

Helping Teens Understand Homosexuality – Facts to Help Youth Withstand the Current Culture

Sue Bohlin provides practical ways to communicate with teens about common misunderstandings and the truth concerning homosexuality. Recognizing that teens deal with peer pressure to experiment and feelings of same sex attraction, she provides real ways to help teens make their way through this maze of contradiction and confusion.

In this article we look at ways to communicate the truth about homosexuality to teens. We examine the lies they are told and the sexual pressure they are under. We also look at ways to help kids process their gender confusion, as well as address helpful ways to encourage teens who already identify themselves as gay or lesbian. And finally, we provide perspective on how to treat those who struggle with same-sex attraction in a compassionate and godly way. By looking at this topic, from a Christian, biblical worldview perspective, we can communicate the depth of God's love and His desire for us to experience the best life possible.



The Lies They Hear

In many schools and in the rest of the culture today, only one perspective is allowed to be heard. Consider four lies that are very familiar to teens today:

First, *"Homosexuality is normal and healthy."* It's neither. The fact that it simply occurs (in about 2% of the population) doesn't make it normal. When we look at the way males and

females were designed to complement each other both emotionally and sexually, that tells us something about the nature of homosexuality, that something has gone wrong somewhere. This is not judging the people who experience same-sex attraction; it's like a red light on the dashboard of a car, denoting that something needs attention.

Acting physically on same-sex attractions is certainly not healthy. Those who do are at far greater risk for sexually transmitted diseases, including AIDS; alcoholism and drug abuse; depression; emotionally exhausting relationships; and a shortened lifespan.^{1} Please see the "Facts About Youth" website from the American College of Pediatricians, especially this article: [Health Risks of the Homosexual Lifestyle](#).

Lie #2: *"If you're attracted to someone of the same sex, that means you're gay or lesbian."* Not so. It really means that there are unmet, God-given needs for love and attention that were supposed to be met earlier in life. Having crushes on other people, of both sexes, is also a normal part of adolescent development. It means teens are transitioning emotionally from child to adult.

The third lie is, *"Since you were born that way, you can't change."* First, there is no scientific evidence that anyone is born gay. It's a myth that has been repeated so often that people believe it. Second, thousands of people who were once gay have experienced significant changes in their attractions and behavior.^{2} Change is possible.

The fourth lie is, *"Embrace and celebrate your gay identity, because gay life is cool."* Those in ministry to those dealing with unwanted homosexuality have heard many heartbreaking stories of the truth: a dark side of intense and difficult relationships, relational patterns of disillusionment and breakups, physical and emotional unhealthiness.

Countless people have said they wished they never entered the

gay community in the first place, but it's hard to leave.

Teens and Sexual Pressure

Adolescents are under an extraordinary amount of sexual pressure. They live in a sex-saturated culture, and the messages they receive from the media and, unfortunately, in school, clearly communicate an expectation that sex is just part of having a social life. Rarely do they hear about the heart-wrenching consequences of being sexually active, both physically and emotionally. The agenda pushing sexual freedom is also engaged in trying to normalize homosexuality as well.

Teens are pushed to decide early if they are gay, straight, or bisexual, as young as elementary school. But kids in their early teens, much less even younger than that, are no more equipped to "decide" their sexual orientation than they are to choose a college major and career track. A landmark study done by the University of Minnesota determined that at age twelve, one fourth of the students were unsure of their sexual orientation. Their bodies were just beginning to experience the changes that would turn them from children into adults, and they were being asked if they were gay, straight, or bisexual. No wonder so many were confused! But by age seventeen, that number of kids unsure of their sexual orientation had dropped to 5%.[\[3\]](#)

And psychiatrist Dr. Jeffrey Satinover says, "[W]ithout any intervention whatsoever, three out of four boys who think they're gay at age 16 aren't by 25. So if we're going to treat homosexuality as a state, 75% of 'gays' become 'non-gay' spontaneously. That's a statement which I consider ludicrous, but if you accept this tacit proposition—that being gay is an actual state, like being short or being tall, black or white—then in three out of four people that condition changes itself spontaneously. . . That's with no outside intervention, just the natural processes of development."[\[4\]](#)

We need to tell teens, “It’s too soon to ‘declare a major’ in your sexuality.”

Teens are also pressured to experiment with both sexes as the only way they can know their sexual orientation. It’s presented as nonchalantly as our cruise ship table partner suggesting we try escargot—“Hey, how can you know if you like it unless you try it out?”

Teenage sexual behavior can have lifelong consequences, but they are not in a position to recognize that. Their brains don’t finish developing until age twenty-five, and they tend to make decisions out of the region of the brain that controls emotion. So they are easily swayed to make dangerous and irresponsible choices, like engaging in any kind of sexual behavior.

Teens need to be encouraged to face the sexual pressures and stand against them.

Gender Insecurity

At a conference I attended, author and ministry leader Andy Comiskey^[5] shared a painful experience in junior high where one day, out of the blue, the whole school was abuzz with the rumor that Andy was gay. There was even graffiti about it on the wall. He struggled with his sexual identity, but he had never acted out. He walked into a classroom on an errand and on his way out, two boys called “Faggot!” He was crushed and humiliated. Later on, he made it into a self-fulfilling prophecy and immersed himself in the gay lifestyle.

I went up to him and asked, “If you could rewrite the script of that incident, knowing what you do today, what would it look like?” He said, “Oh, I wish there had been some sensitive adults, especially in the church, to talk freely with me and other kids about ‘gender insecurity.’ They wouldn’t even have to talk about homosexuality or use the word—many kids can

relate to the idea of 'gender insecurity.' It would have been so freeing for me to have someone acknowledge that it's a real thing, but it didn't mean I was gay. I wish there were people who could have spoken truth into my life at that point."

One kind of truth that kids should hear is that around age ten, attraction for the same sex begins. This attraction is emotional, non-sexual, and involuntary. It doesn't mean teens are gay or lesbian; it means they are transitioning through normal adolescent development. We have to learn to attach to people of our same sex before we can learn to attach to people of the opposite sex. But most teens don't know this.

Some kids don't feel secure in their masculinity or femininity for a variety of reasons, usually having to do with not being affirmed by parents and peers. God gives each of us [needs for attention, approval and affection](#). When those needs are not met, the onset of hormones can sexualize this "hole in the heart." Some teens can find themselves longing for the attention, approval and affection of people of their same gender. When others put on them the false and hurtful labels of "homo," "fag," or "lez," they can easily find themselves believing the lies.

When teens are not secure in their gender, they *don't* need to be pointed to gay groups at school. They need to be affirmed and encouraged to develop their innate, God-given [masculinity or femininity](#), to see their gender as good. They need to have other kids reach out to make them feel "one of the guys" or "one of the girls." They need time to finish growing up.

Teens Who Identify as Gay or Lesbian

Growing numbers of teens are self-identifying as gay or lesbian. In many circles, being gay—or claiming to be gay—is now considered cool, especially among girls.

Teenagers experiment with same-sex relationships for a variety

of reasons. Some experience normal crushes on same-sex peers and think this means they are gay—or their friends *inform* them that's what it means. What it really means is that they are learning to form deep and intense attachments which is a necessary precursor to maintaining long-term adult relationships like marriage.

Others experiment with same-sex relationships out of a legitimate need to belong. Some kids are simply curious; they just want to try it out like a new shade of lipstick.

Some teens experiment with same-sex relationships because others have labeled them gay or lesbian, and they wonder, "Am I? Do they know something I don't know? Maybe I am and I need to go in that direction." This is one reason it's so important to impress on all kids the absolute unacceptability of name-calling and other cruelties. It's not only bullying behavior, it can have terrible emotional consequences.

Some adolescents pursue same-sex relationships because they are anxious about growing into adolescence and the responsibilities of adulthood. So they hide behind immature and emotionally volatile same-sex feelings and behaviors.

Often, what teens are attracted to in same-sex peers are the characteristics they wish they had in themselves: popularity, good looks, a winsome personality, a strong physique. This kind of jealousy doesn't mean they are gay or lesbian; it means there is an area they need to build confidence in!

Most girls who get involved in same-sex relationships start out in friendships that grow increasingly controlling and needy. In these emotionally dependent relationships, girls can get so enmeshed with each other that their relationship turns physical.

Many people who later identify as gay or lesbian report feeling different from others, feeling like they don't fit in or belong. Girls can feel like they don't belong to the world

of girls, and guys almost always feel like they can't measure up in the world of males. This is gender insecurity, not homosexuality, but teens usually don't hear this message. They need to.

Labels such as "gay" and "lesbian" and "homo" and "dyke" are incredibly hurtful, and it is easy for those who are slapped with those labels to believe them. But God doesn't call anyone homosexual or lesbian; those labels are man's invention, not biblical truth. It's essential for teens to know who they are in God's sight—beloved, precious, and stamped with the imprint of His acceptance and delight.

When Teens Struggle with Same-Sex Attraction

If you know teens who are struggling with feelings of same-sex attraction, or who seem to be experiencing gender insecurity, let me make some suggestions on how to minister to them.

First, don't address the issue of homosexuality head-on. Same-sex strugglers are always wrestling with feelings of inferiority, rejection, shame and fear, so it's extremely uncomfortable for anyone to bring up the subject. The heart of the issue for kids who find themselves attracted to others of the same sex are these dark and negative feelings. It's much better to ask indirect questions that encourage them to talk about the underlying feelings of disconnection with a parent, or the ridicule of their peers, or depression and sadness.

Second, don't use any labels. Teens who struggle with their gender identity already have a huge struggle with feeling that the rest of the world has put an unwelcome label on them. The false, man-made labels of "gay" and "lesbian" are hurtful, false, and restricting.

Consider what it would be like if we created a label such as "angro" for people who are easily ticked off and walk around

in a continual low-level state of hostility. What if people went around saying, "I'm an angry person. That's just the way I am—that's WHO I am. I'm an angro." They might believe they were born angry, that they have an "angro gene." Not only is the label of "angro" false and misleading, but it can lead people to believe the lie that it is a permanent state or condition rather than a description of one's current feelings.

That's what happened with the relatively recent labels of "gay" and "lesbian." They can become like jail cells, making people feel hopelessly trapped in a state or condition. It's much better to help teens deal with the fact that they are experiencing some attractions to their same gender, and those feelings are like the red light on the dashboard of a car. They mean there's something going on inside that needs some attention. And that's literally true: God creates all of us with the need for attention, affection and approval, and those are the things adolescents are craving when they have feelings for people of the same sex. The needs are legitimate; we need to help them be met in healthy ways. This is where the church and other Christian youth organizations can make all the difference in the world.

Third, communicate to kids who struggle that God did not make them gay. God doesn't make anyone gay, and there is no scientific evidence that there is a biological basis for homosexual feelings or behavior. Even if they feel that they were born gay, this is the result of being told a fairy tale. Were American kids born English speakers? That's all they ever knew, right? No, they weren't *born* English speakers, they were born *language* speakers. Which language they speak is a matter of the shaping influences of their upbringing. Kids who experience same-sex attraction were born to be relational creatures, but how those relationships shape their souls is a function of their temperaments, their home life, and how they relate to other kids.

Fourth, give them a safe place to process their feelings

without being shamed or condemned. For many teens, this unfortunately rules out their home, school, or church. I'm sure it grieves God's heart that for many people, church is the most unsafe place on the planet for those who struggle with various life-controlling sins and urges. But there is a great free, online support group for struggling youth, moderated by an experienced and understanding youth pastor, at www.livehope.org. Kids can safely talk to others like themselves and learn how intimacy with Jesus Christ brings healing and change to broken and wounded hearts.

Fifth, many students who experience same sex attraction often feel fake if they don't choose to identify with or act on their feelings. They have believed the lie that gay or lesbian is what they are. They want to be real. But getting real is becoming who God created them to be, despite their feelings of what those around them might say.^[6] Finding out who God says they are is the true path to being real and not fake.

The Call to Understanding and Compassion

Many teens feel, "I just don't get this whole gay/lesbian thing." That's perfectly understandable. Only 2-3% of the population deals with same gender attraction. The fact that it's such a huge issue in our culture is completely out of proportion to the actual number of people experiencing it.

Kids need to know a few things about those who do struggle with same-sex attractions and feelings. First, they didn't choose it. It's something people *discover*, not something they *decide on*. And almost every single person who discovers they have strong feelings and fantasies about the same sex is horrified and terrified by this discovery. It's a very painful part of their life, so it's important for others to be respectful and kind.

Second, having crushes and strong feelings for friends and teachers of the same sex is a normal part of adolescent

development. It doesn't mean a teen is gay or lesbian. When other kids assure them that it does, it is slapping a false and hurtful label on them that they may find almost impossible to take off. If someone walked up to you and put a "Hi, My Name Is" nametag on you that had someone else's name on it, you probably wouldn't have any trouble taking it off and saying, "There's a mistake here—that's not who I am." But when kids do the same thing with the "nametag" of "gay" or "lesbian," they usually put it on kids who don't have the security and self-confidence to realize that's not who they are, and they can go through the rest of their lives believing a lie.

Third, be compassionate. People don't know who around them is struggling, either with their own same-sex desires and attractions, or the painful burden of knowing a family member or loved one has them. They only have to show contempt once for those who experience same-sex feelings to show that they're not a safe person.

Fourth, be respectful. That means cutting phrases like "Oh, that's so gay" out of their vocabulary. It means not throwing around words like "homo" or "fag" or "queer." Every gay joke or insult is like sticking a dagger in the heart of those who carry a painful secret.

The bottom line for helping teens understand homosexuality is to call them to see God's design as good, and show grace and compassion to those who don't see it. Be "Jesus with skin on" in both His holiness *and* His kindness.

Notes

1. Peter Freiberg, "Study: Alcohol Use More Prevalent for Lesbians," *The Washington Blade*, January 12, 2001, p. 21. Karen Paige Erickson, Karen F. Trocki, "Sex, Alcohol and Sexually Transmitted Diseases: A National Survey," *Family Planning Perspectives* 26 (December 1994): 261. Robert S. Hogg

et al., "Modeling the Impact of HIV Disease on Mortality in Gay and Bisexual Men," *International Journal of Epidemiology* 26 (1997): 657. Also note this article by Dr. John R. Diggs, Jr.: [The Health Risks of Gay Sex \(catholiceducation.org\)](http://catholiceducation.org).

2. Read a few of the testimonies at the Living Hope Ministries website, www.livehope.org.

3. www.freetobeme.com/yw_minn.htm

4. Homosexuality and Teens: An Interview with Dr. Jeffrey Satinover, Massachusetts Family Institute.

www.mafamily.org/Marriage%20Hearing%202003/satinover2.htm

5. Founder and Director of Desert Stream Ministries, author of *Pursuing Sexual Wholeness and Strength in Weakness*.

6. www.becomingreal.org

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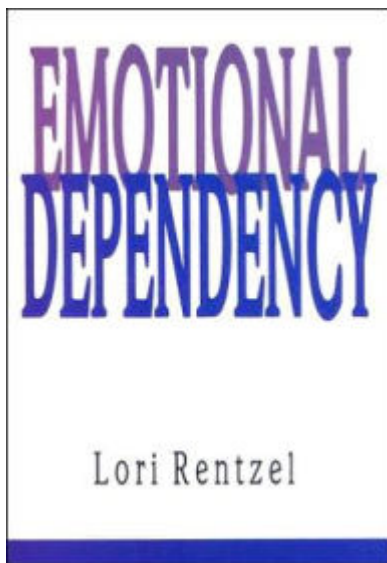
See also: answers to many questions in ["Probe Answers Our E-Mail: Homosexuality"](#)

"Are 'Twinflame' Relationships Real, From God, or Demonic?"

Does the term "twinflame" come from God? Does it come from a "divine" source? Would this be considered demonic due to its telepathic tendencies and reincarnation belief? I have a family member who thinks they have found their "twinflame" and believes that he has a "higher" connection with this person than his wife. I have been brought up in a Christian home, and feel that this goes against everything that I have been taught. Did Jesus himself preach about reincarnation? What can I say to this person to let them know that "twinflames" do not

exist?

I had never heard of the word “twinflame” till we got your question, but as I researched it, I had to chuckle with rueful recognition of the relational dynamics. Websites addressing this supposed “twinflame” phenomenon of one soul in two bodies describe the breathtaking rapture of an immediate and intense connection with another person that often overshadows actual real-life relationships (such as a spouse, as in your family member’s case). What’s really happening is that a person becomes infatuated with their *perception* of someone else, imbuing the object of their intense affections with a kind of “magic” fueled by their imagination and fantasy; in their mind, the other person is more beautiful, smarter, more eloquent, more sensitive and more of an amazing match than the all-too-real known quantity of the flesh-and-blood people they do life with. As Focus on the Family’s Dr. James Dobson said early in the days of the internet when we were discussing the ugly downside of online relationships, of course the fantasy wonderfulness (my words, not his) of the other person is going to overshadow the spouse who leaves socks or towels on the floor!



Someone has put a New Age spin on an old, old temptation of *relational idolatry*. Putting another person or the relationship up on a pedestal as the most important thing in life is idolatry, and it is sin. Lori Rentzel nailed this concept in her excellent essay “Emotional Dependency.” (You can find the essay online [here](#). It is also available published as a little booklet by InterVarsity Press.)

Interestingly, as I read about “twinflame” to a friend who spent decades as a lesbian activist, her comment was, “Oh, there’s the beginning of a lesbian relationship!” The

intensity of relational idolatry is a counterfeit to true intimacy no matter the gender of the people involved. (Consider my blog post [The Dark Underside of Female Friendships](#).)

You asked about supposed “telepathic tendencies and reincarnation belief.” There can certainly be a demonic component to this kind of relationship because there are layers of deception going on, including belief in previous lives. Probe has several articles and answers to email about reincarnation you might find helpful (and no, Jesus didn’t preach about reincarnation because it’s not real):

[The Mystery of Reincarnation – A Christian Perspective](#)
[Does the Bible Talk About Reincarnation?”](#)

[“Was Reincarnation Ever in the Bible?”](#)

[“You Should Research Reincarnation and the Lost Words of Jesus”](#)

[Reincarnation: The Christmas Counterfeit](#)

Having read the entire Bible multiple times and studying it for decades, I assure you that Twinflames is not a biblical concept. No, it doesn’t come from God.

What can you say to your family member to let them know that “twinflames” don’t exist? How about something like, “I am very concerned that you are buying into a deceptive lie about this other relationship that threatens to wreck your marriage and your spiritual life. I’ve done some research; please consider that the concept of ‘twinflames’ is a made-up idea to justify illegitimate attractions to another person. I can give you more information if you want it.”

I send this with a prayer that God will open the eyes of your family member before he drives his marriage off a cliff.

Blessing you,
Sue Bohlin

Posted March 2017

Addendum 2/20/2021:

Having received scores of comments on this topic since publishing this page 4 years ago (and not being willing to allow that amount of falsehood and confusion on our website by posting them), I am more convinced than ever that the idea of Twin Flames is one of the most clever, heartbreaking, demonic deceptions ever invented. The degree of anguish that people have shared over this powerfully evil deceit demonstrates why the Lord Jesus said that Satan comes to “steal, kill, and destroy” (John 10:10). This is yet another one of his nasty methods of hurting people and holding them hostage through a lie.

Lots of people have written that the Twin Flames phenomenon is in the Bible, but it’s not in the text. For example, identifying Jesus and Mary Magdalene, and David and Jonathan, as Twin Flames. Claiming that Adam and Eve are the original Twin Flames. That the Song of Solomon is all about a Twin Flame relationship. There are lots of relationships in the Bible, including intense ones, but no Twin Flames. It’s not there.

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“Would You Answer Some Questions About Hate and LGBT?”

I am a high school student writing a paper for English over

some hatred issues across America and I was wondering if you would answer some questions about marriage equality, gender issues, etc.

Why do you, personally, dislike homosexual behavior?

For the same reason I dislike heterosexual behavior (like using pornography or unmarried or extramarital sex) that is outside of God's plan and purpose for our bodies and souls: it is harmful to the person(s) engaging in it. Sex is so powerful, like electricity, that it needs to be contained within the safe confines of marriage between a man and a woman who have committed to each other for life. Outside of that containment, the power of sex is more like lightning, which does damage instead of being channeled into serving us.

But homosexual behavior is not just about sex. There is also a lot of emotional dependency in same-sex relationships, especially between girls and women, when their friendship has overflowed the banks of what is healthy. Emotionally dependent relationships are intense (which becomes exhausting), chaotic (which drains people further), controlling and manipulative (which is hurtful to the people and to the relationship). I dislike this behavior because it is harmful to the people engaging in it as well. I love people and hate to see them get hurt. That's why I dislike the behavior that contributes (eventually) to heartache.

If anyone of your family members became homosexual, how would you react?

That already happened, when one of my relatives was seduced into lesbian relationships and started seeing herself as part of the LGBT community. I continued to love her, encourage her, delight in her . . . even though we don't talk about her relationships or her involvement in LGBT.

I have two grown sons, though, which is the closer kind of family I think you may be thinking of. If either one of them announced they were gay, I would weep that he had been deceived by our spiritual enemy into thinking falsehoods about himself, and I would pray every day for his eyes to be open to the truth, even as I continued to love him like I do now.

Why do you think God doesn't love homosexual people and their behaviors?

I know beyond a shadow of a doubt that God dearly and tenderly loves those who struggle with same-sex attraction, those who have embraced a gay identity, and even those who have fully immersed themselves in the LGBT world. I'm thinking of one young man in particular who went on a two-week bender, prostituting himself for gay sex so he could buy drugs and keep himself high. I know that his decisions grieved God's heart deeply (especially when he became HIV+ during that 2 weeks), but He never left the man or stopped loving him, and was there waiting patiently for him to come to his senses . . . which he did. And now their relationship is stronger than ever.

If God loved people, ALL people, enough to send His only Son into the world to be nailed to a cross, taking our place and paying the penalty for our sin and then raising Him from the dead, then I think He continues to love all of us in our messy, sinful rebellion. But He never endorses or accepts our sinful behavior, though He fully accepts US. Acceptance and approval of choices and behaviors are not the same.

You may have noticed I went from talking about homosexuals to US . . . because we are all in the same predicament: messy, sinful, rebellious people who desperately need God. There is no us/them differentiation—we are all alike in our need for

God, and we are all alike in the fact that He loves us more than we can imagine.

Do you believe in abortion, and why?

I think it is a heinous thing to murder a baby, whether he or she lives inside the mother or outside the mother. [Abortion](#) is taking the life of an innocent child, and it's wrong to murder.

And do you consider Probe Ministries a hate group?

Absolutely not! We were tagged a hate group by the Southern Poverty Law Center because we don't agree with the LGBT agenda. We align ourselves with the Bible's standards that all sex outside of marriage violates God's commands for human sexuality. Unfortunately, these days mere disagreement is called hate. I have repeatedly invited people to identify the hate-filled words on our website so I can change them, but no one has ever identified any. I believe that is because you won't find words of hate on our website, or our podcasts, or any of our recorded messages. (And I do know what hate sounds like. Westboro Baptist Church makes me sick.)

I'm the primary writer and speaker about homosexuality and gender issues for Probe. It might be helpful for you to know that for 18 years I have also served with Living Hope Ministries, which is a Christian organization that helps people deal with unwanted homosexuality, and the family members of those who have chosen to embrace a gay identity. I have known and grown to love more people than I can count, people who are my heroes as they fight their feelings and instead, pursue intimacy with Jesus Christ. I have watched so many people's hearts change over time, and I have walked with a lot of women as they process the reasons for their attractions and experience a shift in their beliefs and

attitudes (and sometimes attractions as well, though not always). They are so very dear to me, and I love being their cheerleader and encourager.

That's the opposite of hate. That's what love looks like, and that's what is the foundation of everything I write and say on this issue.

It might also be helpful for you to know that I have run everything I write and say through the filter of trusted friends who were once part of the LGBT community, asking them to identify anything that is unintentionally hurtful or rude or even untrue so I can change it before it becomes public.

I'm glad you asked, and I am thankful for the opportunity to provide you with some answers.

Have a good day.

Warmly,
Mrs. Bohlin

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The Dark Underside of Female Friendships

Cherry and Beth met in a MOPS (Mothers of Preschoolers) group at their church, hitting it off immediately. They loved the mutual connection with another mom, understanding the stresses

and joys of having small children about the same age. Their weekly play dates became the highlight of each girl's week. They would chat on the phone every day, comparing notes on what they would be fixing for dinner or what great, repeatable golden nuggets their toddlers spouted. That morphed to texting each other throughout the day, at least once an hour.

The intense sense of connection, of feeling heard and understood and valued, grew to be like an emotional drug for them. Over time, they realized they felt closer to each other than they did to their husbands. They preferred each other's company to anyone else's—including their husbands'. Texting throughout the day felt like a lifeline, a continual source of reassurance that all was right with the world. Eventually, caring for their children, the very thing that had brought them together in the first place, started to feel like an unwelcome burden that interfered with their first love—each other. Anyone and any thing that came between them was cause for resentment and annoyance . . . when it didn't make them outright angry.

This was not normal female friendship. What started out as a lovely gift from God was corrupted into emotional dependency, which Lori Rentzel* defines as "When the ongoing presence and/or nurturing of another is believed necessary for personal security." Emotional dependency happens when one or both people are looking to a person to meet their basic needs for love and security, rather than to God (relational idolatry). It is characterized by a desperate neediness of the other.

Emotional dependency (the other ED) is at the core of most lesbian relationships and a lot of homosexual relationships, but it is not limited to these. Husbands and wives can be emotionally dependent on each other, and so can women friends. When friendship spills over the retaining walls of what is healthy into an enmeshment with another person—when they put all their emotional eggs in the other's basket, so to speak—the relationship has become broken and unhealthy.

My favorite anthem to emotional dependency is Barry Manilow's *Can't Smile Without You*, which sounds romantic until you think about how unhealthy it is:

You know I can't smile without you,
I can't smile without you,
I can't laugh
and I can't sing,
I'm findin' it hard to do anything.
You see, I feel sad when you're sad,
I feel glad when you're glad,
If You only knew what I'm going through,
I just can't smile without you.

Do you see how sick that is?

Emotional dependency feels like, "My happiness, my sense of security, is completely wrapped up in you giving me '[The Three As](#)' I need: attention, affection and affirmation. And if you withhold any of these from me, I will feel insecure, unloved and abandoned."

When people feel insecure, they feel powerless. And when they feel powerless, they usually resort to some kind of control to get their power back. Manipulation is the glue that holds emotionally dependent people together, since the desperate neediness (remember, "I can't smile without you"?) drives people to do desperate things to make sure the other person is tied to them at the heart. Such as sending close to 100 texts in a single day, to make sure the other person responds to them. And getting paranoid and angry ("Why aren't you answering my texts? I can tell you read them, my phone tells me you read them, why are you avoiding me? What did I do? Why aren't you answering me? TALK TO ME!!!!"). Such as giving gifts and anything else designed to bind the giver to the recipient. Such as using guilt to force the other person to engage ("You're the only person in the world who understands me! You're the only real friend I've ever had. If you leave me

I will be completely and utterly alone!”).

The good news is that when friendships have overflowed healthy boundaries into emotional dependency, people can repent of their relational idolatry (making another person more important than God) and step back into balance. The other good news is that every aspect of unhealthy, emotional dependency on a person, is healthy dependency on God. One of my friends told me, “This was life changing for me, to realize that I could redirect my unhealthy energies to Jesus and it would make me a much better disciple!” Contacting Him 95 times a day through prayer (no texting necessary) is healthy. Feeling desperately needy toward Jesus is healthy. Giving gifts to Jesus to bind one’s heart to Him is healthy. Saying, “If you leave me I will be completely and utterly alone” is true-but praise God, He has assured us that He will never leave us or forsake us (Hebrews 13:5).

When I have spoken on this topic in churches, I hear, “I expected that the dark underside you’d be talking about was gossip or something. I never would have expected THIS. Wow. I see how it can happen so easily.”

Forewarned is forearmed, I trust.

*Lori Thorkelson Rentzel’s little booklet Emotional Dependency, published by InterVarsity Press, is an invaluable and highly practical resource for understanding this issue.

This blog post originally appeared at
blogs.bible.org/the-dark-underside-of-female-friendships/ on
April 8, 2014.

When to Break a Promise

Oct. 11, 2011

An important part of integrity is keeping one's word. But are there times when breaking a promise is the *right* thing to do? I think so. And I think God is honored when we do.

We need to make a distinction between giving our word on a legitimate matter—such as wedding vows, signing a legal contract, or even promising to bake six dozen cookies for the PTA bake sale—and making promises that are foolish or sinful in the first place.

I know a number of women struggling to disengage from emotionally dependent relationships with other women. Emotional dependency is putting all your emotional and relational eggs in another's basket, so to speak—needing another's attention, affection and approval as desperately as a baby needs her mama. Making huge promises is part of the manipulative glue that holds these relationships together: “I will always be here for you.” “I will always take your calls and return your texts.” “I’ve never loved another like I love you and I always will.” “I will never hurt you.”

When women come to the point of recognizing these relationships are not God's intention for either of them, they often struggle with their promises as if they were inviolate and carved in stone. Yet the bigger issue—which they need help to see because brokenness keeps us bound up in blindness—is that keeping some promises means sinning against God. In that case, obedience to God is the better choice, even if it means breaking a promise that never should have been made in the first place.

In that case, the right thing to do is repent of making the promise, confess it as sin, and turn in obedient trust to God, depending on Him for help in the painful process.

Recently, a friend who is getting help extricating herself from a sinful relationship told one of her helpers, "But when my friend comes over to help me get out of bed in the morning because I'm depressed, I would be an awful person if she drove all the way over here and I didn't answer the door and let her in." The helper wisely responded, "You're concerned about being an awful person for not answering the door, but you're in a relationship with a married woman! What about the adultery? Which one is the sin?"

Sometimes, we make promises we shouldn't make because we didn't check first with God. Many years ago, our church choir director arranged a day-long seminar with a very wise man. One thing he said stopped me in my tracks: "Why are you here? The need is not the call; the *call* is the call. If God did not call you to this ministry, then you're not available for what He wants you to be doing." I realized I had never asked the Lord if He wanted me to sing in the choir, and when I asked, He said no. Embarrassed, I tendered my resignation so that I'd be available for the "something else" that He actually wanted me to do—which, it turns out, was teaching women's Bible study. Both the women in the study and the other singers in the choir can testify that I am a far better teacher than singer!

Are there promises you should break so you can say "yes" to God instead?

This blog post originally appeared at
blogs.bible.org/tapestry/sue_bohlin/when_to_break_a_promise