Men,

We are at war. We are locked in an everlasting battle with culture and the stakes are high: our sexual integrity.

Every day, you're exposed to visual stimuli that are designed to evoke a sexual response. It's no wonder that [over 28,000 people are watching pornography every second](https://www.covenanteyes.com/pornstats/). But, just because something is *common* doesn't mean it's *right.* We know pornography is *not* how God intended us to use the gift of our sexuality, but we also know that [temptations of the flesh are extremely difficult to ignore](https://learn.covenanteyes.com/porn-circuit/?_ga=2.186182508.490839295.1606140454-1166353115.1509469810). That is why we have to use every tool in our arsenal to battle the temptation of pornography and fight for sexual integrity in our lives.

One such tool we recommend is Covenant Eyes. At its core, Covenant Eyes is a software that gets installed on your devices and sends a [regularly scheduled report](https://www.covenanteyes.com/support-articles/screen-accountability-report/) to a person of your choosing to give them insight into your internet activity. For some, knowing that someone can see what they're doing is enough to give them the strength they need against temptation, but for others, the reports will highlight anything concerning so that an open, transparent conversation can be had. Like Covenant Eyes, we believe there is no room for shame when battling pornography, and the only way to win the war is to be open and honest about your struggles.

Covenant Eyes is more than just software, however. It's a community of people who will take your journey to quit porn as seriously as you do. You'll find a Member Care Team ready, willing, and able to answer your questions and navigate you through both the software and the [murky world of porn recovery](https://learn.covenanteyes.com/hobbies-and-habits/?_ga=2.227347416.490839295.1606140454-1166353115.1509469810) when you join Covenant Eyes. You'll also find, whether you chose to utilize the software or not, a [plethora of free resources](https://www.covenanteyes.com/blog/) available to answer your questions and help equip you in your fight.

[unique closing]