

## GOING FURTHER – Resources

### Recommended Websites:

#### Livehope.org

**Living Hope Ministries** is based in Arlington, Texas and has one of the largest and most developed on-line support networks for same-sex attractions. “Living Hope’s mission is to proclaim God’s truth as we journey with those seeking sexual and relational wholeness through a more intimate relationship with Jesus Christ.”

#### Exodusinternational.org

**Exodus International** includes an extensive list of books and other types of resources for men, women, and students. Their mission is “Mobilizing the body of Christ to minister grace and truth to a world impacted by homosexuality.”

## GOING FURTHER - NRHBC Support

### Cornerstone Counseling Center

NRHBC partners with Cornerstone to provide Christ-centered professional counseling at fees low compared to comparable services in the community. For more information or to make an appointment, call 817-595-2520.

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*Blueprints*

## Struggling Against Same-Sex Attractions

## **Struggling Against Same-Sex Attractions**

*From Barbara Christa, Minister to Single Adults  
with Derek Rowden*

If you are struggling against a same-sex attraction, we applaud your courage to engage the battle, and we desire to see you succeed in your quest to change. “Change” that challenges our comfort-zone is difficult and painful. You are changing not just one isolated habit, but a collection of thoughts and behaviors that have made up your relational pattern for some time. This will take an incredible amount of effort, but you don’t have to do it in your own strength...the same power that raised Christ from the dead is available to you (Romans 8:11).

What practical steps can you take?

### **STEP ONE: Avoid one-on-one situations**

Avoid being in conversations or locations where you are connecting with just one other person. As you seek to develop *healthy* same-sex relationships, it is best to develop these relationships in groups. One-on-one, exclusive relationships will only lead to emotional dependency

### **STEP TWO: Get plugged into a healthy church**

Worship with other believers and get involved in a small group such as a Bible study or Sunday School class. It is essential to give back to the Lord in service. You don’t have to experience any level of healing or recovery to help set up chairs! Developing healthy same-sex relationships is a key to recovery, and the church is the best venue to do that.

### **STEP THREE: Recruit an accountability partner**

You need someone who will ask you specific questions about specific problem-areas on a regular (weekly) basis and to whom you will answer openly and honestly. In addition to your accountability partner, you should have at least three people who know of your struggle. They should be willing to receive a call from you at any time you feel tempted, discouraged, or overwhelmed.

### **STEP FOUR: Seek out a Christian therapist**

An important component to recovering from same-sex attraction is individual counseling. The counselor must have a biblical understanding that homosexuality is changeable through the power of Jesus Christ (1 Cor. 6:11).

You must make sacrifices to be free and healthy. Recovery and healing always involve crucifying the flesh (Gal. 5:24), giving up things that are dear to you but which serve to prop open doors to spiritual bondage and repeated failures. You must courageously endure suffering and sacrifice before you joyfully experience holiness and purity.

Our prayer is that your motivation will be on target throughout this battle. Making your family happy won’t do it; saving your marriage won’t do it; not hurting anymore won’t do it. The only motivation adequate to see you through recovery from same-sex attraction is courageous desire to live continually in an intimate one-on-one relationship with God Himself.

### **GOING FURTHER - Resources**

#### **Recommended Books:**

(Available to check out from the church library)

***Desires in Conflict: Answering the Struggle for Sexual Identity*** (by Joe Dallas) With a very personable style, the author walks step-by-step with you down the path to healing. First, lay the foundation to spiritual health including motivation to change; then move on to topics such as the origins of homosexual orientation, the process of change, sexual integrity, dating, marriage and more.