

# THE COUNSELOR

A PUBLICATION FOR PARENTS, COUNSELORS & EDUCATORS • PROVIDED BY: CHRISTIAN COUNSELORS OF HOUSTON

Volume 7, No. 3

Stephen Rossi, M.A., L.P.C.

SEPTEMBER 2004

## HOMOSEXUALITY

Do you know someone who struggles with same sex attraction? You might be a parent who just discovered your son or daughter is consumed with homosexual fantasies, behaviors, or internet pornography. They may be involved in a homosexual relationship. Many parents face pain and upheaval when their adolescent or young adult child chooses homosexuality. You might be struggling with homosexuality yourself. You may be a teenager or young adult dealing with a severe identity crisis. You experience substantial confusion, grief, and turmoil over your strong homosexual feelings and behaviors. You want to change but you feel trapped and drawn into a world you just can't break away from. Your parents are brokenhearted. You feel ashamed and rejected. You are ambivalent about getting help. You may even believe you were born homosexual, that it's your fate, and there's no way out. Some people tell you it's okay, embrace your homosexuality, don't deny yourself. Others may angrily reject, condemn, and ridicule you. Guilt, anger, sadness and depression overtake you. What do you do? What should parents do?

Homosexuality is "an inclination or desire for someone of the same sex to provide emotional intimacy, acceptance, and/or affection." (Focus on the Family, Arterburn and Burns, 1992). This results from a condition of the heart/identity and doesn't always lead to homosexual behavior. Homosexual behavior is the expression of that leaning. Inclination toward homosexuality is not sin. Homosexual behavior is sinful, like other sexual behaviors such as incest, adultery, and premarital sex. We live in a world that promotes "doing your own thing." "If it feels good, do it!" "You have the right to choose, it's a free country." This position invariably leads to great pain and distress when it comes to sin and homosexuality. There is no debate. Homosexuality is not God's plan. Homosexual behavior is sin. God's Word clearly states that homosexuality is wrong (Romans 1:26-27; I Corinthians 6:9; Leviticus 18:22; Jude 1:7; I Timothy 1:9-10). There is a Way, full of hope, healing and complete restoration! You or your children are not victims of genetics, conditioning, culture, and lust. You do not have to submit to sin and this world.



### Causes

No evidence exists for genetic causes of homosexuality. Furthermore, studies from 1989 to 1993 all show similar figures for the real proportion of exclusively homosexual individuals in America. It's really about 1% to 2%, not the 10% that the public was misled to believe based on the faulty 1940's Kinsey research. Research confirms that a variety of causes set the stage for homosexual choices (Schmierer, 1999). The National Association for Research and Therapy of Homosexuality reports, "One hundred percent of the research participants stated their father/father figure was distant, uninvolved in their upbringing, frightening, and unapproachable. Eighty-seven percent spoke of a mother who was close, controlling, and overbearing." Other factors along with parent-child dynamics can also contribute to the homosexual orientation. These include: the individual person's self-will; pornography; media and culture; spousal abuse in the home;

molestation and pedophilia; parental adultery; moral relativism; seduction by peers; chemical imbalances; and failure of leadership (Schmierer 1999). Childhood trauma, such as sexual abuse, emotional abuse, unmet emotional needs, and a breakdown in the relationship with the same-sex parent are common contributing causes. Personality traits, unhealthy family traits, and family relationships provide fertile grounds for homosexuality. A weak father-child relationship is usually found in most homosexuals' background. Fathers are often absent, distant, or abusive (Arterburn and Burns, 1992). Many homosexuals report that they never felt their father's approval. Male homosexuals admit that their behaviors are attempts to get affection they never received from their fathers.

The primary cause of homosexuality is sin. We should acknowledge and understand all other contributing causes, but never lose sight of the real root cause our fallen sin nature. God's Word is steadfast in stating that it is not outside influences that make us unclean but the evil that lurks within our depraved natures (Creech, 2003). Homosexuality, like all other sins is caused by the condition of the human heart. Therefore, effective treatment for homosexuality must involve Christ as the Healing Agent, His Forgiveness, His Salvation, His Grace, His Power, and the homosexual's repentance, obedience, and commitment to change. The sin nature must be dealt with by God, along with all the other causes.

### Dynamics

Homosexuals usually report that they grew up feeling different. They wanted to do different things and had different feelings that did not fit their culture. Many describe their childhoods as full of loneliness, alienation, and rejection. Their parents showed disdain in the way they treated them. Sometimes this took the form of a father withdrawing his affection when his son behaved femininely. Boys need their father's love, affection, affirmation, and blessing. They desperately need fathers who will understand, love them and be there for them. A passive, non involved, weak father, and a strong controlling mother, confuses, isolates, and leaves a boy feeling empty, unloved, and starved for male attention. Macho fathers cause this problem too. Boys have the extra challenge of



disidentifying with their mother and identifying with their father in acquiring healthy masculine development. Boys and girls lacking their same sex parent's love and affection may be tempted to fill this void through homosexual relationships. Children usually begin struggling with their sexual impulses when they enter puberty. Sexual tension coupled with problematic family dynamics and feeling different, can predispose these teens to experiment with pornography and act out sexually. Repeated cycles of lust, pornography and sexual relief can lead to sexual addiction.

## Healing and Restoration

Real change is possible. Biblical evidence exists that homosexuals can change (1 Cor. 6:9-11). Many left the homosexual lifestyle with God's help and loving support from others. Exodus International (2004) reports that change requires strong motivation, hard work, and perseverance. They have seen hundreds of former homosexuals make great changes. Many experience freedom from homosexuality when they submit to Christ and His Church. They go through a transformation which helps them drop their old sinful identity and learn new ways to relate to self and others. Individual Christian and pastoral counseling, support groups, Bible study, and same-sex discipleship groups, can facilitate the healing process. There is a lot of help out there for people struggling with homosexuality. Exodus International ([www.exodus-intl.org](http://www.exodus-intl.org)) (888.264.0877) is the largest Christian referral and information ministry dealing with homosexual issues today. Focus on the Family is another great resource for information and direction on this subject (800.232.6459). Treatment helps address and resolve relational pain on mental, emotional, familial, and spiritual levels. Deep healing involving Christ's love and power sets the homosexual free and restores him completely. This process involves God's forgiveness and the individual choosing obedience.

Healing and restoration also require a good support system of friends and family committed to loving them through this struggle.

How can you help your child? Your child needs love and acceptance from you, now. You're not condoning homosexual behavior by loving him. Hold your ground Biblically, present him with the truth and different ways to disengage from homosexual behaviors. Discourage homosexual behaviors by blocking certain avenues (internet pornography, associating with bad influences, curfews, driving privileges, etc.). Do this very lovingly. Avoid engaging in angry battles, emotional withdrawal, and power struggles with them. Be there for them. Get professional help. Be patient. Pray for them. Pursue them with the same relentless love God has for them. Some will remain steadfast in their choice. Love them anyway. Keep on praying.

Prevention is crucial. Family dynamics significantly influence a child's choice of homosexuality (Focus on the Family, 2004). Marriage and parent-child relationships are key. Sometimes one child may be favored or pushed aside by his parents. Joseph Nicolosi, a clinical psychologist wrote, **Preventing Homosexuality: A Parent's Guide**. He believes that "gay children" or a "gay teens" don't exist, but left untreated, studies show these boys have a 75 percent chance of becoming homosexual or bi-sexual." Don't worry about the occasional cross-gender behavior of your preschool child. Be concerned if you see evidences of gender confusion in your child from ages 5 to 11. Gender confusion may include: a strong feeling that they are "different" from other boys; a tendency to cry easily; be less athletic; dislike roughhousing; a persistent preference to play female roles in make-believe play; a strong preference to spend time in the company of girls and participate in their games and pastimes; a susceptibility to be bullied by other boys who may tease them unmercifully and call them "queer," "fag" and "gay;" a tendency to walk, talk, dress, and even "think" effeminately; a repeatedly stated desire to be or insistence that he is a girl." (Focus on the Family 2004). Seek help before your child reaches puberty if he experiences many signs of gender confusion. Accept your child and affirm his or her worth regardless. Show unconditional love. Don't wait for things to get worse. Get professional help that will guide you in redirecting your child's prehomosexual behaviors. Fathers play a vital role in a boy's normal development. They need to be there physically and emotionally to affirm their son's maleness for the remainder of the preschool years and beyond, especially during puberty. Fathers need to be seen by their sons as confident, self-assured and decisive. They need to be supportive, sensitive and caring. Mother needs to back off some. Fathers, please don't give up and retreat into feeling like a failure if your son behaves femininely. Move toward him. Parents need to understand the problem of homosexuality before effectively communicating with their teens involved in this behavior. Communication is critical. Work hard at connecting and keeping your communication open with your children. Speak plainly and lovingly. Prevention of homosexuality requires the involvement of the whole Christian community: parents, pastors; lay leaders; teachers, peers, friends, extended family and youth workers.



## God's Love

God restores people no matter what. Christ offers absolute forgiveness, salvation, healing, and restoration. His love wins out every time. Only God's unconditional love can totally transform the homosexual. God alone is powerful enough to free you. Commit your life and ways to Him. Let Him change you. He provides the power daily to resist unholy thoughts and behaviors. Trust Him. God loves the homosexual struggler. He loves them just as much as He loves heterosexuals. Christians and the Church need to reach out with loving hands to young men and women who are vulnerable to rejection, rebellion, confusion, and temptation. We need to understand that pain lies behind homosexual behavior. We should be gentle, compassionate, and rebuke the homosexual with love. The Biblical position cannot be compromised. Homosexuality is not God's plan. As Christians, we need to move beyond our own fears, repulsive feelings, hate, ignorance and help the homosexual. Our sin is no different than the homosexual's, and God's Love in Christ Jesus saves us, exhorts us, encourages us, heals us and compels us to live Holy lives and reach out to others.

## F.Y.I.

**Steve Rossi, M.A., L.P.C.**

**CHRISTIAN COUNSELORS  
OF HOUSTON**

9055 Katy Freeway, Suite 300  
Houston, Texas 77024  
(713) 984-1314 (Main Office)



## SPEAKING ENGAGEMENTS INFO: 713.984.1314

- 9/26 - **Sexual Addiction: False Intimacy  
Overcoming Sexual Addiction - Part I**  
Second Baptist Church - Woodway
- 10/10 - **Overcoming Sexual Addiction - Part II**  
Second Baptist Church - Woodway
- 11/14 - **Managing Anger**  
Second Baptist Church - Woodway
- 12/12 - **Anger and Forgiveness**  
Second Baptist Church - Woodway

Download other newsletters from my website  
[www.TheChristianCounselor.com](http://www.TheChristianCounselor.com)