

Wrestling with Identity: Finding Strength in Christ When Facing Same-Sex Temptation



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Day 1: You Are Not Your Temptation





Day 1: You Are Not Your Temptation

Your Verse

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

Supporting Scriptures

- *James 1:14–15 (NIV)*
- *"But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."*



Day 1: You Are Not Your Temptation

Devotional: What You Feel Is Not Who You Are

The enemy loves to confuse identity with temptation. He whispers lies like: *“If you’re thinking this way, it must mean you are this way.”*

But temptation is not your identity. Feelings are real, but they are not always truthful.

The Bible makes clear: *all* people are tempted—often in ways that shock us, shame us, or feel outside our control. But that doesn’t mean God made a mistake in creating us. Rather, it shows how much we need Him.

Jesus doesn’t condemn you for your temptation. Instead, He stands ready to help you walk through it. He offers a path of self-control, faith, and surrender—a life where your identity is found not in your feelings, but in His love.

You are not defined by what tempts you. You are defined by the One who died for you.



Day 1: You Are Not Your Temptation

Journaling Prompts

1. What specific temptations have you felt recently that you've been too afraid to admit—even to yourself or God?

2. Reflect on this: Have you ever believed your temptation *was* your identity? Where might that thinking be rooted in fear or confusion?

3. Ask the Lord to begin showing you the difference between what you feel and who you really are in Christ.



4. Write a prayer of honesty to God, confessing your fears and asking for truth to anchor you in this journey.



Day 1: You Are Not Your Temptation

Prayer for Today

Father, I come to You just as I am. You see my thoughts, my urges, my confusion—and You still love me. Help me stop identifying myself by what tempts me. Remind me that temptation is not sin, and that You always provide a way out. Strengthen me to walk in that truth. Break any shame I've been carrying and replace it with Your mercy. I want to find my identity in You—not in feelings, not in culture, not even in what others say. Begin to reshape my heart. I trust You, even when I don't understand everything. In Jesus' name, amen.





Day 2: You Were Made in God's Image





Day 2: You Were Made in God's Image

Your Verse

Genesis 1:27 (NIV)

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

Supporting Scriptures

- *Psalms 139:13–14 (NIV)*

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."





Day 2: You Were Made in God's Image

Devotional: Your Design Has Purpose

You were not born by accident, and you are not a mistake. You were made on purpose, for a purpose, by a loving and intentional Creator. Even when you feel confused, God isn't. He knows exactly who you are—your wiring, your struggles, your longings—and He still calls you *good* because He made you.

Our world constantly tries to redefine what it means to be human, masculine, or sexual. But God gave us a blueprint at creation: “male and female He created them.” This wasn't random or outdated. It was—and is—His perfect design. You were handcrafted by God to reflect His image.

But the world is broken. And in a broken world, it's possible to feel things that pull us in directions that don't match our design. The fall of humanity distorted our desires, but it didn't erase our value. You can feel what's real, acknowledge it, and still submit it to God's truth.

You are not ugly. You are not broken. You are not a mistake.

You are **fearfully and wonderfully made**—even in your confusion. Your identity is not based on your urges. It's rooted in the unchangeable truth that **you bear God's image**.



Day 2: You Were Made in God's Image

Journaling Prompts

1. Write out Genesis 1:27 and Psalm 139:13–14 in your journal. What stands out to you most about being made in God's image?

2. Have you ever questioned your worth or design because of your thoughts? Talk to God honestly about this.

3. Reflect: What lies have you believed about your body, your value, or your masculinity?



4. Ask God to help you see yourself through His eyes—not through the filter of temptation, culture, or comparison.



Day 2: You Were Made in God's Image

Prayer for Today

God, thank You for creating me in Your image. Some days I question who I am and why I feel the things I do—but You remind me that I am not a mistake. Help me believe that I was created on purpose, by a loving God who doesn't make accidents. When my thoughts lie to me, speak truth louder. When shame creeps in, remind me I am fearfully and wonderfully made. You know my heart and my pain. Begin to heal the parts of me that doubt Your design. I trust that Your plan is better than my confusion. In Jesus' name, amen.





Day 3: Jesus Understands the Struggle



Your Verse

Hebrews 4:15–16 (NIV)

“For 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.

Let 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.”

Supporting Scriptures

- *Isaiah 53:3–5 (NIV)*

“He was despised and rejected by mankind, a man of suffering, and familiar with pain... But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”





Day 3: Jesus Understands the Struggle

Devotional: You're Not Fighting Alone

One of the greatest lies in spiritual warfare is the feeling of isolation—that no one understands, not even God. But Scripture tells a different story.

Jesus didn't come to earth as some untouchable, distant figure. He came as a man—fully God, fully human—who faced real temptation, real rejection, real pain. And He overcame it *for you*. He didn't just die for your sin; He lived through the same battle so He could walk beside you with compassion and power.

When you face urges or thoughts that confuse you or tempt you, Jesus doesn't stand far off, wagging His finger. He *draws near*. He knows what it's like to be tempted, and yet He never gave in. That's why He can offer the perfect combination of mercy for your weakness and grace for your strength.

You don't have to pretend with Jesus. You can be honest, broken, unsure—and He still invites you to come boldly. He knows your inner battle, and He is strong enough to help you fight it.



Day 3: Jesus Understands the Struggle

Journaling Prompts

1. What have you been afraid to tell Jesus about your struggle? Write it out and imagine Him responding with kindness, not condemnation.

2. Reflect: How does knowing that Jesus was tempted in *every way* impact your view of Him today?

3. What would it look like to come to the “throne of grace” confidently this week—even in your weakness?



4. Write a short letter to Jesus asking Him to walk with you through your current struggles and confusion.



Day 3: Jesus Understands the Struggle

Prayer for Today

Jesus, I don't always know how to pray, especially about this. But You do. You faced temptation. You felt sorrow and rejection. You were misunderstood. And You overcame it all—not just to be my Savior, but to walk beside me as my Friend. I need Your help. I'm tired of pretending to be strong. Please give me the grace to come boldly to You, just as I am. Remind me that You're not ashamed of me. You're with me. You're for me. And You understand. Thank You for never letting me struggle alone. In Your name, amen.





Day 4: Take Every Thought Captive





Day 4: Take Every Thought Captive

Your Verse

2 Corinthians 10:4–5 (NIV)

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

We demolish arguments and every pretension that sets itself up against the knowledge of God,

and we take captive every thought to make it obedient to Christ.”

Supporting Scriptures

- **Romans 12:2 (NIV)**

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”



Day 4: Take Every Thought Captive

Devotional: Your Mind Is a Battlefield—But You're Not Powerless

Thoughts can feel overwhelming—especially when they contradict what we believe or want. Maybe a thought pops into your mind that you didn't invite. Maybe you feel shame or fear just from *thinking* something. But here's the truth: **a thought is not a sin**. It's what you do with it that matters.

God never commands you to control the *presence* of every thought, but He does empower you to take them *captive*—to grab them, test them, and submit them to Christ. The battle is not against you. It's in your mind, and God has given you weapons to fight with: His Word, His Spirit, and His truth.

Culture says, "If you think it, it must be who you are." But God says, "Test it. Submit it. Let Me renew your mind." You are not your thoughts. You are not your temptations. You are a child of God with access to supernatural strength and clarity.

Today, don't try to suppress your thoughts. *Capture them*. Hold them up to the light of Scripture. If they don't align with God's truth, you can reject them—and replace them with something better.



Day 4: Take Every Thought Captive

Journaling Prompts

1. Write out a few recurring thoughts you've had lately—especially ones that trouble or confuse you. Then write a biblical truth that counters each one.

2. Reflect: Do you believe your thoughts define who you are? Why or why not?

3. Ask God to renew your mind. What Scriptures can you meditate on instead of defaulting to self-shame or cultural lies?



4. As you go through your day, start noticing your thoughts. What would it look like to “take them captive” and speak truth instead?



Day 4: Take Every Thought Captive

Prayer for Today

God, sometimes my thoughts feel like a flood—rushing in, uninvited, overwhelming. But You say I don't have to be ruled by them. You've given me authority through Christ to take every thought captive. Help me recognize the lies, resist the shame, and replace the noise with Your truth. Transform my mind, Lord. I want to think like You, see myself the way You see me, and speak to myself with the love and wisdom of Your Word. I trust You with every part of my thought life. In Jesus' name, amen.





Day 5: Replacing Shame with Grace





Day 5: Replacing Shame with Grace

Your Verse

Romans 8:1–2 (NIV)

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”

Supporting Scriptures

- *Psalms 34:5 (NIV)*

“Those who look to Him are radiant; their faces are never covered with shame.”



Day 5: Replacing Shame with Grace

Devotional: God Doesn't Shame You—He Covers You in Grace

Shame is a heavy weight, and it doesn't just whisper "You messed up." It screams, "You're unlovable. You'll never change."

But that's not how God speaks.

When you belong to Jesus, you are **not condemned**. Not ever. Your feelings may accuse you, your past may haunt you, and your struggles may still be present—but grace speaks louder. Grace says you are *forgiven*. Grace says you are *wanted*. Grace says you are *free*.

Shame tries to trap you in secrecy. It wants you to hide, to withdraw, to believe you're too dirty for God. But the cross destroyed shame. Jesus didn't die to make you feel guilty. He died to wash you clean. And His grace doesn't just cover the "small" sins. It covers *everything*—including the things you're most afraid to admit.

It's time to reject shame. Not by pretending everything's fine, but by running to the One who already knows everything and still chooses to love you. You don't need to earn your place. It was bought by blood. And when you look to Jesus, your face will never be covered with shame again.



Day 5: Replacing Shame with Grace

Journaling Prompts

1. Write down any lies shame has spoken to you lately (e.g., “I’m disgusting,” “God’s tired of me,” “I’ll never be free”). Then write a truth from God’s Word to silence each lie.

2. Reflect: Do you believe there’s *no* condemnation for you in Christ—or do you still feel like you have to hide or earn His love?

3. Have you been keeping parts of your story secret out of fear or shame? Who is a trusted spiritual mentor or friend you could talk to for prayer and encouragement?



4. Look at yourself in the mirror today and declare out loud: “There is no condemnation for me in Christ Jesus. I am free, I am loved, I am clean.”





Day 5: Replacing Shame with Grace

Prayer for Today

Jesus, I've been carrying shame like a chain, dragging it through every moment of my life. But You died to break it. You didn't come to shame me—you came to rescue me. I confess my struggle, not because I'm proud of it, but because I know You already see it and love me anyway. Cover me in Your grace. Wash away my guilt. Help me believe You truly delight in me, even when I feel unworthy. Teach me to walk in the freedom of Your love, not the fear of being found out. In Your powerful name, amen.





Day 6: Community Is Not Optional



Day 6: Community Is Not Optional

Your Verse

Ecclesiastes 4:9–10 (NIV)

*“Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.”*

Supporting Scriptures

- ***Hebrews 10:24–25 (NIV)***

*“And let us consider how we may spur one another on toward love and good deeds,
not giving up meeting together, as some are in the habit of doing,
but encouraging one another—and all the more as you see the Day
approaching.”*



Day 6: Community Is Not Optional

Devotional: You Weren't Meant to Fight Alone

Isolation is dangerous. When you're fighting a hidden battle, shame can convince you that **you're the only one**, or worse—that no one would understand if they knew. But God's design is clear: *healing and strength come through community.*

You need people in your life who speak truth, pray with you, check in, and walk beside you. Not just in moments of crisis—but consistently. Isolation is where temptation grows unchecked. Community is where you can confess without fear, be reminded of who you are, and learn how to fight well.

This doesn't mean you share your struggle with everyone. But it does mean you need at least one or two **godly, mature men** in your life who know the truth and love you enough to walk with you. No pretending. No masks. Just real, honest faith.

The enemy wants you isolated so he can whisper lies. God wants you surrounded so His truth can echo louder. If you've been walking this road alone, maybe today is the day you ask for help—and step into the kind of brotherhood that leads to freedom.



Day 6: Community Is Not Optional

Journaling Prompts

1. Do you have at least one trusted Christian friend or mentor you can be completely honest with? If not, what's holding you back from seeking that kind of relationship?

2. Reflect: When have you felt most tempted or discouraged—alone or in community? What does that tell you?

3. Write down one step you can take today to build or strengthen godly friendships (text someone, ask to meet up, join a men's group, etc.).



4. Imagine what your life might look like if you had a community that reminded you of your identity in Christ daily. What would change?



Day 6: Community Is Not Optional

Prayer for Today

Father, I confess I've tried to do this alone. Whether out of fear, pride, or shame, I've kept people at a distance. But You created me for connection. I need brothers in the faith—people who will speak life, pray with me, and walk beside me as I pursue freedom. Help me take that first step. Lead me to the right people, and give me courage to be vulnerable. I don't want to hide anymore. I want to be known and still loved—just like I am with You. Thank You for never leaving me alone. In Jesus' name, amen.





Day 7: You Are a New Creation





Day 7: You Are a New Creation

Your Verse

2 Corinthians 5:17 (NIV)

*“Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!”*

Supporting Scriptures

- **Galatians 2:20 (NIV)**

“I have been crucified with Christ and I no longer live, but Christ lives in me.

The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”



Day 7: You Are a New Creation

Devotional: Your Story Isn't Over—It's Just Beginning

There's a moment when a man looks in the mirror and wonders, "Will I always struggle like this?" The enemy wants you to believe your struggle is your identity. That your temptation is your destiny. But God's Word declares something far more powerful: *you are a new creation*.

When you surrendered your life to Christ, the old labels, sins, and stories were crucified with Him. They don't define you anymore. You may feel them trying to stick to you—but feelings are not truth. Truth is what God says, and He says you are made new.

This journey is not about perfection. It's about **progress rooted in grace**. Every step toward Jesus is a step into your real identity. You are not your past. You are not your urges. You are not what culture tells you, or what your doubts whisper in the dark.

You are God's beloved son. Bought by blood. Redeemed. Whole. And you're not just walking toward healing—you're already seated with Christ in the heavenly places (Ephesians 2:6). Let that truth rewrite the story of your life.



Day 7: You Are a New Creation

Journaling Prompts

1. What does it mean to you personally to be a *new creation* in Christ? How does that identity challenge the way you've seen yourself?

2. List out things from your “old self” that you're letting go of today. What do you want to walk in as part of your new identity?

3. Write a letter to your future self—reminding him who he is in Christ, and encouraging him to stay faithful.



4. Spend time visualizing your life free from shame, walking closely with Jesus. What do you see? Write it down and pray over it.



Day 7: You Are a New Creation

Prayer for Today

Jesus, You've made me new. Not just cleaned up, not just forgiven—**new**. Thank You for loving me through my confusion, my pain, and my struggles. Today I choose to believe that I am who You say I am: a son, a warrior, a man of God. Help me to live from that truth. I don't want to be ruled by shame or driven by fear. Fill me with Your Spirit and renew my mind daily. Remind me that You are enough—and in You, so am I. In Your holy and redeeming name, amen.





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