

RESOURCE AND SUPPORT GUIDE

CHRISTIAN **SEXUALITY**

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CHRISTIAN THERAPISTS IN THE GTA HELPING PEOPLE WITH SEX ADDICTIONS

As well as those who have been hurt or victimized by someone else's sexual sins.

Kevin Coupland

<https://www.psychologytoday.com/ca/therapists/kevin-joel-coupland-the-couples-guy-mississauga-on/324688>

Stephen Vance

<https://www.psychologytoday.com/ca/therapists/stephen-vance-markham-on/392762>

Matt Harris

<https://www.psychologytoday.com/ca/therapists/matt-harris-richmond-hill-on/918773>

Kern Stanberry

<https://www.psychologytoday.com/ca/therapists/kern-stanberry-scarborough-on/258774>

Marianne Deeks

<https://www.psychologytoday.com/ca/therapists/marianne-deeks-newmarket-on/436127>

Paul Robertson

<https://www.psychologytoday.com/ca/therapists/paul-robertson-ajax-on/391333>

Paul Scuse

<https://www.psychologytoday.com/ca/therapists/emmas-counselling-services-markham-on/62082>

Mike Fischhoff

<https://onthejourney.life/therapists/>

Lindy Jurado

<https://www.rockofpeace.com/Meet-our-Therapists>

Charlene Lekx

<https://oakandstreamtherapy.com/about/>

David Colpitts

<https://www.tyndale.ca/wellness/practitioners/david-colpitts>

Paul Lavergne

<https://www.turningpoint4me.com>

Tamara Fernandez

<https://www.tamarafernandeztherapy.com>

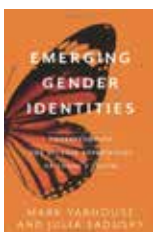
RECOMMENDED BOOKS ON CHRISTIAN SEXUALITY



A War of Loves: The Unexpected Story of a Gay Activist Discovering Jesus

by David Bennett

As a young gay man, David Bennett saw Christianity as an enemy to freedom for LGBTQ+ people, and his early experiences with prejudice and homophobia led him to become a gay activist. But when Jesus came into his life in a highly unexpected way, he was led down a path he never would have predicted or imagined. [BUY ON AMAZON](#)



Emerging Gender Identities: Understanding the Diverse Experiences of Today's Youth

by Mark Yarhouse and Julia Sadusky

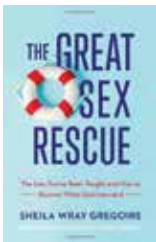
An honest, scientifically informed, compassionate, and nuanced treatment for all readers who care about or work with gender-diverse youth. Based on the authors' significant clinical and ministry experience, this book casts a vision for practically engaging and ministering to teens navigating diverse gender-identity concerns. It also equips readers to critically engage gender theory based on a Christian view of sex and gender. [BUY ON AMAZON](#)



Divine Sex: A Compelling Vision for Christian Sexuality in a Hypersexualized Age

by Jonathan Grant

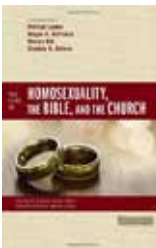
This book offers a persuasive Christian vision of sex and relationships, calling young adults to faithful discipleship in a hypersexualized world. Grant helps Christian leaders understand the cultural forces that make the church's teaching on sex and relationships ineffective in the lives of today's young adults, and offers strategies to help churches disciple people into faithful Christian sexuality. [BUY ON AMAZON](#)



The Great Sex Rescue: Lies You've Been Taught and How to Recover What God Intended

by Sheila Wray Gregoire

Generations of women have grown up with messages about sex that make them feel dirty, used, or invisible, while men have been sold such a cheapened version of sex, they don't know what they're missing. Based on a ground-breaking survey of 22,000 Christian women, *The Great Sex Rescue* hopes to turn all of that around, developing a truly biblical view of sex where mutuality, intimacy, and passion reign. [BUY ON AMAZON](#)



Homosexuality, the Bible, and the Church: Two Views

by William Loder, Megan K. DeFranza, Wesley Hill, Stephen R. Holmes

Unique among most debates on homosexuality, this book presents a constructive dialogue between people who disagree on significant ethical and theological matters, and yet maintain a respectful and humanizing posture toward one another. Holding to a high view of Scripture, a commitment to the gospel and the church, and a love for people— especially those most affected by this topic— the contributors wrestle deeply with biblical, theological and pastoral concerns. [BUY ON AMAZON](#)



Redeeming Sex: Naked Conversations about Sexuality and Spirituality

by Debra Hirsch

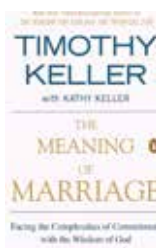
Nothing has exposed the gap between the church and the broader society quite like the cultural argument over sexuality. There is hope, however. In this work, Debra Hirsch holds a concern for people created in God's image and a high view of the Bible's teaching on sexuality in constructive tension. She offers a holistic, biblical vision of sex and gender that honours God and offers good news to the world. [BUY ON AMAZON](#)



Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality

by Wesley Hill

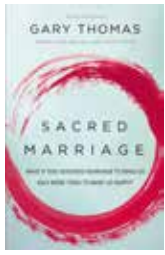
The reality of loneliness and isolation of the celibate homosexual Christian is something that Hill lives and takes seriously in his pursuit of the gospel-centered life. To those on a similar journey, it's often a life of uncertainties and questions. Hill offers wise counsel that is biblically faithful, theologically serious, and oriented to the life and practice of the church. [BUY ON AMAZON](#)



The Meaning of Marriage

by Tim Keller

This book shows everyone—Christians, skeptics, singles, longtime married couples, and those about to be engaged— the vision of what marriage should be according to the Bible. Offering insight and instruction on how to have a successful marriage, this book is essential reading for anyone who wants to know God and love more deeply in this life. [BUY ON AMAZON](#)

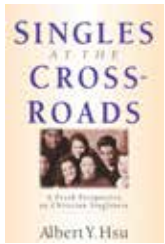


Sacred Marriage: What if God Designed Marriage to Make Us Holy More than to Make Us Happy?

by Gary Thomas

Your marriage is more than a sacred covenant with another person. It is a spiritual discipline designed to help you know God better, trust him more fully, and love him more deeply. *Sacred Marriage* reveals how marriage trains us to love God and others well, how it exposes sin and makes us more aware of God's presence, how good marriages foster good prayer, how married sex feeds the spiritual life, and more.

[BUY ON AMAZON](#)



Singles at the Crossroads

by Albert Hsu

Provides a balanced, biblical understanding of Christian singleness that debunks the myth of the "gift of singleness" and honors singleness as a status equal to marriage. [BUY ON AMAZON](#)

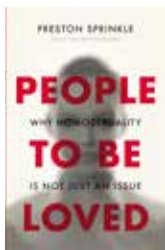


Singleness in God's Redemptive Story

by Barry Danylak

For generations, the predominant message in the church has been that to live a complete and happy life, one must marry and have children. And while this does bring joy and fulfillment for many, other Christians are called to a life of singleness or become single due to the death of a spouse or divorce. This concise biblical theology helps Christian singles understand how they are fully complete in Christ and provides an understanding of the theological significance of singleness within the flow of the biblical story.

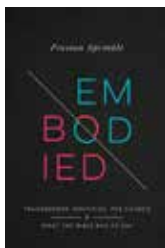
[BUY ON AMAZON](#)



People to Be Loved: Why Homosexuality is Not Just an Issue

by Preston Sprinkle

Christians who are confused by the homosexuality debate are looking for resources that are based solidly on a deep study of what Scripture says about the issue. In *People to Be Loved*, Preston Sprinkle challenges those on all sides of the debate to consider what the Bible says and how we should approach the topic of homosexuality in light of it. [BUY ON AMAZON](#)



Embodied: Transgender Identities, the Church, and What the Bible Has to Say

by Preston Sprinkle

Compassionate, biblical, and thought-provoking, *Embodied* is an accessible guide for Christians who want help navigating issues related to the transgender conversation. Preston Sprinkle draws on Scripture, as well as real-life stories of individuals struggling with gender dysphoria, to help you understand the complexities and emotions of this highly relevant topic. [BUY ON AMAZON](#)



Does God Care Who I Sleep With?

by Sam Allberry

Christians are increasingly seen as outdated, restrictive and judgmental when it comes to sexuality. In fact for many people, this issue is one of the biggest barriers for them considering Christianity. Sam Allberry sets out God's good design for the expression of human sexuality, showing that God himself is love and that only he can satisfy our deepest desires. [BUY ON AMAZON](#)

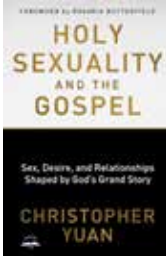


Unwanted: How Sexual Brokenness Reveals Our Way to Healing

by Jay Stringer

Based on original research from over 3,800 men and women, *Unwanted* is a groundbreaking resource that explores the “why” behind self-destructive sexual choices in order to help readers work towards freedom. The book offers life-changing, practical guidance to light the way on a path to wholeness.

[BUY ON AMAZON](#)



Holy Sexuality and the Gospel: Sex, Desire, and Relationships Shaped by God's Grand Story

by Christopher Yuan

Dr. Christopher Yuan explores the concept of holy sexuality - chastity in singleness or faithfulness in marriage - in a practical and relevant manner, equipping listeners with an accessible yet robust theology of sexuality. This book will help you better understand sexuality in light of God's grand story and realize that holy sexuality is actually good news for all. [BUY ON AMAZON](#)



Does the Bible Support Same-Sex Marriage? 21 Conversations from a Historically Christian View

by Preston Sprinkle

Many arguments are made for and against same-sex marriage that end with divisiveness and confusion instead of thoughtful conversation. New York Times—bestselling author and New Testament scholar Dr. Preston Sprinkle provides a resource that will encourage respectful and thoughtful conversations around the question “Does the Bible support same-sex marriage?” Equipped with thorough research, history, and biblical context, this book offers thoughtful responses to common critiques of the historically Christian view of marriage. [BUY ON AMAZON](#)

HELPFUL WEBSITES

Andrew J. Bauman

Helping men become sexually healthy. Books, articles, video courses, teachings, therapy and counselling.

<https://andrewjbauman.com>

Marriage Resources from Family Life

Family Life offers a range of excellent books and other tools to strengthen your marriage.

<https://shop.familylife.com/product-category/marriage/>

Center for Faith, Sexuality and Gender

A hub for theologically sound teaching and practical guidance on questions related to sexuality and gender. The center seeks to address two primary needs in the church. One, to help leaders cultivate a more robust biblical ethic of marriage, sexuality and gender. Two, to help churches and organizations create a safe and compassionate environment for LGBTQ+ people, their families, and anyone wrestling with their sexuality or gender identity. To meet these two needs, we seek to educate not only pastors and leaders, but to help these leaders educate the people they lead by providing small group material, educational videos, podcasts, blogs, youth curriculum, and other resources. www.centerforfaith.com

Below we have listed some featured resources from the Centre for Faith, Sexuality and Gender.

Journeys of Faith

A FREE 8-session video course designed for same-sex attracted people who are interested in Jesus.

<https://ondemand.centerforfaith.com/courses/journeys-of-faith>

Parenting LGBTQ Kids

An 11-part series designed to help Christian parents navigate the journey of raising and walking alongside their LGBTQ child. Each session includes a teaching video hosted by Dr. Preston Sprinkle, along with testimonials, as well as a variety of supplemental materials. (Cost: \$99 USD)

<https://ondemand.centerforfaith.com/courses/parenting-lgbtq-kids>

Pastoral Papers

Read FREE downloadable pastoral papers written by various authors on a range of important subjects, including “Should Christians Attend a Same-Sex Wedding Ceremony?”, “10 Things I Wish Every Christian Leader Knew About Gay Teens in their Church”, and “What Pronouns Should Christian People Use for Transgender People?” and over a dozen more.

<https://www.centerforfaith.com/resources>

Marriage Resources from Family Life

Family Life offers a range of excellent books and other tools to strengthen your marriage.

<https://shop.familylife.com/product-category/marriage/>

Signs of Human Trafficking

A list of 20 warning signs that someone may be a victim of sex trafficking.

<https://www.canadiancentretoendhumantrafficking.ca/signs-of-human-trafficking/>

PORN BLOCKING SOFTWARE & ACCOUNTABILITY TOOLS

7 Best Porn Blocking Software Apps 2023

An article that reviews top blocking software options for yourself and your family.

<https://contentmavericks.com/best-porn-blocking-software/>

Covenant Eyes

A powerful accountability tool designed to help you and those you love live free from pornography.

<https://www.covenanteyes.com/>

SUPPORT GROUPS AND CLASSES

Grace/Truth (Thursdays at Cornerstone: November 7 to Dec 5, 2024 - 7:00 - 9:00 p.m.)

Grace/Truth is a 5-part video-based group learning experience that introduces Christians to LGBTQ+ people (via video), the language to use and avoid, a biblically and theologically faithful view of marriage and sexuality, and practical guidance on how to embody the love of Jesus toward sexual and gender minorities. The course is based around “10 Conversations every thoughtful Christian should have about faith, sexuality and gender” (2 “conversations” per session). View Trailer

<https://cornerstonechurch.ca/grace-truth>

Freedom Session – A Healing Discipleship Journey

Freedom Session offers practical strategies in a supportive, Jesus-centered group environment to help you deal with real issues such as pornography, broken relationships, sexual woundedness and abuse, depression, anger, fear and various forms of addiction. Usually beneath these “symptoms” are a wounded and empty heart. Freedom Session is a proven healing discipleship journey that uncovers the roots of pain in your life and invites Jesus to heal those areas of your heart. Program runs from October to March each year at Cornerstone.

For more info and to join the wait list visit <https://cornerstonechurch.ca/freedomsession>

The Journey Course (for individual use with an ally)

A 5-month path to freedom from sexual brokenness. Designed for individual use (with the support of an ally) this video-based resource helps you to identify the unaddressed and unresolved stories of your life, pinpointing past harm and highlighting the current roadblocks keeping you from freedom. Your sexual brokenness reveals your unique path to healing. You can outgrow unwanted sexual behaviors and this course will show you how.

<https://www.thejourneycourse.com>

Helping Parents Love

An online Christian support group for Christian parents with LGBTQ children. Using the *Parenting LGBTQ Kids* curriculum, parents join a virtual group that meets for 3 months in weekly 90-120 minute Zoom meetings (new groups start periodically). Each group is led by facilitators who will foster a safe and confidential space where participants can share vulnerably without fear of judgment. To help all families feel represented, each group will have both a facilitator with an LGB kid and a facilitator with a trans/nonbinary kid. (Cost: \$149 USD; includes digital access to *Parenting LGBTQ Kids* curriculum).

<https://www.centerforfaith.com/helping-parents-love>

Parents Hope Support Group

A support group for parents whose daughters are either trafficked, working in the porn industry, or have a FansOnly page. Contact Lydia Wallace at parents.hope@lifeworthy.ca. See also lifeworthy.ca/parents-hope for more info, resources and services.

CHILDREN’S AND YOUTH RESOURCES

Resources for Parents of Younger Children

Cornerstone’s Children’s Ministry offers practical advice and curated resources to help you guide and protect your kids in a “pornified” world.

www.cornerstonechurch.ca/protectkids

Resources for Parents of Youth

Cornerstone’s Youth Ministry offers practical advice and curated resources to help you guide and protect your teenager in a “pornified” world.

www.cornerstonechurch.ca/protectyouth