



Resource List: Overcoming Sexual Brokenness

The resources listed below align with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included

Books
Broadcasts
Websites, Articles, Q&As, and Resource Lists
Referrals

Books

5 Steps to Breaking Free From Porn by Joe Dallas (2013) • 9780736953368 •

Dallas draws from his own experience and more than 25 years of counseling others to help you stop the cycle of pornography addiction.

Breaking Free: Understanding Sexual Addiction and the Healing Power of Jesus by Russell Willingham (1999) • 9780830817917 •

Willingham addresses the origins of and components involved in sexual addiction. He also identifies 12 essentials for transformation and freedom.

False Intimacy: Understanding the Struggle of Sexual Addiction by Dr. Harry W. Schaumburg (1992) • 9781576830284 •

Schaumburg offers biblical solutions to overcome the compulsion to act on *false* relationships and, instead, find true intimacy. Appendices include indicators of childhood sexual abuse, ministry resources, and a recommended reading list.

The Game Plan: The Men's 30-Day Strategy for Attaining Sexual Integrity by Joe Dallas (2005) • 9780849906336 •

Incorporating biblical principles and his own experiences, Dallas lays out a five-point plan for overcoming sexual addiction—whether pornography, extramarital affairs, or other sexual sins.

The Last Addiction: Why Self-Help Is Not Enough by Sharon Hersh (2008) • 9780877882039 •

Hersh explores *why* people are prone to addiction. When we're ready to let go of our last idol—the belief that we can save ourselves—we can understand our own story and learn to break free from our compulsions.

Nothing to Hide: Hope for Marriages Hurt by Pornography and Infidelity by Joann Condie (2004) • free online booklet

This free booklet from Focus on the Family provides suggestions, guidelines, and hope for those whose spouse has violated marital vows through pornography, strip clubs, sexual chat rooms, phone sex, or affairs.

Pulling Back the Shades: Erotica, Intimacy, and the Longings of a Woman's Heart by Dannah Gresh and Dr. Juli Slattery (2014) • 9780802410887 •

Whether married or single, understand God's design for healthy sexuality.

Pure Desire by Ted Roberts (2008) • 9780764215667 •

Sharing his own story of struggle and recovery, Roberts addresses sexual addiction and pornography. Learn to make Jesus Lord over *every* area of your life.

Sex Is Not the Problem (Lust Is): Sexual Purity in a Lust-Saturated World by Joshua Harris (2005) • 9781590525197 •

Lust contaminates what God intended as a gift. Whether you're entrenched in lust or just flirting with temptation, Harris encourages you to reclaim God's design for sexuality as you cut through the deceptive lies of lust.

Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle by Michael Cusick (2012) • 9780849947230 •

Learn how struggles with pornography begin and how to avoid them—or how to find healing if you're already in the battle.

Unburdened: The Christian Leader's Path to Sexual Integrity by Michael Todd Wilson (2015) • 9780830844326 •

Leaders may suffer under shame from past or current sin. Learn to overcome struggles through the power of God's grace and truth.

Undeclared: Redemption From Sexual Sin—Restoration for Broken Relationships by Harry Schaumburg (2009) • 9780802460691 •

Schaumburg discusses sexual sin that has pervaded the Christian community—adultery, divorce, pornography, gender confusion, prostitution, incest, and more. He offers hope for real change and genuine freedom through healing in Christ.

When Good Men Are Tempted: Sexual Purity for Guys in the Real World by Bill Perkins (2007) • 9780310274346 •

"Perkins taps into years of research, biblical study, and personal experience to provide a blueprint for sexual purity... he lays out that plan with transparency, humor, and simplicity."

When Young Men Are Tempted: Sexual Purity for Guys in the Real World by Bill Perkins and Randy Southern (2009)

• 9780310277156 •

Perkins and Southern address teens to help them make decisions for sexual integrity. They discuss factors surrounding sexual temptation and present a strategy for leading pure lives.

Winning the Battle Within: Realistic Steps to Overcoming Sexual Strongholds by Neil Anderson (2008) • 9780736924221 •

Anderson reveals the negative emotions and consequences of sexual sin, and he shares the truth about the freedom found in God's design for sexuality.

Broadcasts

The Battle to Destroy Lust (Pastor Joshua Harris) • 9781624713231 •

Harris explains that lust is present in each of our hearts—idolrous and insatiable desires that reject God's rules and seek satisfaction apart from His provisions. Learn about God's plan for healthy sexuality, the need to resist lust, and practical ways to deal with ever-present temptations.

Exposing the Lure of Romance and Erotica – I, II (Dr. Juli Slattery, Dannah Gresh) • 9781624717765 •

Slattery and Gresh discuss their book *Pulling Back the Shades* to define erotica, the lure behind it, and the impact it's making on our culture. They explore the legitimate heart needs of women and how to fulfill those in God-honoring ways—whether married or single.

God's Grace for Wild Women – I, II (Mary Kassian) • 9781683320180 •

Kassian encourages women of all ages not to conform to our human tendencies—especially in light of today's culture—but to become biblically wise in the ways we relate to the Lord and to men.

The Irreplaceable Value of Family – I, II (Tim Sisarich) • 9781624716287 •

Sisarich—host of Focus on the Family's documentary *Irreplaceable* and small group curriculum *The Family Project*—shares his personal journey toward understanding "family."

Men: Maintaining Sexual Purity – I, II (Fred Stoeker) • 9781624714665 •

Speaking candidly of his struggle with pornography and sexual sin, Stoeker shares how faith in Christ helped him conquer the temptations of our media-saturated culture. He encourages men to be heroes to their wives by maintaining sexual purity.

Why Waiting Until Marriage Matters – I, II (Dannah Gresh) • 9781683321446 •

Gresh speaks candidly about God's design for sexuality and offers a biblical perspective on why physical intimacy should be reserved for a committed marriage. She offers encouragement and practical ways you can talk your children about sex.

**Focus on the Family
Websites, Articles, Q&As,
and Resource Lists**

Pure Intimacy: Recovering the Heart of Sexuality

- pureintimacy.org



Digital Pornography Addiction: What You Need to Know and Where to Find Help

- media.focusonthefamily.com/fotf/pdf/channels/social-issues/16-fotf-0010-542322_spc3_thriving_values_pornography_addiction_kit_disk2-online.pdf

Girls Snared by Porn and Cybersex

- focusonthefamily.com/parenting/sexuality/girls-snared-by-porn-and-cybersex

The Impact of Pornography on Marital Sex

- focusonthefamily.com/marriage/sex-and-intimacy/when-your-husband-isnt-interested-in-sex/the-impact-of-pornography-on-marital-sex

Resisting the Power of Pornography

- focusonthefamily.com/parenting/teens/resisting-the-power-of-pornography

Erotica, Women and Marriage

- focusonthefamily.com/marriage/sex-and-intimacy/erotica-women-and-marriage/erotica-women-and-marriage

The Stages of Pornography Addiction

- focusonthefamily.com/marriage/divorce-and-infidelity/pornography-and-virtual-infidelity/stages-of-porn-addiction



Q&As

- family.custhelp.com
Browse our Q&As for advice and encouragement.

Resource Lists

- family.custhelp.com/app/answers/detail/a_id/26500
Find all of our recommended resources and referrals listed by topic, including:

- [Christian Growth for Adults](#) • RL022 •
- [Homosexuality Resources](#) • RL057 •

Referrals

Focus on the Family Counseling Consultation Line

If you're struggling and need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you. You can also [search our directory for a licensed Christian counselor in your area](#) [<https://ccn.thedirectorywidget.com>].

Be Broken Ministries

19115 FM 2252, Suite 6
Garden Ridge, TX 78266
800/497-8748

2.bebroken.com

- "Heal sexual brokenness. Grow in God's grace. Serve every day."

The Brushfires Foundation

brushfiresfoundation.org

- This ministry helps people “discover and live toward God’s design for sexuality and relationships, equipping them to spark change by serving others.” They also host prayloveheal.org, “a global community that prays for spiritual, sexual, and relational wholeness, offers the love of God to those in pain, and invites the Holy Spirit to heal our deepest wounds.”

Center for Renewing Intimacy

6270 Lehman Drive, Suite 200 G

Colorado Springs, CO 80918

719/331-6484

renewingintimacy.com

- Joann Condie counsels those struggling with intimacy disorders, including sex addiction, sexual dysfunction, and codependency.

Desert Stream Ministries

706 Main Street

Grandview, MO 64030

866/359-0500

desertstream.org

- This ministry offers Christ-centered help for those who struggle with sexual and relationship issues.

Enough is Enough!

P.O. Box 1530

Great Falls, VA 22066

703/476-7890

enough.org

- This group seeks to make the Internet safer for children and families by raising public awareness about the dangers of Internet pornography and sexual predators.

Genesis Counseling

17632 Irvine Boulevard, Suite 265

Tustin, CA 92780

714/508-6953

genesiscounseling.org

- Joe Dallas’ ministry seeks to reclaim godly sexuality.

Healing for the Soul

P.O. Box 25314

Colorado Springs, CO 80936

719/590-7685

healingforthesoul.org

- This ministry specializes in sexual integrity and unwanted same-sex attraction.

Institute for Marital Healing

101 West Elm Street, Suite 320

Conshohocken, PA 19428

610/397-0950

maritalhealing.com

- Dr. Richard Fitzgibbons has spent over 30 years helping people deal with marriage and family issues, forgiveness, homosexuality, and Gender Dysphoria/Gender Identity Disorder.

Intentional Hearts

3578E Hartsel Drive, Suite 422

Colorado Springs, CO 80920

770/623-3331

intentionalhearts.com

- “Intentional Hearts, Inc. exists to provide professional-grade life coaching for Christian men, ministers, business professionals and parents by telephone and video calling, including a specialized focus for coaching Christian men in the recovery and pursuit of sexual integrity.”

The Medical Institute for Sexual Health

1101 South Capital of Texas Highway
Building B, Suite 100
Austin, TX 78746
800/892-9484

medinstitute.org

- This organization provides guidance for establishing healthy sexuality through medically accurate, research-based materials and policy recommendations.

National Center on Sexual Exploitation (formerly Morality in Media)

1100 G Street NW, # 1030
Washington, D.C. 20005
202/393-7245

endsexualexploitation.org

- The National Center on Sexual Exploitation combats pornography and obscenity, and strives to uphold decency standards in the media.

Net Nanny

6949 South High Tech Drive
Salt Lake City, UT 84047
801/508-3596

netnanny.com

- Net Nanny offers web filtering protection for families and small businesses to protect against inappropriate Internet content.

New Creation Ministries

P.O. Box 5451
Fresno, CA 93755
559/227-1066

ncmfresno.org

- This ministry reaches out to the homosexual community, to those involved in infidelity, and to those with sexual or pornography addictions.

Pure Hope

110 Boggs Lane, Suite 302
Cincinnati, OH 45246
513/521-6227

purehope.net

- This organization sponsors seminars for pastors and counselors who work with victims of sexual trauma or those addicted to pornography.

Restored Hope Network

P. O. Box 22281
Milwaukie, OR 97269
503/927-0869

restoredhopenetwork.com

- This coalition of ministries reaches out to those who struggle with sexual sin.

Restoring Hearts Counseling

restoringheartscounseling.com

restoringheartscounseling.com/contact

- Dr. John Thorington helps teens and adults who struggle with sexual addiction.

Rob Jackson, MS, LPC

888/891-4673

christianfamilyuniversity.com

- Offering counseling and seminars related to faith, marriage, family, and sexual integrity for men, Rob seeks “to advance a clear plan (evangelism) and practice (sanctification) that transforms the whole man into an avid disciple of Christ.”

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.