



Proven Character Task Force Resources

The following resources are provided by the PC Task Force to equip pastors and congregations in dealing with online sexual behavior and other forms of addiction. If you know of other resources that would be helpful in this area of pastoral care, please contact the PC Task Force secretary, Rev. Michael Wentzel, at mwentzel@stmarkkentwood.org.

Counseling Resources for Online Sexual Behavior and Other Forms of Addiction

The PC (Proving Character) Task force of the Michigan District is interested in receiving references for licensed therapists, and organized support groups in Michigan that specialize in ministering to people with addictions and particularly with sexual addictions.

Online Resources

[Faithful and True Ministries](#): Mark and Debbie Laaser, Counselors.

[Covenant Eyes](#): provides a number of resources for dealing with internet issues. Their primary business and ministry is to provide software that encourages accountability for internet users. In addition to their primary business they've seen fit to gather a number of resources to help professionals and families negotiate the incredibly complex and spiritually dangerous world of the web, technology, and social media. The PC Task force has found their expertise and availability helpful in finding reliable answers to pressing questions.

[Pure Minds Online Newsletter](#): Signup to receive a monthly newsletter designed to keep you up to date on the latest technology challenges facing families.

[Breaking Free Blog](#): Frank discussions about staying pure, kicking habits, and other topics related to technology related challenges ***particularly helpful for pastors.***

[For parents](#): Start here to find a number of online articles that help you get up to speed on the dangers facing your family through media and technology.

[For men](#): Start here to address your own problem with temptation.

[For ministry leaders](#): ***Pastors and other ministry leaders*** face particular shame in addressing their own temptation. Start here:

[For wives](#): Pornography use can be particularly devastating for spouses of users. Start here for resources to help you find healing:

[For women](#): Pornography use is not isolated to males. Pornography use has dramatically increased among women. Start here to find resources to encourage you to seek help.

Educational Books

Addictions: A Banquet in the Grave: Finding Hope in the Power of the Gospel (Resources for Changing Lives) by Edward T Welch, an interesting counterpoint to understanding the nature of addiction from a typical 12 step process. Offers pastoral caregivers an insight into providing distinctively Christian counsel. <http://www.ccef.org/>

Healing Wounds of Sexual Addiction by Dr. Mark R. Laaser, a recovering sex addict who was sexually abused by his pastor father. His particular expertise is in examining sexual addiction within the church.

Wired for Intimacy by Dr. William Struthers. The book examines the structural effects of pornography/masturbation in training neural circuits. It offers suggestions on practical ways to rewire a pornography-addicted mind.

Pornified by Pamela Paul, a little dated ('05) in the rapidly developing acceptance of pornography in American society, but an excellent overview of the harmful effects of this new 'culture.'

In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior by Patrick Carnes, David L. Delmonico, and Elizabeth Griffin, talks about how to release yourself from problematic online sexual behavior, and was recommended by Bruce Hartung, dean of Ministerial Formation at Concordia Seminary, St. Louis.

Studies

Responding to Sexual Temptation in a High Tech Society Ambassadors of Reconciliation is a Lutheran ministry providing materials and expertise in the area of reconciliation. Their series, **"Lifestyles of Reconciliation"**, is designed to help Christian use their gift of reconciliation in Christ to address areas of concern in everyday life. Study guide (\$9) and DVD (\$20) available at www.HisAoR.org