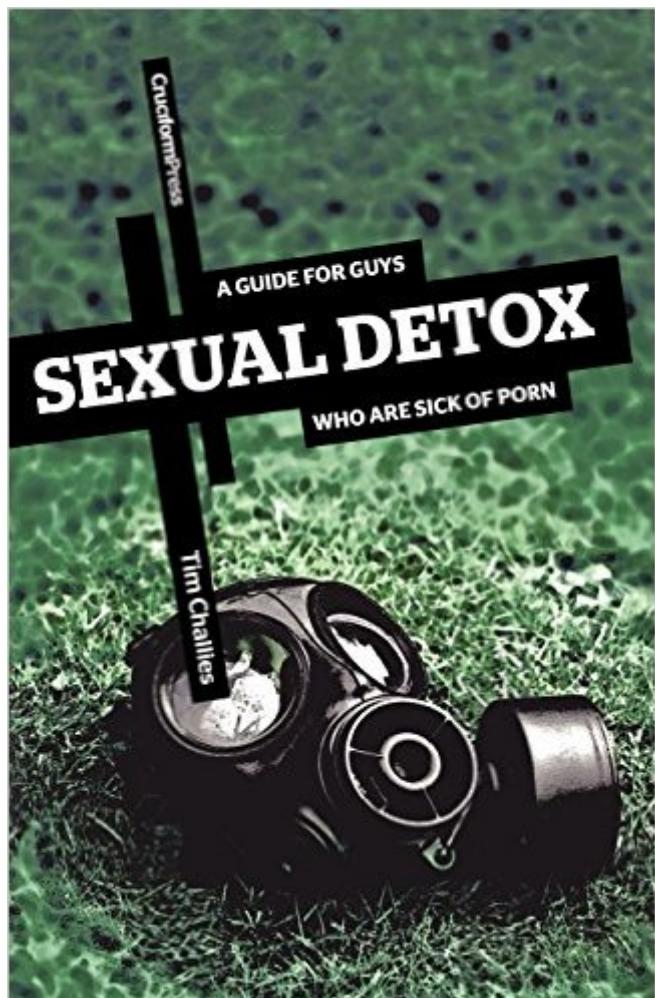


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# Sexual Detox: A Guide For Guys Who Are Sick Of Porn



## Synopsis

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

## Book Information

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## Customer Reviews

Even though Sexual Detox is rather short, it is jam packed with great content. The book seeks to address the struggles men have with pornography and masturbation and to help lead the reader into a proper, biblical view of our sexuality. Sexual Detox is broken up into six chapters, Reality of Pornography; Pornography vs. Marriage; A Theology of Masturbation; Four Gifts of Sex; Detox in the Bedroom and Detox in Your Soul. These chapters each end with a short section of questions called Think. The Think sections are designed for you to talk through in a community of trusted guys who will help you overcome the sinful temptations that assault us all. At the end of Sexual Detox, Cruciform Press adds a great sermon from C.H. Spurgeon entitled, "Comfort for the Tempted" on 1 Cor. 10.13. The content of this book is stellar. As a youth pastor, husband and guy I have read many books that look at the problems addressed in Sexual Detox. Many times these books have great content but always seem to leave you wondering just what the author means. They tend to show the problem and sinful acts of sexual behavior but never draw a hard and fast biblical line as to what can and can't be done. Sexual Detox not only calls sin for what it is, a blatant offense to a glorious God, but it also confronts the many 'gray' areas we often try to hide in. Sexual Detox is not only firmly biblical, but also immensely practical. This book can be of great help to men who have struggled, are struggling or could struggle (which is all of us) with pornography, masturbation or a distorted view of their sexuality. The questions at the end of each chapter make it ideal for use in an adult men's small group or fight club.

In his book, Sexual Detox, Tim Challies offers simple, biblical counsel for men who are struggling with the tragic impact of pornography on their sexuality. Challies understands the prevalence and the destructiveness of pornography, and he speaks in his book to the hearts of men who need God's help to again view sex rightly. Positively, Challies writes in a way that is open and frank without crossing the line into being crude. Often, in a book on this topic, the author, in order to prove he is a real guy with real guy struggles, will share too much with his readers in too descriptive a way. Challies does not fall into this pattern. This is good, as Challies performs the rare feat of talking about issues of lust without stirring up dangerous images in his readers' minds. Challies' plan of organization in this work is also effective. Before he gets into the nuts and bolts of what men need to do, he spends two chapters helping guys to develop a biblical theology of their sexuality. This is good, as men need to first understand what God has taught on this issue before they can make

lasting changes that honor God. This book is also an extremely easy read. A pastor could give Sexual Detox to a young man who is struggling and not fear that the terminology will be too much. This book could possibly even be used with youth so long as the youth minister or a parent worked with the young men to get through some of the issues in the text. **Negatives** A slight negative that I have regarding this book is that, because of its readily accessible writing style, arguments are not always as thoroughly made as I might prefer. On occasion, Challies will tell us that "This is the reason that...

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