

God Loves Sex Book - The greatest resistance to a counterfeit is the original. We live in a sexually mad world where God's gift of sex has been distorted through pornography, promiscuity, prostitution, abuse, trafficking, and rape. The church's position on sexual matters has been made clear throughout history: all sexual activity outside the boundaries of Christian marriage is sin. But what does the Bible really say about sexual desire and sexual intimacy? (Amazon.com)

RESTORATIVE RESOURCES

Men (General)

Faithful & True Workbook - Provides writing exercises, Scriptural references, and proven solutions for men struggling with sexual purity to better understand the nature of their problems and how to find healing. (faithfulandtrue.com)

Seven Pillars of Freedom Workbook - Helps individuals break denial, understand sexual addictions, and experience freedom through a Christ-centered perspective. (puredesire.org)

Women (General)

Eight Pillars to Freedom Workbook - Helps bring healing to women who have experienced love/sexual addictions and whose behaviors have led to destructive lifestyles. (puredesire.org)

beggarsdaughter.com - Offering resources and articles on sex, singleness, and pornography through a Christ-centered approach.

Betrayal & Beyond Workbook - For women who've been hurt by their significant others' sexual behavior, this resource provides valuable tools, biblical wisdom, and testimonies of hope. (puredesire.org)

General

imlivingfree.com - Run by Cru staff member Ben Bennett, this site offers resources and articles on the topic of sexual sin, emotional health, and how healing can be experienced through Christ and a healthy community.

Pure Desire Book - Understand the issue of sexual addiction and pornography with clarity and a biblical perspective that will help you lead people to an intimate relationship with God—and experience the healing love of Christ. (puredesire.org)

Healing The Wounds of Sexual Addiction Book - Discover the roots of sexual sin, its patterns and impact, and learn a Biblical approach to self-control and sexual integrity. (faithfulandtrue.com)

Surfing for God Book - Discover how porn struggles begin, the true desires behind them, and how to overcome the compulsion once it begins. (thomasnelson.com)

College & Teens

Living Free Workbook - Written in collaboration between Cru staff and Christian counselors (Ben Bennett, Brett Butcher, and Dr. Ted Roberts) this represents decades of helping college-age men identify and heal from the factors that create and reinforce habitual sexual behavior. (puredesire.org)

Flesh Series (Cru.org) - This rewritten and revamped web and app based version of Flesh helps men understand the battle of sexual sin and the underlying factors driving it, while journeying through an online supportive social structure.

High Ground - This discipleship book for men and women gives an overview of habitual sexual sin and provides the tools to begin walking in freedom. (crustore.org)

Desires Series (Cru.org) - Helps college-age women identify and heal from the underlying factors that create and reinforce habitual sexual behavior and relationship issues. (puredesire.org)

Non-Faith Based

FightTheNewDrug.org - Support, articles, and scientific research on the topic of porn.

YourBrainOnPorn.com - Resources, research, online forums, and support for those struggling with unwanted sexual behavior.

Out of the Shadows: Understanding Sexual Addiction Book - The premier work on this topic by a pioneer in this treatment. Helps identify danger signs, explains dynamics, and describes the consequences of sexual addiction and dependency. (amazon.com)

More resources, including counseling, parenting, support groups, and internet safety are available at josh.org/resources/sex-relationships/ and setfreesummit.org/resources-and-tools/