

## SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

## ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: \_\_\_\_\_

Accountability Partners: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

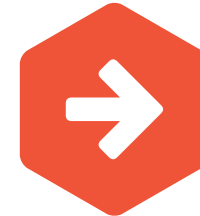
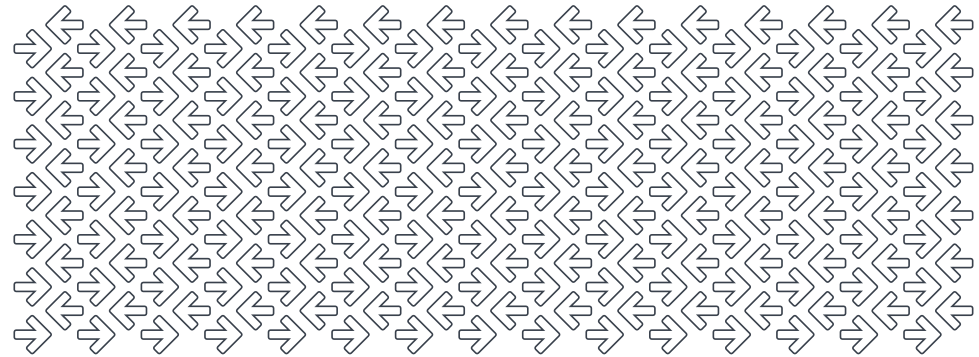


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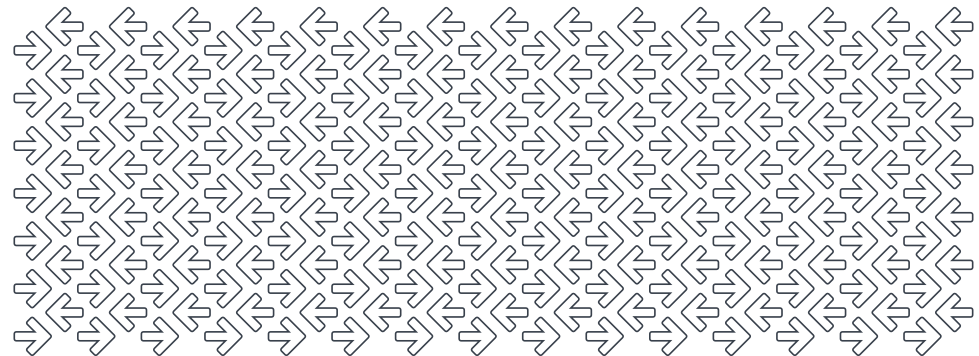
# SAME SEX ATTRACTION

## THE PROBLEM AND SOLUTION



# RESTORE

— A CHRIST-CENTERED PROGRAM —



## DEFINITION:

A sexual attraction to a person(s) of the same gender, whether you have physically acted on that attraction or not.

## WHAT TO LOOK FOR:

- Trouble forming and maintaining close health relationships with the same sex.
- Felt misunderstood as a child.
- Typically has more opposite sex friendships than same sex.
- Feels uncomfortable and awkward around the same sex.
- Secretly desires to fit in and be a part of a group.
- Feels ostracized by the same gender.
- Has trouble initiating romantic or sexual relationships.
- Doesn't feel complete as a man or woman.
- Can be easily intimidated by the same sex.
- Overly sensitive to criticism.
- Fantasizes or acts out sexually with the opposite sex.
- Plagued by doubts or regret.
- Doesn't trust his/her own judgment.
- Overcompensates for perceived inadequacies by overachieving in school, profession or hobby.
- Has had a troubled, abusive or non-existent relationship with their father.

## RECOMMENDATIONS:

### Keys to Recovery from SSA

1. Accept that it's not going to be easy. Any change that challenges our comfort zone is difficult and painful. You are changing not just one isolated habit, but a collection of thoughts and behaviors.
2. Accept that you must make sacrifices to be free and healthy. Recovery and healing always involve crucifying the flesh (Gal. 5:24), giving up things that are dear to you but which serve to prop open doors to spiritual bondage and repeated failures.
3. Let go of the lie that you're different from other people, and no one really understands. The key to recovering from same-sex attraction is radical discipleship, the call that all Christians have in common. Jesus' call to follow Him is the same for you as it is for every other believer.
4. Commit to sexual purity. This means trusting God for the strength to abstain from physically acting out, engaging in sexual fantasy, pornography and masturbation.
5. Accept that you will need to separate yourself from the connection to the gay lifestyle. Every picture, every memento, everything that connects you to your past is a propped-open door to the bondage of emotional and sexual sin.

6. Get plugged into a church. Worship with other believers and get involved in a small group such as **Restore**.
7. Develop self-discipline. Do something every day you don't want to do. Recovery means learning to be Christ-centered and self-denying.
8. Remember when you stumble that a fall is not the same as a wholesale return to your old life. It's part of learning to walk. Give yourself grace; God does.
9. Have an accountability partner(s). You need someone who will ask you specific questions about specific problem areas, on a regular (weekly) basis and to whom you will answer openly and honestly.
10. Develop realistic expectations about recovery. You didn't get here overnight, and there usually aren't any overnight recoveries. God's timetable is usually a lot longer than what we would prefer!
11. Avoid being in conversations or locations where you are connecting with just one other person. As you seek to develop healthy same gender relationships, it is best to develop these relationships in groups.
12. Stop relying on your feelings. Our emotions are largely set up and triggered by our experiences. They aren't reliable indicators of what is true or even real, and they often skew our perspectives.
13. Remember the three power keys to recovery. Exodus International has found that there are three elements to the most effective recovery from same-sex attraction:
  - a. Be plugged into a good, Bible-believing church.
  - b. Get professional counseling.
  - c. Have a support system consisting of both people who do not struggle with homosexual feelings, and those who do ([www.livehope.org](http://www.livehope.org)).

## HELPFUL READING:

*Coming Out of Homosexuality* by Davies & Rentzel

*Someone I Love is Gay* by Worthen & Davies

*When Homosexuality Hits Home* by Joe Dallas

*"The Word of God became flesh and took up residence among us. We observed His glory, the glory of the one and only Son from the Father, full of grace and truth."* John 1:14 HCSB