of girls and boys on a femininity spectrum and a masculinity spectrum (my blog post on the Gender Spectrum has been helpful to a lot of people; please read it!).

When parents can relax about the kind of boy or the kind of

girl they have, it is easier to support and encourage children according to the way God designed them. Some boys are not the rough-and-tumble, athletic type; they are born emotionally sensitive, more relational than most boys, often creative and artistic. I know one little boy who pretty much danced out of the womb, and has been dancing ever since. That's his gift, his divine design. His family loves it, loves him, and supports him fully. Some girls just aren't the girly-girl type; they are natural athletes and gravitate toward more classically masculine interests, but God intended them to be more of the tomboy feminine. Like my friend Carol.

Second, cultivate warm, affectionate, respectful relationships in your family—between husband and wife, between mom and children, and between dad and children. Emotionally healthy, gender healthy kids are grounded in the security of parents who love each other and their children. A hurtful relationship with the same-sex parent is the biggest contributing factor to a later development of homosexuality, but there are other forms of brokenness that can also arise from hurtful family relationships.

Third, appreciate the different contributions from mothers and fathers. God created the complementarity of male and female (Gen. 1:27) for our good and for His glory. Moms and dads are not interchangeable, which is why He intended for families to be led by a mother and a father.

Here are some suggestions from Ricky Chelette, my esteemed colleague at Living Hope Ministries, who has been helping parents deal with gender issues for decades, my friend Anne Paulk, author of *Restoring Sexual Identity* . . . and from me:

Fathers and Sons

- Strongly connect with your son at an early age.
- Affirm the son's identity as a boy.
- Take interest in him and his interest(s). Be his #1 fan.

• Demonstrate love by word and deed. He needs to hear you say "I love you, son."
• Love his mother and assure her security and safety.
• Powerful affirmation: "You're good enough, you're strong enough, and you have what it takes."
• Always give affirmation, attention, and affection (The "Three As")

• Don't feel rejected by the mother/child relationship.
• Draw out your son ("Hey, let's be guys together!").
• Show him what maleness is.
• Do things together. Even a trip to the grocery store or Home Depot counts.
• Cultivate a habit of "thumbs-up" attitude of affirmation. Look for things to affirm.
• When he doesn't get it right, don't dismiss him and send him to Mom.
• Encourage and affirm "be-like-Dad" behavior.
• Be physical. Boys need safe male touch.
• When giving hugs, let kids (both boys and girls) pull away first.

Mothers and Sons

• Push your son towards his father and encourage their relationship.
• Affirm your son's masculinity.
• Point out the differences between you and him, between him and his sisters, etc.
• Allow for emotional distance and independence. Don't try to keep him bound to you like a baby.

• Demonstrate positive, safe touch with him (not just spankings).
• Love and respect his father.
• Bring other boys into the home and encourage connections with other boys.
• Reinforce the father's role.

• Tell him that being a boy is wonderful, and you're glad God made him a boy!
• Build up the similarities to his daddy.
• Refuse to diminish the glory of the father/son relationship; don't get in the middle of it.
• Affirm what is valuable in your son's father so your son can model it.
• Nurture and comfort with empathy, but allow your husband to nurture differently (aggression nurturing), such as "Hop up, you're OK." Boys need to learn to develop a thicker skin from their dads.
• Don't insist that he look you in the eyes when you're having a difficult conversation (except when it's time to apologize). It's especially threatening and painful for most boys. Take a walk or drive with him where you are shoulder to shoulder, or talk to him in dim lighting (such as bedtime), to encourage him to open up to you.

Fathers and Daughters

• Love and build up your wife, and make sure she feels secure and safe.
• Affirm your daughter's femininity with words and deeds.
• Be your daughter's "protector."
• Tell her she is loved and beautiful 3X more than you think is necessary.

• Love and serve her. Set the bar high for the man she will marry.
• Girls are tactile. Touch is the key to your daughter's heart. Appropriate touch is SO powerful and necessary.
• Girls are verbal, so words are also very powerful. They need to hear words of affirmation more often than boys.

Mothers and Daughters

• Respect and honor your husband.
• Affirm your daughter's femininity.
• Show her what strength and nurture together look like.

• Love your daughter, don’t compete with her.
• Do girly things together early and often. She needs to learn to be a girl from you.
• Communicate feelings, not weakness.
• Continually develop and demonstrate a healthy relationship /romance with your husband.

• Be confident so she can admire you.
• Stand up for what is right in godly femininity, in the family and in the world.
• Demonstrate biblical femininity: relational, nurturing, vulnerable, responsive, and beauty (for an excellent article on this, read A Real Woman: Defining Biblical Femininity on the Living Hope website.
• Pursue contentment; enjoy life where you are right now.
• Model Christlike submission to God, husband, authorities.

And finally: pray, pray, pray for your children!

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