

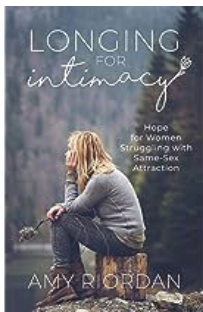


RECOMMENDED RESOURCES 2025

True Freedom Trust is a UK-based teaching and pastoral support ministry holding to the orthodox biblical view of sex, gender and relationships. Our desire is to be full of grace and truth as we teach God's word in churches, conferences and Bible colleges, and as we provide pastoral care for those who struggle with same-sex temptations and gender dysphoria.

We run regular conferences aimed at encouraging and equipping Christians to hold firm to biblical teaching and to trust in the God of all grace in the midst of struggles and temptations.

PERSONAL STORIES



Longing for intimacy: Hope for women struggling with same-sex attraction

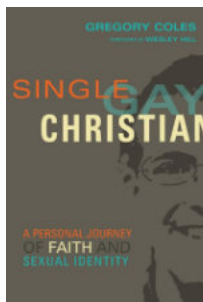
Amy Riordan

This is the story of Amy who struggles with same-sex attraction and how she discovered intimacy with Jesus to satisfy the deep longings of her heart.

Born Again This Way: Coming out, coming to faith and what comes next

Rachel Gilson

Rachel interweaves each chapter with the expounding of different Scriptures, including the relevant subject matter, life stories and experiences. The unexpectedness of each chapter is refreshing to read.



Single, Gay, Christian: A personal journey of faith and sexual identity

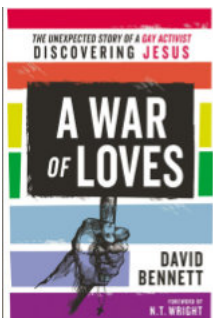
Gregory Coles

This autobiography is a deeply personal and honest picture of a man who wants to live for and find fulfilment in Christ, read, understand and obey Scripture, seek his calling in the church and pursue a life of celibacy by taking up his cross.

A War of Loves: The unexpected story of a gay activist discovering Jesus

David Bennett

Before he became a Christian, David Bennett wrestled with the question, "How can being gay and Christian be reconciled?" Yet David came to realise that Jesus really cared and loved people - all people! However he might resist it, the seed of the Christian faith was being sown. Jesus didn't give up on him.



Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality

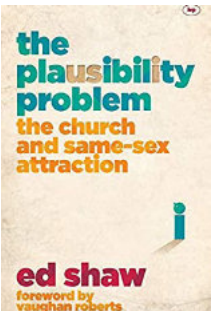
Wesley Hill

Wesley Hill offers a theological memoir on temptation, loneliness and the future hope of healing for gay men and women who want to be faithful to Christ.

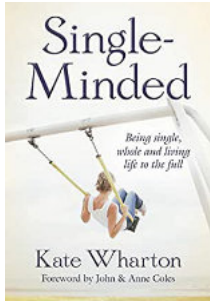
The Plausibility Problem: The Church and same-sex attraction

Ed Shaw

Is the Bible realistic when it talks about homosexuality? Shaw shows that the Bible's teaching seems unreasonable, not because of its difficulties, but because of missteps that the church has taken in its understanding of the Christian life.



SINGLENES



Single-Minded:
Being single, whole
and living life to the
full

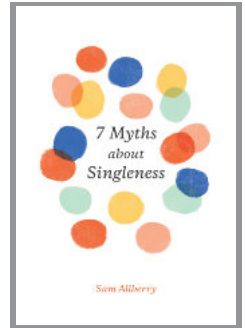
Kate Wharton

Kate considers the challenges facing singles, addressing the issues of being complete without an “other half”, staying pure... and dealing with pressures from both church and society.

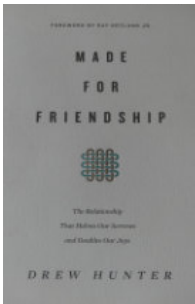
Seven Myths about Singleness

Sam Allberry

A read that highlights singleness as an exciting alternative to marriage. Singleness opens up doors to love God and love people more. Those who are single are assured that they are not alone – Jesus has already walked this path and the gospel is good news for everyone whether single or married.



FRIENDSHIP



Made for Friendship

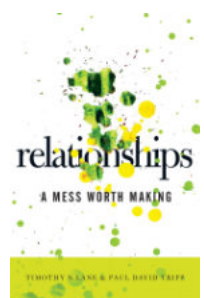
Drew Hunter

"It is not good for man to be alone". This book helps unpack the necessity of friendship for human flourishing and provides practical wisdom on how we can cultivate deep friendships.

Relationships:
A mess worth making

Timothy S. Lane & Paul David Tripp

This very practical book gets to the heart of our problems in relationships and helps us take a godly approach rather than shutting down. It helps us see deeper issues that drive our reactions. This isn't a simplistic manual on relationships. Rather it is a book focused on Christ and redeeming broken relationships.



ENGAGING CULTURE AND OUTREACH



A Better Story:
God, Sex & Human
Flourishing

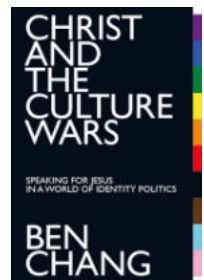
Glynn Harrison

A discussion about where our sexuality is designed to lead us and where all our longings can find ultimate fulfilment.

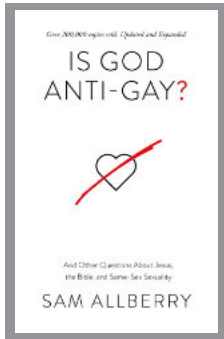
Christ and the Culture Wars

Ben Chang

Chang provides a brief history of four social justice movements, including gay pride and trans rights, before considering what a helpful Christian response does (and doesn't) look like.



BIBLICAL TEACHING



Is God anti-gay? And other questions about homosexuality, the Bible and same-sex attraction 2nd edition

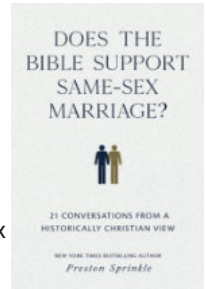
Sam Allberry

This short, readable book offers a positive and liberating way forward. It explains clearly and simply what we can say with certainty from the Bible about marriage, sexuality and same-sex attraction.

Does the Bible support same-sex marriage?

Preston Sprinkle

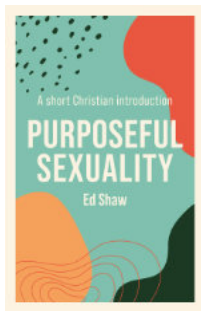
Preston Sprinkle argues carefully against 21 common objections to the orthodox reading of scripture around same-sex marriage and related topics. His approach models generosity in listening carefully to his opponents without compromising on truth.



Purposeful Sexuality

Ed Shaw

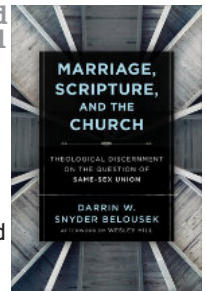
What is your sexuality for? Ed Shaw explores the Bible's deepest answers to this question in ways that will help everyone to appreciate and enjoy God's purposeful gift of sexuality – whatever their sexual orientation might be.



Marriage, Scripture and the Church: Theological discernment on the question of same-sex union

Darrin Belousek

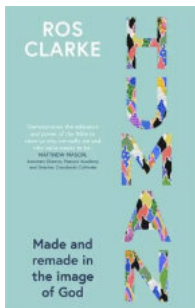
A scholarly book that asks whether the church should sanction same-sex marriage. Belousek examines a number of revisionist arguments and offers well researched responses to them.



Human: made and remade in the image of God

Ros Clarke

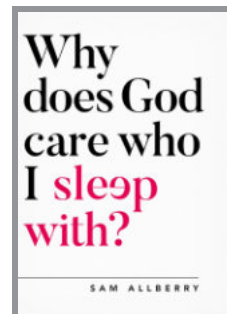
This book considers what it means to be human. Ros discusses foundational principles and their implications on sexuality, gender and identity before referring to Christ as the perfect human.



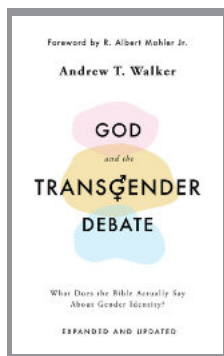
Why does God care who I sleep with?

Sam Allberry

A short book explaining God's boundaries for sexual morality. In a culture increasingly at odds with the Bible's teaching, we need more than just to know what the Bible's rules are, but be aligned with God's heart on this matter.



GENDER & IDENTITY



God and the Transgender Debate - Second edition

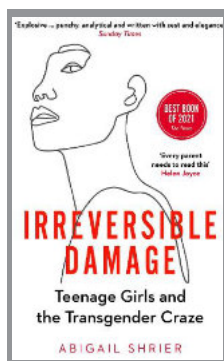
Andrew T Walker

A warm and pastoral book on the issue of transgender, with helpful principles for reaching out to those facing conflicts regarding their gender.

Embodied

Preston Sprinkle

A very clear, straightforward explanation of the trans issue and how those in the LGBTQ movement are seeking wholeness, happiness and acceptance in the wrong places.



Irreversible Damage

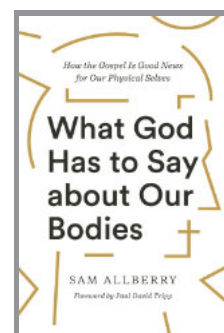
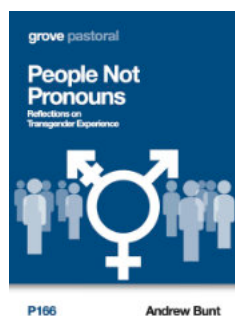
Abigail Shrier

A fascinating review of the current wave of adolescent girls in America suddenly identifying as non-binary and quickly progressing to trans. It is a secular book, but objective, sensible and balanced, broadly expressing a 'Side B' view.

People not Pronouns

Andrew Bunt

This short book gives an overview and a starting point for constructive discussion as we seek to live in a world with different values, and love, serve and relate to transgender people.



What God has to say about our bodies

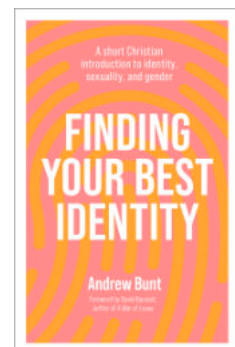
Sam Allberry

In this book, Sam Allberry explains that God has made our physical bodies as a central part of who we are. He also mentions gender, identity and sexuality with respect to the body. This is a thought-provoking book.

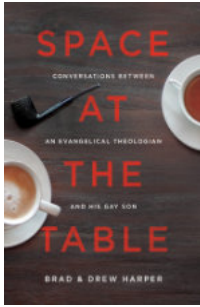
Finding your best Identity

Andrew Bunt

This book on identity is concise, clear and practical. Andrew Bunt applies his arguments particularly to sexuality and gender, but the principles he covers apply to us all.



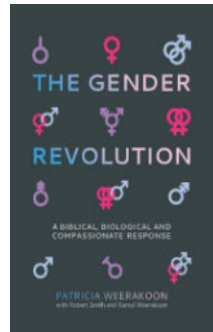
PARENTS & YOUTH



Space at the Table: Conversations between an Evangelical Theologian and his Gay Son

Brad and Drew Harper

Writing to each other with compassion, grit and humour Brad and Drew take us on their journey as parent and child, sharing both their struggles and their victories.



The gender revolution: A biblical, biological and compassionate response

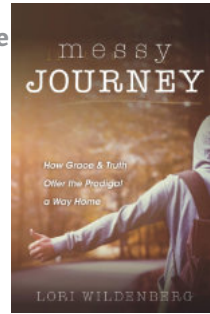
Patricia Weerakoon

This book provides a biblical basis for a contemporary Christian response to the complicated feelings and experiences of gender dysphoria.

Messy Journey: How Grace and Truth offer the Prodigal a Way Home

Lori Wildenberg

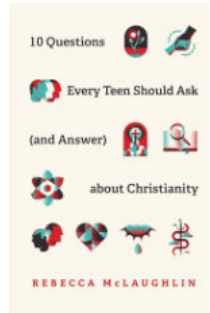
A book for parents with children who have taken what the book calls an 'unexpected detour'. The focus of the book is on the author's relationship with her adopted daughter, Courtney, who struggles with gender identity and same-sex attraction.



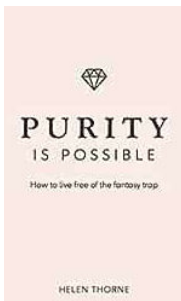
10 questions every teen should ask (and answer) about Christianity

Rebecca McLaughlin

Hard questions are answered in this book, such as: How can we believe the Bible is true? Why can't we just agree that love is love? Isn't Christianity against diversity?



PORN & TECH



Purity is Possible: How to live free of the fantasy trap

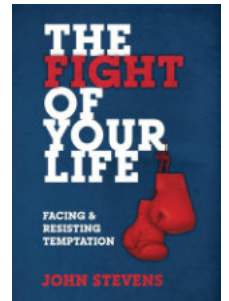
Helen Thorne

In this book, Helen Thorne writes with hope about how Christian women in particular struggle with fantasy and porn. She shows how purity is better and more satisfying than fantasy, and that it is possible for every woman.

The Fight of your Life: Facing & Resisting Temptation

John Stevens

A thorough consideration of temptation - both theological and practical - with plenty of references to sexuality and same-sex attraction in particular.





Covenant Eyes

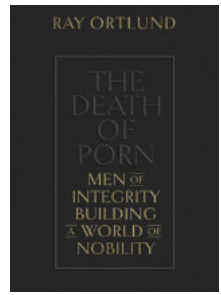
covenanteyes.com

Covenant Eyes is a subscription service, developed to help Christians combat the temptation to watch pornography online. The software monitors online activity, blocks unsuitable websites and sends reports to a trusted accountability partner.

The Death of Porn

Ray Ortlund

A shocking look at the damage done by the perpetrators of the 'industry' and those they employ, as well as to the users: *'It will give hope to men who have been misled by porn into devaluing themselves and others.'* Ortlund writes six personal letters, as from a father to his son. They are readable and pithy and contain helpful anecdotes and practical advice.



PODCASTS



Ascend Higher Podcast

truefreedomtrust.co.uk/podcasts

This podcast picks an article from each edition of True Freedom Trust's Ascend magazine and explores it with the author in a more conversational and in-depth format.

Living Out Podcast

livingout.org

Listen to the Living Out team interviewing a range of prominent Christians on matters to do with living godly lives while experiencing same-sex feelings.



Life on Side B

lifeonsideb.com/episodes

A podcast exploring the joys, beauty and challenges of living the traditional sexual ethic as LGBT+/same-sex attracted Christians.

Theology in the Raw

prestonsprinkle.com/theology-in-the-raw

Hosted by Preston Sprinkle, President of The Center for Faith, Sexuality and Gender in the US, this podcast takes a look at various theological issues, Christian ethics and current affairs. It frequently features thought-provoking episodes about sexuality and gender and includes guests from the US, UK and beyond.



LaurieKrieg

lauriekrieg.com/podcast

The purpose of the Hole in My Heart Podcast is to explore how the gospel is good news for everyone every day. The trio and their guests seek to place the sexuality/gender conversation in the midst of other real-life stories of the practical, gritty news of the gospel.

Your Other Brothers

yourotherbrothers.com

Your Other Brothers is a community of same-sex attracted men who "navigate faith, homosexuality and masculinity. Together." Don't get bogged down with the initial chat because with topics such as "Second Adolescence" and "Gay Representation in the Media", this podcast has depth, is enlightening and interactive. Women will enjoy it too!



VIDEOS

Living Out

livingout.org/resources/stories

Living Out has a series of video testimonies along with blogs, talks and articles encourage the faith of those who experience same-sex attraction and gender dysphoria and those who support them.



Center for Faith

ondemand.centerforfaith.com

The Center for Faith, Sexuality and Gender have gone to great lengths to ensure the courses they offer are the most comprehensive teaching and engaging experience you'll find on faith, sexuality & gender.



BLOGS



Think Theology

thinktheology.co.uk/blog

Think Theology started as a blog within the New Frontiers movement, but now is wider than that. Look out particularly for articles on same-sex attraction and transgender by Andrew Wilson or Andrew Bunt and articles on singleness by Jennie Pollock.

Psephizo

psephizo.com

Ian Paul's aim for his blog is to "post my own, original research, observations and reflections, often relating to study, teaching or ministry I am engaged in." He often writes on the topic of same-sex attraction and the church as a community in a stimulating and thought provoking way.



The Center for Faith, Sexuality and Gender

centerforfaith.com/blog

This blog is by the same organisation that produces the "Theology in the Raw" podcast and is overseen by Preston Sprinkle. As well as producing thoughtful and well-researched articles on sexuality and gender, this website includes some excellent free pastoral papers for both individuals and church leaders.

Equip

equipyourcommunity.org/blog

Equip is an American ministry led by Pieter Valk. The blog covers a wide variety of issues and aims to help churches become places where LGBT+ Christians can thrive while holding onto traditional biblical teaching.



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