



Coaching Tool:

What Choice Do I Have?

What I'm attracted to defines who I am.	Vs.	My true identity is found in who God created me to be.
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Examples Of What The Enemy Wants You To Think:

- God wanted me to be gay.
- If I have these thoughts, then it must be because this is who I am.
- It feels good so it can't be wrong.
- My happiness is more important than God's truth.
- My introduction to sexuality was by the same gender and I liked it, so that must be who I am.
- I am aroused by the same sex and not the opposite sex, so this is who I am.

God's Truth Says:

Choosing to live by God's truth brings:

1. Peace

- a. "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace." – Romans 8:6
- b. When we seek to find peace through physical means, we will always be left wanting. We can rest in who we were made to be in Christ Jesus.
- c. The world will always have many differing opinions about our behaviors. If we seek to live by them, we will continue to be exhausted and hurting.
- d. God has the truth that lasts throughout time. His word does not waver on the definition of sin. Even when we don't like it, we do not have to question where the line is drawn.
- e. "Or don't you know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh." But he who unites himself with the Lord is one with Him in spirit. Flee from sexual immorality." – 1 Corinthians 6:16-18



2. Beauty

- a. Recognizing we were made in God's image helps us see His beauty in us.
- b. God's design in nature and family relationships reveals to us His love and character. When we commit sexual sin, we are showing God we do not trust His design or character.
- c. "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14

3. Fulfillment

- a. "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." – Ephesians 2:10
- b. God wants to work with us. This life a journey we were meant to take together.
- c. Choosing to follow His commands will not always look or feel easy, but it will bring us deeper fulfillment than physical pleasure ever could.

Listen To This Song:

Hard Love by NEEDTOBREATHE

Questions To Help You Process This Concept:

1. What role, if any, has God played in your sexual decisions?

2. Which of the lies listed above have you believed in the past, or struggle with today?



3. Do you see any difference between sexual sin committed by a heterosexual person vs. a homosexual? For example, the Bible says that a husband cheating on his wife is sin just as it says sodomy is sin. Do you see a difference? Why?

4. Sin is sin and it is not your identity – sexual or otherwise. Just because you have identified with a sin in the past, does not mean you must continue to do so. For example, alcoholics, kleptomaniacs, food addicts, and compulsive gamblers recognize that they have temptations that have become unmanageable, but they also recognize that acting on those temptations are unhealthy and not in God's plan for their life. Can you see your sexual sin as separate from your identity?

5. Are you willing to lay your sexuality at God's feet and let God guide your decisions on this topic?



Exercise:

Look up and write down these scriptures that will encourage your beloved identity in Christ!

1. I am a saint (Eph. 1:1; 1 Cor. 1:2; Phil. 1:1; Col. 1:2)
2. I am the salt of the earth (Matt. 5:13)
3. I am the light of the world (Matt. 5:14)
4. I am a branch of the true vine, able to bear much fruit in Christ (John 15:1,5)
5. I have been appointed by Christ to bear lasting fruit (John 15:16)
6. I was chosen before the creation of the world to be seen as holy and blameless (Eph. 1:4)
7. I am Christ's ambassador (2 Cor. 5:20)
8. I have the right to come boldly near the throne of God to receive mercy and grace when I am in need of it (Heb. 4:16)