

**Life, Love and Family Daily Fact Sheet**  
**Dr. Tim Clinton**

*“Homosexuality”*

- **4 Steps for Freedom from Homosexuality** (Clinton & Hawkins, 2009):
  - **Seek Help**—seeking help from a counselor or pastor who has experience working with those who struggle with homosexuality or same-sex attraction will help you along this journey. Don’t attempt to struggle alone. Find someone who can be trusted and commit to being accountable to him/her.
  - **Submit to God**—seek forgiveness for any of sinful behaviors and choices. Accept yourself as a child of God.
  - **Choose to Change Behavior**—terminate homosexual relationships and choose not to frequent places that involve homosexual relationships or activities.
  - **Address the Issues**—face the pain of the deficit in relationship with your same-sex parent or of past sexual abuse. Work through these issues with a counselor.
  
- **Replacing the Lies** (Thurman, 1989):
  - Most of our unhappiness and emotional struggles are caused by the lies we tell ourselves.
  - Until we identify these lies and replace them with the truth, emotional well-being is impossible.
  - Lies are beliefs, attitudes, or expectations that do not fit reality. We learn lies from a variety of sources—our parents, friends, culture, and even the church we attend.
  - We all have the ability to change. The truth about change, though, is that you must *want* it.
  - Our self-esteem should come from who made us, not what we do. We need to view ourselves in “vertical” dimensions—seeing who we are in God’s eyes, not the “horizontal” dimension of doing all we can to impress others.
  - God, our Creator, sees us as having great worth because He created us in His image.
    - He created us a little lower than the angels (Heb. 2:7).
    - We are crowned with glory and honor (Heb. 2:7).
    - We are fearfully and wonderfully made (Ps. 139:14).
    - We are valuable enough to be purchased with the blood of His Son (1 Peter 1:18-20).
  
- **Quotes:**
  - *“If we, who have been redeemed, don’t say what we have been redeemed from, how are those in the same bondage going to even know that there is hope.”*—Dennis Jernigan
  
  - *“Freedom lies in being bold.”*—Robert Frost

- *“Not only do we not know God except through Jesus Christ; we do not even know ourselves except through Jesus Christ.”—Blaise Pascal*
- *“Jesus came to announce to us that an identity based on success, popularity, and power is a false identity—an illusion! Loudly and clearly He says, ‘You are not what the world makes you; but you are children of God.’”—Henri Nouwen*
- *“The more you reaffirm who you are in Christ, the more your behavior will begin to reflect your true identity.”—Neil Anderson*
- **Key Thoughts (Dallas, 2001):**
  - Homosexuality refers to a condition and a behavior.
  - The homosexual condition, commonly referred to as an orientation, is one in which a person is sexually attracted to members of the same sex. Any form of sexual activity between members of the same sex is homosexual behavior.
  - People do not generally choose the homosexual condition. Like many sinful tendencies, it is often deeply ingrained and shows itself early in life.
  - While the homosexual condition might not be chosen, homosexual behavior *is* a matter of choice. People choose what to do with their desires.
  - Though some studies have suggested that homosexuality is inborn, or genetic, there is no convincing evidence for that.
  - Studies indicate that the homosexual condition represents a need for intimacy with members of the same sex that has taken on a sexual nature. A faulty relationship with the same sex parent, lack of bonding with peers, or sexual abuse can all be contributing factors.
  - Homosexuality in Scripture is seen as one of the many problems of the flesh—problems that cannot simply be “cast out” as if they were demonic. Instead, they require confession, repentance, and the discipline of a godly life.
- **Verses:**
  - *“Therefore there is now no condemnation for those who are in Christ Jesus.”—Romans 8:1*
  - *“‘For I know the plans that I have for you,’ declares the Lord, ‘plans for welfare and not for calamity to give you a future and a hope.’”—Jeremiah 29:11*
  - *“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”—Proverbs 3:5-6*
  - *“As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.”—Genesis 50:20*

- *“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”—1 John 1:9*
- *“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.”—Galatians 5:1*
- *“Act as free men, and do not use your freedom as a covering for evil, but use it as bondslaves of God.”—1 Peter 2:16*
- *“For God has not given us a spirit of timidity, but of power and love and discipline.”—2 Timothy 1:7*
- *“Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.”—Matthew 26:41*
- *“Submit therefore to God. Resist the devil and he will flee from you.”—James 4:7*

#### **Endnotes**

Clinton, T. & Hawkins, R. (2009). *The quick-reference guide to biblical counseling*. Grand Rapids, MI: Baker Books.

Dallas, J. (2001). *“Understanding and Addressing Homosexuality.”* *The Bible for Hope*. Nashville, TN: Thomas Nelson.

Thurman, C. (1989). *The lies we believe*. Nashville, TN: Thomas Nelson, Inc.