



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

By *Tim Challies*

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**Sexual Detox: A Guide for Guys Who Are Sick of Porn** By Tim Challies

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:

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##### William Fields:

Spent a free time and energy to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled Sexual Detox: A Guide for Guys Who Are Sick of Porn can be fine book to read. May be it may be best activity to you.

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