

# circumstances



**SEXUAL  
IDENTITY**

Faith at  
home

## Sexual Identity Confusion

Today's culture has created a lot of confusion around sexual identity, including same-sex attraction, gender identity, and transgender questions. As followers of Jesus, we need to approach these struggles with both compassion and biblical clarity.

### Sexual Wholeness

Wholeness starts with understanding that sex is not just something we do—it's part of who we are. God created us as male and female, not by accident but on purpose, to reflect His image:

"Then God said, 'Let us make man in our image, in our likeness...So God created man in his image; in the image of God he created him; male and female, he created them. God blessed them and said to them, 'Be fruitful and increase in number'" (Genesis 1:26-28).

Our biological design points us to the nature of our Creator. And the most beautiful expression of that design is found in the covenant of marriage. Sexual health begins with embracing how God made us—male or female—as something good and not something to redefine based on feelings or social pressure.

### Common Struggles

It's normal for questions around identity to surface during puberty or in times of emotional upheaval. That doesn't mean something is wrong—it just means we're human. But in today's world, those questions often get amplified by media, peers, and even well-meaning voices telling young people to 'come out' or redefine themselves based on momentary feelings. This can cause real confusion about who they are and how God made them.

Romans 7:14-15 reminds us that we all wrestle with desires that go against what God intended:

"For what I want to do I do not do, but what I hate I do."

Every person, in some way, feels the pull of temptation and broken desires. That's part of living in a fallen world.

### A Redemptive Approach

People wrestling with gender identity or same-sex attraction often carry a ton of emotion and inner conflict. They may feel stuck, confused, or even ashamed.

Sadly, our culture often labels Christians as hateful for holding to a biblical view of sexuality. But truth and love don't have to be enemies.

We can affirm God's design for human sexuality and still offer grace and hope. Let's not shy away from the

conversation—let's lean in with compassion and clarity.

- Step One: Extend Grace

Not everyone struggling with these issues is rebelling against God. Give people room to be honest. Let's not assume the worst. Extend grace—and be willing to disagree without being disagreeable.

- Step Two: Explore God's Design

Wherever someone is in their journey, the best place to start is exploring how we were created to live as male and female in the image of God. There's so much to unpack here—and that's where we begin the path toward wholeness.

- Step Three: Glean From Those Who Understand

This is a complex and deeply personal topic. It's okay to not have all the answers. Seek wisdom from people who've walked this road and who can guide others with compassion and truth. Clint Davis Counseling and other ministries can be great resources on this journey.

### Going Further — Resources

- **Loveology: God. Love. Marriage. Sex. And the Never-Ending Story of Male and Female** – John Mark Comer

Explores the meaning and implications of God's design for human sexuality including sensitive and challenging questions.

- **Holy Sexuality and the Gospel: Sex, Desire, and Relationships Shaped by God's Grand Story** – Christopher Yuan

Whether you're sharing Christ with someone who identifies as gay or wrestling with identity yourself, this book shows how God's design for sexuality is good news for everyone.

- **Restoring Sexual Identity: Hope for Women Who Struggle with Same-Sex Attraction** – Anne Paulk

Offers practical advice for healing and change for women and families affected by same-sex attraction.

- **When Homosexuality Hits Home** – Joe Dallas

A grace-filled, biblical perspective for parents and families of loved ones who have left the homosexual lifestyle.

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