

“How Do I Fill the Void of Loneliness to Fight Sexual Temptation?”

When I saw the question: [“My Wife is Seriously Ill: Does That Mean No More Sex Forever?”](#) and the answer, it touched me deeply and filled me with great resolve to be celibate as God commands. When I read “when God has made it off limits for some people,” I knew that was speaking to me and it was a great blessing but it brought up a very important question.

I’ve lived a life of service and have come to accept that it is not in God’s plan for me to be married. But I’ve only recently come to understand that it was my deep loneliness that was instrumental in bringing me to sins of a sexual nature. Sins of masturbation, homosexuality and cross-dressing.

My question is: How can those of us who have sinned by doing things of a sexual nature fill the void of loneliness so we may better break free from the acts of homosexuality, masturbation, and other sexual sins?

You know, men like you are my heroes for your willingness to face the dark corners of your soul and invite God to be the God of Light in those dark corners so that you can bring glory to Him in every place of your being!!

What I have learned from years of ministry to those dealing with unwanted homosexuality is that the aching void of loneliness is addressed by developing emotionally healthy relationships with other people (especially godly, non-erotic same-sex relationships) in the Body of Christ. God’s plan is for us to experience connection with other believers, such as David and Jonathan, who experienced a deep, real, God-glorifying same-sex friendship (and of whom we are told, their

hearts were “knitted together”—by God, presumably). If there is a men’s ministry in your church, or if you can find a place to make connection with other men especially, and with other believers in your church, that will help with the loneliness issue.

At the same time, it’s important to have a plan for something ELSE to do when your flesh is raging (and you will experience greater temptation during times of stress). The key is to pre-decide on an activity that is incompatible with masturbation, cruising and cross-dressing—something like going for a run. It makes a huge difference to have a plan PLUS an accountability partner that you can call when you’re struggling with temptation. I pray you will find one.

Are you familiar with Joe Dallas’ excellent book *Desires in Conflict*? He can help you understand the dynamics of the homosexual struggle and how God brings healing.

Also, there is a free online support group at Living Hope Ministries You can find connection with other men who are learning to be overcomers in the same struggle. Most are not cross-dressers, but all struggle with homosexual attractions. It’s a safe place to be real and find strong support.
<http://forums.livehope.org>

The Lord bless you and keep you today!

Sue Bohlin

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