

Apps

[Overcome Porn: 40 Day Challenge](#)

The Overcome Porn app is a 40 day program that helps you break free from the temptations of pornography. Each day you'll learn how to run from porn, run to God, and run with somebody in pursuit of holiness.

[iRecovery](#)

The iRecovery app helps you track your recovery from addiction — any addiction. iRecovery assigns recovery points for various recovery activities and then tracks your progress week by week. You may add your own activities to truly customize your own recovery program.

Websites

General Audience

- [Jay Stringer.com](#) — discover how your story is shaping your unwanted sexual behavior or betrayal trauma
- [CovenantEyes.com](#) — internet accountability and filtering
- [XXXChurch.com](#) — awareness, prevention, and recovery
- [CultureReframed.org](#) — *Facts and Figures: Our Culture is Porn Culture*
- [BlazingGrace.org](#) — freedom from porn addiction and sex addiction
- [PornHarms.com](#) — by the National Center on Sexual Exploitation
- [PureLifeMinistries.org](#) — serving Christians dealing with sexual sin

For Parents / Leaders

- [Just1ClickAway.org](#) — resources for parents and youth leaders (by Josh McDowell)
 - [SexualIntegrityInitiative.com](#) — resources for parents, youth workers and educators
 - [PornProofKids.org](#) — tips and tools to protect young minds
 - [FamilySafeMedia.com](#) — products and services to help parents control media in their homes
 - [NetNanny.com](#) — parental controls software
 - [Qustudio.com](#) — parental controls software
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Articles

- [The New Narcotic](#), ThePublicDiscourse.com, Oct 9, 2013

- [10 Steps to Win over Pornography](#), ChuckLawless.com, Jan 10, 2016
 - [Six Guidelines to Put Technology in its Proper Place](#), GrowingLeaders.com, Sep 3, 2014
 - [5 Myths About How Teens Use Technology](#), Time.com, Nov 3, 2015
 - [How to Respond to Your Child's Suspected Porn Use](#), Focusonethefamily.com, Feb 25, 2019
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Books

General Audience

- [Unwanted: How Sexual Brokenness Reveals Our Way to Healing](#) by Jay Stringer
- [Out of the Shadows: Understanding Sexual Addiction](#) by Patrick Carnes
- [Healing the Wounds of Sexual Addiction](#) by Mark Laaser
- [Stop Sex Addiction](#) by Milton Magness
- [Thirty Days to Hope & Freedom from Sexual Addiction](#) by Milton Magness
- [Hope & Freedom for Sexual Addicts and Their Partners](#) by Milton Magness
- [Porn-Again Christian](#) by Mark Driscoll (free download)
- [Wired for Intimacy. How pornography hijacks the brain](#) by William M. Struthers

For Men

- [Pure Desire](#) by Ted Roberts
- [Sex, God And Men: A Godly Man's Road Map to Sexual Success](#) by Douglass Weiss
- [At the Altar of Sexual Idolatry](#) by Steve Gallagher
- [Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time](#) by Stephen Arterburn and Fred Stoeker
- [Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation](#) by Stephen Arterburn and Fred Stoeker
- [Every Single Man's Battle Workbook: Staying on the Path of Sexual Purity](#) by Stephen Arterburn and Fred Stoeker

For Women

- [Dirty Girls Come Clean](#) by Crystal Renaud
- [Create in Me A Pure Heart: Answers for Struggling Women](#) by Kathy and Steve Gallagher
- [Every Woman's Battle: Discovering God's Plan for Sexual and Emotional Fulfillment](#) by Shannon Ethridge and Stephen Arterburn

- [*Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World*](#) by Shannon Ethridge and Stephen Arterburn
- [*Every Single Woman's Battle: Guarding Your Heart and Mind Against Sexual and Emotional Compromise*](#) by Shannon Ethridge

For Spouses

- [*Your Sexually Addicted Spouse: How Partners Can Cope and Heal*](#) by Barbara Steffens and Marsha Means
- [*Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts*](#) by Stephanie Carnes
- [*Mending a Shattered Heart: A Guide for Partners of Sex Addicts*](#) by Stephanie Carnes
- [*Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed*](#) by Debra Laaser
- [*Every Heart Restored: A Wife's Guide to Healing in the Wake of a Husband's Sexual Sin*](#) by Fred Stoeker, Brenda Stoeker, and Stephen Arterburn

For Parents

- [*Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*](#) by Kristen Jenson
- [*Preparing Your Son for Every Man's Battle: Honest Conversations About Sexual Integrity*](#) by Stephen Arterburn
- [*Preparing Your Daughter for Every Woman's Battle: Creative Conversations About Sexual and Emotional Integrity*](#) by Shannon Ethridge
- [*Tech-Savvy Parenting*](#) by Brian Housman
- [*Hooked: New Science on How Casual Sex is Affecting Our Children*](#) by Joe S. McIlhaney, Jr.
- [*God's Design for Sex*](#) series:
 - [*The Story of Me*](#) by Brenna Jones and Stan Jones
 - [*Before I Was Born*](#) by Carolyn Nystrom
 - [*Facing the Facts: The Truth About Sex and You*](#) by Brenna Jones and Stan Jones
 - [*What's the Big Deal?: Why God Cares About Sex*](#) by Brenna Jones and Stan Jones

Passport2Purity® Getaway Kit

FamilyLife has developed Passport2Purity® (P2P) to assist parents in building heart-to-heart communication with their preteen while laying a foundation of purity that will prepare them for the turbulent years ahead. Through the shared listening experience, object lessons and guided conversations of a P2P weekend getaway, parents can set their son or daughter on a journey of moral integrity—and strengthen the bond between you.

RIGHT NOW MEDIA – VIDEO STUDIES

Temple gives you access to a huge streaming library. [Get access here](#) Here are two suggestions:

[Pornography](#)

Dr. Henry Cloud uses these short videos that are scripturally-based to address the impact of pornography and how to handle this pervasive problem.

[20 Truths that helped me in my battle with Porn Addiction](#)

In this series, Steve Gallagher from Pure Life Ministries lays a biblical foundation for real freedom by relating 20 vital truths through short videos that God taught him in his own battle with pornography.