



Resource List: Overcoming Sexual Brokenness

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books & DVDs](#)

[Broadcasts](#)

[Articles, Q&As, and Resource Lists](#)

[Referrals](#)

Books & DVDs

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.

Beggar's Daughter by Jessica Harris (2016) • 9781523691968 •

"From the Rags of Pornography to the Riches of Grace"

Breaking Free by Russell Willingham (1999) • 9780830817917 •

"Understanding Sexual Addiction and the Healing Power of Jesus"

Conquer Series hosted Dr. Ted Roberts (2018)

This DVD-based discipleship study lays out a battle plan for purity.

Volume 1 Individual Study Bundle • BUNDLE0040 •

Volume 2 Individual Study Bundle • BUNDLE0041 •

False Intimacy: Understanding the Struggle of Sexual Addiction by Harry 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.

Grace-Based Recovery by Jonathan Daugherty (2018) • 9781948130110 •

"A Safe Place to Heal and Grow"

Hope After Betrayal by Meg Wilson (2007) • 9780825439353 •

"Healing When Sexual Addiction Invades Your Marriage"

Intimate Deception by Dr. Sheri Keffer (2018) • 9780800729127 •

"Healing the Wounds of Sexual Betrayal"

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 by Joann Condie (2004) • **free online booklet**

“Hope for Marriages Hurt by Pornography and Infidelity”

Pulling Back the Shades by Dannah Gresh and Dr. Juli Slattery (2014) • **9780802410887** •

“Erotica, Intimacy, and the Longings of a Woman’s Heart”

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.

Rescued by Shelley Martinkus (2015) • **9780982638279** •

“A Woman’s Guide to Surviving and Thriving After Sexual Betrayal”

Secrets by Jonathan Daugherty (2017) • **9781945270802** •

“A True Story of Addiction, Infidelity, and Second Chances”

Sex Is Not the Problem (Lust Is) by Joshua Harris (2005) • **9781590525197** •

“Sexual Purity in a Lust-Saturated World”

Surfing for God by Michael Cusick (2012) • **9780849947230** •

“Discovering the Divine Desire Beneath Sexual Struggle”

Swipe Right by Levi Lusko (2017) • **9780718032159** •

“The Life-and-Death Power of Sex and Romance”

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.

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

Schaumburg discusses sexual sin that has pervaded the Christian community—adultery, 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.”

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

• **9780310277156** •

The authors help teens make decisions for sexual integrity.

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** •

Lust is present in each of our hearts—idoltrous and insatiable desires that reject God’s rules and seek satisfaction apart from His provision. Learn about God’s plan for healthy sexuality and practical ways to deal with temptations.

Exposing the Lure of Romance and Erotica (Dr. Juli Slattery, Dannah Gresh) • **235000007133** •

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

Finding an Escape From Sexual Addiction (Jonathan Daugherty) • **2350000010409** •

Daugherty discusses his former sex addiction and path to recovery, and he offers encouragement and hope to men struggling with similar issues. He and his wife help other sex addicts through Be Broken Ministries.

God's Grace for Wild Women (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 (Tim Sisarich) • 9781624716287 •

Sisarich — host of Focus' documentary *Irreplaceable* and small group curriculum *The Family Project* — shares his personal journey toward understanding "family." He talks about his struggle with pornography and the value of Christian counseling.

Men: Maintaining Sexual Purity (Fred Stoeker) • 2350000005702 •

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

Returning to a Godly Perspective on Sex and Romance (Pastor Levi Lusko) • 2350000011505 •

Lusko describes his struggles with pornography. He talks about God's design for healthy sexuality and how to protect ourselves from temptation and compromise. He also offers hope to those wounded by past sexual sin.

Why Waiting Until Marriage Matters (Dannah Gresh) • 2350000009120 •

Dannah speaks candidly about God's design for sexuality. She also speaks about how she and her husband, Bob, overcame his struggle with pornography — and how Bob helped create safe space for their son to learn about biblical manhood.

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

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

Erotica, Women and Marriage

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

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

The Stages of Pornography Addiction

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



Q&As

- focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement.

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
Find all our recommended resources and referrals listed by topic, including the following:

Christian Growth for Adults • RL022 •

Homosexuality Resources • RL057 •

Information on Sexual Abuse • RL044A •

Marital Challenges • RL038 •

Marital Intimacy • RL059 •

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.

Focus on the Family's Christian Counselors Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

Authentic Intimacy

2926 State Road, #129
Cuyahoga Falls, OH 44223
authenticintimacy.com

- "Authentic Intimacy is a unique teaching ministry devoted to teaching on God's design for intimacy and sexuality. Our vision is represented by two words that are rarely put together: Sexual Discipleship."

Be Broken Ministries

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

Desert Stream/Living Waters Ministries

706 Main Street
Grandview, MO 64030
866/359-0500
desertstream.org

- Desert Stream 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.

HopeQuest

P.O. Box 2699
Woodstock, GA 30188
866/377-7589
hopequestgroup.org

- "Whether you or someone you love is struggling with alcoholism, drug addiction, sex addiction or some other life-dominating behavior, we offer professional help in the context of safe spiritual community."

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)

440 1st Street NW, Suite 840
Washington, D.C. 20001
202/393-7245

endsexualexploitation.org

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

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 Community

800/497-8748

purecommunity.org

- An outreach of Be Broken Ministries, Pure Community is a network of resources, workshops, counseling, and recovery groups.

Pure Desire Ministries

503/489-0230

puredesire.org

- Pure Desire exists “to provide hope, healing, and freedom from sexual brokenness through Jesus Christ.”

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

719/644-5557

restoringheartscounseling.com

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

Rob Jackson, MS, LPC

888/891-4673

christianfamilyuniversity.com

- Find counseling and seminars related to faith, marriage, family, and sexual integrity for men.

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.