

Reboot // Lust & Sexuality Resource List

Help with porn addiction:

xxxchurch.com

Resources for men, women, spouses, parents...:

<https://www.xxxchurch.com/get-help#start-here>

Internet Filter:

<https://www.x3watch.com>

<https://www.covenanteyes.com>

Online workshops counseling for individuals & couples:

<https://faithfulandtrue.com/>

<https://x3workshops.com>

Every Man's Battle online workshops:

<https://newlife.com/workshops/every-mans-battle-sexual-integrity-workshop/>

Helpful short articles:

<https://newlife.com/category/articles-and-tip-sheets/sexual-integrity/>

Fight Sex Trafficking locally, resources, education:

<https://www.ransomedlifetexas.org>

Bible study plans:

<https://my.bible.com/search/plans?q=lust>

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Questions to consider:

Do you have a safe, trusted, Godly person that you could confess and discuss anything with?

What does it look like for you to make a covenant with your eyes? (Job 31:1)

If lust is a shortcut to true intimacy, what does it look like in your life to do the hard work of developing deep and meaningful relationships as a married or single person?