

# Resources for Teenagers/Parents of Teens Struggling with Pornography

## **General Resources:**

Desiring God:

<https://www.desiringgod.org/topics/pornography>

Houston's First Baptist Church - Victory Over Pornography:

<https://houstonsfirst.org/news-stories/victory-over-pornography>

Bridgetown Church:

<http://bridgetownchurch.com/ministries/pornography-resources>

## **General Articles:**

You Can Say No to Porn – John Piper

<https://www.desiringgod.org/messages/you-can-say-no-to-porn>

What's the Problem with Pornography? Matt Jacobs

<https://fervr.net/teen-life/whats-the-problem-with-pornography>

Hope and Help for the Porn Addict – Trip Lee

<https://www.desiringgod.org/articles/hope-and-help-for-the-porn-addict>

How to Leave Porn Behind – Samuel Jones

<https://www.desiringgod.org/articles/how-to-leave-porn-behind>

Seven Things to Do After You Look at Porn – Paul Maxwell

<https://www.desiringgod.org/articles/seven-things-to-do-after-you-look-at-pornography>

Mind Mapping: How to Think about Porn Addiction (3 article series) – Rick Thomas

1.0: <https://rickthomas.net/how-to-think-about-a-porn-addiction/>

2.0 <https://rickthomas.net/how-to-break-free-from-porn-addiction/>

3.0 <https://rickthomas.net/mind-mapping-resist-porn-daily-basis-pt-3/>

## **General Articles Specific to Parents:**

A Letter to My Sons about Pornography - Liz Wann

<https://www.desiringgod.org/articles/a-letter-to-my-sons-about-pornography>

Seven Strategies to Combat Teen Porn Use – Danny Huerta

<https://www.focusonthefamily.com/parenting/sexuality/kids-and-pornography/seven-strategies-to-combat-teen-porn-use>

Teens Exposed to Pornography – Juli Slattery

<https://www.focusonthefamily.com/parenting/teens/teens-and-porn/teens-exposed-to->

## [pornography](#)

Five Surefire Ways to Motivate Your Child to Use Porn - Rick Thomas

<https://rickthomas.net/five-sure-fire-ways-to-motivate-your-child-to-use-porn/>

Teenage Child Viewing Online Pornography Q&A:

<https://www.focusonthefamily.com/family-q-and-a/sexuality/teenage-child-viewing-online-pornography>

Parent Wants to Help Teen Who Struggles with Pornography Q&A:

<https://www.focusonthefamily.com/family-q-and-a/sexuality/parent-wants-to-help-teen-who-struggles-with-pornography>

## **Prayers:**

### ***For Teens:***

Seven Promises to Pray Against Porn – J. A. Medders

<https://www.desiringgod.org/articles/seven-promises-to-pray-against-porn>

For Sexual Healing (Ransomed Heart):

<https://www.ransomedheart.com/prayer/prayer-sexual-healing>

A Prayer for Anyone Addicted to Pornography – Mark and Jill Herringshaw

<http://www.beliefnet.com/columnists/prayerplainandsimple/2015/12/a-prayer-for-deliverance-from-pornography.html>

### ***For Parents:***

1) A Prayer for Grace in the Struggle with Pornography:

<https://www.thegospelcoalition.org/blogs/scotty-smith/a-prayer-for-grace-in-the-struggle-with-pornography/>

2) A Prayer for Friends Struggling with Pornography:

<https://www.thegospelcoalition.org/blogs/scotty-smith/a-prayer-for-friends-struggling-with-pornography/>

## **Books:**

### ***For Teens:***

Top 10 Books on Fighting Porn:

<http://headhearhand.org/blog/2014/05/01/top-10-books-on-fighting-porn/>

*Top 2 recommendations from the list above:*

1) Finally Free: Fighting for Purity with the Power of Grace (Heath Lambert):

<https://www.amazon.com/Finally-Free-Fighting-Purity-Power/dp/0310499232>

2) Sexual Detox Guide for Guys Who Are Sick of Porn (Tim Challies):

<https://www.amazon.com/Sexual-Detox-Guide-Guys-Sick/dp/1453807284>

*Others:*

Every Young Man's Battle: Strategies for Victory in the Real World of Sexual Temptation (The Every Man Series)

<https://www.amazon.com/Every-Young-Mans-Battle-Strategies/dp/0307457990>

The Fight of Your Life: Manning Up to the Challenge of Sexual Integrity:

<https://www.amazon.com/Fight-Your-Life-Challenge-Integrity/dp/0768406994>

***For Parents:***

Preparing Your Son for Every Man's Battle: Honest Conversations About Sexual Integrity (The Every Man Series):

<https://www.amazon.com/Preparing-Your-Every-Mans-Battle-ebook/dp/B004BLK7PW>

## **Research:**

Porn in the Digital Age: New Research Reveals 10 Trends

<https://www.barna.com/research/porn-in-the-digital-age-new-research-reveals-10-trends/#.Vw0xokeHdyE>

The Porn Phenomenon – Josh McDowell

<https://shop.barna.com/products/porn-phenomenon>

## **Individual/Small Group Studies/Seminars:**

***For Teens:***

The Freedom Fight:

<https://thefreedomfight.org/>

Conquer Series - The Battle Plan for Purity:

<https://conquerseries.com/>

Porn Addiction Help:

<https://www.ransomedheart.com/allies/personal/porn-addiction-help>