

Help 4 Families November Newsletter- Making Mountains out of Molehills.

I had sex reassignment surgery and full legal rights as female; however, I found my once-euphoric new life had diminished. I had become emotionally burdened with fear, anxiety, guilt and shame. I was making “mountains out of molehills,” with tendencies to overthink and exaggerate the most routine tasks and minor issues. I had an ever-present sense people were staring at me when in public and I feared potential confrontation.

I was uncomfortable using a public women's restroom or changing room, even with legal entitlement. I hated my male voice and dreaded being called “sir” when using the telephone. I found myself pining for acceptance and affirmation; any critical look or minor disagreement could leave me distressed for days. I eventually lost my career, primarily because I was afraid to confront difficult people and situations.

I was in deep depression, self-hating and without hope. Fortunately, God's Holy Spirit was knocking at the door of my heart with His love and absolute truth. I saw my emotional distress was the result of a troubled conscience and soul. I was not living in truth, regardless of surgery, legal declaration, and proclamations of diversity, and tolerance. Identifying as a woman was attempting to fulfill the lust of my flesh, with the end result being bondage to sin and rebellion. God's Holy Spirit led me to the cross of the Lord Jesus Christ, to believe His death, burial and resurrection atoned for all my sins.

I am now a child of God and have a desire to obey the Lord's commands rather than rebelling against Him. I realized the necessity to honor the Lord by living in truth, and returned to my true birth male identity. I learned to give thanks to God for His many blessings in my life, including my born male sex. Faith in the Lord Jesus Christ has broken my emotional chains of guilt, shame and fear and I am no longer making mountains out of molehills. The Lord granted me grace, mercy and forgiveness by faith and repentance. My soul is anchored with faith, peace, thankfulness, and freedom by knowing and living in the truth.

John 8:32 And ye shall know the truth, and the truth shall make you free