Same Sex Attraction
(WOMEN)

Celebrate Recovery Meets
Every Tuesday Night
7:00p / Big Meeting
8:00p / Open Share

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GV Christian Celebrate Recovery

Same Sex Attraction

Our unhealthy thought patterns attracted us to others who
were just as unhealthy, which was a breeding ground for the
dysfunctional, emotionally-dependent and codependent,
sexualized relationships with which we identified ourselves.

We struggled to replace the absence of healthy relationships
with our female friends and family members with these
unhealthy relationships. We nurtured and fueled each other’s
addictions and dysfunction. Some of us were even believers in
Christ while pursuing same-sex relationships.

We knew it was wrong but became trapped in the dirty
bandages that held our two wounded hearts together. We
were frozen with fear and stuck in these sinful relationships, not
knowing how to get out of them and make things right with
Christ. We tried to ignore God and claim happiness, knowing
deep down we were lying to ourselves and everyone around us.
We felt a void in our lives and prisoners to a wounded soul.

The Problem

There are many different elements that may have played a role
in how we, as females, came to experience sexualized feelings
for other women. Some of us were emotionally, physically or
sexually abused as young girls, and subsequently became
confused about our sexuality. Commonly, for women who
experience attraction to other women, there was an emotional
disconnect or absence from our mothers, fathers, or both
parents as we grew up, inherently rendering us unable to
identify with femininity in our prepubescent and teenage years.
We most likely also experienced a lack of affirmation from either
or both parents which contributed to our flawed concept of
what God intended for our sexuality. We sought after sexualized
and emotionally-dependent relationships with other women
in order to fill the hole we felt in our hearts as a result of the
emotional disconnect with our parents.
Many of us were more interested in masculine rather than feminine traits, and male-dominated sports, hobbies and careers, as a pleading effort to grab the attention of our fathers. For many of us, there was/is also a nagging and painful contusion in our spirit where we carry the burden of various family members, causing us to believe that boys and men are more valuable than girls and women. This erroneous belief conveys another reason we’ve been more susceptible to embracing male traits over feminine traits.

For others of us, we viewed our mothers as weak because they were abused by our fathers or some other male figure and were unable to save themselves; or failed to save us from abusive male figures in our home, therefore, we refused to take on feminine traits or roles as a means of keeping ourselves safe from men, whom we saw as harmful. Many of us formed a hate for men as we ran after our fleshly desires for women, and somewhat formed a pack with other members of the lesbian community to shun most men from our lives as a way to “prove” we didn’t need them for anything. Being part of this close-knit society allowed us to finally feel special just for being female and now finally, we didn’t have to prove ourselves better than men.

**The Solution**

We admitted that, in our own strength, we were unable to change our thinking or behavior.Acknowledging God’s design and desire for our sexuality, we began to face the root causes of our same-sex attractions.

- Commit to Jesus Christ and the 8 Recovery Principles.
- Form an accountability team: sponsor, accountability partners.
- Attend big meeting, open share and step study groups.
- Commit to a daily quiet time in The Celebrate Recovery Bible.
- Learn about your addictions and compulsive behaviors.
- Identify triggers.
- Avoid people, places, and things that tempt your addiction.
- Understand the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.
- Accept God’s standards for sexuality.