Reformerende Kerk
Pretoria

Uitkom *(please scroll down for english translation)*

Uitkom teenoor `n heteroseksuele persoon wat jy bewonder

Dalk voel jy soms lus om uit te kom teenoor iemand (van dieselfde geslag) omdat jy aangetrokke voel tot daardie persoon - al weet jy dat die persoon baie duidelik heteroseksueel is. Jy hoop eintlik dat die persoon dan teenoor jou sal erken dat hy/sy ook gay is - en dis die begin van `n gelukkige lewe saam! Ons wil jou ten sterkste AFRAAI om jouself so af te forseer op iemand. Dis baie maklik om `n oordeelsfout te maak en dan was die ander persoon dalk glad nie eers gay nie. Jy is dan in die verleentheid en die ander persoon is dalk kwaad vir jou.

Uitkom teenoor `n vriend wat dalk gay mag wees

Statistieke laat blyk dat een uit elke tien mense gay is (dalk meer as dit!). Indien daar twintig kennisse in jou vriendekring is, is die kanse dus goed dat twee tot vier van hulle ook gay mag wees. Pasop! Moenie sommer uitkom teenoor `n vriend net omdat jy oortuig is hy/sy is ook gay nie. Hy/sy mag in jou oë baie duidelik gay wees, maar dalk nog in ontkenning verkeer en sukkel om vrede met sy/haar gaywees te maak. So-iemand kan dikwels jou nommer een opponnent word, deur skinderstories oor jou te versprei en die lewe sommer in die algemeen vir jou ondraaglik te maak.

Uitkom teenoor heteroseksuele vriende

Soms wil `n mens uitkom teenoor jou "straight" vriende, omdat vriende immers daar is om mekaar te verstaan en te ondersteun. Daar is egter genoeg verhale van gay mense wat skielik nie meer vriende oorgehad het, nadat hulle uitgekom het nie. Wonderlike vriendskappe het al soos mis voor die son verdwyn met die bekendmaking dat een in die vriendekring gay is.

Uitkom teenoor familie

Dis normaal dat jy graag teenoor jou familie sal wil uitkom, want dis tog immers jou eie bloed - en hulle sal mos verstaan! En tog kom die meeste rillerstories van verwerping juis van familie, wat veronderstel was om deur dik en dun agter jou te staan. Menige gay persoon wat uitgekom het teenoor familie, moes al aangehoor het dat hulle voortaan nie meer deel van die familie is nie; dat hulle nie meer welkom is nie; dat hulle moet wegbly van die kleiner kinders in die familie; of dat hulle onterf is!

*T*eenoor wie mag `n mens dan uitkom?

Gewoonlik is jy veilig wanneer jy by gay kuierplekke is, want dan is jy tussen mense soos jy. Die probleem is egter daar in die "gewone" lewe, waar jy nie altyd weet wie is gay of straight, vriend of vyand nie. Die antwoord is eenvoudig: kom uit net teenoor mense wat laat blyk dat hulle gereed is daarvoor! Normaalweg moet jy dus teenoor niemand uitkom nie! Daar is geen rede waarom jy jouself moet blootstel vir onsimpatieke mense wat met jou gaan mors nie. Moenie jouself vir die wolwe gooi nie. Onthou die volgende riglyn: Eers wanneer iemand NA JOU TOE KOM en VIR JOU VRA of jy gay is, is die tyd reg om uit te kom. Die feit dat iemand soiets vra, is `n aanduiding dat die persoon alreeds gewonder het oor jou en nagedink het en sterk vermoed dat jy mag gay wees.

Wanneer iemand uit enige van die groepe hierbo na jou toe kom en wil weet of jy gay is, HET DIE TYD RYP GEWORD OM TE VERTEL. Dan moet jy `n skietgebed bid dat die Here vir jou wysheid en onderskeidingsvermoë sal gee, sodat jy kan weet of jy moet praat of stilbly. `n Basiese reël is die volgende: Indien die persoon jou aggressief benader en wil weet of jy gay is, sê nee, jy is nie. Die Here sal verstaan, al is dit nie die waarheid nie. Ons raad is nie dat jy `n leuen moet aanhou leef nie, maar net dat jy met die waarheid (in hierdie situasie) moet wag tot later. As die ander persoon `n dreigende liggaamshouding inneem, is dit sinneloos om dan te erken dat jy gay is. Jy gaan

beslis verloor, want die tydsberekening is duidelik dan nie reg nie. Indien die persoon jou met begrip benader en sy hele liggaamstaal en gesindheid jou gemaklik en veilig laat voel,

DAN IS DIE TYD REG! DAN HET JOU OOMBLIK VAN WAARHEID AANGEBREEK!

Hoe moet jy uitkom?

Altyd met die gesindheid van suiwer liefde. Laat liefde die enigste motief wees, waarom jy dit vir iemand wil vertel. Die Bybel sê, "waar daar liefde is, is daar geen vrees nie". Indien jy dus vrees ervaar om oop te maak, is dit gewoonlik `n aanduiding om NIE te vertel nie. Indien dit God se wil is om te vertel, sal Hy jou kalm en rustig maak en die vrees laat verdwyn. Hy sal ook vir jou die regte woorde gee, sodat jy sal weet wat om te sê en wat om te verswyg. Hy sal ook die ander persoon se hart voorberei op dit wat jy gaan vertel.

Moet NOOIT uitkom teenoor jou ouers in `n argumentsituasie nie. Moenie in `n onbewaakte oomblik probeer om hulle te SKOK of om hulle te STRAF nie - dit is nie in lyn met Jesus se liefdesopdrag nie! Wat jy oor jouself bekendmaak, moet getuig van `n diepe begeerte om iets van jou menswees met hulle te deel. Hier is dit juis die waarheidsbeginsel wat ter sprake is, want Jesus het mos gesê: "Die waarheid sal julle vry maak". Indien die waarheid - biddend - op die regte tyd meegedeel word, sal dit bevrydende gevolge inhou, beide vir jouself en vir die persoon wat wou weet! Laat die ander persoon duidelik insien dat jy hom/haar in jou vertroue neem en dat jy nie langer agter `n masker wil wegkruip nie. Jy kan selfs vra dat julle eers `n paar oomblikke van gebed (stil of hardop) kan hê, aangesien dit `n baie gewigtige oomblik in jou lewe is. Waar `n mens so in voeling met die waarheid is, is die Here ook baie naby, want Hy is die Waarheid! Dit is heilige oomblikke wanneer jy as gelowige gay persoon, jou Skepper aanroep en Hom vra om teenwoordig te wees terwyl jy die masker afhaal.

Indien jy nog enige vrae het in verband met uitkom, kan jy gerus met ons kontak maak. Alle navrae sal beantwoord word...

Coming out

Coming out to a heterosexual person that you admire

Sometimes you may feel the urge to come out to someone (of the same gender) because you feel attracted to that person – even when you know that this person is undoubtedly heterosexual. You may even harbour secret hopes that this person will confess to you that he/she is also secretly gay – and that this could be the start of a happy future together! We would EMPHATICALLY like to discourage you from forcing your attentions on this person. It is a very easy miscalculation to make and perhaps your hopes were misguided and the person isn't gay. This could place you in an embarrassing situation and could even cause the loss of a friend.

Coming out to a friend who may also be gay

Statistics indicate that one in every ten people may be gay (and perhaps more!). In a circle of twenty friends the odds are good that two to four of them may also be gay. BE WARNED! Don't impulsively come out to a friend just because you are certain that he/she is gay. He/she may obviously appear gay to you, but could still be in denial and may be battling to come to terms with their orientation. Such a person could easily become your number one enemy by spreading rumours about you, and by generally making your life a misery.

Reformerende Kerk
Pretoria

Coming out to heterosexual friends

Because we feel friends are friends to accept and support one, we may be tempted to come out to our "straight" friends. Unfortunately there are many accounts of gay people who suddenly found themselves without friends after coming out to them. The most wonderful friendships have evaporated into thin air after the disclosure that one of them are gay.

Coming out to family

It is perfectly normal for you to want to come out to your family. After all they are flesh and blood – and, surely they will understand! In spite of this, there are some gruesome stories of rejection by family that were supposed to support you through thick and thin. Many gay people who have come out to family had been told that they were no longer considered to be part of the family; that they are no longer welcome; that they have to keep away from the younger members of the family; or that they have been disowned.

Who can I come out to then?

You are usually safe while you are at a gay venue as you are then surrounded by people like yourself. The problem arises in your "everyday" life where you cannot always determine who is gay or straight, friend or foe. The simple solution is only to come out to people who indicate that they are ready for it! Under normal circumstances it is better not to come out at all! There is no reason why you should expose yourself to unsympathetic people who will mess with you.

Don't cast yourself to the swine. Follow the rule of thumb: Only come out to someone when THEY APPROACH YOU and POINT BLANK ASK YOU whether you are gay, and if the time is right. When somebody asks this question, it is usually an indication that they have thought of the possibility and have a strong suspicious that you may be gay.

Should any person from one of the above groups approach you and ask you if you are gay, THE TIME HAS ARRIVED FOR YOU TO TELL THE TRUTH. Quickly pray for the intercession of the Lord and that He would bless you with the necessary wisdom and discrimination to know whether you should speak or remain silent. There is a basic rule to follow: If the person who approached you is aggressive and demands to know whether you are gay, promptly deny it. The Lord will understand, even though it is a lie. We are not encouraging you to live a lie, but only that you should withhold the truth (under these circumstances) until the time is ripe. It would be folly to admit that you are gay if the person has a threatening attitude. Under these conditions you will lose the battle because it is not an appropriate situation. On the other hand, if the person addresses you with a sympathetic attitude and his body language reflects this to put you at ease'

THEN THE TIME HAS COME FOR YOU TO BE HONEST AND TO COME OUT!

How should I come out?

Your coming out should always be done in a spirit of honest love. Let love be the only guiding motive for you to tell someone else. The Bible teaches us, "where there is love, there is no fear." Should you experience fear in coming out, it is usually an indication that you must NOT tell. If it be God's will for you to come out, he will instil peace of mind and calmness which would dissipate the fear. He will lay the right words in your mouth, and the knowledge of what to withhold. God will also prepare your listener's heart for what you are about to divulge.

NEVER come out to your parents during an argument. Do not try to SHOCK or PUNISH them in a moment of rashness – this is not in consonance with Jesus' commandment of love. Whatever you disclose of yourself should stem from a deep desire to share something of your inner self with them.

In particular, this is an opportunity to be veracious. Did Jesus not proclaim: "The truth shall set you free". If the truth be told in sanctity at the appropriate moment, it will result in release to you and to the person who genuinely asked. Convey to that person that you are sharing your innermost self with them, that you trust them and that you no longer wish to hide behind a mask. You may even ask them to share a moment of silent or vocal supplication with you, as this is a momentous moment in your life. When you are really in touch with truth the Lord is close, for surely he is Truth! It is a holy occasion for you as a gay person when you entreat God and ask him to be present when you remove your mask.

Should you have any further questions regarding coming out, please feel free to contact us. All enquiries will be answered...