

Understanding Homosexuality

(For the purpose of this article, homosexual will refer to men and women with same-sex partners)

The most important thing to understand about homosexuality is that it is a “condition” not a person. Someone will say, “I am a homosexual”. This statement is not grammatically true. It would be more accurate to say, “I am homosexual”. This indicates that the person is presently in a state whereby they are practicing homosexual acts. You will see this language used for various addictions. “I am an alcoholic”, “I am a crack addict”, “I am a gambling addict”. The important part to understand is you “have” these things.

They ARE NOT YOU.

Homosexuality is a condition. It has a cause. It has an effect. It has a cure.

Let us first consider the cause.

Fact: Every single case of homosexuality has a trigger.

I have had many friends who struggle with homosexuality. As I began to communicate with them on a personal level, I would always uncover an event that lead them to homosexuality. In most cases, there was a traumatic event, often sex related, that changed their thinking and lead to them embracing homosexuality. If you or someone you know is among those who have had these events, ask yourself a question. Did that event warp my thinking? Did I think this way before I had my traumatic event? If you are honest with yourself, you may see that it has affected you and your thinking.

However, there are those who had no such event and still embrace homosexuality. What about them? Homosexuality is not only an issue with thinking but in many ways it is an addiction. Therefore, we can view the causes of addiction to understand those who have embraced the lifestyle.

A young man goes off to college. He begins to associate with several students who suffer with alcoholism. In a short amount of time, he too suffers from the addiction. Though he had never consumed alcohol before, he is now a full blown alcoholic. The fact is, we often become those we associate with. This can also happen indirectly. As with homosexuality, society has began to not only condone it but encourage it. Many have embraced the lifestyle simply because it is the “in” thing to do.

Homosexuality has also been linked to a disconnect with the same-sex parent. Absent, uncaring, or unemotional fathers have been known to lead to homosexual sons. The son finds himself longing for that father figure he never had and often it leads him to an intimate unhealthy relationship with another man. Often these sons have homosexual relationships with older homosexual men.

Then there are those who say, “I was born this way”. There is quite a bit of science to the contrary but let's assume for the moment that they are right. Let's assume for the moment that people are born with homosexuality already in them. This same statement has been made of the alcoholic, the gambler, the pedophile, and even the serial killer. Many people are born with many types of cancer and disease. Would you tell them to keep it because they were born that way? Would you tell the alcoholic to “go for it” because it is part of his genetic make-up? Would you tell the serial killer to embrace the lifestyle because he was born that way? I hope you would answer, “No” to all of these and I hope you will answer the same to yourself or a friend who thinks they were born homosexual. On a scientific level, the “human genome project” spent extensive time looking for the “gay” gene and found no valid proof of a propensity toward homosexuality.

Now that we have considered the cause of homosexuality,

let's consider the effect.

Fact: Homosexuality affects more than the person practicing it.

The most frightening aspect of the homosexual lifestyle are the effects it has on the individual.

There are obvious “side effects” for the alcoholic, the pedophile, the adulterer, the gambler, and others who wrestle with personal issues.

Whether they are aware of it or not, there are also serious side effects for living the homosexual lifestyle.

An active homosexual man is more likely to contract and spread some of the following far above that of heterosexual men.

MRSA – This is a staph infection that is resistant to antibiotics and can lead to death.

In 2008, the Annals of Internal Medicine reported that infection with multidrug-resistant USA300 MRSA is common among men who have sex with men, and multidrug-resistant MRSA infection might be sexually transmitted in this population.

Syphilis – This is an infection caused by bacteria that can damage the internal organs, heart, brain, eyes, and lead to death.

A Centers for Disease Control and Prevention analysis suggested that approximately **64 percent** of all adult primary and secondary syphilis cases in 2004 were among men who have sex with men.

Lymphogranuloma Venereum-

Lymphogranuloma Venereum is a sexually transmitted disease that mainly infects the lymphatics. It is one of many types of parasites found regularly in sexually active **homosexual men**.

In 1990 SD Wexner wrote in a article published in Diseases of the Colon and Rectum that mentioned the subject of homosexuality and parasites and the abstract for that article states: "...a host of parasites, bacterial, viral, and protozoan are all rampant in the **homosexual population**."

Mental Health-

In respect to homosexuality and mental health, studies have long indicated that homosexuals have a substantially greater risk of suffering from psychiatric problems (suicide, depression, bulimia, antisocial personality disorder, and substance abuse).

For example, a national survey of female homosexuals was published in the Journal of Consulting and Clinical Psychology which found that 75 percent of the approximate 2,000 respondents had pursued psychological counseling of some type, many for treatment of long-term depression or sadness.

In contrast to claims by gay rights activists blaming this heightened incidence of mental issues on

discrimination, John R. Diggs, M.D. states the following regarding homosexuality and mental health:

An extensive study in the Netherlands undermines the assumption that homophobia is the cause of increased psychiatric illness among gays and lesbians. The Dutch have been considerably more accepting of same-sex relationships than other Western countries — in fact, same-sex couples now have the legal right to marry in the Netherlands. So a high rate of psychiatric disease associated with homosexual behavior in the Netherlands means that the psychiatric disease **cannot** so easily be attributed to social rejection and homophobia.

The list of effects from homosexuality goes on and on. They include Gonorrhea, Anal Cancer, obesity, and many others. The lifestyle has been also proven to lead to more addictions such as alcoholism and addiction to a variety of narcotics.

Some will argue that many if not all of these effects are found in those who are embracing other “sexually active” lifestyles. Though this may be true. The percentage of likelihood that a practicing homosexual will have these issues is far above the sexually active heterosexual.

The point of all of this is that the homosexual lifestyle is a destructive one.

I would reach out in the same aspect to the alcoholic, the pedophile, the drug addict, and even the adulterer. If I were struggling with any of these addictions, I would hope someone would reach out to help me.

So let's focus now on those who want out. Let's consider those who are living the homosexual lifestyle and desire a better life for themselves.

Homosexuality is a condition.

We have addressed possible causes. We have listed many of the effects but worry not.

There is a cure.

As a minister, I would encourage you first and foremost to turn to God. Within his Word are all the answers for the problems we find ourselves in each day. We all struggle with a sinful nature. Every single day we all have to resist temptation. I find the greatest help for my struggle within the pages of God's Word.

The first thing we have to admit is that we cannot do this alone. We need others. We need their support. We need their encouragement. I encourage you to seek a support group. There is no better place than God's Church. There are many who have overcome homosexuality.

It is not impossible but it is difficult.

If you are not yet ready to turn to God for your help, I encourage to find help somewhere.

There are some very common sense steps which you can start right now.

The first and most difficult is environment and associations.

The recovering alcoholic should not be a bar tender. He should not drive a beer truck. He should not associate with friends who are constantly drinking.

The same is true of the recovering homosexual.

The wrong environment or friends will make it nearly impossible to make progress in your recovery. You will have to sever yourself from bad influences if you hope to succeed.

The second step is to correct your thinking.

Depending on how long you have lived the homosexual lifestyle, you will need to be diligent in changing your thought processes. Simply put, we do what we think. Once you try to sever yourself from the old lifestyle you will need to fill that “gap” with reverse thinking. Again, I would encourage you to meditate on God's Word. In those times of struggle and weakness, fill your mind with His promises. Whatever you do, you must inject positive where negative once was. Volunteer. Exercise. Take an extra job. These may seem silly but they will take your focus off of the “need” that you have become accustomed to having.

The third thing you need to do is embrace your new life. For too long the homosexual condition has limited you and deprived you of true happiness and joy. Wave goodbye to all that it was and say hello to the new you.

You can do this. I hope you will.

I hope this writing has helped you in some way. Whether you or a friend is struggling with homosexuality, I pray you will seek help and be steadfast in your recovery.

Remember.

Homosexual is a condition not a person.

Let's hate the condition but seek to love the person.

God Bless

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