



Understanding LGBTQ+

People who identify as LGBTQ+ navigate life through the lens of identity, relationships, faith, and belonging. Supporting someone well means recognizing the spiritual, emotional, and physical layers of their experience with empathy and truth.

Spiritual Aspect

- **Faith and identity tension:** Many LGBTQ+ individuals wrestle with how their identity fits with their faith or church community.
- **Desire to be known and loved by God:** Questions like “Does God still love me?” or “Do I belong here?” are deeply spiritual and deserve thoughtful, prayerful responses.
- **Spiritual care includes presence:** Walking with people through their questions, pointing them to Jesus, and affirming their dignity as image-bearers of God is vital.

And I am convinced that nothing can ever separate us from God’s love. -Romans 8:38

Emotional Aspect

- **Complex emotions:** Shame, fear of rejection, loneliness, and anxiety are common—especially for those who have experienced exclusion or judgment.
- **Need for belonging:** Everyone longs for safe spaces to be heard, valued, and loved without conditions.
- **Emotional care includes listening:** Compassion, humility, and a willingness to sit with people in their story can lead to real healing and trust.

Be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. -Ephesians 4:32

Physical Aspect

- **Real-world impacts:** LGBTQ+ individuals may face bullying, strained family ties, mental health challenges, and sometimes homelessness or unsafe environments.
- **Physical well-being matters:** Sleep, safety, nutrition, and mental health support are often overlooked but are essential parts of care.
- **Physical care includes protection:** Advocating for safety from abuse, bullying, or unsafe living conditions. And, creating environments where it’s safe to be honest without fear of judgment or harm is part of loving people practically.

Share each other’s burdens, and in this way obey the law of Christ. -Galatians 6:2

Final Encouragement

Every person, regardless of how they view their identity, is made in God’s image, deeply loved, and worthy of care. Conversations around faith and sexuality are sensitive—so approach with grace, truth, and a heart that reflects Jesus. Listening well often speaks louder than having all the answers.