



SEXUALITY & FAITH 101

Does experiencing same sex attraction make me a sinner?

No, no, no! Not at all and if someone says to you that it does, they are misinterpreting the Bible and leading you down a blind alley. How can you control who you are attracted towards? It's not like you suddenly think, I'm going to find someone to be attracted to, no the brain doesn't work like that! In the same way you can have attractions to someone of the opposite sex, you can have attractions to someone of the same sex. That's just how it is for some people.

I love a quote from Martin Luther which describes this well:

"You cannot keep birds from flying over your head but you can keep them from building a nest in your hair."

Loosely interpreted as – you can't stop the attractions from coming into your mind but you can stop them from living there.

2 Corinthians 10:5 serves as a reminder as to what to do with thoughts that come at us which do not help us in our walk with God. It says:

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Taking our thoughts captive is important if we are to demolish the arguments of the world that try to tell us that there is nothing we can do to counter our feelings. For those who have freely chosen to follow Jesus and who want to live our best lives, we are encouraged to not let the thoughts consume our thinking (or nest in our hair!) Through changing our patterns of thinking to say, "Hey, I do find people of the same sex attractive, but I don't want to act out on that", we are expressing our own desire to live as Jesus taught us to do.

Just to clarify what the Bible teaches us, it talks about the physical act of homosexuality, not the desires. We have a holy God, but also a just God, a God who walks with us on our journey and helps us at our weakest points to be strong (I can do all things through Christ who strengthens me!) God's grace is sufficient for us



to help us resist temptation, his redeeming love is sufficient to help people genuinely experience a change of affection or the self-control and desire to remain celibate.

Song of Songs 7:2 teaches us, “Do not arouse or awaken love until it so desires.” We have a role to play in steering clear of entertainment, social media, specific communities or places where temptation lurks. As lovers of Jesus we choose to obey his commands and often that means a personal sacrifice (but our sacrifice could never be as great as the one Jesus personally made for each one of us).

Your attractions do not define you, your love of Jesus and obedience to his word does.