

**OPINION**

# Opinion: Why block therapy for people who don't want to follow their homosexual desires?

**Anne Paulk, Opinion contributor**    Published 12:50 p.m. ET Jan. 31, 2020

In his [Sunday op-ed](#), Jason Crosby suggested several ideas that are not quite accurate and thus lead to interesting conclusions. I understand that these sorts of statements have been made routinely by LGBT activist groups like Ban Conversion Therapy Kentucky and others, but stating something does not make it so.

For starters, Crosby – a Baptist pastor – contended that the idea “homosexuality is considered to be a sin” is problematic. I personally dealt with same-sex attraction and identified as a lesbian until getting saved at 19, and instead of condemning the Bible, I chose to surrender my heart and life to its author and accept the forgiveness found in Jesus. Those who also find themselves grappling with desires to do what God forbids, like homosexuality, can find help and hope in the God who draws near to the contrite and forgives.

What is clear in Scripture is that homosexual behavior (not temptation) is considered sin. Contrary to Crosby’s assertion, the Bible actually has a lot to say about homosexuality: in 1 Corinthians 6:9-11, Leviticus 18, Romans 1, 1 Timothy 1, Jude 1:7, and many more.

**Related:** [Lawmakers introduce bill that would ban controversial conversion therapy in Kentucky](#)

The Bible has made clear that all humans are made in the image of God — male and female. It does not at all specify that homosexual identity is part of that blessed image. Behavior and desire have been corrupted by the fall of man from obedience to God (Genesis 3), and that has resulted in many desires that are outside the plan of God for humans, homosexual desire included. But the good news is that God made a way for all who have strayed and become captive to sin — through Jesus’ sacrifice of his life on our behalf. He paid what I could not. That is excellent news indeed.

On a couple of other points, it is true that a person does not generally choose his or her desires, but every person gets to choose what to do with those desires. This applies in any situation — from getting angry while driving to being attracted to someone who is not one’s spouse. The feeling may happen, but we all get to choose what to do with it. The wise choose not to run a car off the road or

flirt with a person who is not one's spouse. Just because someone has feelings they did not choose does not mean they have to act upon them.

The born-gay theory is persuasive for public policy to argue that a person has no choice. But it is an unproven idea and has so little scientific data to back it up that even the American Psychological Association quietly removed the assumption of biological/genetic cause of homosexuality and now states that they do not know what causes same-sex desire.

Now, since the lack of choice in desire was the basis for a claim of harm, let's turn to the concept of conversion therapy." This is a negative ideological term that tries to equate talking with a counselor or a pastor with claims of "physically painful stimuli" — otherwise called aversion techniques. What is not stated is that the latter ideas have not been in use since the 1960s and '70s. Exodus International never used such "techniques," nor was Exodus ever considered a "conversion therapy center," group or otherwise. The former director claims this label because he has changed his views on Scripture and homosexuality. [The 2009 American Psychological Task Force report](#) admitted that aversion "techniques" have not been used since the 1970s. A Tampa Bay ban on "conversion therapy" was recently overturned noting this as well. In any state, city or county where bans have been proposed and freedom of information requests have asked for any reports of violations about such things, nothing has turned up. Nothing.

So, what are these bans attempting to prohibit? Talk therapy and spiritual care that a person with unwanted same-sex desires seeks. But why shut down counseling options for those who do not want to go along with their homosexual desires? Change actually does happen. Even secular research shows that sexuality is fluid. We humans are quite complex and feelings can change over a lifetime. If you search for information on sexual fluidity (L. Diamond and many others) and brain plasticity (C. Leaf) and you will read some fascinating research.

The last time I looked, we still live in the United States. Freedom to choose what to do with one's life — and seek help that one wants — is a dearly held value. People looking for change should be free to find services and resources from counselors, schools and religious organizations to help them achieve their desired goals. Politicians and others have no business telling people that their legitimate counseling goals are illegal.

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