

**PRAYING BEYOND OUR TEMPTATION: UNDERSTANDING OUR SAME-SEX ATTRACTION
RESTORED HOPE NETWORK
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12 JUNE 2021**

We are going to look at our same-sex attractions and learn more about why we still have them, what they can tell us about our needs, and ways we can use them to pray for healing in our areas of need.

Introduction – Basic Thoughts on Temptation

If I'm a new creation in Christ why am I still getting tempted by..?

Jesus was tempted in every way we are, yet was without sin

Heb 4.15-16 ¹⁵For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

If Jesus was tempted we will be too

We trained out hearts, bodies, souls to respond to sin – how much more will we still be tempted

Satan has fist full of fiery darts with our name on them (***Eph 6.16***)

If we've given into our temptations and sinned...

1 John 2.1-2 [NIV] ¹ My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. ² He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

Rom 5.8-10 [NIV] ⁸ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. ⁹ Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! ¹⁰ For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!

Temptations can be used for equipping and relationship

Judges 3.1-2 [NKJV] Now these are the nations which the Lord left, that He might test Israel by them, that is, all who had not known any of the wars in Canaan (this was only so that the generations of the children of Israel might be taught to know war, at least those who had not formerly known it.)

Going to the Lord for help in our temptations allows us the opportunity for relationship where we speak to God about our deeper need and receive healing from His heart

Isa 1.18 [NKJV] “Come now, and let us reason together,” Says the LORD, “Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool.”

Details of Jesus' temptation – **Matt 4, Mark 1, Luke 4**

Matt 4, Luke 4 Jesus stood on the Word of God

Temptations were unable to land

May be Biblical word or word spoken to us

Luke 4:13 [NIV] When the devil had finished all this tempting, he left him until **an opportune time**.

More opportune time – times of vulnerability?

If Jesus had time of increased opportunity/vulnerability, how much more will we?

Learning to Use Our SSA as a Gauge

Sin is an **illegitimate** way of trying to resolve a **legitimate** need

We feel emotional pain and use sin to numb the pain

When we sense an increase in our temptation level – or acting out – we can use that as a gauge to indicate our increased need to go to Jesus to solve a legitimate need we are trying to resolve or avoid in an illegitimate way

“Acknowledging Our Need” chapter from *Living Waters* guidebook

How use our temptations as a gauge

We will all have times of temptation – average and “more opportune times”

In times of increased temptation – don’t suppress temptations and squash them back down – submit them to Jesus and ask Him for help understanding your increase vulnerability

Praying beyond the temptation

1. Why am I more vulnerable to this temptation now than usual?
2. Learn to identify root issue we are trying to escape
3. Hear answer of a holy alternative from the Lord
4. Repent when necessary and apply the Lord’s answer
5. Temptations dissipate as we apply God’s word

Illustration: praying beyond the temptation of aggressive encounters

Review praying beyond the temptation

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Understanding Our Attraction Profiles

Differentiation – noticing someone is attractive vs. actively lusting after someone

Cultural norms of attractiveness

God made good looking plants and animals as well as funny looking
Some people are closer to the cultural norm of good looking and some
are not – we will notice

Heart checks:

Do I feel condemned simply for noticing someone is attractive?
Am I consciously “checking people out” to see if they are
attractive?

Attractive people will be in our environments

Bouncing eyes and thoughts

Issue if we allow sights and thoughts to land vs. having to bounce them
Principles can apply to significant struggle even if we don’t embrace

Attraction Profile – What are the common characteristics – physical, emotional, behavioral – of the people we are attracted to?

Specific characteristics of those we are drawn to is gauge to understand areas in our hearts where we need a touch from the Lord
Explore these areas prayerfully with help of safe trusted others

Cannibal Compulsion – Leanne Payne in her books *Broken Image* and *Healing Homosexuality*

1. traits we have but are unable to recognize/accept
2. traits/characteristics we will never have and are envious of

Review *common threads in SSA* – can notice cannibal compulsion issues

Disconnect from same sex parent – some are attracted to older father/mother figures

Trauma in youth – some attracted to younger

Rejection of body style – attracted to athletic, slender, etc.

Jealousy

Sexually attracted to others who qualities they desire

Anger towards own father leads some to engage with married/father types with the motivation to destroy what that father type has

Attraction towards needy people out of brokenness of needing to be needed

Attraction towards arrogant people due to false impression that they have good self esteem

Prayer break:

Lord, will you please help me to understand and list my own attraction profile?

Lord, what are the deeper issues behind my attraction profile?

Lord, what is your holy solution for the root issues behind my attractions?

Fantasy Profile – What is the typical “script” in a person’s fantasy profile?

Repetitive themes in our fantasy profile can be used to understand our hidden root issues of brokenness

Explore these areas prayerfully with help of safe, trusted others

Examples:

Someone who feels abandoned may fantasize that others are pursuing them for sexual purposes

Person who feels like failure may fantasize incredible conquests

Abuse survivors may fantasize abusive situations as means of “regaining” control

Sometimes specific encounters from our past trigger fantasies in present because of emotional hooks

Seek the Lord to understand the hook and His answer for it

Illustration: fighting off fantasies about specific encounter because of false belief that other person love me – Holy Spirit spoke the truth and gave me true love from God

Prayer break:

Lord, please help me to understand and list my own fantasy profile.

Lord, what is deeper issue behind my fantasy profile?

Lord, what is your holy answer for the root issues in my heart?

Review Practical Steps

May need the help of safe others to pray with us as you go into some sensitive emotional areas

Accountability

Safety from getting lost in fantasy or pain

Need help with deeper emotional triggers

When you are triggered/tempted bring those issues to God

We usually squash down/suppress

Instead of suppression, acknowledge illicit desires and submit them to the cross

Includes “practicing the presence of God”

Ask the Lord to help you realize the deeper issues behind your triggers

What traits are you most attracted to in others and how do you feel about those traits in your own heart/body?

What would it feel like if you never connected illicitly with people with that personality trait again?

What would it feel like if you didn’t engage in that behavior/fantasy right now?

As you realize what the deeper issue is, ask the Lord for His solution

Lord, I'm tempted to engage in _____ behavior or thoughts. When I consider not doing that again I feel _____. Lord, what is the deeper issue or need (stronghold) in this situation? Lord, what is your holy answer for this need?

Question and Answer Time