

# Free to be Me

## Benny's New Identity



WRITTEN BY

REBECCA  
BERSCHWINGER

**This book is dedicated to the parents and grandparents who are working to instill in their children and grandchildren a healthy fear of the Lord and a knowledge and love of the truth of God.**

**"Teach me Your way, O LORD; that I may walk in Your truth; unite my heart to fear Your name."  
Psalm 86:11 ESV**

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**May the truth of God's Word rest firmly in your heart and may He grant you the courage and boldness to speak His transcendent truths to a world living in darkness.**

**Resting in His truth,**

**Rebecca**



**P.S. To encourage you to be a light in the darkness, I invite you to listen to my weekly podcast, One Little Candle, at <https://onelittlecandlepodcast.com> <https://christianpodcastcommunity.org> or on any of your favorite podcast listening platforms**



This is the story about a sweet but very confused rabbit named Benny who lived deep in the forest with his mom and brothers and sisters.

And like you, Benny went to school and played with his friends. And although Benny had friends and family who loved him, his life was far from perfect.

You see, Benny carried around with him memories of a time when he was hurt deeply by someone in the family that he trusted and so although Benny was hurting, he kept it inside, not telling anyone.

Not only that, but sometimes Benny's classmates picked on him. Not because of anything that Benny did nor because there was something wrong with him but because sometimes others can be just plain mean.



**Have you been picked on or teased by others? If so, it's good to tell your Mom, Dad, or any adult you can trust about what happened and how it made you feel.**

Even though there was nothing wrong with Benny, he always felt that something was wrong with him. He wasn't happy with who he was.

When he looked at all the other animals it seemed as if their lives were better than his. Some seemed prettier or more colorful, and others seemed to be more strong and brave.

Benny also struggled with feeling small and insignificant compared to the other animals in the forest. He wasn't really sure if others really noticed him. This caused a sadness to dwell inside the little bunny.

The thing is, most of the time Benny wasn't even aware that he was sad inside. He just felt that he needed to be something else, that he wanted to be *someone* else.



**Have you ever wanted to be someone else? What made you feel that way?**

Benny never told anyone this, but he always felt that he wanted to be a fox instead of a rabbit. He spent a lot of time thinking about it and watching the foxes playing in the school yard or around the forest and he would notice their big bushy tails and the way their orange fur glistened in the sunshine.

"Just look at those foxes! Their fur is my favorite color and they run so fast with their big beautiful bushy tails waving behind them! I love how brave and strong they seem. I bet no one ever picks on or hurts them!" Benny thought.

"Oh I just have to be a fox! But how?" wondered Benny.



**Is there something that you've never told anyone? If so, why haven't you?**

So one day Benny decided to ask his mom. "Mom, would you still love me if I changed myself into a fox?"

"Why of course I'd still love you my precious bunny! And although I'd still love you I would be so very sad." "Why would you be sad, Mom?"

"Because, my son, it would be hard to watch you try to be something other than what you were created to be."

"But what would make you not want to be a bunny rabbit anymore? Did something happen to make you feel that you need to get away from who you are or that maybe life would be better as something else?"

Benny stammered, "I, I'm not happy being a rabbit, that's all. I'm not even sure if I ever liked being a rabbit. Sometimes I don't even feel like a rabbit. If I keep feeling like I wanna be a fox then maybe I'm really not supposed to be a rabbit but a fox instead. Maybe I'm a fox stuck in the body of a rabbit!

Please can I be a fox?" Benny pleaded.



**Remember, parents love their children no matter what!**

"Well," his mom asked, "Do you have a long bushy tail like a fox?" "No," said Benny. "Do you have orange fur or a long snout like a fox?"

"No mom, I don't!" Benny said, exasperated. "But I still feel like I'm supposed to be a fox!"

Now Benny's mom loved him very very much. And she could see that he was hurting inside. And because she loved him so much she made sure to be honest with him and speak nothing but truth to him.

"Well Benny," she said. "I know you *feel* like you very much want to be a fox or you may feel like you *are* a fox, but oftentimes son, our feelings change as our lives change and we grow older and wiser. And keep in mind, my son, that just because we feel something doesn't mean that it's real or true."

But Benny persisted, "Maybe I can go see Doctor Wiseman and he can help me to be a fox!"



**Did you know that sometimes our feelings make us think things that aren't true? That's why its important to share your feelings with a grown up you trust.**



So Benny and his mom went to see Dr. Wiseman and Benny explained to him how he no longer wanted to be a rabbit but a fox instead. He then asked the doctor if he could help him to be a fox.

Now Dr. Wiseman, being a very wise man, explained to Benny the dangers and harm of trying to make changes to one's body that can never be undone.

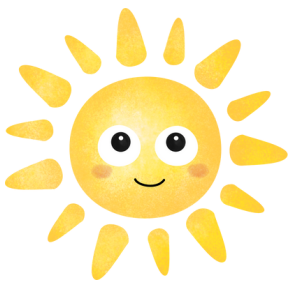
But Benny, still determined to become a fox, went home and taped a big bushy fox tail over top of his little powder puff kind of tail, dyed his fur orange, attached a big long snout over his cute little twitchy nose and taped his ears so that they looked more like a fox's ears.

"There!" Benny exclaimed. "Now I'm a fox! Things will be much better now! No one will tease me anymore. I will feel brave and strong and no one will dare to hurt me any more. I'm even going to change my name to something that sounds like a name a fox would have. I think I'll have everyone call me Max!"

The next day Benny went to school dressed like a fox. He also requested that everyone call him by his new name, Max.

Most of the other forest animals looked at Benny strangely, wondering why he would do such a thing. Some agreed to call him by his new name so as not to make him feel bad and some went along with Benny's new "identity" because they were afraid to tell him the truth; that no matter what he tried to make himself look like, he was still the same Benny the bunny. And still, there were others who made fun of him, which was wrong.

But mostly, others felt sorry for him because they knew that Benny must feel really sad inside to want to try so hard to run away from what he was created to be.



**Do you know someone who is different from everyone else? Remember to always treat them with kindness even if you don't understand them.**

Benny also decided he should spend time playing with only the foxes. After all, he was one of them now, he thought. He tried to talk with a voice that he felt sounded more like a fox's voice than a rabbit's. He also tried his best to walk instead of hop. That was especially hard; fighting against what comes naturally to a rabbit, hopping instead of walking. But Benny was determined to do all he could to look, sound, and act like one of them.

Benny did this for a few months. He got to be good friends with the foxes. Even some of his classmates and forest animals became more accepting of his new "identity", not all of them but some of them. They told Benny that if this is what makes him happy, then he needs to do what makes him feel happy.

And although Benny did seem happy on the outside; laughing, joking, playing around with the other forest animals, inside, he still felt the same.



**Have you ever tried to be someone or something else hoping that it would make you happy? If so, did it help to make you happy?**

The sadness he carried in his heart was still there. It never went away. In fact, at times he felt more sad than ever but he kept stuffing the realization deep deep down inside.

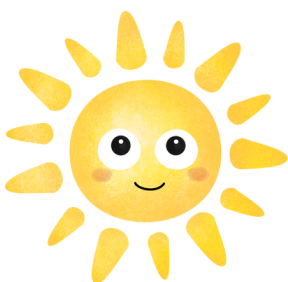
As hard as he tried to look, sound, and act like a fox, he couldn't get away from what he really was; a bunny rabbit. It seemed as though no amount of pretending changed the facts.

Slowly, the realization that he could never be a fox overwhelmed Benny. He felt a mixture of sadness, anger, disappointment, and a bit like a failure.

But what could he do? After all his determination and effort to be a fox, he couldn't turn back now, could he? What would people say? What would they think?

Benny felt like he was stuck in an impossible situation. He hated being a rabbit but he was also no longer comfortable trying to be a fox.

"I guess my mom was right after all. My feelings didn't make things real. They didn't tell the truth."



**Have you ever been disappointed because something didn't work out like you hoped it would?**

As hard as it was, Benny knew he had to swallow his pride and talk to his mom about how he was feeling. He knew he could always trust her even though she didn't agree with his decision to try and become a fox, that it even hurt her, she still loved and cared for him enough to always speak truth to him even if it wasn't what he wanted to hear.

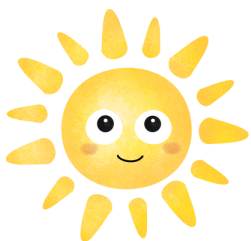
So Benny admitted to his mom how he felt.

"Benny," his mom lovingly asked, "who created you?"

"God" replied Benny. "Yes, and even though you worked very hard to change your outside appearance and mannerisms," his mom went on to say, "the outside of you is only a teeny tiny part of what you are. There is still the whole inside of you that God has made that determines who and what you are and it's woven throughout your entire body."

"Oh yes, you can change some things on the outside and appear and sound different, but you are still what God created you to be and that is a boy rabbit.

As much as you longed to be a fox, you can no more truly become a fox than you can become a girl instead of the precious boy you are."



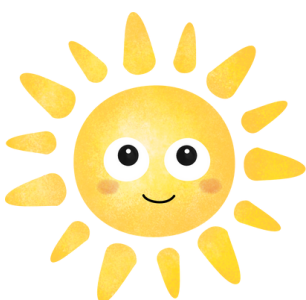
**God loves you and created you  
in His image.**

"Did you know that inside your body are millions of tiny strands?" Benny's mom asked "You can't see them but they're woven throughout every part of your body and it's like a computer code that says all throughout your body that you are a boy and a rabbit and that is something that could never ever be changed.

God made those strands, those codes, for a reason. God knows what He is doing, Benny, for you are fearfully and wonderfully made!"

"I am? What do you mean?" Benny asked. His mom explained, "God's Word says this about you and all those He has created, 'For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well.'"

"God took great care in creating you, Benny. He formed you to be exactly what He wanted you to be, a wonderful boy rabbit and what He created you to be is what you will always stay. Whether we're a rabbit, a fox, or a girl or a boy, however God made us is how we will always be!"



**We can never change who God made us, nor should we want to. What He does is always good and right!**

God knew what was right when He made you a rabbit. That's what He wanted you to be. You just have to trust the One who created you, my precious son."

His mom continued on, "The truth is, Benny, we have no right to try and change what God has created us to be when we were born.

"You see, God loves you and always does what is right and what is best for you. Sometimes we don't feel that way, son, but as I said, feelings aren't always reality because our feelings can change a lot."

"And Benny, your feeling that you should be something else is a sign that something other than the fact that you're a bunny rabbit is bothering you."

"You know, sometimes when we're hurt or confused, our minds make us want to be something different from what we are. It's a way of escaping the pain or confusion."

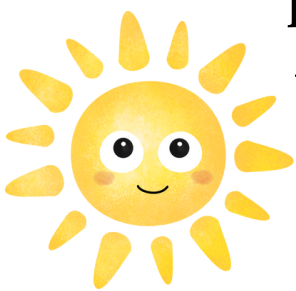
"But it's important that instead of making our body match our mind, we make our mind match our body. Does this make sense to you, Benny?" Benny replied, "I think so, Mom."

So Benny's mom took him to see a doctor who helped Benny to be able to talk about how he had been hurt. Benny soon found that telling someone about what happened and how it made him feel, made him feel so much better.

Over time his sadness went away and God healed his heart and mind because Benny began to realize that he was looking for purpose, comfort, and significance in the wrong way and in the wrong places. He learned that it is only in God that we "live and move and have our being." ( Acts 17:28).

"Thank you, God," Benny whispered as he fell asleep in his cozy bed one night. "Thank you for creating me to be a bunny rabbit. I love being a bunny rabbit. Please help me to be a good little bunny." Amen.

Finally, Benny was free! He no longer wanted to be a fox or anything else. He was happy to be the rabbit that God created him to be, the little bunny was free to be himself!



**Is there something in your life that makes you sad enough to want to be someone or something else?**

**Remember, God loves you and can help you through anything. He wants you to be free to love who He made you to be!**



## A word to parents.

This book is written as an exceptional resource for you to be able to influence your precious children toward a healthy mental and spiritual life as God intended them to live, so please read this with them.

The book's focus is to assist you in helping your child to embrace their God-given gender and know that without exception, it is permanently fixed.

Gender is not a social construct or something that is fluid. As much as people have tried very hard to separate it from one's biological sex by employing semantics and changing word definitions around to suit a very wrong way of thinking in an attempt to deny the undeniable science, it [gender] is in fact, one and the same.

The DNA that runs throughout our bodies screams what our biological sex/gender is and there is never any changing it no matter how much one may desire to. No amount of hormones or body altering surgery will alter our God-assigned chromosomes and DNA.

God-made it that way for a very good reason. A person's gender is permanently fixed as part of God's wonderful and perfect created order.

Your child will never be a girl trapped in a boy's body and vice versa, as some falsely and foolishly claim, because God, who created your child, is not a mean-spirited God. He is a God of infinite wisdom, love, and order.

To protect our precious children from the lies surrounding their God-given gender, we can work to instill a deep awareness in our child(ren) of the fact that they are created in God's image and are fearfully and wonderfully made.

Educate them by reading books like this with your child(ren). Pray over them and with them.

We can also point them in the right direction by consistently pointing them to Christ, the only place in which we can and should find our identity; in Him and Him alone.

And finally, find ways to celebrate your child's God-given biological sex/gender with them at as early an age as possible so as to encourage them to embrace how God has created them.

If perhaps, there does seem to be a genuine struggle with gender within your child, please know that it's not a physical issue, rather it is most certainly a mental issue and you should have the utmost compassion and patience with a child who is struggling in this area.

Getting he or she the proper help is of the utmost importance. That help, however, needs to be in the form of solid psychological help with a strong biblical foundation.

Of course, covering your child in prayer as well as having others close to you do the same is of the utmost importance as well. Be there for your child by loving them with God's unchanging truths. Never speak lies to them in an attempt to make them feel better because in the end it will backfire and affirming their mental confusion isn't loving them at all. In fact, it will point them down a path of destruction.

Fortunately, the world is increasingly becoming aware of the tragedy of affirming gender dysphoria. More and more victims of gender confusion are coming out and speaking out (against heavy backlash from transgender activists) about the damage that was done to them because they were affirmed in their mistaken identity rather than given the psychological help that they needed.

\*\*Although I am not a trained professional in the area of gender dysphoria. I do know what the the Word of God says which offers us much insight and guidance as to God's expectations of how we should live according to His perfect created order,

Also, I have spent an ample amount of time studying what experts as well as former transgenders have to say on the subject enough to be able to offer you the guidance mentioned above.

Some professional resources I personally recommend are:

### BOOKS

1. "Transgender to Transformed" by Laura Perry
2. "Trans Life Survivors" by Walt Heyer
3. "Irreversible Damage. The Transgender Craze Seducing Our Daughters" by Abigail Shrier
4. "God and the Transgender Debate" by Andrew T. Walker

Focus on the Family also has excellent resources for parents when it comes to addressing gender issues.

# ABOUT THE AUTHOR



Rebecca Berschwinger's passion has always been for reaching the next generation with the truth of God's Word.

Along with being a writer, including being a regular contributing writer for Fruits of Faith Ministries, Rebecca is also the creator and host of One Little Candle Christian Podcast; a member of the Christian Podcast Community.

Several years ago, Rebecca responded to God's call to go forth and empower and encourage believers to know not just what they believe, but why they believe and to stand firm in God's transcendent truths. She has had the privilege of teaching Christian Worldview classes to high-schoolers along with creating and teaching Bible studies to the male and female inmates at her local county jail.

She has served as a crisis pregnancy counselor for the Alpha Pregnancy Center and most recently as a Discipleship Coach for the Billy Graham Evangelistic Association.

Along with studying Systemic Theology and for her certificate in Christian Apologetics, Rebecca enjoys her role as a wife, mom of four, and Nana to six precious grandchildren; all who live in upstate New York. In addition to spending time with her family, Rebecca also enjoys reading, writing, cooking, camping, and gardening.