

Homosexuality

I haven't had these feelings very long and I haven't acted on them, but I think I might be bisexual. I have the feelings but I don't want them. I understand all the stuff about sexual purity from church, and I know it's wrong, but I don't know how to stop the feelings.

Thanks so much for having the courage to ask the tough questions. Homosexuality and bisexual behavior is a very sensitive topic to bring up, and there are those who feel uncomfortable talking about it because they find it hard to understand. They'd rather just pretend that it's not a problem. But that is not a solution.

The church has widely held the belief that it is wrong, based on scripture, even though it has been more widely accepted in our culture today. I don't want to just throw pat answers at you. I don't think that just spending more time in church is necessarily going to solve your dilemma. You need to get at the root of the feelings.

I suspect that you have things in your life that have happened that need to be dealt with. Some studies show that many times the desire to have a sexual relationship with a same sex partner is rooted in some childhood sexual abuse. One Canadian study showed that as many as 70% of homosexuals have been sexually abused. Another study showed that an alarming 49% of homosexuals surveyed, compared to less than 2% of heterosexuals, reported sexual abuse. If you have ever been sexually abused, then you must find some counseling to help your heart heal.

You've probably been taught this in your church, but I think it's good to emphasize that sexual intimacy is a gift from God and intended only for marriage between a man and woman. God has given us boundaries to protect our heart and to spare us from many hurts that come from crossing those boundaries. Each of us has certain temptations and yearnings that are often not of God. For you it's a sexual temptation. For others it may be eating disorders, alcoholism, promiscuity, pornography or a host of other temptations. For some it may be lying, greed, pride, or selfishness. It's each person's responsibility to either give into the temptation or, with God's help, stand against it.

It would be really helpful for you visit a couple websites that help youth struggling with feelings of same gender attraction. They are www.exodusyouth.net and www.newdirection.ca. These sites have a lot of links too.

Often, what we do on the outside is a result of the hurt, shame, anger, guilt, etc. that is on the inside. While it is important for you to deal with your attraction to someone of the same sex, what is more important is why. What are the hurts that you are feeling on the inside? What is causing you to look to them for comfort and affirmation? Our sexuality isn't what we do with our bodies, it's who we are – mind, body, heart, and soul. Most of the time, bisexual behavior is more about other issues. And, to be honest....God cares more about what is going on inside of you that is causing you pain than about the outward things that you are doing.

Please talk with someone about these feelings. You are not alone in this. So often people who struggle with these feelings remain silent because of their fear of others' reactions. We encourage you to talk with someone you trust in your church, like your youth pastor. You need to address the issues going on in your life that are triggering these feelings. The website we suggested also has recommendations for counselors and programs that may be available in your area. It's so important to not hide the behavior and problems in life. People can't help what they don't know.

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