

# Chapel Resources to OVERCOME LUST & PORN

## FREE ONLINE COURSE



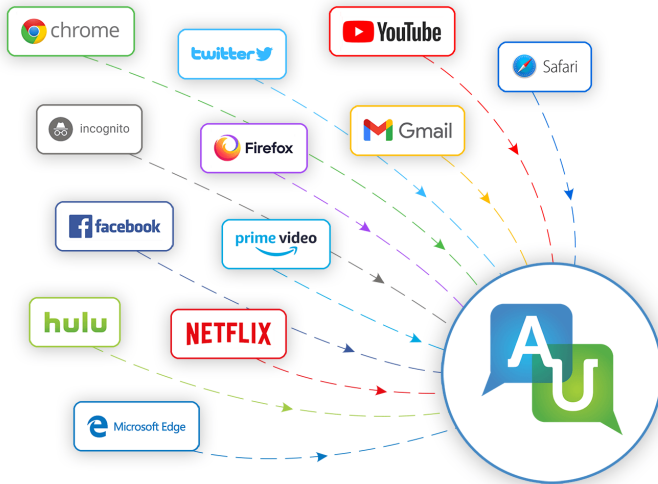
- [Porn Free](#) by John Bevere (Website)
  - Messenger International has graciously given us access to the online course “Porn Free” at no cost. If you struggle with porn, you're not alone. Many sincere believers find themselves in a tough battle to live pure. In this course, John Bevere shows you how to break free for good.

## ACCOUNTABILITY SOFTWARE



- [CovenantEyes.com](#) (Website)

- Covenant Eyes' goal is to equip people with tools that provide protection and encourage accountability and trust in the fight against Internet temptation. They help bridge the gap between technology and relationships.



- [Accountable2you.com](https://Accountable2You.com) (Website)
  - Accountable2You helps you and your spouse find peace of mind and rebuild trust with detailed, real-time accountability software. It helps you make better choices knowing your activity is shared with your accountability partners.

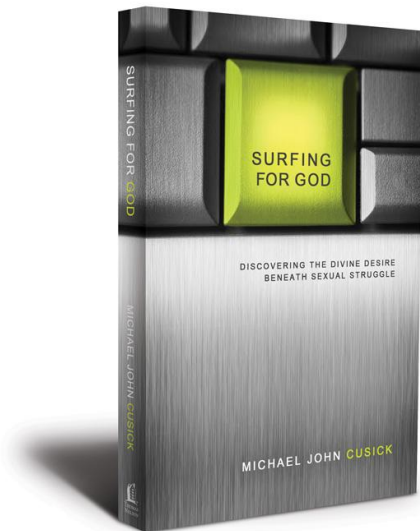
## WEBSITES

- [ProvenMen.org](https://ProvenMen.org) (Website)
  - Great website that offers resources for men and women who deal with sexual sin, temptation, abuse, and betrayal through online courses, articles, and accountability groups.
- [SexAddict.com](https://SexAddict.com) (Website)
  - Sexual addiction expert Dr. Doug Weiss offers many resources for individuals, couples, spouses, groups to overcome sexual addiction, lust, temptation and more. This website has a lot of research about the different symptoms and levels of sexual addiction as well self-tests and counseling.
- [PureDesire.org](https://PureDesire.org) (Website)
  - At Pure Desire, we know you want to be sexually healthy. In order to do this, you need healing from the effects of unwanted sexual behavior and betrayal trauma.

The problem is you are stuck in a pattern which makes you feel powerless. We believe you were designed to live a life without sexual brokenness or betrayal trauma and the effects they can have on your future. Like you, we once felt powerless, but have found freedom and healing. We now have shared this healing with hundreds of thousands of men and women around the world.

- [FightTheNewDrug.org](http://FightTheNewDrug.org) (Website)
  - Fight the New Drug provides individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.
- [PureLifeMinistries.org](http://PureLifeMinistries.org) (Website)
  - Pure Life is full of resources to help lead Christians to walk in sexual purity. There are resources for men and women that include counseling, books, videos, and more.
- [BeBroken.com](http://BeBroken.com) (Website)
  - Be Broken is a ministry helping men, women, and families move from sexual brokenness to wholeness in Christ through online resources, retreats, articles, and counseling.

## RECOMMENDED BOOKS



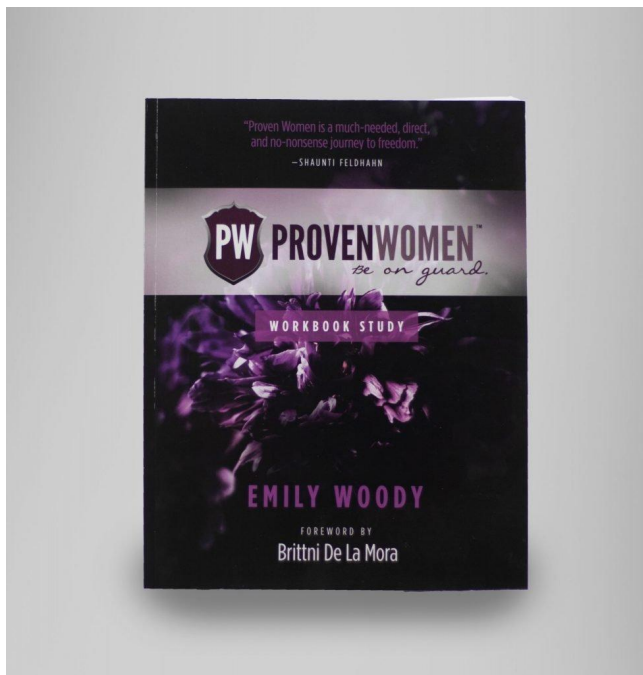
- [Surfing for God](#) by Michael Cusick
- [Build Your Walls, Guard Your Gates](#) by Michael Keintz
- [A Covenant with My Eyes](#) by Bob Sorge
- [Healing the Wounds of Sexual Addiction](#), by Dr. Mark Laaser

- [Pure Desire](#), by Ted Roberts
- [Every Man's Battle](#), by Fred Stoeker

## TELEPHONE COUNSELING ORGANIZATIONS

- [PureLifeMinistries.org](#)
- [HealingForTheSoul.org](#)
- [FaithfulAndTrueMinistries.com](#)

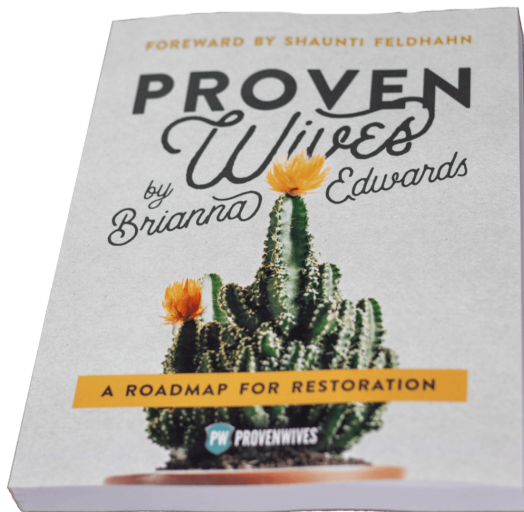
## RESOURCES FOR WOMEN



- <https://www.provenmen.org/women/> (Website)
  - Women struggle too. Lust, pornography, and masturbation are not just “man’s problem.” Sexual addictions and struggles are a *human problem*.
  - Are you trapped in a cycle of addiction? Do you feel controlled by your desires, unable to say no to lust, fantasizing, pornography, and masturbation? Maybe these outlets have become the way you handle stress, disappointment, or helplessness. Whatever shape your sexual struggle takes, there is freedom waiting for you.
- [Proven Women Be On Guard](#) by Emily Woody (Book)

- The Proven Women devotional is a workbook study that will center your heart on Jesus Christ. Every morning, you will meditate on and memorize scripture, read a short devotional, and spend time journaling and praying about what you learned. Once a week, you will meet with other Proven Women to share your struggles and victories.
- <https://2.bebroken.com/womens-resource-page.html> (Website)
  - The Be Broken website offers tons of resources for women who may deal with lust, sexual abuse, and feelings of betrayal due to their spouses lust or porn addictions.
- [Fearless Series](#) (Website)
  - The Fearless Series for Women is a 5-session video series designed to be a tool for Christian women to get the conversation started about sexual abuse. The presenters on the Series are Christian women who are themselves survivors and now are professionals in the field of helping other survivors of sexual abuse move forward in healing.

## RESOURCES FOR SPOUSES



- [Proven Wives](#) by Brianna Edwards (Book)
  - This is an 8-week devotional that walks you through the betrayal trauma, the grief, and the anger of discovering your husband's unfaithfulness — either digitally or physically. In this study, Brianna Edwards walks through her own story of betrayal trauma as you journey through yours and helps you to see Jesus in the midst of your pain. Brianna journeyed through pain and anger and saw Jesus in those dark spaces. In this study, she helps you to see Jesus in the midst of your own dark

moments and find light in your dark night. Each day is interactive, filled with stories, reflection, processing, and Scripture. There is no easy answer or fix when it comes to real hurt, but we can journey toward something better together.

- His struggles become ours, don't they? We love the man in our life so much—and yet our heart may be deeply bruised or broken; collateral damage in his battle with sexual temptation. Or we watch our husband tearfully wrestling to overcome a visual pattern that began in middle school, and we feel compassion even as we feel confused about why the struggle even *exists*. Or maybe we deal with intense anger or betrayal after uncovering an addiction he had hidden for years.
- **[So your husband is addicted to porn...](#) (Article)**
  - Discovering your spouse's porn addiction can feel like getting hit with a ton of bricks, but it doesn't mean the end of your marriage. The Lord wants to speak truth and healing in both of your lives.
- **[God Can rebuild what porn ruined](#) (Article)**
  - No relationship is too far gone for God to redeem. Read Kara's story of how her marriage and family were reconciled by God after she discovered her husband's porn addiction.
- **[Porn doesn't care who you are](#) (Article)**
  - Anyone can be addicted to porn. If you are a man or woman, young or old, no matter who you are, you can become addicted. Porn doesn't care.
- **<https://2.bebroken.com/wives-care.html> (Website)**
  - Website offering hope and help to wives facing sexual betrayal trauma through online resources, blogs, podcasts, and more.