



# Men and Porn

Why They Watch and How to Help

We know the stats.

A lot of men look at porn.

Christian men. Non-Christian men. Rich men. Poor men.

But, Ministry Leader, do you know why? Have you ever looked deeper than, “Hey, you must have a lust problem,” and dug into the hearts of the men you talk to?

Since 2001, Covenant Eyes has been “all-in” on helping men and women break free from digital pornography. We’ve also been a leader in **educating** men and women about why they click where they do. This Guidebook is the second in a series that we’ve created specifically for ministry leaders who are being confronted with a growing number of people dealing with pornography. (*Hooked* focuses on many of the reasons men in particular view porn, but please realize that much of what is in this book will be applicable to women who struggle as well.)

Maybe you’re starting to realize that the issue is big. Maybe you’re starting to realize that you don’t have the time or tools to help your people alone! That’s why we’re here to help with dedicated, church-serving staff, resources like this Guidebook, and quality software. If at any point while reading this Guidebook you need a lifeline, please contact us at **church@covenanteyes.com**.

# The View from Solomon's Window

There are many things we are drawn to in this life. We enjoy particular hobbies, various foods, and even particular vacation spots. Some of us are ocean people, others prefer going to the lake, or escaping to the mountains. Everyone is different and enjoys different things.

Why exactly are men drawn specifically to pornography? After all, it's not the same as being drawn to a particular sports team or book. For both men and women, it isn't only because they actually "like" looking at naked people. For many guys, the draw to pornography can become compulsive and is rooted deep within them. This can impact every aspect of an individual's life, including their journey of faith.

That's why as faith leaders we bear the responsibility of using the Word of God not only to expose the evils of sexual immorality out there in the world, but also to expose the evils in the hearts of our own people. Despite the fact that we preach about porn as addictive, relationship-destroying, and an injustice to women, the fact of the matter is this: Men still like it. We can wag a finger at the purveyors of sexual media, the advertisers, the traffickers, and of course the vile porn industry itself. But no matter what we say about the harms caused by the "supply" side, the fact is men—even Christian men—are a part of the "demand" side. Despite what guys know about porn, they still like to look at it.

Here is part of a testimony from a man brave enough to share his story:

I was around the age of 10 when I discovered something the others hadn't. It was something that finally gave me the attention I had been craving, the affection I'd felt I was missing, and it provided me a feeling of adequacy I yearned for. Pornography.

Initially, I found it almost melodramatic. While I had heard about it, I'd never seen any before. As I think back on it I can remember exactly where I found it, exactly how it was folded, and sadly enough, I can remember the picture on the front in enough detail it makes my heart ache. It's the damage of images that cannot be unseen. This small experience was the first step in aligning myself with a lifestyle that would hijack huge chunks of my life for the next 20-plus years.

Internally, I was hooked. The attention I craved came from the women staring back at me from those pages. No girl I knew in real life would look at me like that. So comforting and so accepting. They didn't judge me; they loved me for who I was. This was my special world and I had decided for me that I was going to do all I could to keep it a secret from everyone.

As my time with pornography continued into my middle-teen years I began to progress with a collection of more magazines, and further to videos if given that chance. Pornography had become a constant vehicle in my life. With the discovery of masturbation, pornography merely became a means to an end. With the onset and proliferation of computers and the internet, I never stood a chance resisting it and the instances of looking at and using pornography increased exponentially. My compulsion for pornography opened the door (acting as a catalyst) for easy justification for anything and everything.<sup>1</sup>

Of course, the details are different from guy to guy, but in the end, it is this kind of raw honesty the men in our church or ministry need to embrace. And like a mirror, we who disciple others should use the Word of God to expose the evil that thrives in our own hearts.

Let's explore the wisdom of King Solomon who knew well the tempting lure of sexual sin.

## **Proverbs 7**

My son, keep my words and treasure up my commandments with you;  
keep my commandments and live;  
keep my teaching as the apple of your eye;  
bind them on your fingers; write them on the tablet of your heart.

Say to wisdom, "You are my sister," and call insight your intimate friend,  
to keep you from the forbidden woman, from the adulteress with her smooth words.  
For at the window of my house I have looked out through my lattice,  
and I have seen among the simple, I have perceived among the youths, a young man  
lacking sense,  
passing along the street near her corner, taking the road to her house  
in the twilight, in the evening, at the time of night and darkness.  
And behold, the woman meets him, dressed as a prostitute, wily of heart.  
She is loud and wayward; her feet do not stay at home;  
now in the street, now in the market, and at every corner she lies in wait.  
She seizes him and kisses him, and with bold face she says to him,  
"I had to offer sacrifices, and today I have paid my vows;  
so now I have come out to meet you, to seek you eagerly, and I have found you.  
I have spread my couch with coverings, colored linens from Egyptian linen;  
I have perfumed my bed with myrrh, aloes, and cinnamon.  
Come, let us take our fill of love till morning; let us delight ourselves with love.  
For my husband is not at home; he has gone on a long journey;  
he took a bag of money with him; at full moon he will come home."  
With much seductive speech she persuades him; with her smooth talk she compels  
him.  
All at once he follows her, as an ox goes to the slaughter, or as a stag is caught fast  
till an arrow pierces its liver; as a bird rushes into a snare; he does not know that it  
will cost him his life.  
And now, O sons, listen to me, and be attentive to the words of my mouth.  
Let not your heart turn aside to her ways; do not stray into her paths,  
for many a victim has she laid low, and all her slain are a mighty throng.  
Her house is the way to Sheol, going down to the chambers of death.

The story is a fairly simple one to follow. Solomon is glancing out his window, looking down on the streets of Jerusalem, and he sees an ignorant young kid walking down the street at night. He comes across a seductive woman who entices him to come home with her. Adultery ensues.

This text reveals to the reader the crafty ploys of this seductive woman. Solomon is giving his reader both a literal and metaphorical bird's-eye-view of the situation.

He wants his readers to first see this temptation through the safety of his window so that when they find themselves on the same street on a dark night they don't fall into the same traps.

This story—and the lures the woman uses to get the man in bed with her—offer some startling parallels with modern men and pornography.

# Lure #1:

## Physical Lust

The first lure, physical lust, is the most directly observable temptation. Solomon states that she is “dressed as a prostitute” (Prov. 7:10). This woman is dressed to kill. She is seductive.

This isn't the only lure, but it is the most obvious, in-your-face reason why men are drawn to pornography. Men like to look at naked women, plain and simple.

When a man is attuned to a woman's form. When he sees a sensual image, or when he fantasizes, this triggers a reflexive release of testosterone, and his brain begins to cultivate a desire for sex.

Of course, it is important to remember this sex drive is created by God. When we read the creation account in the book of Genesis, what is the apex of the physical creation? After creating the moon and stars, plants and animals, and the garden of paradise, the pinnacle of the physical creation is the woman. God forms Eve and brings her to Adam, and as they stand naked before each other, he erupts with a poem packed with anticipation and excitement: “This at last is bone of my bone and flesh of my flesh.” It is then that God calls his creation not just good but very good.

But when sin entered the picture it changed the way we relate to the created world. Paul comments in Romans 1, as we look at the visible created world our minds should perceive the invisible God. We should notice His eternal power and divine nature, and then as we perceive Him we should be moved to honor and worship Him as the immortal God. But instead, Paul says, we are always exchanging “the glory of the immortal God for images resembling mortal man and birds and animals and creeping things” (Rom. 1:23). This is idolatry.

Our hearts should be captured with the glory of the immortal God, but instead we become fixated on images of created things. And among all the created things, the image of a woman's body often ranks at #1 for men. Man's natural draw to a woman's beauty becomes twisted, and we make images of women our god—the things that truly captivate us and capture our imaginations.

This is what pornography does. Pornographers are basically modern-day idol makers, only their material is not wood or stone, but pixels on a monitor. Their chisels are camera angles, lighting, makeup, and clever photo and video editing. And as we take these idols into our hearts (Ezek. 14:3) we commit the sin of lust.

## **Take Action: Identify the Roots of Lust**

It's easy to just stop at lust, recommend a few Bible verses, tell the man in front of us to pray harder, and assume everything will be fine. However, the physical lust we struggle with is often the output of a lifetime of complex experiences and circumstances. What else might be hiding behind the lust? It just might be something that can't be "prayed away."

Therapist, author, and ordained pastor Jay Stringer shared this story on the Covenant Eyes blog:

One of the most common sexual fantasies for men had to do with the desire for power over women.

Men who wanted power over women tended to pursue pornography where women were younger, had a smaller body type, and had a particular race or appearance that suggested (to them) subservience.

What predicted this type of sexual fantasy in men? There are three key drivers:

1. His level of shame
2. His sense of futility
3. Growing up with a strict father



Men with the highest levels of shame were those that wanted the most power over women. The writing on the wall is that men find power over women arousing precisely because it gives them an arena to find dominance amidst a life filled with shame and futility.<sup>2</sup>

Pastor Stringer offers this golden statement for each of us who pastor and care for those who struggle: “Attempting to address your sexual struggles without understanding the unique stories you bring to the altar of pornography will be an exercise in futility. **The irony of sexual fantasy is that it will be the most honest portion of your life until you begin to address your past wounds and the madness of your present life.**”<sup>3</sup>

I once knew a pastor who had a sign in his office that said, “Get Over It!” It was a sarcastic take on some of the silly arguments that sometimes happen in churches about carpet color or hymns vs. contemporary music. In those situations, yes, we should often “get over it.” But we cannot become the type of leaders who do not take the time to listen to and counsel our own people.

Therefore, as a pastor, do you allow space for individuals you care for to explore the darkest corners of their struggles? These deep-seeded wounds can’t just be “prayed away” or fixed by memorizing more Scripture. If you aren’t equipped to explore sexual brokenness in this way, do you have a list of resources in your community to offer your people? This might require spending time interviewing potential therapists to see if you trust them with those you pastor.

# Lure #2:

## Passive Pleasure

“She seizes him and kisses him, and with bold face she says to him...” (Prov. 7:13)

This is the woman’s very first move. No words, just an in-your-face sensual embrace, telling him everything he wants to hear with her body language and her gaze. What message is she sending this man? She is easy, vulnerable, and eager. He can have her with no commitment or work on his part. He merely has to follow her home; she will do all the rest.

This is another key reason why guys like porn. The actresses in every digital harem are eager and willing; a man just has to find them (not a difficult thing to do today). This is the lure of passive pleasure.

To want the embrace of a woman is a good desire. To desire sexual pleasure is not itself an evil. God has set up the institution of marriage in part for the expression of sexual pleasure. Go back only a couple chapters in Proverbs and we read Solomon encouraging the reader to “rejoice in the wife of your youth” (5:18). God calls men not to seek sex, per se, but rather to cultivate the virtues of a godly husband and become a man of character.

Godly marriage involves commitment, pursuit, intentionality, romance, love, and respect. Marriage is about taking care of someone other than yourself. Lust involves none of this. This is why pornography is so alluring to some men. Like a lot of temptations, pornography offers a quick fix, a shortcut to pleasure without virtue. Pornography rips sexual pleasure from its relational context and creates a realm of fantasy.

## Take Action: Combat Fantasy

Pastor and author Noah Filippiak explains that the best way to combat the fantasy of porn is to “intentionally and consciously improve your reality.” He explains:

Fantasy is a way of running away from your marriage and investing elsewhere. Whenever you're tempted to run away from your marriage mentally, do something to intentionally run toward it. Find a way to show love to your spouse in a way they might appreciate! Doing this over time will change the atmosphere of your marriage. You can only control your end of the marriage, but that's still 50% of the air! If you change your 50%, the whole room is going to freshen up drastically.<sup>4</sup>

If you are counseling a married man, Filippiak's advice is fantastic. Encourage him to turn away from his fantasies and invest in his marriage. Plenty of marriage books exist to spur ideas. For singles, however, this advice simply does not work. Instead, encourage them to invest in other relationships, such as accountability friendships. Encourage them to also intentionally invest their time in other activities, such as picking up a new hobby. You can learn more in the ebook *More Than Single: Finding Purpose Beyond Porn*, available for free at [covenanteyes.com/singles-guide/](http://covenanteyes.com/singles-guide/).

# Lure #3:

## Escape

“I had to offer sacrifices, and today I have paid my vows...I have spread my couch with coverings, colored linens from Egyptian linen.” (Prov. 7:14,16)

These are the fellowship offerings: animal sacrifices presented and slaughtered at God’s altar, with a portion given back to the worshipper for them to eat. It was usually eaten that day among friends and family. These were the choicest cuts of meat. She’s effectively saying to this man, “I have a table with the best foods spread at my house right now.”

In verse 16 she continues by describing her couch. Usually people in that culture would recline to eat, and she is describing a special seat reserved for him at her table, covered with expensive, exquisite cloth imported from Egypt. This was the luxury bedding of Solomon’s day. She has spared no expense for him. She is inviting him into an experience of comfort, ease, and delight.

For many men, pornography is their place of comfort, their refuge, their escape. For some this is a conscious thing: they justify spending hours and hours looking at pornography because it is their “treat”—the way they wind down or take a break. They “owe it to themselves.” For some this is a subconscious motivation: they don’t even realize they run to pornography again and again because it is a fantasy world where all the arrangements have been made for them, a world where they can forget their worries, dissatisfaction, and discontent.

The world is full of hardships and difficulties, and when we encounter them something in us justifiably revolts. Something in us longs to return to Eden, before the curse and decay of sin entered human existence. We long for the comforts of Paradise. The Gospel tells us there is a day coming when there will be a new heaven and a new earth, when Paradise will be restored to us, when there will be harmony between us and God,

harmony among one another, and harmony in creation. The Spirit of God also offers foretastes of this ultimate hope: He whets our appetite for heaven. But when we face the stress of the world's fallen conditions, our sinful hearts don't retreat to that hope. Instead, we retreat by making temporary Edens; small paradises that we can control, paradises centered not around God, but rather on ourselves.

## **Take Action: Identify Patterns**

Numerous experts have drawn connections between emotional trauma, stress, and porn use (Jay Stringer's book *Unwanted*, for example, explores the root traumas connecting 3,800 porn users). Many people may, in fact, benefit from professional counseling regarding childhood sexual traumas. But even without that, encourage the men in your ministry who are struggling with porn to identify the patterns leading up to porn use.

Luke Gilkerson, former staff writer for Covenant Eyes, lists six patterns to identify in his blog post, "Breaking addiction to porn: Leaving the endless cycle."<sup>5</sup> Of particular relevance is triggers: the situations, moods, emotions, times of day, and other factors that routinely lead to pornography use. Encourage those you counsel to track their triggers so that the next time they experience them, they can proactively turn toward something better instead.

# Lure #4:

## Secrecy

“For my husband is not at home; he has gone on a long journey; he took a bag of money with him; at full moon he will come home.” (Prov. 7:19-20)

She informs him that her husband has gone on a business trip and isn’t expected to return until the next full moon. In other words, she is saying, “Don’t worry. There is no fear of getting caught.”

Often porn is enticing because of its secrecy. Pornography thrives on secrecy.

Psychologist Al Cooper noted this when he coined the phrase “Triple-A Engine” to describe Internet pornography and cyber-sex addiction. According to Cooper, people are drawn to porn because it is (1) Affordable, (2) Accessible, and (3) Anonymous.

- Affordable—porn is relatively cheap or free online.
- Accessible—the Internet brings pornography right into the private corners of your home or office at high speeds.
- Anonymous—no one has to know that you see it; it is secretive.<sup>6</sup>

The internet, computers, tablets, and smartphones have brought this issue to the forefront like nothing else before them. As more and more of us live detached, anonymous lives online, we get a glimpse at what really makes us tick. Behind closed doors our real motivations surface. Before the age of the internet and smart devices, many Christians might have avoided the trap of pornography merely in conformity to Christian social norms. Today, the option of secrecy opens a wide door for temptation.

## Take Action: Use Covenant Eyes

Fortunately, Dr. Cooper notes that you only have to break one leg of the Triple-A stool for it to collapse. Encourage your entire ministry, whether actively struggling with pornography or not, to use Covenant Eyes Accountability to break the leg of anonymity. At a minimum, every church staff should be using some kind of software to help them live with integrity online. We at Covenant Eyes would love to help you set your church or ministry up for success. Contact us at **church@covenanteyes.com.com** for more information.

# Lure #5:

## Pride

“I have come out to meet you, to seek you eagerly, and I have found you” (Prov. 7:15).

The adulteress probably would have said the same thing to the next guy who came along, but she insists that he’s the one and only. She makes him feel desired, wanted, and attractive. Solomon crystallizes this so well when he says: “With much seductive speech she persuades him; with her smooth [i.e. flattering] talk she compels him” (7:21).

Today we might say she is stroking his ego. She is playing to his pride. This is the same ploy used in pornography today: to catch the man up in the fantasy experience where he is the main character. The woman on the screen is selling the lie: she wants him, she notices him.

This is especially notable since many porn-using men in particular note a lack of healthy self-worth and purpose in their lives. As mentioned earlier, the research performed by Jay Stringer shows a significant correlation between futility and porn use. In fact, Pastor Stringer found that a man struggling with a lack of purpose is seven times more likely use pornography. He notes:

Pornography is appealing precisely because it creates a world without thorns or thistles. Only requiring you to bring your lack of purpose, your futility, and your disappointment, porn will give you a world where, for a moment, it all goes away. The madness of pornography use is that it appeals disproportionately to men who lack purpose and identity. When these men attempt to find freedom from porn, they inevitably fail because they attempt to maneuver through life without their most dependable getaway car. Their failure then becomes further evidence that they are consigned to a lifetime of futility.<sup>7</sup>



## Take Action: Help Them Find Purpose

One factor in recovery, then, is a search for purpose in other ways. The free ebook *Hobbies and Habits* is written specifically to help porn users find new hobbies and combat futility. Download it at [learn.covenanteyes.com/hobbies-and-habits/](https://learn.covenanteyes.com/hobbies-and-habits/).

# Lure #6:

## False Intimacy

“Come, let us take our fill of love till morning.” (Prov. 7:18)

What a wonderful phrase for a husband to hear from his wife, and yet here it is found in the mouth of an adulteress.

She speaks of the “love” they will enjoy all night long. The Hebrew word, *dowd*, translated here as “love,” is used many, many times in Solomon’s celebrated love poem, the Song of Solomon. It is used as the pet name between the two lovers: “my Beloved.” It is also used to refer to the affectionate, passionate love they share:

“How beautiful is your love, my sister, my bride! How much better is your love than wine, and the fragrance of your oils than any spice! Your lips drip nectar, my bride; honey and milk are under your tongue; the fragrance of your garments is like the fragrance of Lebanon.” (Song of Solomon 4:10-11)

This sort of love describes the physical and verbal foreplay between Solomon and his bride before making love.

The forbidden woman is playing on this same deep desire for love. This is what pornography offers a man. Pornography seeks to tap into a part of us that desires closeness and then creates a parody of it. Porn is false intimacy.

A lot of single guys have a dreaded fear of being alone. They want to experience love and intimacy. Even married guys experience this need, especially if their marriage is not all they hoped it would be.

Of course, we were created for intimacy. It is a part of our make-up as God’s creatures. But in our sin-soaked hearts, this desire becomes an idolatrous demand. To the man

who desires companionship more than God's glory, being alone is his hell. To save himself from this hell, the porn girls in his fantasies become his saviors. But as we bring our twisted desires to Christ and make them subservient to His glory, then and only then do we begin getting a taste of intimacy the way it was meant to be.

Much like the cure for the Lure of Passive Pleasure, false intimacy must be combatted with reality. For the married porn user, that means intentionally turning away from porn and turning toward his spouse. But for the single man, or for the married man whose spouse needs time to recover and rebuild trust because of her husband's infidelity through pornography, this is much easier said than done.

## **Take Action: Find Real Friendship**

Fortunately, there is a kind of intimacy that does not imply romance. A strong accountability relationship, ideally built from a firm friendship, can offer the true intimacy of being fully known and fully forgiven even while being pushed closer to Christ. You can learn more about this type of relationship in our series, *Accountability Academy*, where we guide individuals in finding true friendship and even provides detailed guidelines for accountability meetings, discussion guides for those meetings, and strong Biblical support for Christian accountability. You can join *Accountability Academy* at [covenant-eyes-communities.teachable.com/p/accountability-academy/](https://covenant-eyes-communities.teachable.com/p/accountability-academy/).

# Lure #7:

## The Forbidden

Solomon describes the adulteress as “the forbidden woman” (7:5). The word carries the idea of someone who is foreign or a stranger. She belongs to someone else. She is not his. It’s not just that she is an attractive woman: she is an illicit woman. She is off-limits.

This is exactly what our sinful nature does: we crave what we can’t have. The Bible calls this covetousness. Paul spoke about this in Romans 7:

“[I]f it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, “You shall not covet.” But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. For apart from the law, sin lies dead. I was once alive apart from the law, but when the commandment came, sin came alive and I died. The very commandment that promised life proved to be death to me. For sin, seizing an opportunity through the commandment, deceived me and through it killed me.”  
(Rom. 7:7-11)

Follow Paul’s logic here. First, Paul speaks about the principle of sin in the members of his body: a drive that lives in his bones, something that compels him to live autonomously, to disobey God. Second, he speaks of God’s law. He specifically mentions the tenth commandment: You shall not covet. What happens when this sinful drive in him meets God’s law?

It was as if covetous desire was lying dormant in Paul—asleep, dead. Then the command about coveting brought his sin to life, arousing the sleeping giant. The command, of course, promises life to those who walk in it (Deut. 5:33), but our sinful drives within actually use the command to stir up more lust. Knowing something

is off-limits kicks lust into overdrive and produces what Paul calls “all kinds of covetousness.”

A few chapters later, Solomon sums up the motto of Lady Folly: “Stolen water is sweet, and bread eaten in secret is pleasant” (Prov. 9:13). This is why “the other woman” pulls at a man’s heart. Pornography gives a man the feeling that he has been given the key to the back door of forbidden pleasures.

But the reality is, God has provided much more than we need. He has lavished the earth with what illustrator John Hendrix calls wasteful beauty.<sup>8</sup> There are thousands of flowers that bloom and die every day without ever being seen by human eyes. Thousands of drops of water flow over thousands of waterfalls with nobody but the birds around to observe. Psalm 104:26 describes how God created Leviathan to play in the deep of the oceans, where humans are only beginning to explore. The world’s beauty is lavish and extravagant, and available to us through a simple walk in the park or a *National Geographic* nature documentary. And that’s not to mention the millions of human artistic endeavors, through music or art or literature or film or dance.

## **Take Action: Appreciate Creation**

One of the solutions to covetousness and the forbidden, then, is to view the world through redeemed eyes, recognizing the abundant beauty God has provided. *Hobbies and Habits* is again a practical guide to assist with this. The ebook *Transformed by Beauty* features interviews with a body builder, a ballerina, a priest, and a popular Christian musician, Audrey Assad. This ebook shows that the created, natural beauty is far superior than the fake intimacy of porn. **Both are included in the Resources at the back of this Guidebook.**

# Conclusion

## Do Something

This guidebook tries to increase the understanding of ministry leaders who have men who struggle in their midst. Are there specific men that came to mind as you were reading? Is the Spirit prompting you to take a new action with any of them? If so, the time is now. Commit to action before the worries of life remove your urgency. Don't be satisfied with the same surface level solutions for deep-seated problems. They rarely work.

The enemy is using sexual sin, including pornography, to destroy marriages, distort teenage expectations, and disrupt relationships. May we all drop to our knees as we pray for guidance and wisdom in how to move forward. Remember, even small changes to help your church or ministry with this issue are better than nothing. And we at Covenant Eyes are here for you too. Together, we can help people learn to look away from porn and instead look to God for their hope and satisfaction

### **Take Action**

As we have seen, seven lures pull this man into the seductress' home. He is enticed by her physical beauty and sexual prowess. He is captivated by her forwardness and the promise of sexual pleasure without personal commitment or cost. He is charmed by the promise of escape from the busy Jerusalem streets. He is tempted by the allure of secrecy: knowing no one will know of his sexual escapade. He is puffed up with pride thinking about her apparent desire for him. He is moved by his desire for intimacy and longs for her bed chamber. And his heart is grabbed by the thought of being able to experience forbidden pleasure.

For any man who has ever dabbled in pornography, these are some of the same lures he has felt tugging at his own heart.

# Get Personal Help For Your Ministry

Sexual sin is often more complex than what you see on the surface. Now that you have greater empathy for those who struggle, you might want to take steps to create a culture of healing and protection for your ministry. Covenant Eyes is here to help! We create tools specifically to help you act and take a stand against pornography. Learn more at [covenanteyes.com/churches](https://covenanteyes.com/churches) or contact our Church and Ministry Outreach Team at [church@covenanteyes.com](mailto:church@covenanteyes.com).

# Recommended Resources

For the last decade, Covenant Eyes has been gathering and producing a number of resources dealing with all aspects of pornography, from prevention to the neuroscience to recovery. The following resources are hand-picked as some of our most helpful for you as a ministry leader. Be sure to check out our blog and other ebooks at **covenanteyes.com**. Some of the resources below were mentioned in the guidebook. Others are simply included to make leaders aware of what resources are available.

## Counseling Resources

### **Hobbies and Habits: Fighting Porn with Purpose**

Intentionally light on theology, this book looks at the practical side of porn recovery, and provides strategies to not just quit porn, but replace it with healthier behaviors.

*[learn.covenanteyes.com/hobbies-and-habits/](http://learn.covenanteyes.com/hobbies-and-habits/)*

### **More Than Single: Finding Purpose Beyond Porn**

Recovery strategies often focus on marital sex as better than porn, but that can be frustrating to singles. This ebook speaks specifically to the sexual temptations and challenges singles face and give them hope for a porn-free life.

*[covenanteyes.com/singles-guide/](http://covenanteyes.com/singles-guide/)*

### **Overcome Porn: The 40 Day Challenge**

Available as a free email series or as an app for iPhone® and iPad®, this challenge provides 40 days of biblical information about the science of pornography and how accountability is key to recovery.

*[learn.covenanteyes.com/porn-free-challenge/](http://learn.covenanteyes.com/porn-free-challenge/)*



## **Transformed by Beauty**

In this inspirational ebook, a priest, a musician, a ballerina, and a body builder share their stories of how their lives were changed because they encountered the beauty of a transcendent God. This beauty helped them find freedom, inner healing, peace, and strength in ways they never imagined.

*[info.covenanteyes.com/transformed-by-beauty](http://info.covenanteyes.com/transformed-by-beauty)*

## **Further Pastoral Resources**

### **The Prepared Ministry: Policies that Heal and Protect from Porn**

This deeply practical Guidebook outlines four key behaviors of organizations that are successful in helping their staff and people defend themselves against pornography. It's a 15-minute read that could change how you lead your organization.

*[learn.covenanteyes.com/ready-ministry-guide/](http://learn.covenanteyes.com/ready-ministry-guide/)*

### **Female Porn Users: Why They Watch and How to Help**

For far too long, many have presumed pornography to be exclusively a “man’s issue.” In reality, women make up 30% of all pornography users. Porn and masturbation are not just men’s problems. They’re human problems. This ebook will teach you the top 4 reasons women are attracted to porn, the lies women believe about their porn use, and action steps to help you counsel women who are struggling.

*<https://learn.covenanteyes.com/ashamed-ministry-guide/>*

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