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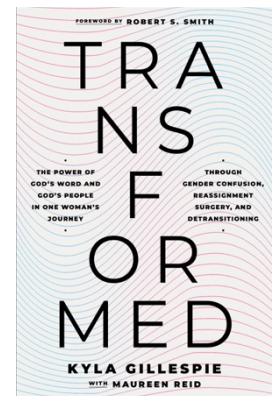
## **Kyla Gillespie Shares God’s Radical Redemption, Her Detransition Story in New Book**

*'TransFormed' reinforces the power of God’s word, biblical discipleship in a  
confused culture*

**BRENTWOOD, Tenn. (December 30, 2025)** — International speaker and ministry leader Kyla Gillespie powerfully displays God’s love and redemption in [TransFormed: The Power of God's Word and God's People in One Woman's Journey through Gender Confusion, Reassignment Surgery, and Detransitioning](#) (March 17, 2026, B&H Publishing Group).

Gillespie, a biological female, believed she was different from other girls beginning at the age of 5 and recognized her attraction to the same sex as a teen. Conflicted by her strong desire to follow Christ, she suppressed her gender confusion and same-sex attraction for years.

Desperate to feel at home in her own body after years of alcohol abuse and a trail of failed same-sex relationships, Kyla surgically transitioned to male at the age of 31.



“Transition not only promised to take away the pain of my gender confusion but to give me meaning, satisfaction and healing,” said Gillespie. “And goodness knows, I longed for that. I wanted my body and mind to be finally harmonized and healed with no more need for addiction to escape.”

With each step of the process, Gillespie waited for the satisfaction and relief that was promised, but it never came. Despite fully passing as a male in the body she’d always longed for, she still felt like something was missing.

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“I was still me and still scarred—still the same person inside, broken in so many related and unrelated ways,” writes Gillespie. “All the empty promises and unrealized hopes of the past decade had left me in the same vacuum, and it didn’t make any sense. I had thrown my whole heart into erasing my womanhood, but I was clearly missing something.”

Gillespie’s faith had unraveled, and she was determined to rid her life of anything that didn’t affirm her choices. Yet, she found herself in a church service one night where the Lord intervened in a small, but powerful, way.

The Holy Spirit prompted a young woman, Jess, to speak to Gillespie. Jess, who was also the pastor’s wife, introduced Gillespie to a core group of Christians; friendships blossomed, and this church began to share truth in love with Gillespie, who was still living as a male.

Months after this discipleship journey began, Gillespie found herself desperate for relief and clarity, pleading for God to make His path known to her. He simply said, “Return to me, Kyla.”

“*Kyla*. I hadn’t used that name in almost a decade,” writes Gillespie. “It was attached to so much pain and discomfort, to so much foreignness I wanted to escape. But this time when He used it, it felt like home. Like I was safe. And it was freeing. It was freeing to hear the name I had been given. And I thought of Grace, my middle name. I needed so much grace.”

Gillespie then began the long journey of detransitioning back to female and reclaiming her womanhood, supported by her Christian friends who walked with her as she learned how to follow Christ and find true healing for her wounds.

“Being made in the image of God means the body is not only biological but theological,” said Gillespie. “It’s a glorious divine design that communicates the attributes of God and the interdependence of the sexes. If we get this bit wrong, we’re missing the big picture. And the big picture is literally God revealing the mystery of the whole universe to us, including our part in it.”

Today, Gillespie’s highest hope is that God might use her story to reveal He is big enough, good enough and powerful enough to guide any struggler—and that life in Christ is worth every moment of the struggle.

*TransFormed* releases March 17, 2026, from B&H Publishing. For more information, visit [bhpublishinggroup.com/product/transformed-2/](https://bhpublishinggroup.com/product/transformed-2/).

### **About Kyla Gillespie**



Kyla Gillespie is the founder of [Renewed & Transformed Ministries](#). Kyla is a podcaster and an international speaker inspired to share her own experiences with same-sex attraction and gender dysphoria so others might encounter Christ and experience His power and hope in their lives. She lives in Greater Vancouver, British Columbia, where she is an active member of Gospel City Church.

- Website: [kylagillespie.com](http://kylagillespie.com)
- Instagram: [kylagillespie.14](https://www.instagram.com/kylagillespie.14)

### **About B&H Publishing Group**

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## Suggested Interview Questions for Kyla Gillespie, author of *TransFormed*

1. You've shared your story at speaking engagements and on podcasts, but what prompted you to put it on paper and publish it as a book?
2. Can you share a brief overview of your childhood?
3. How did your love of Jesus impact your feelings of gender confusion and same-sex attraction as a child and teen?
4. Along with gender dysphoria and same-sex attraction, you also shared your experience struggling with an addiction to alcohol. How did those challenges and conflicting emotions you faced contribute to your addiction?
5. What was the turning point that led to your transition to a male?
6. What hope did transition offer you?
7. One person's obedience to the Holy Spirit's prompting and meeting you where you were as a transgender male was a catalyst to the change of a lifetime for you. How did your new community of believers contribute to your spiritual journey?
8. What made you realize that you couldn't choose your gender and serve God wholeheartedly?
9. How did detransitioning impact you—spiritually, emotionally and physically?
10. Embracing your womanhood included understanding true biblical womanhood. Can you share what you learned about yourself as an image bearer of God and as a woman during that process?
11. You've now been transformed by God's love and His Word. What would you say to an individual who is struggling with their gender identity and sexuality, just as you once did?
12. What advice would you give to church and ministry leaders, family members and friends who are walking alongside individuals struggling with gender confusion or same-sex attraction?
13. Gender confusion is on the rise among children and teens. How should parents, grandparents and youth leaders approach conversations about gender confusion with younger individuals?
14. What do you hope people take away from *TransFormed* and your story?
15. Where can the audience go to find the book?

