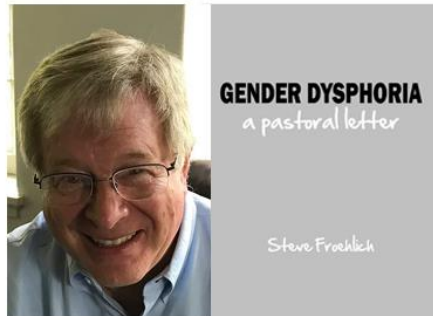




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Show Notes for
Embrace Webinar #7

Gender Dysphoria & Pastoral Care with Steve Froehlich

Webinar summary:

Steve Froehlich is senior pastor of New Life Presbyterian Church in Ithaca, New York and author of "[Gender Dysphoria: A Pastoral Letter](#)." Steve speaks from experience and research as he defines key terms, outlines interventions and offers wisdom to pastors in providing care to someone who is living with gender dysphoria. Full webinar and resource available at <https://covchurch.org/embrace/webinar-7/>

Key takeaways and timestamps from webinar:

(3:57-11:22): Steve's journey with **dealing tenderly** and **becoming well-informed** to provide **pastoral care** with those who experience gender dysphoria.

(11:49-22:45): "Gender dysphoria is a body that is at war with itself." One's interior identification conflicts with one's biological sex.

(25:06-29:20): **Gender is the sociological expressions of one's sex**, which God names in Genesis 1-2: image bearers, culture makers, and marital partners between one male and one female.

(31:53-42:11): Summary of Mark Yarhouse's **tri-focal framework for human sexuality** from [Understanding Gender Dysphoria](#):

- **Duty (creation)**: Since God made us male and female, we ought to present ourselves as such.



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- **Disability (the fall):** Things are not the way they are supposed to be, including our sexuality and gender identity.
- **Diversity (redemption):** The path towards healing looks different for different people.

(43:14-46:18): Steve's pastoral wisdom on **how we might respond to a person living with gender dysphoria:**

1. **With tears** - While I cannot know the pain and conflict you experience; I want you to know I love you and count you as a friend - I will not abandon you. I will embrace you. I promise never to add to your shame or fear, but I commit to honoring you as one who bears God's image.
2. **With humility** - There is much I do not understand about your struggle, and there is much you can teach me as you live by faith through your struggle. But I will commit to listening and to learning together as we depend on God's grace for understanding and comfort.
3. **With knowledge** - We'll learn all we can together so that you can make informed, God-honoring choices.
4. **With patience** - There are no quick fixes in life, so we will wait and work together. Not everyone will agree with you on what is wise and good to do - in fact, you and I may disagree. But we will press on in relationship.
5. **With hope** - Our ultimate hope as Christians is not healing in the old creation, but resurrection in the new creation.

(58:20-1:04:42): A list of possible **interventions for gender dysphoria.**

- **A prayer for divine intervention** – for God's healing and sustaining grace.
- **A change of thinking** – changing how one thinks about oneself and one's identity.
- **A change of influence** – changing how one relates to significant situational pressures. (The experience of gender dysphoria in children can stem from a variety of factors, including cultural pressure.)
- **A change of expression** – changing how one presents oneself.
- **A change of physiology** – changing the physical characteristics of one's body through some combination of hormone treatment or therapy.

For more on these interventions, see the resources below.



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Selected resources mentioned:

[Gender Dysphoria: A Pastoral Letter](#) by Steve Froehlich

[Understanding Gender Dysphoria: Navigating Transgender Issues in a Changing Culture](#) by Mark A. Yarhouse

[On the Wisdom of Surgical Intervention for Gender Dysphoric Children](#) interview by Camille Paglia