

Porn & Purity Resources

The following are helpful resources to overcome our temptation to porn, to remain sexually pure, and to safeguard our families and children.

11 warfare tactics you can start today to fight “P”

1. Spend some time in repentance. Get right with God and start being the man He created you to be today.
2. Get accountability partners. Brothers that you can trust and be open with.
3. Put accountability software on your internet devices such as your phone, laptop, ipad, etc (www.x3watch.church)
4. Spend time reading your Bible. Remember scripture and use that as your shield and sword to fight off temptation and lust. i.e.; Job 31:1, Ephesians 5:1, 2 Timothy 2:22, 1 Corinthians 6:18.
5. Read one of the Christian books recommended below.

The other 6 tactics can be found on John Piper’s blog - <http://www.desiringgod.org/articles/anthem-strategies-for-fighting-lust>
(The more tactics you have of fighting “P” the more successful you will be)

Internet Filters

1. Covenant Eyes – accountability software with tons of articles and resources <http://www.covenanteyes.com/>
2. DNS Thingy – router filter <https://www.dnsthingy.com/>
3. Open DNS – router filter <https://www.opendns.com/>
4. Enable filter and content settings on yours and your children’s devices
 - a. <https://support.apple.com/en-ca/HT201304>
 - b. <http://www.pcadvisor.co.uk/how-to/google-android/parental-control-on-android-image-3461359/>
5. Android filter app <https://play.google.com/store/apps/details?id=com.cloudacl&hl=en>
6. iOS filter app <http://www.mobicip.com/>

Book resources

1. Every Man’s Battle – Fred Stoeker, Steve Arterburn
2. Hero - Fred & Jason Stoker, Mike Yorkey
3. Sexual Detox – Tim Challies
4. Sexual Addiction – David Powlison
5. Good Picture Bad Pictures – Kristen Jenson (for parents and their children)
6. Think Before You Look – Daniel Henderson
7. Surfing for God – Michael John Cusick
8. Finally Free: Fighting for Purity with the Power of Grace – Heath Lambert
9. Pure Desire: Moral Sanity in a Sex-Saturated Culture – Gary Inrig
10. Wired for Intimacy: How Pornography Hijacks The Male Brain – William M. Struthers
11. Unfiled: Redemption From Sexual Sin, Restoration for Broken Relationships – Harry Schaumburg
12. Sex and the Supremacy of Christ – John Piper

Helpful Websites

1. <http://www.covenanteyes.com/>
2. <http://www.xxxchurch.com/>

How can we help serve you best?

Email men@coahtoronto.com with your request.

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Mentorship []

Small group []

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