Answers to Gender and Sexual Identity Questions

Mentoring Webinar
5/5/22

Apostolic Christian Counseling and Family Services
877-370-9988 | www.accounseling.org | info@accounseling.org

Our Aim

To provide what is "most important to know" as it concerns mentoring individuals who have sexual and gender identity questions.

Our Heart

To Glorify God by loving as Jesus loves.

• Conviction for truth.
• Compassion for people.
• Context for the experience.
• Comfort in Christ.

Webinar Outline

1. **Things to know about sexual and gender identity.**
   • Vocabulary is important.
   • Identity scripts are key.
   • Gender roles are tricky.
   • We are under many influences.
2. **Common questions to mentors:**
   • What if I'm questioning my gender identity or sexual orientation?
   ◦ Am I alone?
   ◦ Why am I struggling with this?
   ◦ What does God think of my struggle?
   ◦ What can I do about this?
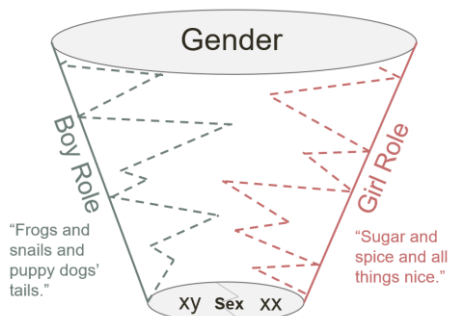3. **A Direction to Walk**
4. **Resources**

Things to know: Vocabulary

	Meaning	Sexual Orientation	Gender Identity
Binary	Either-Or Categories	Lesbian Gay Heterosexual Bisexual	Biological Sex of male or female; Transgender
Non-Binary	Continuum/ Fluidity	Pansexual Queer	Genderqueer Transgender

Things to know: The Role Identity Plays

Popular Script	Christian Script
1. **Attractions and feelings signal** a naturally-occurring **distinction and are a defining identity element** between sexualities and genders.	1. **Unwanted attractions and feelings don't signal** a categorical distinction among types of people nor are they a defining identity element, but is one of many human experiences that are "not the way it's supposed to be."
2. **Attractions and feelings are the core** of who you are, and behavior is an extension of that core.	2. You can **choose to center your identity** around other aspects of your experience, including your identity in Christ, biological sex, life's vocation/calling, and so on.
3. Living out your sexual & gender identity, including behavior that matches who you "really are," is **crucial for your fulfillment.**	3. The most compelling aspect of personhood for the Christian is one's **identity in Christ**. All other aspects of identity and life fall under the authority of this one.

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Things to Know:
Gender Roles

Gender

Boy Role

Girl Role

"Frogs and snails and puppy dogs' tails."

"Sugar and spice and all things nice."

xy **Sex** xx

Things to Know:
The Effect of Influence

God

Social

Feelings

Parents

Biology

Experience

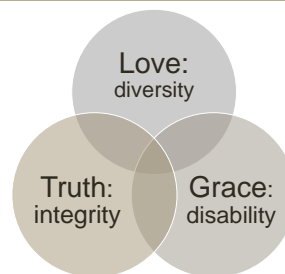What if I'm questioning my gender identity or sexual orientation?

Am I alone?

- Love well
- Listen well
- Combat shame
- Authenticity and belonging

Why am I struggling with this?

- Is this a choice?
- What causes sexual orientations and gender dysphoria?

What does God think of my struggle?

Love: diversity

Truth: integrity

Grace: disability

What can I do about this?

- Resist the temptation to isolate. Community will be necessary.
- Be wise about where to seek counsel. Everyone addresses LGBTQ+ issues through a world view.
- Check your identity script. Is it Christ centered?

A Direction to Walk

Sexual Orientation

Living a fully flourishing life through celibate relationships after the example of Jesus.

Gender Identity

Embracing biological sex as God's divine appointment to bear His image and point to His gospel intention.

Gen 1:27, Gen 2:21-23

Resources

https://accounseling.org/category/sexuality/