Navigating Same-Sex Attraction with God's Grace



A 7-day study to help teens understand God's grace and truth while navigating same-sex attraction.





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Introduction

Welcome to this 7-day Bible study designed especially for teens navigating the complexities of same-sex attraction with courage and grace. Growing up can be challenging, and when you face questions about your identity and feelings, it may seem overwhelming. But in all seasons, God's Word offers clarity, comfort, and hope. Through Scripture, we learn that God loves us unconditionally and calls us into a life of integrity and freedom.

This study focuses on embracing God's grace while understanding His design for our lives. You'll explore how to build your identity rooted in God's truth, handle doubts and emotions honestly, and find community and strength as you seek to honor Him. Each day, you'll reflect on Scripture passages that highlight God's heart for love, purity, and redemption. You'll be challenged gently to apply these truths in practical ways.

Remember, you're not alone in this journey. Many have walked paths with similar questions and discovered profound peace by trusting God's promises. This study invites you to lean into that hope — to let God's grace reshape fears, affirm your worth, and guide your steps forward.

Let's begin together, with open hearts and minds, to explore how you can live authentically in God's love.







Day 1: Embracing God's Unconditional Love









Day 1: **B** Embracing God's Unconditional Love

Your Verse

Romans 8:38–39 – "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made..."
- 1 John 4:16 "God is love. Whoever lives in love lives in God, and God in them."







Day 1: **B** Embracing God's Unconditional Love

Devotional: Discovering You Are Unconditionally Loved

Starting with the foundation: God's love for you is unwavering and unchanging, no matter what you're facing or feeling. Romans 8:38–39 assures us that nothing can separate us from His love—not our struggles, our doubts, or our identities.

Many teens wrestling with same-sex attraction might feel isolated or rejected, but Psalm 139 reminds us that we are wonderfully made by God. His love defines our worth, not our feelings or societal labels.

God's love calls us into relationship, acceptance, and healing. Today, take a moment to rest in that truth. You are deeply and perfectly loved by the Creator of the universe. Let this love be your anchor as we move forward in this study.





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Day 1: **B** Embracing God's Unconditional Love

Reflect and Apply

	How does knowing God's love is unconditional change the way you view yourself?
2.	What fears or doubts do you have about God's acceptance of you?
3.	In what ways can you remind yourself daily of God's unwavering love?







Day 1: B Embracing God's Unconditional Love

Journaling Prompts

1.	Write about how it feels to know God loves you no matter what.
2.	List times when you have felt God's love in your life.
3.	Journal any questions or fears you have about God's love and acceptance.







Day 1: **B** Embracing God's Unconditional Love

Prayer for Today

Dear God, thank You for Your unchanging and unconditional love. Help me to grasp deeply that nothing can separate me from Your embrace. When I feel alone, remind me that You are near and that I am fearfully and wonderfully made. Teach me to rest in Your love and live confidently as Your beloved child. *Guide my heart through this journey with grace and truth.* Amen. \bigwedge









Day 2: Tinding Identity in Christ Alone









Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come..."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus..."







Devotional: Living Out Your True Identity in Christ

Your identity is not defined by feelings, attractions, or labels but by who you are in Christ. Galatians 2:20 encourages us to live out of the new life Christ provides—one where our true self is found in Him.

As a teenager facing same-sex attraction, it may be easy to feel confused about your identity. But Scripture points to a higher, eternal truth: you are a beloved child of God, recreated and renewed. The old labels and battles do not have the final say.

This is freeing—because your worth and calling are anchored in Christ's love and purpose. Let today be about reflecting on what it means to embrace this identity and letting go of lies that oppose God's truth.







Reflect and Apply

	What aspects of your identity have been affected by your attractions or society's views?
	How does seeing yourself as God's handiwork reshape your self- perception?
3.	What practical steps can you take to live out your identity in Christ daily?







Journaling Prompts

1.	Write about who you are 'in Christ' versus who the world tells you to be.
2.	List qualities or truths from Scripture that affirm your identity.
	Reflect on areas where you struggle to accept your identity and pray about them.







Prayer for Today

Lord Jesus, thank You for making me new and giving me a fresh identity in You. Help me to see myself the way You see me—not by my feelings or what the world says, but as Your beloved child. Guide me in living out this truth daily with courage and grace. May Your Spirit shape my heart and mind. Amen.

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Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted..."
- Philippians 4:6-7 "Do not be anxious about anything..."







Devotional: Trusting God with Complex Emotions

Feelings can be complex and confusing, especially in the teenage years.

When same-sex attraction surfaces, it may trigger anxiety, fear, or guilt. Proverbs 3:5-6 invites you to trust God's wisdom rather than relying solely on your own understanding.

It's okay to feel what you feel. God is near to those who are brokenhearted (Psalm 34:18) and offers peace beyond human understanding (Philippians 4:6-7).

Invite Him into your emotions today. Share your fears, confusion, and hopes with Him and ask for His guidance and peace. Through prayer and honest reflection, God can help you navigate these feelings with clarity and grace.







Reflect and Apply

1.	Which emotions about your attractions seem hardest to accept?
2.	How can trusting God ease your anxieties or fears?
3.	Where do you see God's peace working in your emotional life?







Journaling Prompts

1.	Write about a time when you felt overwhelmed by your feelings and how you responded.
2.	List emotions you're experiencing and give them to God in prayer.
3.	Journal a conversation with God about your fears and hopes.







Prayer for Today

Father God, sometimes my feelings confuse and overwhelm me. Help me to trust You when I don't understand everything. Draw close when I feel brokenhearted and replace my anxiety with Your peace. Guide my heart with Your wisdom and teach me to lean fully on You. Thank You for never leaving me alone. Amen.















Your Verse

1 Corinthians 6:18–20 – "Flee from sexual immorality... Your bodies are temples of the Holy Spirit."

Supporting Scriptures

- Hebrews 12:14 "Make every effort to live in peace with everyone and to be holy..."
- Matthew 5:8 "Blessed are the pure in heart, for they will see God."







Devotional: Honoring God through Boundaries and Purity

Setting boundaries is fundamental for honoring God and protecting your heart. Paul's words in 1 Corinthians 6:18–20 remind us that our bodies are sacred, dwelling places of God's Spirit. This means pursuing purity and fleeing temptation are acts of worship.

For teens navigating same-sex attraction, boundaries might look different but remain just as important—for example, knowing what situations or thoughts lead you away from God's design and choosing to redirect them.

God's call to holiness invites you into freedom, not restriction. Purity in heart and action opens your eyes to God's blessing and presence.







Reflect and Apply

What boundaries could you set to help honor God in your relationships and thoughts?
How do you understand purity in the context of your current experiences?
What struggles or temptations do you face, and how can God help you overcome them?







Journaling Prompts

1.	Write a list of boundaries you want to set in your life.
2.	Reflect on why purity matters to you in your walk with God.
3.	Journal ways you can seek holiness and peace in daily choices.







Prayer for Today















Your Verse

Hebrews 10:24–25 – "Let us consider how we may spur one another on toward love and good deeds..."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Galatians 6:2 "Carry each other's burdens..."







Devotional: Building Godly Community and Support

God never intended for us to walk difficult journeys alone. Hebrews 10:24–25 encourages connection and encouragement among believers.

Whether through friends, family, youth groups, or trusted mentors, finding community provides strength and accountability as you navigate complex feelings and decisions. Ecclesiastes highlights that companionship helps us recover when we stumble.

Seek relationships that embody God's love and grace. Being part of a supportive community allows you to carry burdens together and experience God's heart through others.







Reflect and Apply

1.	Who in your life encourages you to live for God with love and honesty?
	How might you reach out to others for support while also offering encouragement?
	What qualities would you hope to find in a community that supports your faith journey?







Journaling Prompts

1.	List people or groups who make you feel spiritually supported.
2.	Reflect on times when community helped you through challenges.
3.	Write about how you can contribute love and encouragement to others.







Prayer for Today







Day 6: Courage to Live Authentically in Grace









Day 6: Courage to Live Authentically in Grace

Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous... Do not be afraid; do not be discouraged..."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"







Day 6: O Courage to Live Authentically in Grace

Devotional: Living Boldly with God's Strength and Love

Living authentically with your feelings and faith takes boldness and reliance on God's Spirit. 2 Timothy 1:7 reminds us that God gives a spirit of power, love, and self-discipline—not fear.

Today's challenge is to embrace the courage God provides to be honest about who you are while walking in grace and truth. As Joshua was commanded to be strong and courageous, so are you led by God's light and protection (Psalm 27:1).

God's grace empowers you to live openly in your journey, holding onto hope and self-respect.







Day 6: 🖰 Courage to Live Authentically in Grace

Reflect and Apply

	What fears hold you back from living authentically in your faith and feelings?
2.	How can God's Spirit empower you to overcome timidity or shame?
3.	In what ways can you show love and self-discipline in your daily life?







Day 6: 6 Courage to Live Authentically in Grace

Journaling Prompts

1.	Write about fears or challenges you want to give to God.
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2.	List examples of how you can demonstrate courage this week.
2	Journal prayers for strength to live authentically and in grace.
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Day 6: 🖰 Courage to Live Authentically in Grace

Prayer for Today

Holy Spirit, fill me with boldness and love today. Help me to reject fear and live openly with integrity. Teach me self-discipline to honor You and courage to face difficult moments. May I reflect Your power and grace in all I say and do. Amen.















Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to prosper you and not to harm you..."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in Him."
- Revelation 21:4 "He will wipe every tear from their eyes..."







Devotional: Embracing God's Hope for Your Future

As this study concludes, hold tightly to the hope God provides. Jeremiah 29:11 reminds us that God has good plans for your future—plans filled with peace and purpose.

Romans 15:13 encourages us that God is the source of joy and peace as we trust Him, perfect for the ups and downs of your journey. Even when tears come, Revelation 21:4 promises a time when God will wipe them away forever.

You are not defined by your struggles but by God's enduring hope and promises. Step forward with confidence, knowing He walks beside you, guiding every step.







Reflect and Apply

	How does knowing God has good plans for you impact your worries about the future?
2.	In what ways can you cling to hope during difficult days?
3.	What promises from God stand out most to you right now?







Journaling Prompts

1.	Write a letter to your future self about God's hope and promises.
2.	List hopes and dreams you want to place in God's hands.
3.	Journal ways you can remind yourself daily of God's faithfulness.







Prayer for Today

Gracious God, thank You for the hope and plans You have for me. Help me to trust You through every part of my journey, knowing that You are working all things together for good. Fill me with peace and joy as I lean on Your promises. May I walk forward confidently in Your grace. Amen.







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