



## Chastity, Covenant, and Quiet Redemption: The Temple for a Sexual Minority Saint

By Hypatia

GOSPEL FARE, IDENTITY

June 25, 2025

*Can the temple be a place of healing for sexual minorities? For one man, it offered peace, identity, and divine belonging.*

For many sexual minorities within the Church, the temple can sometimes evoke feelings of exclusion or stir complex emotions that are challenging to navigate. Yet for me, the temple has become a sacred refuge—a place of profound healing, enduring peace, and personal revelation. From a young age, I have experienced sexual attraction to other men—an aspect of my life that has brought both confusion and introspection over the years. As a married covenant-making member of the Church, this part of me has become something I've learned to acknowledge, understand, and bring before the Lord. Through years of counseling, personal study, and deep spiritual searching, I have worked to reconcile these feelings with my faith in Jesus Christ and His gospel plan.

The temple has been an essential part of that process. It has reminded me of who I truly am in God's eyes and offered me hope, healing, and a path forward rooted in covenant relationships. In the sacred spaces of the temple, I have found peace with both my identity and my discipleship.

In this reflection, I share how the temple has been a guiding light through my unique struggles and a source of strength through its holy ordinances and divine teachings.

## **The Temple: A House Open to All**

At the heart of the Church's teachings is the truth that the temple is a place meant for everyone. President Russell M. Nelson has emphasized this, [declaring](#), "The blessings of the temple are available to any and all people who will prepare themselves ... The Lord wants all His children to partake of the eternal blessings available in His temple." The temple's doors stand open wide to all who earnestly strive to follow Christ, embrace His teachings, and live His commandments.

While society often imposes limiting labels based on identity, attractions, or choices, the temple strips away such distinctions. Here, all are seen simply as beloved children of God, each with infinite divine potential. For sexual minorities, this invitation is deeply transformative. In a world that might cast me as "other" or define me by my sexual identity, the temple teaches that we all can come unto Christ and receive His healing—without any labels, without division. The temple is a sacred space where every individual is invited to covenant directly with God and receive His promises.

## **The Baptistry: A Symbol of Purity, Repentance, and Unity**

One of my most cherished spaces in the temple is the baptistry. The baptismal font, supported by twelve oxen, symbolizes the cleansing of sin, rebirth of spiritual identity, and forming essential covenants with the Savior. For those who have faced pain, trauma, or past mistakes, the baptistry can represent Christ's power to heal and forgive.

Each time I sit near the font, I am reminded that no matter our history, we can be made new through the Savior's Atonement. This sacred ordinance is a poignant reminder that renewal is possible—not only for ourselves but for our ancestors through proxy baptisms. The twelve oxen supporting the font remind me that salvation is a collective

effort, rooted in the legacy of covenant Israel. It reminds me that I am not alone; God surrounds me with family, friends, and leaders who help carry my burdens.

## Safe Touch and Healing from Trauma

For those who have endured trauma, abuse, or difficulty with physical touch, the temple offers a unique place of healing. The initiatory ordinance, performed with reverence and respect by temple workers of the same gender, presents a sacred experience of safe touch. This environment fosters trust and healing, allowing wounds from the past to begin to mend.

For me, especially, this sacred touch affirms my gender identity and provides a safe space where I can feel secure and valued. It is a quiet yet profound balm for my soul.

## The Covenant of Taking Christ's Name

The temple garment symbolizes the covenant to take upon ourselves the name of Jesus Christ. In this holy place, labels, identity politics, and social divisions dissolve. Instead, we are called to become disciples of Christ, united by His name and His love.

As the Apostle Paul wrote, *"There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus"* (Galatians 3:28). In the temple, all are equal before God; our truest identity is as His beloved children.

For me, this truth has been freeing. While others may find meaning in specific labels, I have found peace in embracing my eternal relationship with Christ alone. This relationship is what defines me, brings lasting worth, and reveals who I truly am. I belong to Christ, and as I keep the covenants I have made with Him, I am reminded of His protection as I honor the temple garment and my belonging to Him.

## Resurrection: The Promise of Complete Healing

The doctrine of resurrection offers profound hope to all who have suffered emotional, spiritual, or physical pain. The resurrection is not merely a return to life—it is a promise of perfect, complete healing. I believe my unwanted sexual attractions stem from deep emotional wounds, fears, and unmet needs. I hold with full faith that in the

resurrection, these pains will be fully healed, and these struggles will no longer define my eternal journey.

Elder Uchtdorf's words ring true to me:

Every time the Savior healed anyone 'afflicted in any manner,' both before and after His Resurrection, it was a testament to His ultimate power to heal our souls. Each miraculous healing was but a prelude and promise of the lasting physical and emotional healing that will come to each of us in the Resurrection, which 'is the Lord's consummate act of healing.

The temple, rich with symbols of resurrection, instills within me a hopeful anticipation of that day.

## The Altar: A Sacred Place of Sacrifice

The altar in the temple symbolizes sacrifice—a vital part of spiritual growth. For sexual minorities, this concept resonates deeply, reflecting the personal sacrifices made to align my life with God's will. While the Book of Mormon teaches that "*men are, that they might have joy*" (2 Nephi 2:25), true joy arises not from indulgence but from consecration and sacrifice.

At the altar, we are invited to offer our whole selves—heart, mind, and body—as living sacrifices. The temple endowment teaches that life's "thorns" create necessary opposition and trials. I find comfort knowing my struggles are not meaningless; they serve a divine purpose to help me lean more heavily on the Savior and learn unwavering trust.

The altar also symbolizes death—the death of false beliefs that have burdened me: the belief that I don't belong, that my attractions define me, or that I am unworthy of love. The temple is where these lies die, replaced by eternal truths of God's love and acceptance.

## Gender in the Temple: Healing and Honor

Gender is a sacred part of God's plan, reflected in the temple's respectful separation of men and women during ordinances. This division is not exclusionary but designed to foster healing, respect, and understanding.

For sexual minorities who have struggled with confusion related to gender or identity, the temple offers a rare and precious space to heal. President Nelson **reminds** us, *"Spend more time in the temple, and seek to understand how the temple teaches you to rise above this fallen world."*

In a world moving toward erasing gender distinctions, the temple upholds the divine importance of masculine and feminine roles, offering a sacred environment where these roles can be understood and embraced.

## **Marriage and Sealing: Trusting God's Eternal Plan**

The temple teaches that God's plan for marriage is between a man and a woman—a truth that can be challenging for sexual minorities to reconcile. I have learned to trust in God's higher ways, reminded by a line in my patriarchal blessing that in the next life, I will be reunited with both family and "loved ones."

President Holland has **said**, *"I wouldn't know how to speak of heaven, without my wife or my children. It would not be heaven for me."* I agree—heaven would not be heaven without my wife or children, but also not without the companionship of cherished friends who are vital to my emotional well-being.

The sealing ordinance also reinforces my roles and responsibilities as a husband and father. Though imperfect, as I strive to do my part, the Savior's grace covers my weaknesses, promising immense blessings to those who remain faithful.

## **The Veil Ceremony: A Moment of Divine Connection**

The veil ceremony is one of my very favorite temple experiences. It offers a tangible sense of closeness to the Lord. I often reflect on how Christ desires to communicate with me and draw me near. Standing before the veil, I feel seen, loved, and fully accepted.

The veil, rent at the Savior's crucifixion, symbolizes the bridge He created—through His sacrifice, we can return home and be united with Him. This ordinance encapsulates the intimate relationship God wants each of us to have with Him.

## **The Celestial Room: A Place of Light and Reflection**

The celestial room is a sanctuary of peace where I commune quietly with my Heavenly Father. Often, I ask Him, "What do You want me to know or feel today?" The answers come as gentle assurances of His love and awareness of my needs.

Our prophet encourages us to "think celestial," and the more time I spend in this room, the more I carry that light into the "lone and dreary world." Surrounded by beauty and light, I leave with renewed hope to share that light with others.

## **Sharing the Temple Experience with Friends**

Going to the temple with close friends or family enriches the experience. It becomes a space where we can share vulnerable moments, deepen gospel understanding, and uplift one another.

A few years ago, I invited a brother I minister to, to accompany me weekly to the temple. I wrestled with whether I was attending to feel closer to my friend or my Heavenly Father. Through prayer, I received reassurance that God gave me friends so that I might feel His love more fully.

## **Conclusion: A Journey of Wholeness and Hope**

Each time I walk through the temple doors, I am reminded that I am not alone. The peace I find there renews my spirit and fortifies my resolve to live according to God's plan. In His eyes, I am whole, loved, and infinitely worthy.

I share my journey in the hope that it might offer encouragement to others walking similar paths—or to those seeking to support them. The temple remains for me a sacred refuge—a place of healing, peace, and holiness that I cherish deeply.

About the author

## Hypatia

Hypatia is a pseudonym for a group of writers in academic, legal, and professional circles with legitimate fear for threats on employment, reputation, or family well-being for speaking out publicly.