



# Family Guide

## UNDERSTANDING OUR DIFFERENCES A LATTER DAY GUIDE TO LGBTQ+ DISCUSSION

Members of the Church of Jesus Christ of Latter-day Saints are encouraged to study gospel topics and hold weekly discussions centered on topics that are important to their individual families. This guide will assist you in presenting and understanding the topic of sexual attraction and discussing the subject of gender dysphoria. These materials can help increase empathy and understanding toward members of your family, your circle of friends, other church members, and society in general.

*"We need to listen to and understand what our LGBT brothers and sisters are feeling and experiencing. Certainly, we must do better than we have done in the past so that all members feel they have a spiritual home where their brothers and sisters love them and where they have a place to worship and serve the Lord."*

M. Russell Ballard | Apostle



# Prepare

This resource manual will guide your Family Home Evening, home-centered church meetings, or dedicated family discussion time to facilitate an LGBTQ+ conversation.

- How many LGBTQ+ individuals do you know who are fully integrated into the Gospel?
- Are your home or gospel lessons a safe and supportive place for them?

Prayerfully study the following scriptures and resources:

- How can you help your family desire to follow the Savior's example to love our neighbors as ourselves?

[Matthew 22:37-39](#) (Love thy neighbor as thyself)

[John 13:35](#); [John 15:12](#) (Love one another)

[John 9:1-3](#) (The blind have not sinned)

[1 Nephi 11:16-17](#) (We have limited understanding)

[2 Nephi 26:33](#); [Acts 10:34](#) (All are alike unto God)

[D&C 42:24-25](#) (The law of chastity)

All content from [Same-Sex Attraction on the Church's website](#), especially: the [VIDEOS section](#).

[Video: "The Mackintosh's Story"](#) : Produced by the Church

[Video: "LGBT People Who Live God's Laws Can Fully Participate in the Church"](#) : Elder D. Todd Christofferson

# Discuss

Choose from these ideas and introduce the lesson:

- How many of us know one or more individuals who experience same-sex attraction—including friends, family, colleagues, or other Church members?
- Can a temple-worthy, active Church member legitimately describe themselves as “gay”?
- Do individuals exercise a choice in whether they experience same-sex attraction?
- Can a temple-worthy, active Church member legitimately describe themselves as “gay”?

Understanding the terminology:

Sometimes it is difficult to use words we are not familiar with or accustomed to using. Here is a quick understanding of the term LGBTQ+:

**Lesbian.** Women who experience sexual, romantic, physical, and/or spiritual attraction to other women.

**Gay.** Men who experience sexual, romantic, physical, and/or spiritual attraction to other men.

**Bisexual.** A person who experiences sexual, romantic, physical, and/or spiritual attraction to people of their own gender as well as people of an opposite gender.

**Transgender.** A person who lives as a gender other than that expected based on sex or gender assigned at birth. Sexual orientation varies and is not dependent on gender identity.

**Queer.** The term is a simple label to explain a complex set of sexual behaviors and desires. “Queer” is generally used as an umbrella term to refer to all LGBTQ+ people.



# Misconceptions

Each of the activities below will help your family members increase their understanding of individuals who experience same-sex attraction and/or gender identity. Following the inspiration of the Spirit, select one or more that will work best for your family dynamic:

- Show the video [“An Introduction from Elder L. Whitney Clayton”](#) and ask if anyone is surprised by the message and why.
- Read together [John 9:1-3](#) and ask if this applies to those who experience differing sexual attractions? Read and discuss [“The Lord Need’s You Now!”](#) Ensign, Sept 2015, 29.
- Ask how individuals should respond to a family member telling them they experience same-sex attraction. Show the video extract [“The Mackintosh’s Story”](#) (02:53 – 04:49). Review the [Family and Friends section](#) of the Church’s LGBTQ website.
- Read together [Acts 10:34](#) and ask if it is acceptable for individuals who experience same-sex attraction to take the sacrament, hold callings, and perform temple ordinances? Show the video [“LGBT People Who Live God’s Laws Can Fully Participate in the Church—Elder D. Todd Christofferson”](#)
- Read together the [Transgender section of the Church website](#) including the section about support. Elder Ronald A. Rasband taught that people who experience transgender feelings *“need to be encircled in the arms of their Savior and know they are loved. So often the Lord calls on us; He expects us to be His welcoming, loving arms. We need to encourage their friends to do the same”* (“Jesus Christ Is the Answer” [evening with a General Authority, Feb. 8, 2019]).
- Read together the final paragraph of [“About Sexual Orientation”](#):

*“Attraction is not identity. People can make their own choices about how to identify. There are active, temple-recommend–holding Church members who comply with the law of chastity and identify themselves as gay, lesbian, or bisexual. There are active Church members who experience same-sex attraction and never choose to identify themselves using a label. Our primary identity will always be as a child of God.”*

# Support

Prophets, apostles, general authorities and even local church leaders officially taught many problematic statements about LGBTQ+ people. Current understanding and revealed experiences have proven many of those statements to be incorrect or misunderstood. Modern day church leaders, including prophets and apostles corrected some of these misconceptions. We must do better, as Elder Ballard taught, to understand the LGBTQ+ topic better than we have understood them in the past.

We can do better by understanding these simple truths:

- Those who experience a sexuality different than your own are not broken or in need of repair.
- Fervent prayers, faithful church attendance, priesthood blessings, temple attendance or mixed-orientation marriages are not viable “cures” or “fixes” to homosexuality or gender dysphoria.
- Homosexuality is not a disease and **cannot** be “overcome”.
- God loves each of his children. He did not create any of them by mistake. To believe such would require us to believe that God made a mistake in the creation of our brothers and sisters.
- Sexuality is not a learned or proselyted behavior. One will not become gay, lesbian, bisexual or transgender because of touch, association, or interaction.
- LGB brothers and sisters did not choose their sexuality. Most were aware of their sexuality at an early age. Their choice today is to live a full and well-balanced life, just as their straight brothers and sisters are able to live.
- We do not understand the reason why some people are born gay while others are not. We may never know—perhaps we shouldn’t know and that might be exactly as God intended it.
- Reparative or conversion therapy is ineffective and harmful.

# Love Better

Is it possible to support LGBTQ people, even attend the same gender marriages of our friends and family members, and still be good-standing Latter-day Saints? **Yes, it is!**

"Backing marriage equality on social media sites, including on Facebook or Twitter, is not an organized effort to attack our effort, or our functioning as a church."

"Latter-day Saints may hold beliefs even if they are different than what is taught from the pulpit."

"There hasn't been any litmus test or standard imposed that you couldn't support that if you want to support it, if that's your belief and you think it's right."

"We have individual members in the church with a variety of different opinions, beliefs and positions on these issues [LGBT] and other issues,"... In our view, it doesn't really become a problem unless someone is out attacking the church and its leaders — if that's a deliberate and persistent effort and trying to get others to follow them, trying to draw others away, trying to pull people, if you will, out of the church or away from its teachings and doctrines."

All elements of society, "including ourselves, have gained greater understanding, especially in recent years as we've seen more intercommunication, more sharing back and forth, more openness on all sides [on the] social and physical science issues and all the other pieces to the puzzle." The issue is now "coming into focus, but there are still a lot of questions we are seeking added understanding." "We are still learning."



Elder Christofferson | Apostle

# Resources

Being straight, gay, or bisexual is not something that a person can choose or choose to change. In fact, people don't choose their sexual orientation any more than they choose their height or eye color. It is estimated that about 10% of people identify as LGBT. Gay people are represented in all walks of life, across all nationalities, ethnic backgrounds, and in all social and economic groups. Being gay is also not considered a mental disorder or abnormality. In fact, there are almost as many LGBT people as there are people who are left-handed or red-headed. To understand that better, on average, 5-8 people in your ward are same-sex attracted. People within your own immediate family **WILL** identify as LGBTQ.

Although you might not know it now, your son, daughter, husband or wife could experience same-sex attraction. Creating more loving environments have allowed people greater opportunities of sharing their sexuality and increase their mental health.

Creating a friendly environment in your home will foster a place that is comfortable and welcoming to your family members who want to share their sexuality with you. As parents, none of us plan for or expect a child or even a spouse to "come out." Thousands of Latter-day Saint families are learning that their own children, relatives and neighbors experience same-sex attraction.

Prayerfully consider ways to make your home a place where your own family member could feel welcome to share this important and beautiful detail of their life.

- Create a home that promotes love and compassion
- Avoid sharing or "liking" homophobic or transphobic social media posts
- Invite your children to share their feelings on these topics
- Slurs, puns, gestures, and statements are noticed by people who remain closeted.
- Ask yourself: if you identified as LGBT, would you feel safe enough to "come out" to your own family?
- Listen to and learn about real life stories of people who identify as LGBT. When we know better, we will do better.
- Avoid pressuring your child into dating or inquire about their lack of dating prospects
- Understand and live the principle of unconditional love



## [Same Sex Attraction](#) | Official Church resource

This website is an official publication of The Church of Jesus Christ of Latter-day Saints on same-sex attraction. It is organized into three key categories: stories, beliefs and understanding.

## [Transgender](#) | Official Church resource

This website is an official publication of The Church of Jesus Christ of Latter-day Saints on gender identity surrounding the transgender experience. This resource features sections to understand and support transgender members.



## [Latter Gay Stories](#) | Podcast and Resources

Latter Gay Stories is a candid and open discussion podcast highlighting the many paths families and individuals take to find authenticity within their sexuality, religion, faith and spirituality. [Facebook link](#)



## [ListenLearnAndLove.org](#)

Listen, Learn & Love is a resource center hosted by Richard Ostler, former bishop and active Latter-day Saint. Bishop Ostler invites you to learn more about LGBTQ+ topics through shared experiences and open discussion.



## [Affirmation](#) | LGBT Mormons, Families and Friends

Affirmation is the world's largest LDS-LGBT support group. Represented by tens of thousands of participants and family members, Affirmation has chapters covering nations across the world.



## [For the Strength of LGBTQ & SSA Youth](#)

For the Strength of LGBTQ & SSA Youth | Designed for LGBTQ youth, allies, and siblings aged 12-18. To join, visit this private community page and send a message from there.