

The LORD is my shepherd,  
I shall not want...  
He makes me lie down in green pastures.  
He leads me beside still waters,  
He restores my soul.  
He leads me in paths of righteousness  
for His name's sake...

(Psalm 23:1-3)



*Jesus said...*

*“If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free...” (John 8:31-32)*

## **Why God designed marriage to be between a man and a woman...**

*“Male and female, He created them...”*

*(Genesis 5:2)*



*Jesus said...*

*“Have you not read that he who made them from the beginning made them male and female, and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?’ So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder...” (Matthew 19:4-6, see also Genesis 2:24; 1:27-28)*

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**Please note:**

All Scripture verses in this pamphlet are quoted from the Revised Standard Version (RSV) Catholic Bible unless otherwise noted. Also, the acronym “CCC” stands for the Catechism of the Catholic Church. The edition of the Catechism used as a reference source for this document is the English translation of the Catechism for the United States of America copyright 1994 Libreria Editrice Vaticana, Citta del Vaticano.

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Remember, God’s teachings are not for His happiness—they are for *ours*! God is simply trying to get us to understand what He already knows. And since we humans are limited by time to know and experience everything, we should trust that our all-knowing and all-loving Creator knows what will make us the most happy in life!

God gave us His Word through His Son, Jesus so we could follow His teachings like a “road map” through life. And when we finally surrender to living according to God’s authority in our life—*instead of our own*—that’s when we will discover that the “road map” is really a *treasure map* to discovering our ultimate happiness, joy and inner-peace in God. As Psalm 119 says, “*Great peace have they who love God’s laws...*” (v.165).

Thank you for taking the time to learn more about God’s design for marriage and family. May God bless you for your courage to authentically live our Catholic Faith in charity, and in love...

“For God sent the Son into the world, not to condemn the world, but that the world might be saved through him. He who believes in him is not condemned; he who does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For every one who does evil hates the light, and does not come to the light, lest his deeds should be exposed. But he who does what is true comes to the light, that it may be clearly seen that his deeds have been wrought in God...” (John 3:17-21)

*we are to grow up in every way into him who is the head, into Christ..." (Ephesians 4:11-15)*

It's okay if the world hates us for wanting to live according to God's order and design for our lives—Jesus was also hated for doing the same. In fact, he warned us this would happen when we became a true follower of his:



*"If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you. Remember the word that I said to you, 'A servant is not greater than his master.' If they persecuted me, they will persecute you..." (John 15:18-20)*

If we truly believe in God—and truly love God—then we should trust that God knows what is best for us.

One of the biggest mistakes we can make in our relationship with God is to say that we “believe” in God, but then do not *believe* in what He tells us to do. When we claim to “believe” in God, but then do not *believe* in what He tells us, it's not God who we believe in, but *ourselves*...

There are a lot of people on television, in radio, in government, in Hollywood, on Wall Street, etc., who think they know better than God. Millions of people have *pierced their hearts with*



*many sorrows* following their so-called “wisdom.” As St. Paul says to the Corinthians:

*“Let no one deceive himself. If any one among you thinks that he is wise in this age, let him become a fool that he may become wise. For the wisdom of this world is folly with God...” (1 Corinthians 3:18-19).*

## Preface



The following information is intended to help people understand why God designed marriage to be between a man and a woman.



If you believe in God, you should be concerned about what He has to say about marriage since He created it (see, Genesis 2:24; Matthew 9:4-6).

Think about it, since God is an all-knowing and all-loving Father who wants only that which will make His children the most happy, it makes sense that what He designed for us is oriented to that purpose. Helping someone to understand this purpose should be viewed as wanting to *help* a person, not *harm* them. There is nothing “homophobic” about wanting to help a person be as happy and fulfilled as God designed us to be.

With this understood, some readers may find the following information “offensive” because they believe God created people to have a same-sex attraction. They also believe a person can be just as happy in a same-sex relationship as they would be in an opposite-sex relationship. To them, “*love is love...*”

However, the Bible provides a different understanding of *love*. Jesus said, “*If you love me, you will keep my commandments...*” (John 14:15).

From the beginning of Creation, God made it clear that marriage is between a man and a woman:

*“Therefore, a man leaves his father and his mother and cleaves to his wife, and they become one flesh. And the man and his wife were both naked and were not ashamed...” (Genesis 2:24-25)*

Jesus reminded people of this truth when he spoke to them about the sanctity of marriage and said:

*"Have you not read that he who made them from the beginning made them male and female, and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh?' So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder..." (Matthew 19:4-6, see also Genesis 2:24; 5:2; 1:27-28)*

God created men and women to be mentally, emotionally, and physically *opposite* in some important ways so when they came together, their differences would *compliment* each other, thus creating an emotional and physical connection that cannot be fully experienced, or replicated with people of the same-sex— especially when it comes to conceiving children.



When a man and a woman decide to have a child, their biological differences as a father and mother not only create a complimentary physical bond between them, but a unique mental and emotional bond with their child.

As we know from our own experiences, the relationship between “father and daughter” is different than the relationship between “father and son.” Also, the relationship between “mother and daughter” is different than the relationship between “mother and son.”

Again, these mental and emotional connections cannot be fully expressed or replicated between parents in a same-sex union because they lack an “opposite effect” that naturally exist between biological males and females.

2. An adult having sex with a child?
3. A human being having sex with an animal?
4. A man having sex with a man, or a woman having sex with a woman?

Chances are, the first three questions were disturbing to your senses, but the fourth one wasn't. Why?

Because the media has normalized homosexual behavior by flooding people's minds with images of same-sex couples and telling us if we don't embrace the homosexual lifestyle then we are “ignorant,” “bigoted,” a “religious nut,” or a “hater.”



If the media began to promote the first three examples of disordered behavior as being *normal*, over time, people would accept that behavior too. This is why those who believe in God do not follow the teachings of the world, they follow the teachings of God, the Creator and Sustainer of their life.

Wanting to live according to God's design for our lives does not make us “ignorant,” “bigoted,” a “religious nut” or a “hater.” Jesus taught his followers to *love the sinner, not the sin*. Christians help others to understand God's perfect design for our lives—not out of hate, but out of *love*. As St. Paul says to the Ephesians:

*“And his gifts were, that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ until we all attain to the unity of the faith and of the knowledge of the Son of God to mature manhood, to the measure of the stature of the fulness of Christ; so that we may no longer be children tossed to and fro and carried about with every wind of doctrine, by the cunning of men, by their craftiness in deceitful wiles. Rather, speaking the truth in love,*



10:8, Ephesians 5:31). This is why the vast majority of men and women around the world have the desire to copulate with each other.

As previously stated, a man with a same-sex attraction still has the desire to place his penis into something; and in the same respect, a woman with a same-sex attraction still has the desire to receive something into her vagina. However, both find a “substitute” to satisfy this desire when it comes to being with someone of the same sex. They still go through the same *motions* as a heterosexual couple does, however, they seem to be “out of sync” with understanding what their reproductive organs were designed by God to do—*create babies*.

God isn’t confused about why He designed men and women to have opposite sex organs. Could it be that it is His children who are confused?

Unfortunately, society has redefined the act of intercourse as trying to experience the “best orgasm” possible rather than experiencing the miracle of creating a baby. But the biological design of intercourse between a man and a woman cannot be denied—it was designed by God to produce children to create a family. The fact that people spend billions of dollars a year on contraception to prevent a pregnancy is evidence for the true design of it...



## Trusting in God’s design for our life, happiness and love...

Let’s take a “pop quiz.” Which of the following do you consider to be disordered behavior?

1. A man having sex with another man’s wife while the husband watches?

The Catholic Church understands the similarities and differences in the way God created man and woman and has always professed the distinction—*and union*—of both found in Sacred Scripture:

*CCC 1603 "The intimate community of life and love which constitutes the married state has been established by the Creator and endowed by him with its own proper laws.... God himself is the author of marriage" (Gadium et spes 48). The vocation to marriage is written in the very nature of man and woman as they came from the hand of the Creator. Marriage is not a purely human institution despite the many variations it may have undergone through the centuries in different cultures, social structures, and spiritual attitudes. These differences should not cause us to forget its common and permanent characteristics. Although the dignity of this institution is not transparent everywhere with the same clarity, some sense of the greatness of the matrimonial union exists in all cultures. "The well-being of the individual person and of both human and Christian society is closely bound up with the healthy state of conjugal and family life" (Gadium et spes 47).*

Since the start of his papacy, Pope Francis has affirmed that a child has the right to a mother, and a father.<sup>(1)</sup> In a letter made public on October 2, 2023 the Pope also affirmed that marriage is an “*exclusive, stable and indissoluble union between a man and a woman, naturally open to conceiving children.*”<sup>(2)</sup> This makes sense since it is from the different anatomy of a man and a woman that a child is able to be conceived.



1. Source: Catholic News Agency, <https://www.catholicnewsagency.com/news/pope-francis-children-have-right-to-a-mother-and-father-56123>, retrieved 2/4/2024.

2. Source: USCCB website, <https://www.usccb.org/news/2023/pope-responds-cardinals-blessings-homosexuals-female-priests>, retrieved 2/4/2024.

## Please know this truth, God loves you very, very much!

Even before our parents loved us, God knew and loved us first. As God told the Prophet Jeremiah, “*Before I formed you in the womb, I knew you...*” (Jeremiah 1:5).



In Chapter 4 of St. John's First Letter, he tells us that “*God is love*” (v.8b). God created man and woman as an expression of His love, a love that human beings can enter into with God, and each other (see. CCC 2205).

The Bible also tells us that God is a loving *Father* who only wants what is best for His children (see, 1 John 3:1-2). And we will experience the *very best* God has given us if we simply *trust* in what in what our Heavenly Father has designed for our happiness. After all, God made us from the “ground up!” He knows what will make us the most happy and content in life!

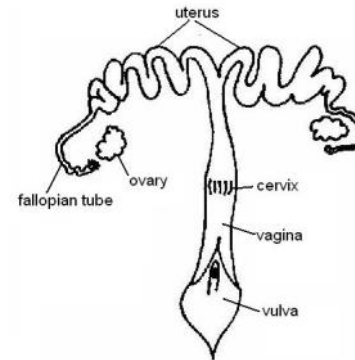
## God’s design for love, marriage and family...

We all know what it’s like to be in a relationship with someone we like, but what we really want is to be in a relationship with someone we’re madly in love with! When we meet someone who excites us physically, mentally and spiritually, that’s when the “fireworks” begin. Our happiness and joy is so immense that we cannot contain it to ourselves. We want the whole world to know how much we love that person!

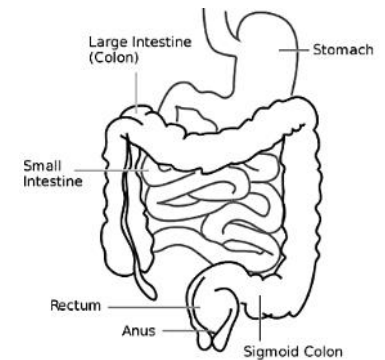


When we find someone who “completes us,” the love we have for our “other-half” will grow and grow. In fact, it grows to the point of us wanting to expand our love beyond ourselves. This is when we want to begin a family with the one we love.

## Female Reproductive System (“canal of life”)



## Excretory System (“canal of death”)



The *Reproductive System* of a woman (a “*canal of life*”) was designed by God to receive the “seed of life” from a man so a new life could begin. God did not design the “seed of life” from a man to be deposited into a “*canal of death*” where no life can begin...

A man with a same-sex attraction still has the desire to place his penis into the canal of something, but instead of it being a woman’s vagina, he places it in the anal canal of another man.

The anal canal is full of fecal matter from food that has been digested and decomposed in the gastrointestinal track. This fecal matter contains bacteria, parasites and dead cells. This is why it smells so bad.

Simply put, the *anal canal* is a “canal of death,” whereas, the *vaginal canal* is a “canal of life.” Knowing that the uniting of the male sperm with the female egg is how new life begins, it should be obvious that the “God of Life” (see, Job 33:4; John 1:4, 3:16, 11:25-26, 14:6; 1 John 5:12) did not intend sperm (the “seed of life”) to be deposited into the anal canal of another man where no life can begin.

God designed the anatomy of a man and a woman to come together as *one flesh* to create the *one flesh* of a new human being—a *baby* (see, Genesis 2:24; 38:9; Matthew 19:5, Mark

*he who loves me will be loved by my Father, and I will love him and manifest myself to him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me. "These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:15, 21, 24-27)*

If we truly love Jesus, we will want to do what is pleasing to him, which will also be pleasing to *us*...

## A “canal of death” verses a “canal of life...”

*“Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed for ever! Amen. ... For this reason God gave them up to dishonorable passions. Their women exchanged natural relations for unnatural, and the men likewise gave up natural relations with women and were consumed with passion for one another...” (St. Paul to the Romans, 1:24-27)*

Most of us learn by the 8th grade where babies come from. After the sperm of a man is deposited into the vaginal canal of a woman it wiggles its way up the canal into the fallopian tubes where it plants itself in the ovum (female egg).<sup>(1)</sup> At the moment of conception, the sperm and egg form a single-cell called a *zygote*. All the DNA for a new human being to begin life is contained in that zygote.

1. Source: Britannica, *Ovum, Structure, Function & Fertilization*, <https://www.britannica.com/science/ovum>, retrieved 2/25/24.

When God created the first human beings, He created them in His image and likeness (Genesis 1:27; 5:1-2). God also created man and woman with different sex organs so they could join together as “one flesh” to make another human being in *their* image and likeness. This is why a man and a woman not only share in their love as a couple, they also share in their love as *parents* as they see themselves in their children—and their children see themselves in their parents. The love they share with their children is then expanded to their children’s children as the family grows from generation to generation.

Understanding this fundamental design of “family” is at the heart of God’s design for love and marriage. Anything outside of God’s design for marriage is a *substitute* for what God designed for our happiness. This is why our soul can never be fully content living outside of God’s design. As St. Augustine of Hippo wrote, “*You move us to delight in praising You; for You have made us for Yourself and our hearts are restless until they rest in You...*” (*Confessions, Book I, Ch.1*).

## God’s original recipe for family...

In order to better understand the benefit of following God’s plan for our happiness, let’s use an example of a *Master Chef*.



When a Master Chef creates the perfect recipe, it’s because they combined just the right ingredients, in just the right way. In order to experience the same amazing flavor the Master Chef experienced when they first created the dish, we must follow their recipe to the letter! If we deviate from the Master’s recipe, the food may still taste good, but we will not experience the full flavor and satisfaction the Master intended us to experience. The food will never taste as good as the Master’s *original* recipe.

The same goes for us when it comes to the type of relationship God designed for marriage. If we deviate from His recipe, we will not experience the full joy and happiness that our Heavenly Father wants us to experience.



With each child a man and a woman conceive, the love they share as a couple grows as they see themselves in their children, and their children see themselves in them. This is not to say that the love of a non-biological family can't grow, of course it can. But God's original recipe for *family* is that a man and a woman come together as "one flesh" to conceive a child in the image and likeness of their *one flesh*:

*"God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them, and God said to them, "Be fruitful and multiply..." (Genesis 1:27-28)*

*"Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh." (Genesis 2:24)*

If we simply trust in God's "recipe" for love and relationships, we will experience a love, inner joy and oneness that we could not have imagined—or *created*—on our own.

If we try to alter or rearrange God's design for relationships, we may still experience some of the love, joy and togetherness He wants us to experience, but it will not be as deep and complete as He intended it to be. We will always feel like there is something "missing" in our relationship. This is because God designed our relationships to be made with certain *ingredients*. When we alter God's recipe, the relationship loses the full flavor God intended us to enjoy.

Some people desire to eat a juicy steak; others wouldn't dream of it because they are committed to being a vegetarian. Their conviction to their beliefs helps give them the will-power to refrain from their desires.

Some people desire to kill a person they don't like; others have the same desire but choose not to because they know it's against God's law. They also know God gave us His law so we could avoid causing ourselves—and *others*—pain and sorrow...

In Chapter 8 of St. John's record of the Gospel, Jesus says, *"Truly, truly, I say to you, every one who commits sin is a slave to sin..." (v.34).*

Because of our free-will, we have a *choice* to act on our desires—or *not*. For example, being attracted to someone else's spouse is not a sin—choosing to commit adultery with them *is*. In the same respect, being attracted to someone of the same sex is not a sin—having sex with them *is*... (see, CCC 2357-2359).

When we deliberately rebel against God's teachings, we commit a sin.<sup>(1)(2)</sup> If we truly love God, then we should strive to live according to His wisdom and authority—not our own. Jesus knows what will make us the most happy and content in life. This is why he says in Chapter 14 of St. John's record of the Gospel,

*"If you love me, you will keep my commandments... He who has my commandments and keeps them, he it is who loves me; and*

1. CCC 1857 For a sin to be mortal, three conditions must together be met: "Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent."
2. CCC 1859 Mortal sin requires full knowledge and complete consent. It presupposes knowledge of the sinful character of the act, of its opposition to God's law. It also implies a consent sufficiently deliberate to be a personal choice. Feigned ignorance and hardness of heart (Mark 3:5-6; Luke 16:19-31) do not diminish, but rather increase, the voluntary character of a sin.



is good and holy. Through inviting more and more of God's Grace to dwell and grow in us, we eventually build up the "spiritual armor" to resist his temptations.

Another powerful weapon against temptation is mediating on the Holy Word of God. As the *Letter to the Hebrews* says:

*"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart..." (Hebrews 4:12).*

And, as St. Paul says in his *Letter to the Ephesians*:

*"Put on the whole armor of God, that you may be able to stand against the wiles of the Devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the Gospel of Peace; besides all these, taking the shield of faith with which you can quench all the flaming darts [temptation] of the Evil One. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God..." (Ephesians 6:11-12; 14-17)*



## Having a same-sex attraction is not a sin...

People develop all kinds of desires. Having a desire is part of being human. Some people desire to eat pizza, ice-cream, and chocolate every day; others desire to do the same, but refrain from doing so because they know it's not good for their health.

Psalm 119 speaks of the tremendous satisfaction we will feel in our heart, mind and soul when we always follow God's "recipe" for our lives:

*"Blessed are those whose way is blameless, who walk in the law of the LORD! Blessed are those who keep His testimonies, who seek Him with their whole heart, who also do no wrong, but walk in His ways... Make me understand the way of thy precepts, and I will meditate on thy wondrous works... Thy law is my delight..." (Psalm 119:1; 27, 24)*

## The Kingdom of Man vs. The Kingdom of God...

In Chapter 19 of St. Matthew's record of the Gospel, Jesus reminds us that marriage is between a *man* and a *woman* when he says:

*"Have you not read that he who made them from the beginning made them male and female, and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder..." (Matthew 19:4-6)*



On June 26, 2015, the U.S. Supreme Court "put asunder" God's design for marriage to be between a *man* and a *woman* when the court struck down all bans on same-sex unions in all 50 states.<sup>(1)</sup>

However, "man" did not have the authority to do this since "man" did not create himself; *God* created man and woman, and thus, is superior to them. Man does not have the authority

1. Source, Wikipedia, [https://en.wikipedia.org/wiki/Same-sex\\_marriage\\_in\\_the\\_United\\_States#:~:text=On%20June%2026%2C%202015%2C%20the,Hodges.](https://en.wikipedia.org/wiki/Same-sex_marriage_in_the_United_States#:~:text=On%20June%2026%2C%202015%2C%20the,Hodges.), retrieved 12/3/2023.

to dictate to his Creator what the *natural order* should be in the world that He created. If someone believes in God, they should believe what God created is perfect, just as God is perfect.

God's teaching on marriage is very clear (see Genesis 1:27-28; and Matthew 19:4-6). God designed a man and a woman with different sex organs so they could come together as *one-flesh* to create a baby. This is how they are to be "*fruitful, and multiply.*" This has been the model of marriage and family since the first human beings ("Adam and Eve") began their family (see, Genesis 4:1-2).



For thousands of years, everyone in the world understood that a man and a woman were the common denominator for marriage and family. However, we live in a generation where many have rejected the authority of God in their lives and think they can "put asunder" what God has made.

The fact that babies are created from the DNA of a man and a woman is proof that God designed a man and a woman to be in union with each other so they could create a family.<sup>(1)</sup> This is why same-sex unions do not compliment God's design for us to be a co-creator of life with Him.

## "God made me this way..."

If God created a person to have a same-sex attraction, why would He also give that person the desire to have children? After all, two men cannot conceive a child, and two women can't either. God would have to be the most sadistic Being in the universe to give a person the desire to have children, and

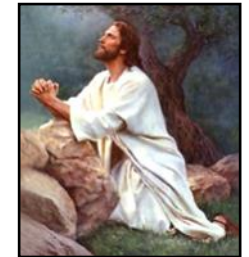
1. Deoxyribonucleic Acid (DNA) is a molecule that contains the biological instructions that make each species unique. DNA, along with the instructions it contains is passed from adult organisms to their offspring during reproduction. <https://www.genome.gov/about-genomics/fact-sheets/Deoxyribonucleic-Acid-Fact-Sheet>, retrieved 12/5/2023.

*embrace a "gay identity". These same persons may then feel oppressed by the fact that society and religion, in particular the Catholic Church, do not accept the expression of these desires in homosexual acts. (Schreier 1998 2).*<sup>(1)</sup>

If we truly love God and want to be in right-relationship with Him according to *all* of His teachings, then we can choose celibacy over sex.

## Abstinence and the Power of Prayer...

The truth is, just because we have a desire or attraction towards someone, or something, does not mean it comes from God. As Saint James says in his letter:



*"Let no one say when he is tempted, 'I am tempted by God' for God cannot be tempted with evil and he himself tempts no one; but each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin; and sin when it is full-grown brings forth death..." (James 1:13-15).*

When we have an impulse that goes against God's design for our lives, that's called a *temptation*. Temptation can be overcome by immediately beginning to pray (i.e., the *Our Father*, *Hail Mary*, *Glory Be*, the *St. Michael Prayer*, or simply praying, "*Lord Jesus, please take this from me...*").

Praying invites the *holiness* of God to dwell around us, and in us. It is the holiness of God that thwarts the thoughts and temptations of the Devil because he cannot stand anything that

1. Catholic Culture website, *Homosexuality and Hope*, by the Catholic Medical Association (CMA), retrieved 01/17/24, <https://www.catholicculture.org/culture/library/view.cfm?id=3336>

The more we seek God's Grace by studying His Word, receiving His Sacraments, and *asking* for it in moments of temptation, the more we will discover that being in the company of *God* is much more pleasing to our soul than being in the company of *sin*.

The following information from the *Catholic Culture* website reminds us of the power of God's Grace:



[www.catholicculture.org](http://www.catholicculture.org)

*It is possible, with God's grace for everyone to live a chaste life including persons experiencing same-sex attraction, as Cardinal George, Archbishop of Chicago, so powerfully stated in his address to the National Association of Catholic Diocesan Lesbian & Gay Ministries: "To deny that the power of God's grace enables those with homosexual attractions to live chastely is to deny, effectively, that Jesus has risen from the dead." (George 1999)*

*There are certainly circumstances such as psychological disorders and traumatic experiences which can, at times, render this chastity more difficult and there are conditions which can seriously diminish an individual's responsibility for lapses in chastity. These circumstances and conditions, however, do not negate free will or eliminate the power of grace. While many men and women who experience same-sex attractions say that their sexual desire for those of their own sex was experienced as a "given" (Chapman 1987 1) this in no way implies a genetic predetermination or an unchangeable condition. Some surrendered to same-sex attractions because they were told that they were born with this inclination and that it was impossible to change the pattern of one's sexual attraction. Such persons may feel it is futile and hopeless to resist same-sex desires and*

also give them the desire to be attracted to the same-sex knowing they could never conceive a child together. Could it be that the desire to have children comes from God, but the desire to be with someone of the same-sex comes from *nurture* rather than *nature*?<sup>(1)</sup>



Here's another point to ponder... If God created people to have a same-sex attraction, why would He also tell us that having sex with a person of the same gender is forbidden (see, Leviticus 18:22)?

To claim, "God made me this way" disregards the free-will God gave each of us to make choices in our lives. Do we really think we are powerless to determine what kind of life we live? Are we now "victims" of our free-will and "slaves" to choices already predetermined by God? Does it make us happy to think this way?

## **"Jesus never said same-sex unions were forbidden..."**

Some people believe that Jesus never spoke against same-sex unions, and therefore, they are permissible. However, Jesus did speak about same-sex unions when he quoted Genesis 2:24 and said:



*"Therefore a man leaves his father and his mother and cleaves to his wife, and they become one flesh..." (Matthew 19:5)*

1. *Nature versus nurture* is a long-standing debate in biology and society about the relative influence on human beings of their genetic inheritance (*nature*) and the environmental conditions of their development (*nurture*). Source: Nature versus nurture, Wikipedia, [https://en.wikipedia.org/wiki/Nature\\_versus\\_nurture](https://en.wikipedia.org/wiki/Nature_versus_nurture), retrieved, 1/10/24.

Jesus did not *explicitly* say that same-sex unions were forbidden, but he did *implicitly* say they were forbidden by reminding us of how a man “cleaves to his wife.” All wives in the Bible were biological women.

## The “gay gene...”

According to the website, *Simply Psychology*, contemporary research on the *nature versus nurture* debate suggest a “complex interplay between genes and environment in shaping behavior and development.”<sup>(1)</sup>



One example of the complexity of this interplay is a person who suffers from *alcoholism*. According to the National Institute on Alcohol Abuse and Alcoholism:

*Alcohol Use Disorder (AUD) often seems to run in families, and we may hear about scientific studies of an “alcoholism gene.” Genetics certainly influence our likelihood of developing AUD, but the story isn’t so simple. Research shows that genes are responsible for about half of the risk for AUD. Therefore, genes alone do not determine whether someone will develop AUD. Environmental factors, as well as gene and environment interactions account for the remainder of the risk.*<sup>(2)</sup>

As research shows, despite some people having a genetic disposition to consume alcohol in excess, this does not mean they have to be a slave to their desires. Through counseling and compassionate support through organizations like *Alcoholics*


1. Simply Psychology, Updated on October 27, 2023, <https://www.simplypsychology.org/naturevsnurture.html>, retrieved 2/18/24.
2. National Institute on Alcohol Abuse and Alcoholism, *How do genes influence alcohol use disorder? AR&H Volume 31, Number 4, 2008*, <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-use-disorder/genetics-alcohol-use-disorder>, retrieved 2/21/24.

CCC 2348 *All the baptized are called to chastity. The Christian has “put on Christ,” the model for all chastity. All Christ’s faithful are called to lead a chaste life in keeping with their particular states of life. At the moment of his Baptism, the Christian is pledged to lead his affective life in chastity.*

CCC 2349 *People should cultivate chastity in the way that is suited to their state of life. Some profess virginity or consecrated celibacy which enables them to give themselves to God alone with an undivided heart in a remarkable manner. Others live in the way prescribed for all by the moral law, whether they are married or single.” Married people are called to live conjugal chastity; others practice chastity in continence: There are three forms of the virtue of chastity: the first is that of spouses, the second that of widows, and the third that of virgins. We do not praise any one of them to the exclusion of the others...*

CCC 2359 *Homosexual persons are called to chastity. By the virtues of self-mastery that teach them inner freedom, at times by the support of disinterested friendship, by prayer and sacramental grace, they can and should gradually and resolutely approach Christian perfection.*

*Grace*, is the indwelling presence of God given to us through the Holy Spirit. According to Jesus, when we need God’s Grace, all we need to do is *ask*: “If you... who know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him...” (Luke 11:13).



“When was the last time someone touched you in a non-sexual way, looked into your eyes, saw you for who you genuinely are, and held you in their arms? When? Oftentimes, people have sex just to experience a morsel of touch and intimacy...”

Richard Cohen, MA, from his book, *Healing Heterosexuality: Time, Touch & Talk*, pgs. 11-12, (2019).



## The Third Way: Abstinence

Many people think that living a life without sex is impossible. This myth is promoted by the highly sexualized content we see on American TV, movies, the internet, billboards and magazines.

The human body needs food, water and shelter to survive. It does not need *sex* to survive.

Many people do need affection and companionship to feel happy and emotionally secure, but this does not mean *sex* needs to be part of that affection. There are many platonic friends who are affectionate with each other who do not feel the urge to have sexual relations with each other.

The truth is, every day we are challenged to control our urges and desires—like when someone cuts you off in traffic—everyone has experienced “road rage” but few have acted on it. The same mastery over our impulses are possible with our desire for sex. The *Catechism of the Catholic Church* reminds us, “With God, all things are possible...” (Matthew 19:26)

*CCC 2339 Chastity includes an apprenticeship in self-mastery which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy. "Man's dignity therefore requires him to act out of conscious and free choice, as moved and drawn in a personal way from within, and not by blind impulses in himself or by mere external constraint. Man gains such dignity when, ridding himself of all slavery to the passions, he presses forward to his goal by freely choosing what is good and, by his diligence and skill, effectively secures for himself the means suited to this end" (Gaudium et spes, 17).*



Please watch this very informative video titled, “The Third Way.”

<https://www.youtube.com/watch?v=6rgDLWOFcRA>

*Anonymous*, millions of people around the world have been able to refrain from consuming alcohol.

If a gene related to “alcoholism” may exist, then it may be possible for a “gay gene” to exist, or a “liar’s gene” to exist, or a “thief gene” to exist, or an “adultery gene” to exist, or a “pedophile gene” to exist, or a “murderer gene” to exist.

However, just because someone may be predisposed by *nature* to behave a certain way, does not mean they cannot *change* the way they behave. As numerous studies and experiments have shown, behavior can be modified.<sup>(1)</sup>

## Conversion therapy: Is it possible to change attraction?

According to Paragraph 2357 of the *Catechism of the Catholic Church*, the “*psychological genesis of homosexual attraction remains largely unexplained...*”

However, there are individuals who have theories as to why they believe they developed a same-sex attraction in their youth. One such person is Richard Cohen who is a Christian psychotherapist.

In his book, *Healing Heterosexuality: Time, Touch & Talk*, Cohen explains his journey from having a *homosexual attraction* to having a *heterosexual attraction*.



1. Many behavioral psychologist rely on the extensive work of renowned psychologist B.F. Skinner to demonstrate that it is possible to modify behavior with the proper techniques. See, Psychology Today, *Understanding What Makes Behavior Modification Work*, October 2, 2018, <https://www.psychologytoday.com/us/blog/comparatively-speaking/201810/understanding-what-makes-behavior-modification-work>, and also, *Behaviorism*, <https://www.psychologytoday.com/us/basics/behaviorism>, retrieved 2/19/24.

The following excerpts are from Cohen's book:<sup>(1)</sup>

*"I've been a psychotherapist since 1989, and have helped thousands of individuals, couples, and families throughout the world. I have also trained over 6,000 psychotherapist, psychiatrists, counselors, coaches, clergy, and ministry leaders.*

*So why is a guy who had homosexual partners and is now married to a woman with three adult-children writing a book about Healing Heterosexuality: Time, Touch & Talk? Simply put, I am deeply aware of the damaging effects of touch deprivation, and the misuse of touch and its many ramifications. These issues relating to touch affect the lives of millions of men and women worldwide, for whom sex has become a substitute for genuine love and affection..." (pg. 9)*



*"There are hundreds of books on parenting and healing, and painfully few contain words about healthy touch. And yet, the topic of touch is so, well, touchy, even when it relates to us with our own children. That's why some of us are raising detached children who may masturbate more, become violent, addicted to sex and/or substances, and go through life empty and not know why. Basic unmet love needs for bonding in the early stages of child development will create a lifetime of deprivation unless someone steps in to help them, offering the gift of healthy touch..." (pgs. 12-13)*

1. *Healing Heterosexuality: Time, Touch & Talk*, by Richard Cohen, MA. ISBN 10: 1733846905. Publisher: PATH, 2019, pgs. 9; 12-13)

## We must have compassion for those who have different tendencies than us...

The *Catechism of the Catholic Church* reminds us that the utmost compassion must be shown towards those who have a same-sex attraction:

*CCC 2358 The number of men and women who have deep-seated homosexual tendencies is not negligible. This inclination, which is objectively disordered, constitutes for most of them a trial. They must be accepted with respect, compassion, and sensitivity. Every sign of unjust discrimination in their regard should be avoided. These persons are called to fulfill God's will in their lives and, if they are Christians, to unite to the sacrifice of the Lord's Cross the difficulties they may encounter from their condition.*

However, the *Catechism* also makes it clear that homosexual activity is to be avoided according to God's plan for our lives:

*CCC 2357 Homosexuality refers to relations between men or between women who experience an exclusive or predominant sexual attraction toward persons of the same-sex. It has taken a great variety of forms through the centuries and in different cultures. Its psychological genesis remains largely unexplained. Basing itself on Sacred Scripture, which presents homosexual acts as acts of grave depravity (Genesis 19:1-29; Romans 1:24-27; 1 Corinthians 6:91-10; 1 Timothy 1:10), tradition has always declared that "homosexual acts are intrinsically disordered." They are contrary to the natural law. They close the sexual act to the gift of life. They do not proceed from a genuine affective and sexual complementarity. Under no circumstances can they be approved.*

