Can Homosexuals Change? – A Christian View of Homosexuality

Sue Bohlin looks at the real evidence showing people who have changed from homosexuality. From a Christian perspective, Sue presents some proven paths to recovery from homosexual thoughts and practice. When we let Christ begin to heal our underlying hurts and feelings of inadequacy, it is truly possible to experience a fundamental change.

 *This article is also available in Spanish.*

Is It Possible for Homosexuals to Change?

Mike{1} was marching in a Gay Pride parade when God got a hold of him. He had been high for four days and his "buzz" suddenly evaporated as he heard a voice in his head say, "You don't have to live like this." He knew beyond a shadow of a doubt that it was God offering him a way out. He put down his Gay Pride sign, left the parade, sat down in a nearby stairwell, and repented of his rebellion. He gave his heart to Jesus Christ and starting walking out of homosexuality that day. Today, several years later, he is married with a child, and living a very different kind of life. Not just on the outside; his heart was changed from the inside out.

Paul was on a self-destructive path of drug and alcohol abuse and homosexual activity. When he told his mother he was gay, she threw him out of the house, and the only place he could find belonging, safety, and identity was the gay community. As he spent more and more time "escaping" the pain in his life through sex and alcohol, he began to realize how bad his life was. He wanted to die but God had something else in mind.

Paul was invited to a Bible study where he met a man who had left the gay lifestyle and was living a changed life. For the first time he honestly called out and said, “God, please help me.”

One of his friends became a Christian. He asked her about homosexuality and was angered by her initial response. She said, “I now believe it is a sin—but God wouldn’t call it a sin if there weren’t something better.” Paul eventually realized that he was a sinner who needed God’s love and grace, and in 1992 he trusted Christ as his Savior. Two months later, he was led to an organization that helps people deal with unwanted homosexuality through an intimate relationship with Jesus Christ. He left his homosexual identity behind and embraced his true identity as a child of God, committed to holiness and purity. Paul is now director of that ministry and is helping others walk out of homosexuality. He’s not perfect, he’s still growing . . . just like me and every other Christian I know. But the “something better” God had in mind for him is an intimacy with Christ that is breathtaking.

Randy brings glory to God every day of his life by living out the abiding truth that change is possible.

Stories of Women

Carol grew up in a religious home with parents whose standards were too strict to allow her to please them. But she was smart, and a good student, and her teachers gave her the affirmation and encouragement her heart longed for. She developed very strong bonds with her teachers, some of which became profound emotional dependencies.

In graduate school, she was hit by the unexpected pain of loneliness and emptiness. Carol got into an intense relationship with a married woman, facing completely new temptations. She was totally unprepared to resist the strength of same-gender attraction, and quickly found herself

emotionally and physically involved in a relationship she couldn't believe was happening. Now she was not only emotionally needy, she was shackled by deep shame, woundedness, and guilt.

A friend told her about a ministry to those dealing with same-sex attraction, and it was like finding a door to another world. Through the support she found there, Carol was challenged to identify the lies of Satan which she had believed her whole life and replace them with the truth of Scripture. God is renewing her mind, meeting her deep heart-needs, and bringing her to a place of freedom and hope.

Diane's story is different. She spent eighteen years in a committed lesbian relationship with another woman she believed to be her soul-mate. They went through a commitment ceremony in a gay church, and raised a daughter together. She enjoyed a position of leadership as a bright and articulate spokesperson for a gay church.

Through all those years, Diane's mother was steadfast in three things. She loved Diane unconditionally. She never backed down about her belief that her daughter's lifestyle was sinful because God says it's wrong. And third, she prayed faithfully for her daughter.

Diane and her partner sought the Lord about everything except their sexuality. At one point, they were praying together for wisdom and truth about a situation that had nothing to do with their relationship. God answered their prayer in an unexpected way; He showed them the truth about the sinful nature of their relationship. It was a terribly painful and unwelcome discovery to learn that they had been deceived. Together, they decided out of obedience to God to separate and break off their relationship. It's still painful, even as Diane experiences God's healing touch in the deepest parts of her wounded soul. He's changing Diane and Carol from the inside out.

Three Claims for Change

Some people deal with same-sex attraction by pretending it's not there. Denial is unfortunately the time-honored "Christian" response. But this is not the way God wants us to deal with problems; Psalm 51:6 says, "Surely you desire truth in my inmost parts." Acknowledging one has a homosexual orientation is like seeing the red light on your car's dashboard; it means something is wrong somewhere. A homosexual orientation isn't the actual problem; it's the symptom of a deeper issue—legitimate, God-given needs for relationship and intimacy that have been channeled in unhealthy and sinful directions.

But it is not a simple matter, and it would be disrespectful to imply that there is an easy solution to the complex issue of homosexuality. Among those who claim that change is possible, there are three main schools of thought on how to get there.

The first is the deliverance ministries. They say that homosexuality is caused by a demon, and if we can just cast out the demon, the problem is gone. Sounds like an easy fix, but it ends up causing even more problems because homosexuality isn't caused by a demon. The person who was "delivered" may experience a temporary emotional high, but the same temptations and thought patterns that plagued him before are going to return because the root issue wasn't dealt with. Only now, he's burdened by the false guilt of thinking he did something wrong or that he's not good enough for God to "fix" him.

A second and more effective treatment for homosexuality is reparative therapy. There is a lot of wisdom to be found here because many therapists believe that homosexuality has its roots in hurtful relationship patterns, especially with family members, and many homosexual men and women report exactly that. But reparative therapy is often just behavior

modification, and it deals only with the flesh, that part of us independent of God. Reparative therapy can make people feel better, but it can't bring true inner healing.

The third, and I believe best, way to bring about real and lasting change is a redemptive approach. Ministries that disciple men and women in intimate relationship with Jesus Christ are able to lead them into inner healing because God transforms His people. It's excruciatingly difficult to leave homosexuality without support. Fortunately, even for people who do not live in an area where there is a ministry tailored for those dealing with unwanted homosexuality, there are online support forums that can be almost as powerful as face-to-face groups. I especially recommend Living Hope Ministries' online support groups at www.livehope.org. There are also some wonderful books available, particularly *Coming Out of Homosexuality* by Bob Davies, and *Someone I Love is Gay* by Anita Worthen and Bob Davies. Another excellent book is *You Don't Have to Be Gay* by Jeff Konrad for men and *Restoring Sexual Identity* by Anne Paulk for women. My all-time favorite author on this topic is Joe Dallas; anything he writes is exceptionally good. But discipleship is hard work, and there is no simple and easy fix.

The Path to True Change

The most effective route to real, lasting change for those caught in same-gender attraction is a redemptive approach. This means discipleship, being taught and encouraged and held accountable to develop intimacy with Christ. Interestingly, it doesn't seem to matter what the particular stronghold is in a person's life—whether it be homosexuality, gluttony, drug dependency, compulsive gambling or shopping, alcoholism, sexual addiction, or any other stronghold—the most effective solution is the same: intimacy with Christ.

True discipleship is hard work. And God even gives us the energy for discipleship! But it takes tremendous self-

discipline to choose to operate in the Spirit instead of in our own flesh, to depend on God's strength instead of our own. The real battle is in the mind.

The steps to overcoming homosexuality also apply to overcoming any stronghold.

First, the person has to stop the sinful behavior. It's best to ask for God's help. This is no different from the requirement for any drug or alcohol abuse treatment. You can't work on a problem when you're still totally controlled by it.

The second step is to work on learning what the Bible says about who you are in Christ. Just as people learning to identify counterfeit money examine real currency so they can spot the fakes, the struggler needs to fill their mind with God's Word so they can enter into their true identity as a beloved, valuable child of God.

The third step is working on the thought life, since this is where the battle is. It's important to identify Satan's lies playing as tapes in one's head, and stop the tape player! Then, deliberately replace the lies with the truth. Instead of "I'm never going to change," repeat the truthful promise that "I can do all things through Christ who strengthens me" (Phil. 4:13). Instead of obsessing over the aching and longing for the unhealthy and sinful behavior or relationship, fill your mind with praise and worship and Scripture.

Next, face the fact that it feels lousy! When we stop trying to meet our needs in our own ways, we start experiencing the emotional pain that our strongholds had covered up. When it feels really really bad, we are at that very point where God can make the biggest difference. Ask, *What is my true need?* What is it my heart is truly longing for? Go to Jesus and let Him meet your deepest heart-needs. Let Him direct you to get your divinely-designed needs for relationship with other people met in godly ways.

This is where powerful healing happens.

Ex-Ex-gays

For the last several years, people who had left homosexuality have slowly but surely gained a hearing in telling their stories. Word is getting out: change is possible!

And there are also the voices of the frustrated and disillusioned souls who tried to leave homosexuality, who tried to change, and gave up. There's even a name for it: "Ex ex-gays." Their stories are full of tremendous pain, and some have even lost their faith over it. What happened?

Well, I think the same thing that happened to people who tried AA but couldn't stop drinking, or those who tried Weigh Down Workshop but couldn't lose weight. I have a friend who was in Weigh Down Workshop, and it didn't do a thing for her. The problem is, she never made the commitment to "die to self," to use an old spiritual term{2}. She never got to the point of saying, "Jesus, I choose You over food. I choose a holy relationship with You over an unhealthy relationship with my appetite. And I will do whatever it takes to allow You to change my heart."

Many people who tried to change their homosexuality could win contests for praying and reading their Bibles. They really did try very very hard. But the prayers are often misdirected: "God, change me. Take away my desires. Let me start liking people of the opposite sex." Unfortunately, as well-intentioned as this prayer is, it's a lot like trying to get rid of dandelions in your back yard by mowing them. They keep coming back because you're not dealing with their roots. The basic cause of a homosexual orientation isn't genetics or choice; it's a wrong response to being hurt. It's about protecting oneself and trying to get legitimate needs met in ways God never intended. True change can only happen with the hard work of submitting to God, allowing Him to expose the

deep hurts and needs of one's heart, which means facing horrible pain, and inviting Him to bring healing to those wounded places. That's why intimacy with Christ is the answer. A wise friend observed that homosexuality is the fruit of sinful ways of dealing with pain—sinful because they cut us off from the One who can heal and meet our needs, sinful because they place us at the center of our universe and we don't belong there. Jesus does.

I hope you can see that real change is hard and it costs a great deal because it requires strong motivation, hard work, and perseverance. But hundreds of former homosexuals have found a large degree of change, attaining abstinence from homosexual behaviors, lessening of homosexual temptations, strengthening their sense of masculine or feminine identity, and correcting distorted styles of relating with members of the same and opposite gender. Some former homosexuals marry and some don't, but marriage is not the measuring stick; spiritual growth and obedience are.

The bottom line is, change is possible.

Notes

1. All names in this article are changed.

2. This term is not actually biblical, but the concept is. See Romans 6.

©2001 Probe Ministries

See Also: See also "Probe Answers Our E-Mail: Homosexuality"

“Help Me Change From Gay to Straight”

Hello Sue,

I am from Australia and I read your add about how you can help me to change from being gay to being straight.

Can you help me please?

I’m not sure what you meant about “reading my add” since I don’t have any advertisements of any kind, but I have written about homosexuality on Probe.org and www.livehope.org. My understanding about how true and lasting change can occur in people is all about a personal relationship with Jesus Christ, who starts the process of setting things right when we put our trust and faith in Him and start the hard work of surrendering to Him. Daily. As a new way of life. Then change happens, all kind of change, because the fruit of the new life we receive from God is Christlikeness in us.

Some people who trust in Jesus discover that as they grow spiritually, receiving His great love and obeying the principles in His word the Bible, old wounds are healed, unmet needs are met through community with God’s people, and they are led into new ways of seeing life, themselves, other people, and God Himself. They discover that they are changing, and they can finish growing up, which includes changing the way they think about people of the same sex and people of the opposite sex. They can develop attractions for the opposite sex. Or even just one person of the opposite sex.

There are no exercises for this kind of change. It is a result of a new orientation of submitting one’s will to Jesus as boss (or Lord) of one’s life, following Him and trusting in Him. The change that comes is the same as learning to move beyond self-centeredness to compassion and a desire to love and serve

others. Or learning to move beyond anger to forgiveness. Or learning to move beyond fear and anxiety to the peace of trusting that a loving God is in control. These changes are all reflections of emotional and spiritual maturity and God's work inside us to make us like His Son.

Some people who walk in intimacy with Jesus never develop attractions for the opposite sex. There are several reasons for this, but the important thing is that God's intention for our lives is far bigger and far more important than sexual attractions. Nonetheless, when God sets all things right, that includes rightly relating to both our own gender and the opposite sex—whether that process comes close to completion in this life or the next.

So, to answer your question, I would point you to Jesus. Not to religion—to Jesus Himself, which includes dynamic relationships with His people, those of us who truly know Him and are living in yieldedness and submission to Him. I would also invite you to investigate the free, confidential online support group for those dealing with unwanted homosexuality at Living Hope Ministries, www.livehope.org.

Thanks for writing.

Sue Bohlin

Posted Feb. 2014
© 2014 Probe Ministries

"Can You Suggest Reasons Why

I Am a Lesbian?”

I just read Kerby Anderson’s article on Homosexual Theology. Very well written, although I do disagree on some points. I consider myself homosexual. I am a 36 year-old female. As far back as I can remember, from the age of 2 or 3, I’ve have “felt” like a boy. This goes beyond just same-sex attractions. It goes into wanting to play army and trucks as a child, rather than play with dolls and, eventually, being sexually attracted to females (even in grade school), rather than males. For me, as I can only speak for myself, it is not all about sex. I would rather share my life with a female, even if we never had sex. I want the same thing I assume most heterosexuals want; a home, family, decent job, vacation time, and hope for a healthy, happy future.

I guess my question for you is, what do you think caused my homosexuality? I grew up in the “All-American Family.” Stay at home mom, dad who always worked, middle-class, church on Sundays. I am the youngest of three, and the only girl. I was always encouraged to act and dress like a female by my parents. I had no doubt about my parents love for me and felt very secure and safe in my environment. I grew up about as “normal” as anyone can in American. So, can you shed any light? Thanks, _____

Dear _____,

Kerby Anderson forwarded your e-mail to me because I am very familiar with the homosexuality issue.

The difficulty in trying to explain the foundations for another person’s same gender attraction is always increased when we are only given selective details. What you wrote to Kerby isn’t your whole story, and you couldn’t possibly be able to GIVE your whole story, especially when the most important parts are what happened inside your head and heart.

One of the things we have discovered over the past several years is that the contributing factors to homosexuality include not only events (such as sexual abuse) and relationships (especially with parents), but how a child PERCEIVES events and relationships. For example, dads can show and tell their love in one way, but if his son or daughter doesn't hear it or see it, s/he can feel unloved even though the love was there. Parents can feel that they are accepting their children, but sometimes the kids don't feel that acceptance. And that makes sense, since we are all broken people living in a fallen world, and sometimes our "love receptors" are broken just like a radio can be broken and not receive the radio waves that would translate into sound if it weren't broken.

There is an intriguing detail you DID include, which was being sexually attracted to females, even in grade school. Emotionally healthy children do not experience sexual attraction until adolescence. (Kids sometimes develop crushes on other kids, but it's an intense emotional attraction, not a sexual attraction.) Becoming sexual at an early age isn't normal; all the examples I ever heard of were the result of sexual exposure (which is actually sexual abuse) at an early age.

So I would suggest there are parts to your story—your true relationship with your parents, possible experiences you don't mention—that are a big part of what you have experienced. Having boy-like interests at an early age, in and of itself, doesn't say that anything was wrong; there is a wide spectrum of what it means to be a female, just as there is a wide spectrum of what it means to be male. And that, I believe, is by divine design, because God is delighted to make people with great variety. But that doesn't mean He gave you same-gender attraction, and it doesn't mean He made you gay. It means something happened, even if you don't know what it is. Homosexuality is really about gender confusion, and something

interfered with you embracing your femininity if you have closed yourself off from wanting intimate relationships with men.

I hope this helps.

Most respectfully,

Sue Bohlin
Probe Ministries