

# **WALK BY FAITH** NOT BY SEXUALITY

**A CHRISTIAN THERAPIST'S JOURNEY  
NAVIGATING BISEXUALITY AND FINDING  
PEACE WITHIN**

**A THERAPEUTIC PROTOCOL BASED ON  
BIBLICAL PRINCIPLES**



**TERRY REESE**  
**SCOTT BEYER**

**FOREWORD BY RICH WYLER**

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Faith-Based, Acceptance, Abstinence, Congruency, & Practice Therapy

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# **Walk by Faith, Not by Sexuality**

**A Christian Therapist's Journey Navigating Bisexuality and Finding Peace Within**

**A therapeutic protocol based on Biblical principles**

by

**Terry Reese and Scott Beyer**

Forward by Rich Wyler

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Contact Information:

[terry@biblicalsexualintegrity.org](mailto:terry@biblicalsexualintegrity.org) or [scott@biblicalsexualintegrity.org](mailto:scott@biblicalsexualintegrity.org)

## FOREWORD

Terry Reese is a man of courage.

Over the past 20-plus years, I've spoken with, mentored, coached, or otherwise worked with thousands of men who were conflicted over their same-sex attractions—men who found those attractions to be incongruent with their faith, beliefs, values, identity, and life goals. Very few of these men have had the courage to share their journey publicly for the benefit and hope of others.

Terry is one of the courageous few who has.

I first witnessed Terry's courage and openness in 2022 when he took the risk to participate in a weekend-long, deeply intensive workshop for men who are working through aspects of their incongruent same-sex attractions. I had pioneered the program, called "Journey Into Manhood," 20 years earlier and have since seen thousands of men ages 21 to 78 participate in order to vulnerably explore and heal their inner world. It is all too rare to see professional counselors who have the humility, curiosity, and courage to attend as just another participant rather than to insist on presenting themselves as a mental-health expert who is above the need to do any healing work himself. But Terry immersed himself in the work. And his life has changed because of it.

Having walked this challenging journey himself, he now openly follows the same direction the Lord gave to Peter: "When you have repented and turned to me again, strengthen your brothers" (Luke 22:32 NLT). Or, as this idea is phrased in the Twelfth Step of the addiction recovery programs, "Having had a spiritual awakening... we tried to carry this message to others..."

But Terry gives the reader much more than the benefit of his rich personal experience, as powerful as that is. He also shares his deep Christian faith and personal, healing relationship with Jesus Christ. And third, he brings the clinical experience of a trained and licensed professional counselor with decades of experience. This powerful

combination of experience reminds me of Ecclesiastes 4:12: “A cord of three strands is not quickly broken.”

And, knowing the power of witnesses (2 Corinthians 13:1), Terry has invited his close friend Scott Beyer, a dedicated preacher of the gospel of Christ, to join him in this work by providing wise and insightful biblical commentaries that affirm the truths of the principles shared here. Scott’s perspective is especially poignant in that Scott has personally walked alongside Terry since 2006, supporting him through the messiness and beauty of struggle and redemption. Scott’s contributions to this book are invaluable. In fact, their collaboration has culminated in the creation of a faith-based framework and clinical protocol that helps men respond to same-sex attractions in a biblically faithful way.

When Terry asked me to support and advise him as he and Scott developed *Walk By Faith Not By Sexuality*, I was honored, of course. But I was particularly struck by the four key biblical principles on which he has based his book and therapeutic protocol: Acceptance, Abstinence, Congruency, and Practice. I had similarly developed four foundational principles of healing and growth when I developed *Journey Into Manhood in 2002: Masculinity, Authenticity, Needs Fulfillment, and Surrender*, or what we call M.A.N.S.® principles. Terry and I were both struck by the intersecting truths we had separately uncovered.

I have always believed that truth shows up in many different places and is reinforced in many different ways — but that it is always congruent with biblical truths. That is what Terry and I have found in following our separate calls to “strengthen our brothers.”

I believe that you will recognize the truth and feel the hope that Terry and Scott share with you in *Walk By Faith Not By Sexuality* if you will listen with your heart as well as your mind. The principles they teach, if followed authentically, have the power to change lives.

Rich Wyler

Founder and Director

Brothers on a Road Less Traveled (“Brothers Road”)

## Overview

**Audience:** We wrote this book primarily for Christian men of faith, and the women who love them, who experience same-sex attractions that do not align with their deeply held values and beliefs. We want to come along side those who have struggled to feel accepted by the church because of their sexuality. In addition, this book presents a model for congregations to stay true to biblical principles while actively supporting healing for the men in their church.

**Goal:** The goal of this book is to help men align their values with their SSA experience and find inner peace, and perhaps the byproduct is to begin boasting about their weakness. As 2 Corinthians 12:9-10 notes, “And He said to me, My grace is sufficient for you, for power is perfected in weakness. Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me. Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak then I am strong.”

**Faith-Based Acceptance, Abstinence, Congruency, and Practice Therapy** is a Christian-based, biblically congruent protocol developed for Christian leaders and faith-based counselors. These biblical principles help conceptualize how to apply the guidance woven throughout Scripture to those struggling with sexual incongruency while seeking alignment with their faith.

Note: Scriptural references throughout are from the New American Standard Bible (NASB) 1995

### **ACCEPTANCE**

God loves and **accepts** us just as we are!

(Romans 15:7; 1 Timothy 1:15)

### **ABSTINENCE**

God calls us to **abstain** from fleshly lusts which wage war against the soul.

(1 Peter 2:11; 1 Thessalonians 4:3)

### **CONGRUENCY**

God calls us to live in **congruency** by confessing our struggles and sharing our burdens.

(Acts 19:18; 2 Corinthians 12:9-10)

### **PRACTICE**

God calls us to **practice** (not to perfect) truth, light, and righteousness.

(John 3:21; 1 John 3:7)



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## Chapter 1

### “And Such Were Some of You”<sup>1</sup>

Hi, I’m Terry.

I am a Board-Certified Professional Christian Counselor who specializes in treating addictions and trauma. I also offer Christian counseling and mentoring to those who experience distress over same-sex attractions that conflict with their faith and values. Approximately half of my case load is working with couples, and I am one in a pool of therapists available to students in need of counseling at a Christian university. If asked to state my sexuality in one sentence: I am a heterosexual male who is faithful to my wife, and I have a bisexual arousal template.

Throughout my lifelong journey, incongruent sexual feelings did not align with my Christian values until I really began paying attention to what the Bible had to say on the subject. When I truly listened to Scripture, while ignoring what culture and even some in the church were teaching, I found peace. God loves me deeply just as I am (Romans 8:38-39) while calling me, and all of humanity, toward a deeper spiritual plain.

Many in society may view sexual orientation and an arousal template as inseparable, and in some ways they are. However, there are cultural considerations that impact one's lived experience. An arousal template can be different from a person's identified sexual orientation. An arousal template is a set of characteristics that someone may find to be captivating. It can include types of sexual activities, body features (feminine/masculine), body parts, situations, places, or even storylines that one finds to be alluring.

Sexual orientation is often how a person identifies within a culture (heterosexual, homosexual, bisexual, pan-sexual, etc.) as an indication of how a person may be living out his or her life within relationships or sexual expression. An individual can have a bisexual

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<sup>1</sup> 1 Corinthians 6: 11

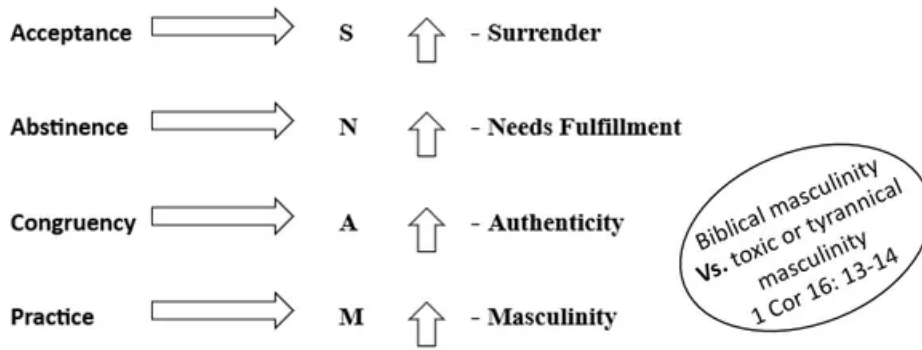
arousal template while identifying as, and living as, heterosexual within their culture. This is my lived experience.

For me, and many others whom I have come to know, incongruent sexual feelings have created life-long internal conflicts, isolation, and even deep-seated emotional wounds.

As a teenager and young adult, I experienced the internal conflicts between an ever-increasing hypersexualized culture and a faith community that is often silent or critical on issues of sexuality. This led me down the path of self-destruction and addiction. After hitting bottom in 2001, I began a journey of seeking greater understanding and self-acceptance. I began coming to terms with my sexuality. I began being open about it while living congruently with my faith. I began celebrating my salvation rather than my sexuality, which wasn't easy, but God has opened doors I never thought possible.

I began working with my dear friend Scott who serves as an Evangelist. Together, we developed a therapeutic protocol to conceptualize spiritual, emotional, and sexual journeys like mine within a biblical framework. We have summarized the path by focusing on the Scriptural principles of **acceptance** (accepting God's will, accepting ourselves, and receiving His acceptance of us), **abstinence** (from acting on same-sex desires), **congruency** (being authentically known), and **practice** (righteous living). Thus, we have come to call this protocol Faith-Based Acceptance, Abstinence, Congruency, and Practice therapy (AACP).

As we developed this framework, along the way we encountered four "MANS® principles" of Masculinity, Authenticity, Needs Fulfillment, and Surrender, as taught by the nonprofit community called Brothers Road ([www.brothersroad.org](http://www.brothersroad.org)), with which I have found a particular affinity. Together, the AACP pillars and the MANS principles have helped me to live authentically and in harmony with my faith, values, beliefs, and life goals.



In short, FB-AACPT is about biblical sexual integrity. I have met many people from all walks of life and differing backgrounds who follow this same formula as their lived experience. Knowing these courageous people has been a blessing.

The problem with applying “Band-Aid healing” to bullet-wound issues is that those wounds never fully heal. In my life, I sought help from well-intentioned people without ever giving them the opportunity to fully show up by knowing the full extent of my struggles. Why is that? Why did I have such fear of sharing my whole story? I always respect those who share their woundedness and humanity. It does take courage, because doing so brings with it the risk of rejection. However, when it came to sharing my own story and struggles, I felt paralyzed.

In 2004, while running on the treadmill in the U.S. Coast Guard Sault Ste. Marie’s military base gym in Michigan, I watched the television news with great interest. A press conference was underway of the New Jersey governor resigning from office after admitting to an extramarital affair with another man. He stated, “At a point in every person’s life, one has to look deeply into one’s soul, and decide one’s unique truth in the world, not as we may want to see it, or hope to see it, but as it is. And so, my truth is that I am a gay American. And I am blessed to live in the greatest nation with the greatest tradition of civil liberties in the world, and a country that provides so much to its people.”

I have thought about that press conference on many occasions, pondering my own truth. I had respect for the governor for openly stating his beliefs even though I see the world differently. If I were to stand in front of a podium today, I would say something like this:

“I stand before you today with my wife, Holly, at my side. We stand as one flesh joined together by God’s divine power. First and foremost, I share the truth about my life and experience to give voice to that golden child within who, years before, attempted to end his life. He cried out to the Lord and Savior, Jesus Christ, and the Lord answered the boy’s call.

“The truth is that I am a heterosexual male with a bisexual arousal template. Regardless of this truth, God beckons me to His kingdom with great enthusiasm. There have been times in my life that I have desired nothing more than to throw myself into the pursuit of satisfying every form of sexual lust. However, I have searched God’s word on such matters and sought His guidance. His words to me are clear: God loves and *accepts* me for who I am, but he calls me to *abstain* from lusts waging war against my soul, and He strengthens me to be *congruent* in my testimony while *practicing* righteousness.

“My wife knows my struggles with same-sex attraction and isn’t bothered by them. I choose to live a heterosexual lifestyle, embracing my masculinity just as God designed me, while living in alignment with Scripture. These are my values. These are my beliefs. Living my life according to our Creator’s instruction is most important to me because I realize this world is only temporary.”

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Hi, I’m Scott.

I have been a preacher of the gospel of Jesus Christ since 1999. I did not grow up in a religious home, but during high school I came to understand that the Bible was more than a mere collection of religious writings and human ideals; it was a book that only God could write. Until I was introduced to the Bible through Jenna, the woman who would eventually become my wife, I lived an irreligious life and struggled with the impact that a selfish existence has upon all of us. I believed the myth that the Bible and religion were based upon faith, and that anyone reasonable or aware of modern science would disregard it. It was only once I came to see the evidence and the reasonable nature of Christianity that I accepted the Bible for what it is – God’s Word.

My wife Jenna and I have been married twenty-three years (as of 2023) and have eight children. We have been blessed to grow our family through adoption. Through that process we have come to learn many lessons about life, trauma, and the difficulties that life without God can have on adults and children alike.

I've been blessed to be able to dedicate the last two decades of my life to preaching and teaching the Bible both publicly and privately. I have seen time and again through my evangelism and counseling that the messages of the Scriptures work. We are designed by God, and the Bible is His instruction manual for living. When we ignore it, we become broken, dissatisfied, and helpless. When we return to our Creator and trust His plan, He can take us from depths of hopelessness to heights of restoration and purpose we never thought possible.

Terry and I met during my time preaching in Monroe, Washington. I consider Terry a wonderful friend and am happy to offer a Biblical worldview to his therapeutic protocol. The ideas Terry has implemented in his therapy to help those struggling with same-sex attraction or sexual incongruency are clearly seen in the Scriptures. The early church dealt with many of the same humanistic and sexually charged cultural problems that ours does today, and God gave them the tools and patterns to accept where they were: abstain from what was sinful, speak honestly of what they had been through, and practice a new life in Jesus the Christ. This should be of great comfort to us today. As Solomon said in the book of Ecclesiastes 1:9, "There is nothing new under the sun." Today's problems are human problems, and human problems can be redeemed with God's guidance.

Terry's struggles are all too common. Unfortunately, the most surprising aspect of Terry's journey is that he didn't give up. Far more often in this hyper-sexualized culture, young men and women are experiencing deeply traumatic things at a very young age, encountering sexual situations far too young and growing up in deeply unstable households. Because of these experiences, many of them are turning away from God instead of drawing toward Him.

The culture we live in is busy turning morality upside down. This cultural-social experiment matches the words of Isaiah:

"Woe to those who call evil good, and good evil; Who substitute darkness for light and light for darkness; Who substitute bitter for sweet and sweet for bitter!" (Isaiah 5:20)

Marriage is exchanged for cohabitation without commitment, divorce is rampant, vows are broken, sexual abstinence is scorned while unfettered sexual exploration is encouraged -- and the results are in. We are less happy, less committed, and less at peace. The social experiment of life without God at the center is a complete failure, and children who eventually become adults are left carrying the burden of life without a good foundation.

The culture we live in is faith-inhibiting. To be a Christian who lives by their convictions and chooses to abstain from sin (sin that is often pleasurable in the short-term) for the sake of our faith in Jesus is ridiculed. Finding a therapy with a faith-based worldview is often discouraged, and true healing is inhibited because of it.

Sexually "deviant" behavior (deviant meaning behavior that *deviates* from God's plan for traditional marriage and complementary gender roles) is celebrated in society today. The humanistic culture of today demands more than just acknowledgment; it demands affirmation... this poses a very real problem for the Christian struggling with same-sex attraction.

A Christian with same-sex attractions recognize what the Bible says about homosexuality, and like all humans, they also deeply yearn for community and affirmation. The Bible offers another option: building acceptance and community within the church through acknowledgment of the individual and praise of their efforts toward abstinence. It is honorable to acknowledge one's struggles and it should be honored amongst God's people! Can the church build a sense of community so that those struggling with SSA do not feel isolated, but acknowledged and embraced as they seek to follow God's will? I believe they can.

This is not a new problem.

The life of Samson in Judges 13-16 is an excellent example of the struggle with sexual sin that happens when people feel lonely. Samson's life is a living proverb on what

happens to far too many. Samson's life is a story of loneliness. He fights a lonely war as a solitary soldier, without friends, without companions, and rejected by even his own countrymen. His life is social distanced to the max.

This isn't an excuse for Samson's behavior, but the Bible does lay out a clear explanation of how he got to the stage of his life for which he is most well-known. Samson, in this loneliness, becomes a womanizer. He visits harlots, he wanders from one sexual encounter to another, and eventually he gets caught in the web of a woman named Delilah who leverages his lonely love-seeking heart to trap him and destroy him.

If you read Samson's life carefully, you will see the story of a young man who grows up without many healthy relationships and then makes bad choices trying to fill a void in his heart. His behavior isn't acceptable, but it is understandable. So many men and women are living Samson lives, using sexual sin to replace emotional trauma, but the hole just gets bigger instead of being filled.

This is where the church comes in. God's people are meant to help re-establish healthy relationships in the lives of those who have been damaged by sin, trauma, and poor guidance during childhood. Older men are to become father figures to younger men (see 1 Timothy 5:1), and older women are to encourage younger women to embrace their God-given femininity (see Titus 2:3-5). The church is meant to work like an organism, a body, to send energy to heal the wounds of the various parts and strengthen them (see Ephesians 4:15-16). However, this is hard to do if the church does not take an active role in embracing the wounded.

Unfortunately, while the culture is busy talking openly about sexual desires, promiscuity, and every possible facet of sensuality, the Lord's people are very hesitant to speak openly. I suspect this is for multiple reasons. One reason is a sense of modesty and decorum – God's people value the intimacy of the sexual relationship and are tired of it being treated as a commonplace topic by the world. We wish to treat it as sacred and honored (see Hebrews 13:4). This desire to avoid lewd speech or sensationalism can lead us to not talking about the topic at all. This is a mistake.



Another reason is shame. The data is clear that pornography usage and sexual deviancy are problems among religious people, too. It is not just those outside of Christ who are being trapped in sexual sin; the snares of the devil have infiltrated the computer screens and bedrooms of Christians, too. Without confession, there is no healing, and without healing, those who should be prepared to openly help the next generation are still silently suffering with their own regrets, shame, and guilt. Hidden sin creates multi-generational problems.

However, it doesn't have to be this way. God's people have a roadmap, through the Scriptures, to defeat sexual sin and openly accept forgiveness. When fornication, adultery, and homosexuality were called out in the Corinthian church by the apostle Paul, he openly affirms, "such were some of you" (see 1 Corinthians 6:9-11).

This means that the church in Corinth was aware of these sins in more than just an abstract way existing within the culture – they personally knew Christians who had successfully repented of those sins and were now pursuing a life of abstinence from sin, peace with God, and a practiced faith. This is no small thing! This meant that on any given Sunday, someone struggling with same-sex attraction, fornication, etc., would be able to recognize that someone else in the pew had struggled and prevailed against the very sins that were currently haunting them. Those in the battle could be openly mentored by those who had already claimed victory.

The Scriptures provide that path to full recovery from sexual sin and a life that is congruent with both where you have been and where you are going. In Christ, there is both hope and redemption. The church should provide that sense of community to those seeking acceptance, willing to abstain, claim their place in God's kingdom, and practice His ways.