

Someone I Love is Gay

Melissa Fryrear, M.Div.
Director Gender Issues Department
Focus on the Family

I. THE PAINFUL DISCOVERY

- A. Grief is the most common emotional reaction. It is triggered when major loss is perceived or real
- B. Anger is also a common emotion, directed at various people
- C. Loss: Security, Future Dreams, Reputation and Relationship

II. THE GRIEF CYCLE

- A. Shock
- B. Protest
 - a. "The Fix It Mode"
- C. Disorganization
 - a. "If Only Syndrome"
 - b. Working through the "If Only Syndrome": seek insights on how your family related to one another (reality vs. perception); seek to understand this struggle; seek to restore and improve relationship; distinguish what you do, and don't, have control over
- D. Reorganization: Relinquishment vs. Abandonment
 - a. Relinquishment: "to surrender a right, to loose one's hold on something or someone"
 - b. Relinquishment is giving someone up; Abandonment is giving up on someone
 - c. Relinquishment includes: acknowledging your limitations; letting go of expectations; giving your loved one same freedom God gives you; letting go of trying to control circumstances; finding assurance in God's love and desire for your loved one
- E. Acceptance: Acceptance vs. Approval
 - a. Acceptance: "to acknowledge the reality of a situation" versus Approval: "to affirm something as good or right"
 - b. Can accept your loved one without approving of his/her homosexual involvement
 - c. "Who" versus "Do": Distinguish personhood versus behavior

III. JUST FOR PARENTS

- A. You have a right to feel as you do; don't feel pressured or manipulated
- B. Plan ahead, for example, holiday visits; right to set boundaries for your home
- C. Take homosexuality "out of the equation"; how respond to other issues in family?
- D. Seek support of those you trust, helpful organizations and resources (list provided at close of outline)

IV. JUST FOR SPOUSES

- A. Spouse's struggle predates your marriage
- B. If spouse desires to stay married and to overcome, will need pastoral and professional counseling (list provided at close of outline)
 - a. This requires a high degree of motivation and an unconditional surrender to God's will by both husband and wife
- C. Need for "tough love" if: spouse is exhibiting pattern of habitual deception; spending unaccounted time away from family; blaming you for all marriage problems; not making concerted effort to seek help, etc.
- D. Seek support of those you trust, helpful organizations and resources (list provided at close of outline)

V. WHEN A FRIEND SAYS, "I'M GAY."

- A. See the person, not the issue of homosexuality
- B. Share what you're for versus what you're supposedly against
- C. Work in complement with God's Holy Spirit versus usurping His role
- D. Point them to Jesus versus "heterosexual conversion"
- E. If they profess a faith, gently challenge them (as you would a heterosexual friend who is pursuing sex outside of marriage)

VI. CONTINUING TO FORWARD

- A. Accept your loved one where he/she is; this is not forfeiting your convictions
- B. Show unconditional love; this does not mean you condone homosexuality
- C. Be patient—this is going to take time
- D. Be hopeful because of the person and resurrected life of Jesus Christ
- E. Pray! "Men may spurn our appeals, reject our message, oppose our arguments, despise our persons, but they are helpless against our prayers." —Pastor, theologian J. Sidlow Baxter

VII. SUGGESTED RESOURCES & ORGANIZATIONS

1. Evergreen International
www.evergreeninternational.org
2. Focus on the Family
— Homosexuality and Gender Division: www.citizenlink.org/FOSI/homosexuality/
— Focus' Counseling Department: 719-531-3400, ext. 7700
3. Exodus International
www.exodus.to
4. NARTH: National Association for the Research & Therapy of Homosexuality
www.narth.com
5. *When Homosexuality Hits Home* by Joe Dallas
6. *Someone I Love is Gay: How Family and Friends Can Respond* by Anita Worthen and Bob Davies
7. *God's Grace and the Homosexual Next Door* by Alan Chambers, et al.
8. *101 Frequently Asked Questions About Homosexuality* by Mike Haley
9. *Parenting Your Adult Child* by Ross Campbell and Gary Chapman
10. *Boundaries* by Drs. Henry Cloud and John Townsend
11. *A Parent's Guide to Preventing Homosexuality* by Joseph Nicolosi and Linda Ames Nicolosi
12. *An Ounce of Prevention* by Don Schmierer