

Sexual Detox: A Guide for Guys Who Are Sick of Porn

By *Tim Challies*



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Sick of porn? Time to detox.

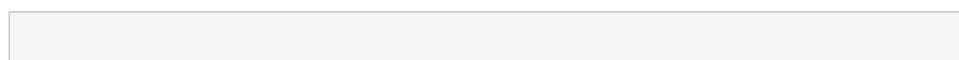
A huge percentage of men need a porn detox, a moral and psychological reset. Do you? If so, whether you know it or not, pornography has corrupted your thinking, weakened your conscience, warped your sense of right and wrong, and twisted your understanding and expectations of sexuality. You need a reset by the One who created sex.

In this book, I hope to help you reorient your understanding of sex, both in the big picture and in the act itself, according to God's plan for this great gift. I want to help you detox from all the junk you've seen, all the lies you've believed. This is not an easy process. It is rarely a quick process. It involves a letting go of old realities and an embrace of a new normal. To be willing to go through it you need to see how bad your current situation really is, and how the path you are on leads no place good. You need to see that the path of porn leads only to more isolation, guilt, alienation, and pain. Whether single or married, such a reset to normal is the only thing that can ever equip you to become a pure, loving, attentive, sacrificial husband.

But you already know you need to change. Few Christian men indulge in porn without realizing they need to quit. Every Christian guy who looks at porn wants to stop, but many of us want to stop just a little bit less than we want to keep going. The problem isn't knowledge-it's desire and ability. So sin prevails.

Here's a promise. You'll never stop until you begin to see the monstrous nature of the sin you're committing. You'll never stop until the sin is more horrifying to you than the commission of the sin is enjoyable. You'll need to hate that sin before you can find freedom from it. That means you need more grace. You need to cry out to be changed and to see the monstrous nature of this sin. And then you need to behave in faith that God will meet you with grace as you act to cut off the porn and begin the reset.

-Tim Challies



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Editorial Review

About the Author

Tim Challies is a blogger, author, web designer, book reviewer, and pastor. His websites include Challies.com and DiscerningReader.com. Tim has written *The Discipline of Spiritual Discernment*, published by Crossway, and *The Next Story*, published by Zondervan.

Users Review

From reader reviews:

Christine Furst:

What do you think of book? It is just for students since they're still students or it for all people in the world, exactly what the best subject for that? Merely you can be answered for that issue above. Every person has different personality and hobby per other. Don't to be pushed someone or something that they don't need do that. You must know how great and also important the book *Sexual Detox: A Guide for Guys Who Are Sick of Porn*. All type of book is it possible to see on many resources. You can look for the internet options or other social media.

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