

PFOX

The Official Newsletter of Parents and Friends of Ex-Gays and Gays

The Joy of the Lord Is Our Strength

By Flo Hubbs, director of PFOX

Here are some heartfelt questions for parents: Have you allowed your child's or other loved one's homosexuality or gender confusion to overshadow your love and devotion to the Lord?

The last thing you might feel like doing is to praise God. We are only human. We can get devastated. Heartbroken. How in the world can we lift our hands and worship our Lord?

We can start by being grateful for something and asking God what He requires of us. Worshiping God takes an attitude of openness and sincerity, especially during difficult times.

Throughout the Bible, people worshiped God in the middle of tough situations. Psalm 34:1 says: *"I will bless the Lord at all times: His praise shall continually be in my mouth."*

Some timeless examples

Abraham and Sarah had prayed as a young couple for the family blessings of children. They remained obedient to God and praised Him even though it didn't happen as they grew old. Then, God blessed them with the miraculous birth of Isaac.

After crossing the Red Sea, Moses and Miriam had the nation sing a song of praise before going forward. Joshua was told to have the people march around Jericho for six days with the Ark of the Covenant while the priests



blew trumpets. On the seventh day, the people shouted as instructed, and the walls came down. Recent excavations in the Holy Land have revealed that Jericho's walls fell outward, an otherwise impossible outcome for a besieged city.

These are just a few examples of people in the Bible who praised God out of obedience regardless of circumstances.

Praise is an act of obedience, which may not come easy.

At times I forget to lean and trust

completely on the Lord. I have learned the importance of complete trust in God—and to praise Him. Even when we do forget to worship God or praise Him, His grace calls us back to Him.

Not a matter of mood

You don't have to pretend you are in just the right mood to praise God. Tell him, "I feel terrible and distant from You right now, but I will praise You anyway." We need to praise God with our hearts, even though we may feel broken. He will meet us right where we are, and eventually we will indeed see the power that flows from praising Him.

As Nehemiah 8:10 says, *"The joy of the Lord is my strength."*

Likewise, Hebrews 13:15 says, *"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name."*

A sacrifice of praise means that we do not allow circumstance to overshadow our love and devotion to the Lord. In these hard times we must not fail to call on the name of Jesus. Continue to bring your child to the Lord in prayer and leave him or her on the altar of your heart's devotion to God. He created each of us, and He loves your child. Most importantly, we need to know we cannot and should not try to do this alone; it is with Jesus through the power of the Holy Spirit that we can offer a sacrifice of praise—especially when we don't feel like it.

True worship is a response that requires the very core of who we are to love the Lord for Who He is, not just for what He has done. True worshipers of the Father will worship in spirit and in truth. Worshiping involves all of our heart, mind and will. The more we spend time with our Lord, the easier it is to praise Him.

If you are feeling stuck, I encourage



you to read and reflect on Psalm 103. As you praise and worship God, write and sing your own praise song!

PFOX board in action

We are very pleased to announce that Mark Culligan, founder of New Hearts Outreach in Tampa, just joined the PFOX board. For more information about his ministry, go to <https://nhotampa.com>.

Recently, one of PFOX's Board members, Denise Shick, wrote "Moving Forward in Hope: A Devotional for Families of the LGBT+ Loved Ones." It is currently available on Amazon.

Denise and fellow PFOX board member Stephen Black will be part of a conference, "God's Voice: A Biblical Response to LGBTQ+ Tyranny," on May 6-7 in Oklahoma City. In addition to Denise and Stephen, speakers include

Dr. Everett Piper, Dr. Quentin L. Van Meter, Dr. Scott Lively, David Pickup, M.A., Laura Leigh Stanlake, Peter LaBarbera, Rev. Al Baker, and M.D. Perkins. For more information: www.godsvoice.us.

PFOX continues to offer phone conference support on the 2nd & 4th Mondays of each month. Please contact info@pfox.org for the phone number.

This spring, PFOX is rebuilding our website. Please consider a donation of any size.

Thank you for all of your prayers. Please know that you are continually in our prayers.

God bless,

Flo Hubbs
PFOX Director

Family & Friends Prayer List | Joel, Lance, Mary Beth, Tom, Sean, Stan, Christopher, Lucas, Beth, Elaine, Joshua, Benjamin, Hampton, Cheryl, Stacy, Carol, Mattie, Nicole, David, Bob, Rose, Steve, Ronald, James, Madeline, Jesus, Rick, Gary, April, Maureen, Jen, Michael, Eric, Allen, Sara, Damon, Sam, Matthew, Deborah, Corey, James, Jeffery, Melanie, Stan, Brooke, Lisa, Emily, Tyler, Jim, Chad, Brett, Charles, Brian, Jerome, Pamela, Kelly, Tim, Roger, Gaetano, Christian, Judy, Michael, Monte, Gary, Karen, Hillary, Stephan, Brooke, Terri, Elise, Joseph, Vickie, Tricia, Paul, Bobby, Sandy, Brian, Larry, Alan, Christian Tom, Delores, Mark, Tara, Angela, Jessica, Dawn, Alicia, Jason, Frank, Paul, Edward, Maria, Mario, Michelle, Connor, Angela, Carl Jr., Marcus, Brandon, Gaylon, Edmond, Keshia, Shannon, Paige, Melissa, Donny, William, Wendall, Leno, Mandy, Andy, E., Erik, Lauren, Chris, Todd, Jayson, Carl III, Steve, Zachary, Kelly, Toby, Cody, Dylan, Wayne, Tom, Jeff, Walt, Cayce, Tim, David, Charles, Edward, Matt, Marc, Heather, Gary, Bill, John, Jeremy, Jen R, Cindy, Karen, Brian, Shellie, Pattie, Emily, Carrie, Alicia, Michelle, Bruce, Rebecca, Suhmin, Phil, Bryce, Ethan, Doug, Tom, Nick, Harold, Kent, Glenn, Rob and Heath, Angela, Julia, Wess, Christine, Catherine, Jeremy, Katie, David, Troy, Mike, Lisa, Bruce, James, Mary, Samantha, Victoria and Buddy, Christopher A., Jeramie C., Adam C., Christopher K., Perry N., Eric, Missy, Nathan, Michelle, Joe and Idario, Miranda Marie, Sarah, Seth and Rob, Kent, Tim.