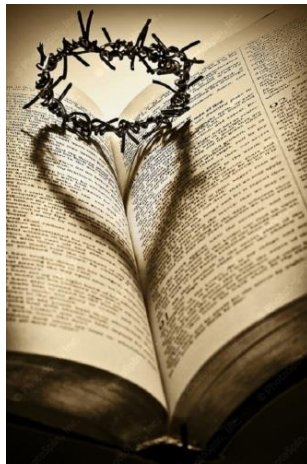


***The Annual Guide to Biblical Counseling Resources:
Truth for Life
2019 Edition***



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By

Bob Kellemen, Th.M., Ph.D.

RPM Ministries

“Changing Lives with Christ’s Changeless Truth”

**<https://www.rpmministries.org/>
rpm.ministries@gmail.com**

Introduction

Nearly every week someone emails me, sends me a text, posts to me on Facebook, leaves me a Twitter private message, or asks me in person:

“Bob, could you recommend some biblical counseling resources for _____?”

For years I’ve thought, *“I need to carve out time to collate an annotated list of recommended biblical counseling resources.”* Finally, in 2018, I carved out the time. And now, expanded, updated, and upgraded in 2019, here is:

The Annual Guide to Biblical Counseling Resources: Truth for Life, 2019 Edition

- **Copyright:** I want you to use this resource for your life and ministry. So, if a colleague, parishioner, counselee, or friend asks you for recommended resources for “biblical counseling and anxiety,” feel free to cut and paste the collation of anxiety resources from this document. *However*, if someone says, *“Can I make a copy of your entire PDF?”* please say, *“Bob spent a lot of time and energy collating and annotating this list. Please visit his [RPM Ministries Store](http://bit.ly/RPMbcGuide) where for \$5.00 you can order your own PDF version of *The Annual Guide to Biblical Counseling Resources* (<http://bit.ly/RPMbcGuide>).*
- **What’s New in 2019:** I’ve added 225 new resources (33% increase). Each resource in each topic is now organized alphabetically by author—for ease of searching/locating.
- **Biblical Counseling Resources:** There are thousands upon thousands of Christian books on scores and scores of topics. This guide focuses on *biblical counseling* resources. For an excellent summary of what makes biblical counseling truly biblical, check out the [Biblical Counseling Coalition’s Confessional Statement](#).
- **A Topical List:** Once this list began to grow to its current size, it became clear that I needed to create a Topical Table of Contents. This allows you quickly to find the resource you’re looking for.
- **An Annotated List:** By annotated, I mean that each recommended resource includes a brief paragraph description. You don’t just receive the title/sub-title; you gain an introduction to the resource. In almost every case, the introductory annotation is by the author or publisher, not by me. So, these annotations are *not* book reviews; they are book summaries that preview (and promote) the content of the resource.
- **A Linked List:** Every resource has an embedded online link to where you can find a copy of the resource. In most cases, the link will take you to Amazon. I wish I could have linked to scores of different publishers and author websites, but the time to do that would have prevented me from ever compiling this massive guide.
- **A Disclaimer:** Of course, I don’t endorse every word on every page of every one of the resources in this list. And, by including one resource by one author, I’m not necessarily endorsing every resource by that author or organization. I’m trusting you, the reader, to be a wise “Berean”—like the Christians in Acts 17 who used their Bibles to discern whether a spoken or written message aligned with God’s Word.
- **Updates:** In a huge collation like this, mistakes can creep in. Please email me if you find broken or misdirected links, titles needing correction, misspelled names, etc. Feel free to email me saying, “You forgot to include _____. Please add it into next year’s edition.”

Topical Table of Contents

Biblical Counseling Resources for Individuals Table of Contents

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Note: Rather than alphabetical, this listing of parental and family resources is chronological (broad gospel-centered principals of parenting, parental evangelism, parenting young children, parenting adolescents, parenting adult children, etc.) and topical.

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Biblical Counseling Resources for Individuals

Note: These resources for individuals (counselors and counselees) are listed topically in alphabetical order. Within each category, at times they are broken down into sub-categories, and at times they are broken down between booklets and books.

Abortion

Day, Sandy. [*Living in His Forgiveness: A Bible Study for Post-Abortive Women*](#)

The pro-choice culture in which we live does not prepare a woman for the guilt and regret that comes with having destroyed the life of her unborn child. Yet, God offers forgiveness and freedom from that guilt. Through testimony and Scripture, Sandy Day clearly offers a path to *Living in His Forgiveness*.

Powlison, David. [*Healing After Abortion: God's Mercy Is for You*](#)

The turmoil women experience after having an abortion is sometimes called “post-abortion syndrome.” You don’t need a technical term to describe what you are feeling. The guilt, regret, depression, and grief are the honest struggles of a woman who’s had an abortion and takes to heart what happened. Whatever reactions and emotions you experience, God is committed to entering your struggle. He sympathizes with you in your weakness, but He offers more than sympathy. Jesus steps into your life with mercy, hope, and healing. Read this booklet and take to heart the tenderness of the God who promises to redeem your life.

Abuse

Note: Also see the categories: “Sexual Abuse: Healing and Hope in Christ,” “Sexual Abuse: Prevention,” “Spiritual Abuse,” and “Domestic Abuse in Marriage.”

Henderson, John. [*Abuse: Finding Hope in Christ*](#)

None of us can escape the brokenness of our world. We are sinful, hurting people surrounded by sinful, hurting people in a universe groaning under the curse of sin. The reality of physical and sexual abuse in our world is a blatant and painful proof of this brokenness. What does the gospel have to say when we are victims of evil? How do we minister to those who have suffered under abuse? John Henderson provides Psalm 22 as a framework for responding to these questions and understanding how God comforts the afflicted through His Word, bringing it to bear in the life of a couple deeply affected by childhood sexual abuse.

Zeichik, Joshua. [*Help! My Parents Abused Me When I Was a Kid*](#)

Christians who experienced abuse from their parents when they were children yet want to obey God’s call to honor their parents face a dilemma. How can they show forgiveness and

attempt reconciliation, while at the same time deal with their instinctive responses and protect themselves from further abuse? Joshua Zeichik uses biblical examples to explore right and wrong responses to abuse, before suggesting practical steps that honor God and lead towards freedom, peace, and joy.

Addiction

Note: Also see the category: “Pornography, Sexual Addiction, Sexual Sin, and Sexual Purity.”

Addiction: Booklets and Study Guides for Groups or Individuals

Daugherty, Jonathan. [*Grace-Based Recovery: A Safe Place to Heal and Grow*](#)

Grace-Based Recovery is a resource for addiction support and recovery groups. Daugherty designed it to help people suffering from addiction and those close to them understand God’s grace and why it is the only path to true freedom. With nine easy-to-use lessons, *Grace-Based Recovery* highlights the differences between a performance-based approach to recovery and a grace-based approach. It seeks to establish a safe environment where addicts can learn from their mistakes rather than be punished for them.

Dunham, David. [*Addictive Habits: Changing for Good*](#)

Open a newspaper, browse the Internet, or talk to a friend, and you’ll hear story after story of the horrors of enslavement to addiction. This daily devotional by Pastor David Dunham addresses these addictive habits, reminding readers of God’s truth and helping them apply it to their lives. Pastor Dunham discusses the addicted person’s responsibility, their relationship with the God who can free them, and approaches for restructuring their lives and remaining faithful long-term.

Monroe, Phil. [*When You Love an Addict: Wisdom and Direction*](#)

Loving an addict is incredibly painful. Not only do you have to watch them make the same mistakes over and over again, but along the way they often lie to you, hurt you, and betray you. And yet, against all odds, you still love them and hope and pray for change. Drawing on his years of counseling experience, Phil Monroe helps you to see beyond the confusion that so often swirls around addiction and into the truths about the struggle and what the road to recovery really looks like. Along the way, he reminds you that God cares deeply for you and for the addict in your life and is working to bring redemption and healing.

Powlison, David. [*Breaking the Addictive Cycle: Deadly Obsessions or Simple Pleasures*](#)

You are bored or stressed or hurt. Something is hard in life and you want a break. What do you grab for that you hope will protect, soothe, and comfort? Whatever it is—shopping, overeating, drinking, drugs—promises relief, but never delivers. Instead, you are left feeling empty, anxious, guilty, and wanting more. In *Breaking the Addictive Cycle*, David

Powlison shares that God made us for rest and pleasure, not for an obsessed and unsatisfied life. Understanding the true pleasure that comes from loving God and enjoying the good gifts He has given us will reorder your thinking and bring you freedom from your obsessions. Take the practical suggestions that David Powlison outlines here and see how your pleasures increase and your obsessions decrease.

Shaw, Mark. [*Hope & Help for Video Game, TV & Internet "Addiction"*](#)

Dr. Mark Shaw provides insight into the problems of excessive TV, video gaming, and Internet activity from a biblical perspective, and offers a practical plan of action.

Welch, Edward. [*Crossroads: A Step-by -Step Guide Away from Addiction*](#)

Crossroads is designed as a small group study for those struggling with addiction. These ten steps provide a biblical and practical framework for change. Along the way, they will learn to recognize the patterns of addiction, to choose wisdom over foolish desires, and to cling to the hope they have in Jesus, who sets captives free.

Welch, Ed. [*Freedom from Addiction: Turning from Your Addictive Behavior*](#)

You've tried to stop more times than you can count. Now you've given up. Can someone who can't "just say no" really change? There is hope—if you're willing to look deeper than your addictive behavior. Ed Welch helps you face what fuels your addiction and takes you to the heart of what your addiction reveals about you and your relationship with God. You'll discover your motives and discover that change is possible—one small step at a time.

Welch, Ed. [*"Just One More": When Desires Don't Take No for an Answer*](#)

"I hate it. I love it." Sometimes our desires can be cruel lovers. We think we should be rid of a particular desire, but we feel stuck. "What's the use of trying to rid my life of this desire?" we ask ourselves. "I've tried, but there's just no way out for me." Or is there? The problem may be more complicated than just being stuck. Might there be a path to true change? Ed Welch may surprise you with his answer. Along the way, he will introduce you to someone with words of comfort and hope you may never have heard before.

Addictions: Books

Coats, David. [*Soul Purity: A Workbook for Counselors and Small Groups*](#)

Christians are crashing and burning on the runways of life. Through the TV, Internet, cell phones, newspapers, books, and magazines we are bombarded by the world's temptations and attractions. The response of choosing isolation from the world doesn't work: we fail to reach the people God has called us to reach, and we find that the problem comes with us in the sinful desires of our hearts. The opposite extreme, becoming like the world, turns

Christians into people who are irrelevant. So, how can we build pure lives in this generation? The Word of God has the answers.

Farmer, Andy. [*Trapped: Getting Free from People, Patterns, and Problems*](#)

We all know someone who feels trapped. Maybe that someone is you. With over two decades of counseling experience, Andy Farmer takes his unique gift for simplifying-the-complex and escorts the reader from the trappings of slavery to the soul-satisfying vistas of freedom. If you or someone you care about needs liberation, then fresh hope and practical help await between these pages.

Shaw, Mark. [*Cross Talking: A Daily Gospel for Transforming Addicts*](#)

Cross Talking is a 45-day devotional filled with Scriptures that will help you stay focused on the Word of God as you continue in the transformation process God has begun in your life. Each daily devotion is designed to teach you God's perspective on "what is the will of God, what is good and acceptable and perfect."

Shaw, Mark. [*The Heart of Addiction: A Biblical Perspective*](#)

This book makes the distinction between what the world terms a "disease" and what the Bible demonstrates is a life-dominating sin problem. You will find biblical tools to help examine your heart's motives at the root of your addiction.

Shaw, Mark. [*Relapse: Biblical Prevention Strategies*](#)

Relapse by Dr. Mark Shaw offers a biblical approach to help addicts who have relapsed in their addiction, or those who wish to develop tools to prevent relapse in the future.

Welch, Ed. [*Addictions: A Banquet in the Grave: Finding Hope in the Power of the Gospel*](#)

A worship disorder: this is how Ed Welch views addictions. "Will we worship our own desires or will we worship the true God?" With this lens, the author discovers far more in Scripture on addictions than just passages on drunkenness. There we learn the addict's true condition: like guests at a banquet thrown by "the woman Folly," he is already in the grave (Proverbs 9:13-18). Can we not escape our addictions? If we're willing to follow Jesus, the author says that we have "immense hope: hope in God's forgiving grace, hope in God's love that is faithful even when we are not, and hope that God can give power so that we are no longer mastered by the addiction."

Aging, Midlife, Empty Nest, and Retirement

Adams, Jay. [*Wrinkled but Not Ruined: Counsel for the Elderly*](#)

Most books that seek to help elderly persons major on sociological or psychological studies. Here is something different. Jay Adams sets forth biblical commands and principles that will help pastors, families, and churches minister to elderly believers in a godly manner. Adams applies Scripture to the problems and opportunities of old age, dealing with the issues before they become problems.

Brown, Steve. [*Life After Retirement*](#)

Steve Brown walks through the questions of significance and opportunity and reveals a vision for life after retirement that is both realistic and revitalizing.

Eyrich, Howard, and Judy Dabler. [*The Art of Aging: A Christian Handbook*](#)

This is a comprehensive and practical resource for answering the following questions: How is God involved in aging? How do I prepare to grow old? How do I care for aging parents?

Fitzpatrick, Elyse. [*The Afternoon of Life: Finding Purpose and Joy in Midlife*](#)

The Afternoon of Life is written for women in the middle years of their lives. As we age, we wonder at the many changes occurring in our lives. How do we make the necessary adjustments? How do we handle all this? Elyse Fitzpatrick shows us how our faith can be at the center of how we respond to these life changes.

Fitzpatrick, Elyse. [*The Empty Nest: Finding Hope in Your Changing Job Description*](#)

Your children are growing up and leaving home. You know this is a good thing, but at the same time, you're wondering who you are when you're not busy being your children's mother. You know this is a new season of life, but it's hard not to look back with longing and sometimes regret. In *The Empty Nest*, Elyse Fitzpatrick helps you see that Christ sympathizes with you in this vulnerable time. Unpacking the opportunities and challenges, she offers encouragement that this can be a season of fruitfulness in your life as you draw near to God and see new opportunities to love those around you.

Haanen, Jeff. [*An Uncommon Guide to Retirement: Finding God's Purpose for the Next Season of Life*](#)

People talk about retirement like it's supposed to be an endless vacation. But what if, like the majority of those facing retirement, you can't afford such a luxury? Or, what if you just want something more from retirement? Some advocate for no retirement at all. But you've worked for decades and a rest and reprieve do sound appealing. What should you do? *Does God have a purpose for your retirement?* Yes, He does. Learn how to discern what it is by

taking an uncommon approach. Jeff Haanen looks biblically and practically at the need for rest and purpose in retirement. Planning retirement doesn't have to be distressing. Retire in a way that's God-honoring, purpose-filled, restful, and truly biblical.

Packer, J. I. [*Finishing Our Course with Joy: Guidance from God for Engaging with Our Aging*](#)

Thinning hair, failing eyesight, and arthritic hands reveal an inescapable truth: we're getting older. But that doesn't mean we should simply sit back and take it easy. In *Finishing Our Course with Joy*, J. I. Packer challenges us to embrace old age as an opportunity for continued learning, careful planning, and heartfelt discipleship.

Piper, John. [*Rethinking Retirement: Finishing Life for the Glory of Christ*](#)

John Piper challenges us to forego the American dream of retirement and live out our golden years with a far greater purpose. They say it's a person's reward for all those years of labor. But is retirement really the ideal? Or is it a series of poor options that ignore a greater purpose—and will kill a person more quickly than old age? Piper responds: "Lord, spare me this curse" His resounding message is for anyone who believes there's more to the golden years than accumulating comforts. It's for readers who long to finish better than they started, persevere for the right reasons (without fear), experience true security, value what lies beyond their cravings, and live for the One who gave His life in His prime.

Tripp, Paul. [*Lost in the Middle: Mid-Life and the Grace of God*](#)

The Bible never discusses midlife, just like it never discusses teenagers. Yet the Bible is able to address any of life's experiences because it was written by the One who made them all. You will face things in midlife that beat at the borders of your faith, but you do not have to be lost in the middle of your story. You do not have to be paralyzed by regret, defeated by aging, and discouraged by the passing of your dreams. This middle period of life, which can seem like the end of many things, can welcome you to a brand new way of living. As is so often the case in your walk with the Lord, this moment of pain is also a moment of grace.

Alzheimer's Disease

Howard, Deborah. [*HELP! Someone I Love has Alzheimer's*](#)

A diagnosis of Alzheimer's disease for someone we love can fill us with fear. Alzheimer's robs people of their lives and dignity, and leaves grief and agony in its wake. How can we honor God when faced with this? This booklet will help you understand Alzheimer's, learn about its practical implications, and, by meditating upon God's Word, submit to God's perfect will and find peace and joy along the journey.

Mast, Ben. [*Second Forgetting: Remembering the Power of the Gospel During Alzheimer's Disease*](#)

If you are a Christian who knows or loves someone with Alzheimer's Disease, have recently been diagnosed with early Alzheimer's Disease, or are a pastor or ministry leader seeking to better understand and minister to people with Alzheimer's Disease, this book will encourage you with the good news of God's faithfulness and the future hope He calls us to.

Smith, Robert. [*Alzheimer's Disease: Help for Families in Crisis*](#)

It starts out as small moments of forgetfulness that can be chalked up to simply getting older. But as time passes and symptoms accumulate, you're forced to face the fact that your loved one has Alzheimer's Disease. Now you're wondering how the course of the disease will run and how you'll provide for their care. How do you help your loved one when you feel overwhelmed by the diagnosis yourself? Drawing from his years of experience as a physician, Dr. Robert Smith takes you through the various stages of Alzheimer's Disease. Pointing you to Christ for strength and encouragement, he offers many practical suggestions to help you care for your loved one, both physically and spiritually.

Anger

Anger: Booklets

Adams, Jay. [*What to Do When Anger Gets the Upper Hand*](#)

Anger is a universal problem (clam up or blow up) and the Bible addresses it effectively. In this pamphlet, Jay Adams brings the Scriptures to bear on this problem in an easy-to-understand way.

Jones, Robert. [*Anger: Calming Your Heart*](#)

Anger is arguably the most common problematic emotion people feel. No one is isolated from its presence or immune from its poison. The good news: God has given us the Bible—a book that has much to say about anger and how to deal with it. In this thirty-one-day devotional, Robert Jones guides you through Scripture's teaching on anger: what it is, how to overcome it, and what behaviors to put in its place.

Jones, Robert. [*Angry at God? Bring Him Your Doubts and Questions*](#)

Do we grin and bear our suffering or rashly vent to God? Robert Jones shows that we should humbly bring our doubts and questions to God.

Newheiser, Jim. [*Help! My Anger Is Out of Control*](#)

While people express anger in different ways, controlling it is a challenge for each of us. The question that must be addressed is how a sinfully angry person can become a person of grace. This mini-book provides the answer and gives us hope by directing our attention to the power of Christ to transform angry people into gracious people.

Powlison, David. [*Anger: Escaping the Maze*](#)

Anger. We all experience it, some more than others. When is it righteous and when is it not? How can we control our anger and not get caught in a maze of rage?

Powlison, David. [*Controlling Anger: Responding Constructively When Life Goes Wrong*](#)

What makes you angry? Sometimes it's small things: traffic jams, a waiter's mistake, or a friend's inattention. And sometimes it's big things: betrayal, injustice, meanness, violence, oppression, selfishness, and lying. How do you deal with your anger?

Scott, Stuart. [*Anger, Anxiety, and Fear: A Biblical Perspective*](#)

Anger, Anxiety, and Fear is a mini-booklet from Stuart Scott that provides biblical thinking and living for those dealing with the emotions of anger, anxiety, and fear.

Anger: Books

Jones, Robert. [*Uprooting Anger: Biblical Help for a Common Problem*](#)

Is uprooting sinful anger a realistic goal? Whether you tend to simmer or strike out, whether you implode or explode, there is biblical help for you. Robert Jones shows us how to effect godly change in our lives in this practical, Christ-centered resource.

Mack, Wayne. [*Anger & Stress Management God's Way*](#)

Anger and stress may be commonplace, but they are still destroyers that will cause devastating harm if left unchecked. Wayne Mack, shows how to apply God's Word to finding true and authoritative help, explaining principles that can be adopted for lasting positive change. Includes study questions and evaluation materials.

Powlison, David. [*Good and Angry: Redeeming Anger, Irritation, Complaining, and Bitterness*](#)

In *Good and Angry*, David Powlison contends that anger is more than a problem to solve. Anger is our complex human response to things we perceive as wrong in a complex world, thus we must learn how to fruitfully and honestly deal with it. Powlison undertakes an in-depth exploration of the roots of anger by looking in a surprising place: God's own anger.

Welch, Ed. [*A Small Book About a Big Problem: Meditations on Anger, Patience, and Peace*](#)

Ed Welch invites readers to take a 50-day journey that unpacks anger and encourages readers to become more skillful at responding with patience to life's difficulties. Along the way, readers will be introduced to Jesus, the Prince of Peace, the only one who can empower His people to grow in patience, peace, and wholeness.

Anxiety, Fear, Panic Attacks, and Worry

Anxiety: Booklets

Baker, Amy. [*Social Anxiety: Being Comfortable in Your Own Skin*](#)

"I'm just shy." You've worn the label for so long that it has become your identity. A counselor recently described it as social anxiety, but the new label does nothing to ease the pain. You wish you could feel "comfortable in your own skin," but instead, in social situations, you feel anxious and out of place. Where can you go for help? In *Social Anxiety*, Amy Baker explains that confidence in God, not self-confidence, is the answer to the problem of social anxiety. Trusting in God breaks the paralyzing grip of fear, freeing formerly "shy" people to enter fully into relationship with God and others.

De Courcy, Philip. [*Help! I'm Anxious*](#)

An increasing number of us are worrying ourselves sick—about the past, present, or the unknown future. Philip De Courcy distinguishes right concern from unhealthy anxiety, and using Jesus' words in the Sermon on the Mount shows us how we can have victory over anxiety by entrusting ourselves fully into the caring hands of our heavenly Father.

Kellemen, Bob. [*Anxiety: Anatomy and Cure*](#)

Anxiety, worry, and fear get the best of all of us sometimes. Since we live in a fallen world, we may not have full victory *over* anxiety until heaven. However, Bob Kellemen shows us how we can have victory *in* our anxiety—we can learn how to experience the peace of God from the God of peace even in the mist of stress and distress. In this practical, realistic, biblical study, he lays out a compassionate biblical understanding of anxiety. Along the way, he helps us to apply the gospel to our daily lives and reclaim anxiety for what it should be—*vigilance* to motivate us to do God's work in Christ's resurrection power.

Lowe, Julie. [*Helping Your Anxious Child: What to Do When Worries Get Big*](#)

When your child is anxious, it's easy to get anxious, too. You want to help your child regain a sense of peace, but how can you? Their world is big and scary and sometimes our worries get big, too. Julie Lowe, a skilled family counselor, guides parents in assessing their child's anxiety and gives practical ways to encourage and help worried children. She leads parents

away from quick fixes that contribute to dependencies and points them to Christ, the One who is always available, loving, and powerful.

Powlison, David. [*Overcoming Anxiety: Relief for Worried People*](#)

You know the feeling—your mind keeps spinning around and around with the same worries, problems, and fears. You feel like you can't breathe. Some days your anxiety is so overwhelming that it's hard for you to believe that anyone, even God, could help you. David Powlison helps you discover what your anxiety reveals about what is going on inside of you, and then shows you how to bring your anxious thoughts and worries to God, the only Person who can give you a life of peace. You will learn specific ways to replace your free-floating anxiety with trust in God and how to walk by faith through your day.

Anxiety: Books

Fitzpatrick, Elyse. [*Overcoming Fear, Worry, and Anxiety: Becoming a Women of Faith and Confidence*](#)

Elyse Fitzpatrick offers practical advice for conquering the paralyzing emotions many women encounter as they battle difficult, often overwhelming concerns about rebellious children, problems in the workplace or home, health issues, financial difficulties, and more. In the Bible, God gives guidance and offers the true solution to our anxieties and fears. *Overcoming Fear, Worry, and Anxiety* accesses this information to help women: identify the source of fear, worry, and anxiety, transform fearful thoughts into peaceful confidence, and discover specific strategies for overcoming anxiety.

MacArthur, John. [*Anxiety Attacked: Applying Scripture to the Cares of the Soul*](#)

Christians are not immune to the troubles of life, and when troubles *do* come we're urged to rise above them and experience "peace that passes understanding." But how, in day-to-day life, does that really happen? *Anxiety Attacked* goes beyond pop psychology's temporary cures by returning us to our only true source of comfort and victory—Scripture. John MacArthur compassionately demonstrates from such passages as Matthew 6:25-34, Philippians 4:6-9, and 1 Peter 5:5-7 God's concern about our anxious situations, and helps us appropriate His resources for dealing with them calmly, yet effectively.

MacArthur, John. [*Anxious for Nothing: God's Cure for the Cares of Your Soul*](#)

John MacArthur believes that peace is not only possible, it's a divine mandate. Drawing from a rich legacy of teaching and ministry, MacArthur puts aside cultural cures to uncover the source of our anxiety and stress. Based on solid biblical insights, *Anxious for Nothing* shares how we can overcome uncertainty, defeat doubt, and be truly worry-free.

Fear: Booklets

Adams, Jay. [*What Do You Do When Fear Overcomes You?*](#)

In this brief pamphlet, Dr. Jay Adams explains from Scripture a process for breaking the cycle of fear in your life.

Priolo, Lou. [*Fear: Breaking Its Grip*](#)

Lou Priolo solves a problem that, for the chronically fearful, seems to have no solution. Proving that fear is an emotion to be controlled, not a force that controls you, he shows that the fears that cripple us are caused by selfishness. He provides insight into fear by listing ways to determine when your fear has become sinful, and offers guidelines for conquering fear by drawing our courage from God's sovereignty and the comfort in His Word.

Welch, Ed. [*When I Am Afraid: A Step by Step Guide Away from Fear and Anxiety*](#)

You know how anxiety and fear feels—your stomach drops, your neck tightens, your whole body tenses—but do you know what to do when anxiety fills your days and troubles your nights? You've probably already tried a few strategies, like denial or working harder, and noticed that they aren't a permanent solution. If you are tired of dealing with anxiety and worry on your own, then *When I Am Afraid* is for you. As you go through each set of meditations by Ed Welch, anxiety will gradually yield to hope, peace, and rest. Of course, this is a lifelong process, but going through this devotional guide, either on your own or with a small group, will kick-start the process and begin lifelong change.

Fear: Books

Mack, Wayne, and Joshua Mack. [*Courage: Fighting Fear with Fear*](#)

From Genesis to Revelation, the Bible tells us to fear God, but our lives show where our true fears lie. Sinful, controlling fear cripples us spiritually: we're afraid to obey or trust God, and we worry more about what others think of us than what God thinks. Throw off the covers and embrace the fear that is good for you—the fear of God that will give you true courage in every situation. This book can be used for individual growth and development, for group study, or for homework assignments for those in counseling.

Mack, Wayne, and Joshua Mack. [*The Fear Factor: What Satan Doesn't Want You to Know*](#)

God knows the debilitating effect fear has on His people. In this powerful Bible study, authors Wayne and Joshua Mack show that by thinking the same way as an unbeliever you're imprisoned by misplaced faith. By guiding you through God's Word they help you realize the resources that are available to you in Christ.

Welch, Ed. [*Running Scared: Fear, Worry, and the God of Rest*](#)

In *Running Scared*, Ed Welch investigates the roots of fear in the human soul and the ramifications of living in the grips of anxiety, worry, and dread. Welch encourages readers to discover for themselves that the Bible is full of beautiful words of comfort for fearful people. Within the framework of thirty topical meditations, Welch offers sound biblical theology and moment-by-moment, thoughtful encouragement for life-saving rescue in the midst of the heart and mind battlefield of rampant panic-stricken responses.

Panic Attacks: Booklets

Wallace, Jocelyn. [*Anxiety and Panic Attacks: Trusting God When You're Afraid*](#)

Suffering from anxiety and panic attacks can feel incapacitating. One minute you feel fine, and the next your heart is pounding, your mind is racing, and your stomach is clenching. Sometimes it even feels like you might be having a heart attack. The Bible says, be anxious for nothing, but that feels impossible when you're even becoming afraid of being afraid! Thankfully, you have a God who does not leave you alone in your fear and instead uses it to reveal His great love for you. With helpful, practical guidance, experienced counselor Jocelyn Wallace helps you understand the roots of your anxiety and see how Christ meets you in your struggle and provides everything you need to begin to address it.

Worry: Booklets

Jones, Robert. [*Why Worry?: Getting to the Heart of Your Anxiety*](#)

There is hope for even a chronic worrier. Robert Jones takes readers to the heart of worry, helping them understand the cause before they look for a solution. He explains that the root of worry grows when people give themselves to a person, goal, ideal, or object rather than Jesus—thus shifting trust to a shaky foundation. Jones then points readers to the resources they have in God's Word and Spirit to overcome worry and live for Christ.

Powlison, David. [*Worry: Pursuing a Better Path to Peace*](#)

Do I have any real friends? Will I ever find a spouse? If I do find one, will he or she be faithful? Will we be able to have kids? What about my health? There's always something to worry about. David Powlison recognizes that we have good reason to worry about things. But he assures us that we have much better reasons not to worry. Anxiety is a universal human experience, and we need to approach it with a plan. What do you do when anxieties take over your life? Powlison describes a six-point game plan.

Worry: Books

Lane, Tim. [*Living Without Worry: How to Replace Anxiety with Peace*](#)

Worry is an extremely common yet unchallenged problem, and many people don't know how to practically stop worrying, even if they know they need to. This warm and pastoral book by Tim Lane helps readers to see when godly concern turns into sinful worry, and how Scripture can be used to cast our concerns upon the Lord. Christians will discover how to replace anxiety with peace, freeing them to live life to the full.

Witmer, Timothy. [*Mindscape: What to Think About Instead of Worrying*](#)

Each day, we struggle to pull our thoughts away from our worries, fears, frustrations, and desires. When we get stuck, it's not exactly easy to fixate on whatever is true, noble, right and pure. We are profoundly aware that our worries have negative consequences for our bodies, minds, and relationships. But like most real people with real problems, our thoughts keep swirling around the same old issues. *Mindscape* builds a practical action plan for changing your mental landscape and your life based on Paul's rich exhortation in Philippians 4:8. Author Tim Witmer draws from thirty years of experience in helping worried people apply Scripture to their lives to present a clear, biblical, and deeply pastoral guide to replacing worry with a new way of thinking.

Borderline Personality Disorder

Wiseman, Cathy. [*Borderline Personality: A Scriptural Perspective*](#)

Frantic efforts to avoid unpleasant feelings. Perceived abandonment. Profound depression or extreme rage. These symptoms control sufferers of borderline personality disorder, as their intense feelings rule their hearts and choices, fill their relationships with disunity and strife, and seem more real to them than God's Word or His Spirit. But Cathy Wiseman shows us, in this detailed, thorough, and helpful study, that God's Word holds the solution and His Spirit alone can heal the havoc of borderline personality disorder. She maintains that the loving assistance of a team of believers is also crucial, and she provides a wealth of information for biblical helpers, including an analysis of the disorder and its symptoms, exercises to use in counseling, and a list of references and resources.

Cancer Support, Illness, Disease, End of Life Counsel, Death and Dying, Terminal Illness Support, and Heaven

Cancer Support

Fields, Brenda. [*Help! I Have Breast Cancer*](#)

The sense of shock at receiving a diagnosis of breast cancer is very real. Once the shock wears off, your mind seems to explode with questions. "Am I going to need chemotherapy

and radiation? Am I going to be disfigured by a surgical procedure? Who will take care of my family while I'm ill? Am I going to die? Is God punishing me?" This honest account of a personal battle with breast cancer gently helps you to confront your fears, doubts, and worries, and points you toward the solid hope that is in Jesus Christ.

Howard, Deborah. [*Help! Someone I Love Has Cancer*](#)

If you've just heard that someone you love has been diagnosed with cancer, you may be feeling numb. Maybe you can't believe the diagnosis. Where do you turn for help? This mini-book provides practical information on cancer and the choices you'll face. It points you to Jesus Christ, the only One who can give you real comfort at this time.

Henley, Marissa. [*Loving Your Friend Through Cancer*](#)

"It's cancer." When you hear the two words you dread most from someone you care about, you know at once that your friend's life has been turned upside down. Whether she's a good friend, a best friend, or just an acquaintance, you want to be supportive. But how can you understand what she's going through enough to know what she needs? What can you say besides "If you need anything—anything at all . . ." Marissa Henley is here to help show you the way. A cancer survivor herself, she lets you in on what having cancer feels like and what your friend truly needs. She prepares you to support your friend with knowledge and compassion. And she offers specific action steps and practical support resources to help you show love in the day-to-day details. Cancer is a life-altering challenge—but Marissa will equip and empower you to walk alongside your friend with love and support.

Piper, John. [*Don't Waste Your Cancer*](#)

How are Christians called to respond when cancer invades our lives, whether our own bodies or those of our friends and family? On the eve of his own cancer surgery, John Piper writes about cancer as an opportunity to glorify God. With pastoral sensitivity, compassion, and strength, Piper gently but firmly acknowledges that we can indeed waste our cancer when we don't see how it is God's good plan for us and a hope-filled path for making much of Jesus. *Don't Waste Your Cancer* is for anyone touched by a life-threatening illness.

Powlison, David. [*When Cancer Interrupts*](#)

Your cancer diagnosis comes as a surprise—and not a pleasant one. It's a hard and threatening jolt. Perhaps you're still in shock. Is it possible to walk by faith on this difficult journey? David Powlison, speaking both as a counselor and as someone who has been diagnosed with cancer four times, describes the uncertainty, the physical pain, and the emotional and spiritual struggles that come with a cancer diagnosis. There are no easy answers or quick fixes when you have cancer, but the presence and purposes of Christ make a decisive difference.

Tada, Joni Eareckson. [*Diagnosed with Breast Cancer: Life After Shock*](#)

It may be your greatest fear coming true or something you never thought would happen to you. Either way, breast cancer has entered your life and turned it upside down. Now you're wondering how you're going to make it through. Are you going to be alright? Is your family going to be okay? And where is God in your struggle? Has he deserted you? In *Diagnosed with Breast Cancer*, Joni Eareckson Tada, herself a survivor of breast cancer, walks with you through the struggles and questions that naturally arise in the face of suffering and offers you hope through Christ. With the understanding, wisdom, and grace that comes from experience, she points the way to a deepening trust and hope in the God who provides daily grace and strength even in the midst of great suffering.

Illness

Piper, John. [*Lessons from a Hospital Bed*](#)

Sickness is hard. The combination of physical discomfort, emotional stress, anxious thoughts, and long stretches of boredom can make it difficult to remember—much less rely on and rejoice in—our good and sovereign God. Reflecting on ten lessons he learned while recovering in the hospital, John Piper encourages those struggling with illness to fight for faith by focusing on the promises of God, the truth of the gospel, and the reality of eternity.

End of Life Counsel, Death and Dying

Davis, Bill. [*Departing in Peace: Biblical Decision-Making at the End of Life*](#)

As an elder and hospital ethics consultant, Bill Davis has talked, walked, and prayed with scores of people through end-of-life situations. Providing a variety of case studies and biblical, ethical insight, Davis guides readers on making difficult decisions for themselves and others.

Howard, Deborah. [*Sunsets: Reflections for Life's Final Journey*](#)

Because one death touches many lives, it is important for both those who are dying and those who love them to be prepared for the pain and grief that accompany it. Here Deborah Howard shares words of comfort and encouragement for everyone coping with suffering and death. Her compassion, firm faith in Christ, and years working as a hospice nurse create a uniquely sensitive, experiential, and biblical volume.

Moll, Rob. [*The Art of Dying: Living Fully into the Life to Come*](#)

Death will come to us all, but most of us live our lives as if death does not exist. People are living longer than ever, and medicine has made dying more complicated, more drawn out, and more removed from the experience of most people. Most of us find ourselves at a loss when death approaches. We don't know how to die well. Rob Moll recovers the deeply Christian practice of dying well. For centuries Christians have prepared for the "good

death” with particular rituals and spiritual disciplines that have directed the actions of both the living and the dying. In this well-researched and pastorally sensitive book, Moll provides insight into death and dying issues with in-person reporting and interviews with hospice workers, doctors, nurses, bioethicists, family members and spiritual caregivers.

Powlison, David. [*Facing Death with Hope: Living for What Lasts*](#)

Is a life-threatening illness, a major life change, or just plain old age forcing you to face your own mortality? Probably, like most of us, you’d rather not think or talk about your own death. But ignoring your death won’t stop it from happening—the mortality rate is still 100%. David Powlison explains why you don’t have to take this journey alone. Jesus faced death for you, and He promises to be with you as you pass through the valley of the shadow of death. This booklet is written to help you face death honestly and know Jesus intimately.

Terminal Illness Support

Weems, Reggie. [*Help! I’m Living with Terminal Illness*](#)

We don’t find it easy to face death, and the diagnosis of a terminal illness can be devastating. Yet every life has an expiration date. Written with a pastor’s heart for those suffering with a terminal diagnosis and for their family and friends, this mini-book conveys practical advice, spiritual consolation, and, most importantly, an eternal hope which the dying process cannot diminish and death cannot extinguish.

Heaven

Alcorn, Randy. [*Everything You Always Wanted to Know About Heaven*](#)

We all have questions about what heaven will be like, and now the answers are right at your fingertips! Inspired by Randy Alcorn’s million-copy bestseller, *Heaven*, this beautiful little book provides solid, biblically based answers to more than 100 questions about God, heaven, angels, and eternity. So if you’ve ever wondered if heaven is for real—the answer is yes! In fact, you won’t believe how real it actually is.

Alcorn, Randy. [*Heaven*](#)

What will heaven be like? Randy Alcorn presents a thoroughly biblical answer, based on years of careful study, presented in an engaging, reader-friendly style. His conclusions will surprise readers and stretch their thinking about this important subject. *Heaven* will inspire readers to long for heaven while they’re living on earth.

Alcorn, Randy. [*Heaven: Biblical Answers to Common Questions*](#)

This pocket-sized 60-page booklet provides a sampling of some of the questions and answers found in Randy Alcorn’s *Heaven*. This handy little booklet makes a great gift!

Alcorn, Randy. [*Tell Me About Heaven*](#)

Ten-year-old Jake struggles to understand his grandma's death. But as he spends two weeks at his grandfather's home, he is able to receive answers to his questions about heaven. As Jake and Grandpa fish, watch the stars, and take long walks, Grandpa shares what the Bible says about the reality and beauty of heaven. As Jake learns the truth about heaven, he begins to better understand and accept his grandmother's death. As readers uncover the truths in the dialogue between Grandpa and Jake, they will better appreciate the home that awaits all who place their faith in Christ.

Fitzpatrick, Elyse. [*Home: How Heaven and the New Earth Satisfy Our Deepest Longing*](#)

In *Home*, Elyse Fitzpatrick explores heaven, demonstrating that our final destination is not some dull, featureless space in the clouds, but rather a perfected earth. It's a real, physical place that we'll explore with real bodies. A place of beauty and wonder and free of all death and decay. No need to chase a bucket list. On the new earth there will be no end of glorious sites and amazing activities, and we'll never run out of time to do them all.

MacArthur, John. [*The Glory of Heaven*](#)

If you're going to call it "home" for eternity, don't you want to know what it's like? Our pictures of heaven range from comical to curious, mystical to fictitious, with bits of biblical truth thrown in. But if heaven is our future, and we are to be living with an eternal mindset in the present, a Hollywood scriptwriter's interpretation of the afterlife just won't suffice. Quite simply, we need to know more about what lies ahead for the sake of what lies in front of us today. In this newly updated and expanded edition, pastor John MacArthur takes us through the pages of Scripture, exploring the wonders of heaven and the truth about angels and eternal life while addressing current debates and issues.

Change, Spiritual Growth in Grace, and Sanctification in Christ

Adams, Jay. [*How to Help People Change: The Four-Step Biblical Process*](#)

Change is the essential goal of the counseling process. And, in the author's words, "substantial change requires the alteration of the heart." How can a Christian counselor facilitate such change? The answer, of course, may be found in Scripture, specifically in 2 Timothy 3:14–17. Jay Adams bases his whole approach on Scripture. This book provides an unparalleled opportunity to see how he discovers and applies biblical principles as well as the way in which Scripture functions as the basis for his counseling approach. This book answers two questions: "How does a counselor help people change?" and, "How does Scripture provide the source of a counselor's method?"

Bridges, Jerry. [*The Pursuit of Holiness*](#)

“Be holy, for I am holy,” commands God. But holiness is something that is often missed in the Christian’s daily life. According to author Jerry Bridges, that’s because we’re not exactly sure what our part in holiness is. In *The Pursuit of Holiness*, he helps us see clearly just what we should rely on God to do—and what we should take responsibility for ourselves. As you deepen your relationship with God, learn more about His character, and understand the Holy Spirit’s role in holiness, your spiritual growth will mature.

Bridges, Jerry [*The Practice of Godliness*](#)

How can you develop godly character? Jerry Bridges says that godliness is more than a character trait: “It is a foundational spiritual quality that makes the entire Christian life dynamic, effective, and pleasing to God.” Growing in godliness is a twofold process. It involves an ever-deepening devotion to God and developing character that is steadily transformed into His likeness. In *The Practice of Godliness*, the sequel to the popular book *The Pursuit of Holiness*, readers will learn how laying an inward foundation of God-centeredness will permit them to build an outward structure of godliness.

Chester, Tim. [*You Can Change: God’s Transforming Power for Our Sinful Behavior*](#)

“It’s about heart change, not behavior change.” That’s the conviction of Tim Chester as he seeks to help everyday Christians “connect the truth about God with our Monday-morning struggles.” This interactive book, laid out in workbook fashion, is for newer Christians struggling with sin and for more mature Christians who have plateaued in their faith as they seek to find victory over sin in their lives.

DeYoung, Kevin. [*The Hole in Our Holiness: Filling the Gap Between Gospel Passion and the Pursuit of Godliness*](#)

What does it mean to be holy? How can we change? The hole in our holiness is that we don’t care much about holiness. Or, at the very least, we don’t understand it. This is a book for those who are ready to take holiness seriously, ready to be more like Jesus, ready to live in light of the grace that produces godliness—a book about God’s power to help us grow in personal holiness and to enjoy the process of transformation.

Ferguson, Sinclair. [*Devoted to God: Blueprints for Sanctification*](#)

In a series of Scripture-enriched chapters, Sinclair Ferguson’s *Devoted to God* provides what he describes as “*blueprints for sanctification*”—an orderly exposition of central New Testament passages on holiness. *Devoted to God* builds a strong and reliable structural framework for practical Christian living. It stresses the foundational importance of fundamental issues such as union with Christ, the rhythms of spiritual growth, the reality of spiritual conflict, and the role of God’s law. Here is a fresh approach to an always relevant subject, and a working manual to which the Christian can turn again and again for biblical instruction and spiritual direction.

Kellemen, Bob. [*Gospel-Centered Counseling: How Christ Changes Lives*](#)

Everyone talks about the personal ministry of the Word, but how do we make one-another ministry truly biblical? *Gospel-Centered Counseling* equips readers to change lives with Christ's changeless truth. It does so by examining life's eight ultimate questions and then guiding readers on a journey that explores the biblical, gospel-centered narrative of each question. It provides a biblical counseling theology—applied to daily Christian living—of all the classic categories of systematic theology. *Gospel-Centered Counseling* is ideal for equipping biblical counselors in churches, colleges, graduate schools, seminaries, and para-church training institutes.

Lane, Tim. [*Unstuck: A Nine-Step Journey to Change That Lasts*](#)

Tim Lane takes you on a nine-step journey towards lasting change, empowering you to break free from unwanted habits and behaviors that don't seem to go away. These steps are much more than strategies: they are truths that are rooted in Scripture. This practical and biblical guidance recognizes that the path to lasting change can only be found by growing in grace as we look to Christ and are empowered by the Holy Spirit.

Lane, Tim, and Paul Tripp. [*How People Change*](#)

What does it take for lasting change to take root in your life? If you've ever tried, failed, and wondered why, you need *How People Change*. This book explains the biblical pattern for change in a clear, practical way you can apply to the challenges of daily life. But change involves more than a biblical formula: you will see how God is at work to make you the person you were created to be.

Lovelace, Richard. [*Dynamics of Spiritual Life: An Evangelical Theology of Renewal*](#)

Richard Lovelace gives a history of spiritual renewals in light of biblical models. Isolating the elements of live orthodoxy, he proposes a comprehensive approach to renewal. Lovelace looks at such practical issues as renewal of the local congregation, the ways revivals go wrong, the evangelical thrust toward church unity, and Christian approaches to the arts and to social concern. A book for all concerned to revitalize the church.

Lundgaard, Kris. [*The Enemy Within: Straight Talk About the Power and Defeat of Sin*](#)

Drawing from two masterful works by English theologian John Owen, Kris Lundgaard takes aim at the enemy within. He shares his discovery of hope, renewed love for Christ, an approach to holiness by faith in Him.

Newheiser, Jim. [*Help! I Want to Change*](#)

"Why can't I change?" Have you ever asked this? Maybe you want more discipline in your eating habits. Or perhaps you struggle to keep your spending under control or maintain daily Bible reading and prayer. Change is hard, and our attempts often result in failure. This

booklet explains that it is the gospel—what God has done for us—that is the key to change and that empowers us to make changes that will please God.

Packer, J.I. [*Knowing God*](#)

Knowing God brings together two important facets of the Christian faith—knowing about God and also knowing God through the context of a close relationship with Christ. Written in an engaging and practical tone, this thought-provoking work seeks to transform and enrich the Christian understanding of God. Explaining both who God is and how we can relate to Him, Packer divides his book into three sections. The first directs our attention to how and why we know God, the second to the attributes of God, and the third to the benefits enjoyed by those who know Him intimately. This guide leads readers into a greater understanding of God while providing advice to gain a closer relationship with Him.

Pierre, Jeremy. [*The Dynamic Heart in Daily Life: Connecting Christ to Human Experience*](#)

Our approach to counseling and personal ministry is often lopsided—we treat people as minds to be taught or problems to be fixed, moving too quickly toward applying biblical solutions without taking the time to love people well and understand their experiences and hurts. *The Dynamic Heart in Daily Life* provides a comprehensive view of how the heart works and how Christ redeems it. Pierre’s faith-centered understanding of people combines with a Word-centered methodology to give readers a practical way to help others better understand their tough experiences and who they are in light of who Jesus is.

Piper, John, and David Mathis, Editors. [*Acting the Miracle: God’s Work and Ours in the Mystery of Sanctification*](#)

Fighting sin is not easy. No one ever coasted into greater godliness. Christian growth takes effort. But we are not left alone. God loves to work the miracle of sanctification within us as we struggle for daily progress in holiness. With contributions from Kevin DeYoung, John Piper, Ed Welch, Russell Moore, David Mathis, and Jarvis Williams, this invigorating book will help you say *no* to the deception of sin and *yes* to true joy in Jesus.

Plantinga, Cornelius. [*Not the Way It’s Supposed to Be: A Breviary of Sin*](#)

Cornelius Plantinga pulls the ancient doctrine of sin out of mothballs and presents it to contemporary readers in clear language, drawing from a wide range of books, films, and other cultural resources. Plantinga describes how sin corrupts what is good and how such corruption spreads. He discusses the parasitic quality of sin and the ironies and pretenses generated by this quality. He examines the relation of sin to folly and addiction. He describes two classic “postures” or movements of sin—attach and flight.

Powlison, David. [*How Does Sanctification Work?*](#)

Many views reduce the process of Christian growth to a single template. For example, *remember past grace. Rehearse your identity in Christ. Avail yourself of the means of*

grace. Discipline yourself. But Scripture portrays the dynamics of sanctification in a rich variety of ways. No single factor, truth, or protocol can capture why and how a person is changed into the image of Christ. Weaving together personal stories, biblical exposition, and theological reflection, David Powlison shows the personal and particular ways God meets you where you are to produce change.

Scott, Stuart, with Zondra Scott. [*Killing Sin Habits: Conquering Sin with Radical Faith*](#)

Scripture teaches that Christians are to actively subdue or mortify sin habits. Stuart Scott describes a repetitive and perfect pattern for sin, and how God, through the work of the Holy Spirit and radical faith, can help you conquer sin in your life.

Tiffe, Armand. [*Transformed Into His Likeness: A Handbook for Putting Off Sin and Putting On Righteousness*](#)

Many Christians pray, “Lord, change me.” Here is biblical help for those who want to change. *Transformed Into His Likeness* is a valuable resource for individual Christians seeking help in personal struggles, or for pastors and counselors and those they counsel. The workbook contains over 100 common problems facing Christians today along with biblical solutions for each.

Wilson, Jared. [*The Imperfect Disciple: Grace for People Who Can't Get Their Act Together*](#)

Too many discipleship books are written for clean, perfect people who know all the right Sunday school answers. *The Imperfect Disciple* is for the rest of us—people who screw up, people who are weary, people who are wondering if it's safe to say what they're really thinking. For the believer who is tired of quasi-spiritual lifehacks being passed off as true, down-and-dirty discipleship, here is a discipleship book that isn't afraid to be honest about the mess we call real life. With incisive wit, warm humor, and moving stories, Jared Wilson shows readers how the gospel works in them and in their lives.

Witt, Rush. [*Diehard Sins: How to Fight Wisely Against Destructive Daily Habits*](#)

Christians need to fight big, obvious sins as well as commonplace, familiar sins—which can sneak in and become the hardest of all to kill. Pastor Rush Witt defines such diehard sins, presents an understandable overall doctrine of sin, and lays out a method for change that pits Christ and His provisions against the subtle, elusive sins that seem so un-killable.

Chronic Fatigue and Chronic Illness

Emler, Mike. [*Help for the Caregiver: Facing the Challenges with Understanding and Strength*](#)

You spend your days (and maybe nights) helping someone else. If you are a caregiver for someone who is chronically ill, you have already discovered there is a need to be more compassionate, thoughtful, and sacrificial than you ever anticipated. But, to be able to

continue your physically and spiritually demanding caregiving, you need help too. In *Help for the Caregiver*, Dr. Mike Emlet offers you help to think biblically about your struggles and the struggles of the person you are caring for. Then he shares useful strategies for avoiding social, physical, and spiritual caregiving burnout.

Powlison, David. [*I'm Exhausted: What to Do When You're Always Tired*](#)

As a chronic fatigue sufferer, life as you once enjoyed it has ceased. Fatigue can be brought on by a myriad of physical, emotional, or spiritual issues. But, whatever the cause, your entire world is now affected by your diminished physical strength. David Powlison understands how debilitating and demoralizing a constant state of fatigue can be through his own five-year struggle after heart surgery. Powlison encourages sufferers that, unlike the world, God embraces the weak and provides strong, enduring resources through Christ for moment-by-moment strength.

Svensson, Craig. [*When There Is No Cure: How to Thrive While Living with the Pain and Suffering of Chronic Illness*](#)

How do you live well when the physical foundation of your life is crumbling? This is the challenge for millions who live with diseases for which there is no cure. These incurable ailments produce a life of constant pain, fatigue, numbness, dizziness, and other debilitating symptoms that create chronic suffering. Can you thrive in life while experiencing the suffering persistent sickness provokes? In *When There Is No Cure*, Dr. Craig Svensson guides readers to a path of thriving when life's journey includes an incurable ailment. Drawing on his expertise as a pharmacist-scientist, as well as a fellow sufferer with several incurable diseases, he helps patients steer through the twists and turns of life with chronic illness.

Communication and Relationships

Communication and Relationships: Booklets

Brestin, Dee. [*Making Friends: Beyond Loneliness to Rich Relationships*](#)

Making friends is one of the most basic aspects of life, so why does it often feel so difficult? You reach out to others, but they don't reach back. You think you've found a friend, but then they let you down or move away. How do you forge genuine friendships that provide the encouragement and support you need? With understanding and grace, Dee Brestin unpacks the dynamics of godly friendships and how to develop them.

Green, Rob. [*Can We Talk: The Art of Relationship Building*](#)

Another conversation ends in frustration or even anger. You want to communicate well and to grow deeper in your relationships, but either you can't seem to find the words, or always seem to come up with the wrong ones. How can you develop greater intimacy if you can't

seem to have a productive conversation? Far more than simply offering techniques for learning to communicate effectively, Rob Green offers wisdom for getting to the heart of your communication struggles in *Can We Talk?* By helping you see how your desires motivate your speech, he draws you back to the gospel of Jesus Christ for freedom from old patterns of relating and for a heart that moves toward others in love.

Howard, Deborah. [*Help! I'm So Lonely*](#)

Loneliness is a universal condition. If we live long enough, all of us will experience it at some point. Christians are not exempt. However, we are not left to find our way in the fog. The Bible has a number of passages dealing with loneliness. This mini-book directs you to the comfort found in God's Word and the strength and hope His grace provides.

Scott, Stuart. [*Communication and Conflict Resolution: A Biblical Perspective*](#)

In *Communication and Conflict Resolution*, Stuart Scott powerfully outlines a heart-focused, biblical perspective on godly communication and loving conflict resolution.

Smith, William. [*How to Love Difficult People: Receiving and Sharing God's Mercy*](#)

William Smith explains that learning how to deal with difficult people starts with understanding that God's pursuing love is not just for them; it's for you too. You need God's love and forgiveness just as much as they do. Knowing the love of God will change your attitude, your goals, and your actions toward the difficult people in your life. And that just might encourage them to change too!

Communication and Relationships: Books

Baker, Amy. [*Getting to the Heart of Friendships*](#)

The longings of our hearts are reflected in our friendships. Learn to have relationships that reflect the deep love, joy, unity and delight God designed for us to know in friendships.

Barthel, Tara, and Judy Dabler. [*Peacemaking Women: Biblical Hope for Resolving Conflict*](#)

In *Peacemaking Women*, Tara Barthel and Judy Dabler offer a meaningful, lasting message to lead women out of conflict to a state of peace where they can live as representatives of Christ to one another. With advice that is firmly rooted in Scripture, the authors bring sound, practical help for women who want to know what the Bible says about conflict resolution and how to achieve peace in their relationships with God, self, and others.

Kassian, Mary. [*Conversation Peace: Improve Your Relationships One Word at a Time*](#)

Mary Kassian teaches seven powerful speech-transforming elements to master the skill of effective communications. Strengthen your vocabulary with Words from the Word. *Conversation Peace* will revolutionize your speech habits and improve your relationships.

Lane, Tim, and Paul Tripp. [*Relationships: A Mess Worth Making*](#)

Your best friend is suddenly cool and distant. Your spouse can't stop complaining about your bad habits. Your son refuses to talk to you. What are you supposed to do? Plans A, B, and C might be to shut down, lash out, or get out. But consider Plan D: Recognize that God has the last word on those messy, conflict-ridden relationships. He can use them to make you into someone who can give and receive love with God and others. Tim Lane and Paul Tripp show you how God does it, and how it can happen for you.

Mitchell, Matt. [*Resisting Gossip: Winning the War of the Wagging Tongue*](#)

Gossip. It's on Facebook, on TV, in the break room, and in our churches. With gossip being so prevalent in our culture, it can be hard to resist listening to and sharing stories about other people's business. What does God say about gossip? In *Resisting Gossip*, Pastor Matt Mitchell not only outlines the scriptural warnings against gossip, but also demonstrates how the truth of the gospel can deliver believers from this temptation.

Tripp, Paul. [*War of Words: Getting to the Heart of Your Communication Struggles*](#)

"Talk" seems so normal, so ordinary, so harmless. Yet there are few things we do that are more important. And underneath the normality of it all is a great struggle, a war of words that we fight every day. Who hasn't been hurt by the words of another? Who hasn't regretted something they said? Recognizing that words are powerful, Paul Tripp shows us how the gospel transforms the way we communicate. Our Lord Jesus Christ, the Word, is the only hope for our words. In our war of words, He is the one who gives us the victory.

Conflict Resolution

Conflict Resolution: Booklets

Baker, Ernie. [*Help! I'm in Conflict*](#)

How does the gospel impact relationships? How does our relationship with Christ intersect relationship tensions? What is the origin of conflict? What is going on in my heart that leads to my struggles with gentleness or lack of kindness or intolerance of others? These and many other matters are helpfully addressed in this mini-book by Ernie Baker.

Clarke, Jayne. [*Healing Broken Relationships: What to Do When You've Been Hurt*](#)

Experienced counselor Jayne Clark unpacks the issues that can lead to a broken relationship and then guides readers to a deeper trust in Christ—the one who died so that our relationship with God could be restored. You can look to him, the friend who "sticks closer than a brother," and ask him for wisdom, help, and the ability to forgive. As you trust in him, no matter the outcome of your relationship struggles you can be confident that God is good, that he is in this with you and that he will use it for your good and his glory.

Lane, Tim. [*Conflict: A Redemptive Opportunity*](#)

Everyone has their own style of dealing with conflict. Some people try to win at all costs and will do or say anything to get their own way. Others hate conflict and will do or say anything to avoid or end it. Sadly, neither fighting nor avoidance leads to genuine peace or restored relationships. Is there a better way? In *Conflict: A Redemptive Opportunity*, Tim Lane shares the biblical principles that point to God's better way of dealing with conflict.

Conflict Resolution: Books

Cheong, Robert. [*God Redeeming His Bride: A Handbook for Church Discipline*](#)

Church discipline is a term fraught with problems for the church today. However from the biblical witness it is clear that it is an essential component of a healthy, God-honoring church—a church where Christians grow and mature in grace and develop solid foundations with which they can withstand the storms of life. As the sub-title indicates, *God Redeeming His Bride* guides church leaders to understand and implement compassionate, holy, and loving church discipline designed to restore the purity of the church.

Jones, Robert. [*Pursuing Peace: A Christian Guide to Handling Our Conflict*](#)

We all have conflict in our life. We encounter it in our home, our workplace, our school, or even our church. All around us tensions exist and disputes persist. Robert Jones offers a step-by-step process for pursuing peace in all our relationships and a tool we can use to help others. This guide is biblical, Christ-centered, practical, and proven. Packed with wisdom and practical techniques, this book on reconciliation will send you on your way to pursuing peace while helping others to do the same.

Priolo, Lou. [*Resolving Conflict: How to Make, Disturb, and Keep Peace*](#)

Often Christians try to avoid conflict-but many of the Bible's interpersonal exhortations make conflict a necessity. Lou Priolo takes us through the biblical principles of conflict resolution, showing us what we need before, during, and after conflict. He also shares practical steps and advice, including specific talking points to help resolve conflict and journaling ideas for learning from it.

Sande, Corlette. [*The Young Peacemaker: Teaching Students to Respond to Conflict in God's Way*](#)

This teacher manual contains teaching material for 12 lessons: four on the nature of conflict, four on avoiding conflict, and four on responding biblically to conflict.

Sande, Ken. [*The Peacemaker: A Biblical Guide to Resolving Personal Conflict*](#)

In *The Peacemaker*, Ken Sande presents a comprehensive and practical theology for conflict resolution designed to bring about not only a cease-fire but also unity and harmony. Sande

takes readers beyond resolving conflicts to true, life-changing reconciliation with family members, coworkers, and fellow believers.

Sande, Ken, and Kevin Johnson. [*Resolving Everyday Conflict*](#)

Ken Sande, author of the bestselling classic *The Peacemaker*, has long been a trusted resource on the topic of conflict resolution. In *Resolving Everyday Conflict*, Sande distills his message to the essentials, quickly equipping readers with the tools they need to bring peace to their relationships. *Resolving Everyday Conflict* is a practical, biblical, concise guide to peacemaking in everyday life that can turn tumultuous relationships into peaceful ones.

Conscience

DeYoung, Kevin. [*The Art of Turning: From Sin to Christ for a Joyfully Clear Conscience*](#)

In four brief but jam-packed chapters, Pastor Kevin DeYoung explains the Bible's teaching on the conscience, while equipping Christians to pursue a pure conscience. But what is the conscience? DeYoung provides this biblical definition: "The conscience is the moral faculty in human beings that assesses what is good and bad." As the title suggests—*The Art of Turning*—the biblical way to a clear conscience is to repent and believe. "We are not meant to live with a low-level, persistent sense of guilt and shame," writes DeYoung. Rather, "We are meant, as the Lord Jesus taught us, to daily confess our sins and know his favor."

Naselli, Andy. [*That Little Voice in Your Head: Learning About Your Conscience*](#)

When that little voice in your head tells you that you shouldn't be doing what you're doing, do you listen to it? Emma is a little girl whose Mommy explains to her that the little voice in her head is her conscience—a gift from God that tells her whether something is wrong or right. She explains how we can have a clean conscience because of Jesus, and how we train our consciences to work better by understanding the Bible.

Naselli, Andy, and J. Crowley. [*Conscience*](#)

Christian, meet your conscience. What do you do when you disagree with other Christians? How do you determine which convictions are negotiable and which are not? How do you get along with people who have different personal standards? All of these questions have to do with the conscience. Yet there is hardly a more neglected topic among Christians. In this much-needed book, a New Testament scholar and a cross-cultural missionary explore all thirty passages in the New Testament that deal with the conscience, showing how your conscience impacts virtually every aspect of life, ministry, and missions.

Contentment

Hill, Megan. [*Contentment: Seeing God's Goodness*](#)

Discontent easily arises when our desires aren't met and our plans don't come true, but this is a dangerous path that drives us away from God. While the world insists that satisfying our desires is the path to fulfillment, Megan Hill's daily devotional on *Contentment* teaches readers the value of seeking contentment in Christ. She provides practical approaches to cultivating thankfulness in specific daily life circumstances that make discontent easy.

Priolo, Lou. [*Discontentment: Why Am I So Unhappy?*](#)

Lou Priolo helps you identify discontentment in your life through first analyzing the level of your contentment. What's more, he helps you move forward, describing what true biblical contentment is and laying out Scripture's own directions for cultivating it.

Cutting and Self Harm

Baker, Amy. [*Relief Without Cutting*](#)

People handle the hard things in life in all different ways. What do you do when you get upset? Cry? Blow-up? Get depressed? Or perhaps, no one notices when you're upset because you find a quiet place and cut yourself. You're looking for relief, but is this the respite you really want? *Relief Without Cutting* by Amy Baker shows you there is a better way to manage your negative emotions. Instead of cutting—the never-ending cycle of hiding and going deeper and deeper—you can go to Jesus with all of your troubles. You are precious to Him. So precious that he shed his blood for you!

Lelek, Jeremy. [*Cutting: A Healing Response*](#)

When feelings of guilt, worthlessness, or self-condemnation set in, some people seek painful release in their own flesh and blood. While cutting can bring temporary relief, it falls far short of the genuine change that is essential to true healing. Through the direct and honest example of one young woman's story, Jeremy Lelek points those in such pain to the sufferings of Jesus Christ and the finished work of the cross as their means of hope, security, and healing. He helps them to turn from trusting in their own body and blood to trusting in the body and blood of Jesus, which alone has the power to bring true freedom.

Shaw, Mark. [*Help for Self-Injurers and Cutters*](#)

Dr. Mark Shaw gives hope and help as you gain insight for dealing with the practice of cutting and self-injury from a biblical perspective.

Welch, Ed. [*Self-Injury: When Pain Feels Good*](#)

If you have ever purposefully injured yourself, it may seem normal, even right. But if you haven't, it seems impossible to understand those who have. After all, don't living creatures *avoid* pain? Ed Welch writes this eye-opening booklet assuming that you feel trapped in a cycle of self-injury or that you love someone who does. Welch helps loved ones to understand the self-injurer's world. And, if you are the one who feels trapped by this behavior, he lovingly describes a cure that is more attractive than you think. If you want peace and rest, you must look away from yourself. Look to Jesus.

Dealing with a Difficult Past

Dealing with a Difficult Past: Booklets

Jones, Robert. [*Bad Memories: Getting Past Your Past*](#)

Do memories of your past haunt you? Is there help for people who suffer because of their own past? Most people who suffer from bad memories want them to disappear. Some want to deny the problem and just forget the past. Robert Jones shows that God provides a solution to the haunting problem of nagging bad memories. God does not want to remove your memories; He wants to transform them into something good. Painful thoughts may still intrude, but you need not escape them. God is bigger than your past.

Powlison, David. [*Life Beyond Your Parents' Mistakes: The Transforming Power of God's Love*](#)

What if your parents were violent, deceptive, cold, or even just occasionally disappointing? Can their failures keep you from understanding God's love and having a growing relationship with your heavenly Father? Some say that you can't know God's love unless someone will stand in your parents' place, giving you a loving new image to use in relating to God. But is this true? In *Life Beyond Your Parents' Mistakes*, Powlison speaks to those who are disappointed by their human parents, and he uses God's Word to show that our parents' mistakes cannot stop us from knowing God and His unfailing love.

Viars, Steve. [*Redeeming Your Painful Past: Present Grace, Future Hope*](#)

Do you ever feel like your past is haunting you? Maybe it's a mistake you made that can't be made right or something that was done to you that can never be undone. You see the effects of it in your daily life, but struggle to know how to move forward. In *Redeeming Your Painful Past*, Steve Viars walks through the various ways the past can influence you in the present and unpacks how the gospel brings forgiveness, healing, and hope. By pointing out how Christ has redeemed your past and offers grace in the present, he offers helpful insights into how you can move forward in freedom.

Dealing with a Difficult Past: Books

Viars, Steve. [*Putting Your Past in Its Place: Moving Forward in Peace and Forgiveness*](#)

Lives grind to a halt when people don't know how to relate to their past. Some believe "the past is nothing" and attempt to suppress the brokenness again and again. Others miss out on renewal and change by making the past *more* important than their present and future. Neither approach moves people toward healing or hope. Pastor and biblical counselor, Steve Viars, introduces a third way to view our personal history—by exploring the role of the past as God intended. Using Scripture to lead readers forward, Viars provides practical measures to understand the important place the past is given in Scripture, replace guilt and despair with forgiveness and hope, and turn failures into stepping stones for growth.

Dealing with Doubt

Fitzpatrick, Elyse. [*Doubt: Trusting God's Promises*](#)

Christians who struggle with doubt feel deep discouragement, but they should not feel alone. Elyse Fitzpatrick explores famous Bible characters who doubted, offers support for our beliefs, and explores God's promises for those of little faith. Each day's devotional has two takeaway truths to memorize or write out, plus an invitation for personal reflection.

Depression and Bi-Polar Disorder

Depression: Booklets

Ashmore, Margaret. [*Depression: The Sun Always Rises*](#)

The periods of depression that we all share can range from having a bad day to grieving the loss of a loved one. Our fallen world harbors a broad spectrum of suffering that has always been part of the human condition. Margaret Ashmore reminds us that however difficult our circumstances, they cannot determine whether our lives are ruled by joy or depression. She lays before us a set of godly choices we can make in our dark night of the soul to seek God's freedom from our dominating depression.

Trahan, Carol. [*Help! I'm Depressed*](#)

Troubling thoughts flood my mind. I lie in bed alone, beseeching God on behalf of my three children. The tears come as I wonder why the Lord seems so far away and why prayers remain unanswered. Life seems so unfair. In the depths of despair I know I have a choice to make. Am I going to allow these feelings to destroy me? *Help! I'm Depressed* directs readers struggling with these thoughts and feelings to the hope found in God.

Welch, Ed. [*Depression: The Way Up When You Are Down*](#)

If you are one of the many people suffering from depression, there is hope and there is help—a way up when you are down. This booklet provides manageable steps for getting started on the path that leads out of depression.

Depression: Books

Berger, Daniel. [*Rethinking Depression: Not a Sickness Not a Sin*](#)

Dr. Berger proposes from both Scripture and scientific evidence that the root of our mental struggles lies in our metaphysical souls rather than in our physical bodies. As the reader will discover, the solution is not to endlessly invent new theories and alleged physical remedies that inevitably fail, but to return to understanding humanity's true nature as God declares it to be from the beginning of time. Only by realizing and accepting this important perspective does our own human fragility and depravity begin to make sense. At the same time, this is not a book that suggests that those who struggle should simply pray and read their Bible more and that all of their problems will vanish. Rather, the book offers proven and practical answers to important questions.

Eswine, Zack. [*Spurgeon's Sorrows: Realistic Hope for Those Who Suffer from Depression*](#)

Christians should have the answers, shouldn't they? Depression affects many people both personally and through the ones we love. Here Zack Eswine draws from C. H. Spurgeon, "the Prince of Preachers," experience to encourage us. What Spurgeon found in his darkness can serve as a light in our own darkness.

Ganschow, Julie. [*Seeing Depression Through the Eyes of Grace*](#)

For the person struggling with depression this book may be your first step on the journey back to joy. This is not just another book on depression; it is an interactive journey from despair to hope. As you read and journal through this book you will discover the truth about your heart, the God of the Bible, and the real cause for your pain. You are invited to study, to interact, and to receive the knowledge that will lead you out of the pit of depression and right to the throne of God.

Lloyd-Jones, D. Martyn. [*Spiritual Depression: Its Causes and Its Cure*](#)

Believing the Christian joy was one of the most potent factors in the spread of Christianity in the early centuries, Lloyd-Jones not only lays bare the causes that have robbed many Christians of spiritual vitality, but also points the way to the cure that is found through the mind and spirit of Christ.

Murray, David. [*Christians Get Depressed Too: Hope and Help for Depressed People*](#)

Many Christians mistakenly believe that Christians don't get depressed, and this misconception heaps pain and guilt onto Christians who are suffering from mental and emotional distress. David Murray comes to the defense of depressed Christians, asserting that Christians do get depressed. He explains why and how Christians should study depression, what depression is, and the approaches caregivers, pastors, and churches can take to help those who are suffering from it. With clarity and biblical insight, Murray offers help and hope to those suffering from depression, the family members and friends who care for them, and pastors ministering to these wounded members of their flock.

Piper, John. [*When the Darkness Will Not Lift: Doing What We Can While We Wait for God and Joy*](#)

Even the most faithful, focused Christians can encounter periods of depression and spiritual darkness when joy seems to stay just out of reach. It can happen because of sin, satanic assault, distressing circumstances, or hereditary and other physical causes. In *When the Darkness Will Not Lift*, John Piper aims to give some comfort and guidance to those experiencing spiritual darkness.

Somerville, Robert. [*If I'm a Christian, Why Am I Depressed?*](#)

In this achingly honest work, Bob Somerville explains that depression is not restricted to the secular world. Throughout history, godly men and woman—among them Martin Luther and Charles Spurgeon—have suffered in the deep trenches of dark emotion. But God's Word promises victory at the seemingly unreachable end of trials, and new strength forged from adversity and pain in the new light that follows the darkness of despair. You are not alone. In *If I'm a Christian, Why Am I Depressed?* you will find not only the author's testimony, but also those of others who have struggled with depression and through prayer and biblical counseling have overcome by embracing Christ's healing love.

Welch, Ed. [*Depression: Looking Up from a Stubborn Darkness*](#)

Where is God in the struggle? Looking away from despair towards hope can feel risky. What if God doesn't come through for you? What if you don't feel instantly better? Ed Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the gospel, and giving fresh hope to those who struggle.

Bi-Polar Disorder: Booklets

Welch, Ed. [*Bipolar Disorder: Understanding and Help for Extreme Mood Swings*](#)

Everyone feels better some days than others, but some people struggle with exaggerated and unrestrained mood swings. These kinds of mood swings have come to be known as mania, manic-depression, or bipolar disorder. In *Bipolar Disorder: Understanding and Help for Extreme Mood Swings*, Ed Welch acknowledges how difficult bipolar disorder is for

everyone involved, describes its effects, and then applies God's Word to this serious, life-dominating struggle. When those who have bipolar disorder learn to understand the challenges of mania and depend on God instead of their own impressions, then mania will not stand in the way of their having rich relationships with God and others.

Bi-Polar Disorder: Books

Hodges, Charles. [*Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder*](#)

Depression and bipolar disorder are two of the most common diagnoses made in medicine today. *Good Mood Bad Mood* examines whether we are in an epidemic, or if we have simply misdiagnosed common sadness as depression. Current research in the medical community seems to indicate that the criteria we use to diagnose depression has resulted in an increased and incorrect labeling of common sadness as depression. While medical treatment is now the commonly accepted way to deal with pain and sadness, its promise has not been fulfilled. In *Good Mood Bad Mood*, Dr. Charles Hodges offers an explanation to help the reader see the importance of sadness and the hope that God gives us in His Word.

Eating Disorders

Eating Disorders: Booklets

McCoy, Shannon. [*Help! I'm a Slave to Food*](#)

Living in a world gone wrong, we face many issues, including the importance of self-discipline in the matter of diet. Overeating is a silent, subtle, even respectable sin, but it hinders the spiritual growth and effectiveness of many. This mini-book helps you not as a diet plan, but as a compass directing you to the heart of the problem and the only solution: Jesus, the One who can bring you out of slavery into freedom.

Shaw, Mark. [*Eating Disorders: Hope for Hungering Souls*](#)

God's Word has much to say about modern day problems, and that includes the spectrum of eating disorders. Life-threatening problems as a result of disordered eating are at epidemic proportions today. Thankfully, there is real hope and practical help available through Jesus Christ the only One who offers real solutions to hurting souls.

Welch, Ed. [*Eating Disorders: The Quest for Thinness*](#)

What started as an innocent diet has turned into a monster. You eat too little. You eat too much. You restrict. You binge. Can someone like you learn to eat normally? Ed Welch describes how easy it is, in a weight-conscious world that uses food for comfort, to take the small steps that lead to a full-blown eating disorder. The way out is by understanding the thoughts and emotions that trigger your eating habits, and then taking the big step of trusting God, instead of your food rules and rituals.

Eating Disorders: Books

Fitzpatrick, Elyse. [*Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits*](#)

More than 80% of all Americans have been on a diet at some point in their lives. Low fat, low carb, high protein—you name it—they’ve tried it. Isn’t there a better way to break the cycle in the battle of the bulge? After years of futile dieting, readers know there’s more to weight control than what they eat. Having discovered the power that food has over their lives, counselor Elyse Fitzpatrick helps them: identify destructive eating habits, break the vicious cycle of emotional eating, and develop a flexible plan suited to unique situations.

Fitzpatrick, Elyse. [*Uncommon Vessels: A Program for Developing Godly Eating Habits*](#)

Uncommon Vessels digs deep and reveals our true hearts. Our food choices reveal so many things about our true desires to please God and to trust His will. This book helps reclaim your heart and mind, and therefore your food choices, to glorify God.

Notcheva, Marie. [*Redeemed from the Pit: Biblical Repentance and Restoration from the Bondage of Eating Disorders*](#)

Are you one (or do you know someone) among the thousands who suffer from an eating disorder, most likely bulimia? Do you see yourself as fat and unattractive? Do you feel as though you don’t “fit in” and suffer from periods of deep depression? Has bingeing on food and then purging become a daily part of your routine? Here is hope. Drawing from her own experiences with the disorder, Marie Notcheva shows you how to overcome this life-destroying habit. No, not by some contrived self-help system but, by the power of Christ.

Emotions, Emotional Intelligence, Moods, and Feelings

Emotions

Baker, Amy. [*Managing Your Emotions: Keeping Your Feelings from Running the Show*](#)

Emotions are a powerful and important part of life, but sometimes it feels like they are out of control. Mild frustration turns to anger. Sadness becomes despair. Disappointment deepens into bitterness. You may begin to wonder if you control your feelings or if they control you. Amy Baker explains that our emotions don’t have to run our lives. Instead, our emotions can reflect God’s character even in our broken world. Through discussing how Jesus expressed His emotions and working through practical examples of real-life struggles, she shares how the gospel offers new resources for handling your emotions productively and reshapes the desires and interpretations that fuel your feelings.

Groves, Alasdair, and Winston Smith. [*Untangling Emotions*](#)

Our emotions are complex. Some of us seem able to ignore our feelings, while others feel controlled by them. But most of us would admit that we don't always know what to do with how we feel. The Bible teaches us that our emotions are an indispensable part of what makes us human—and play a crucial role in our relationships with God and others. Exploring how God designed emotions for our good, this book shows us how to engage with our emotions—even the more difficult ones like fear, anger, shame, guilt, and sorrow—so we can better understand what they reveal about our hearts and handle them wisely in everyday moments.

Emotional Intelligence

Forrey, Jeff. [*The Emotionally Intelligent Pastor, Parts 1-4*](#)

The link is to Part 4 of a four-part blog series by biblical counselor Jeff Forrey. The series applies biblical principles and recent research findings to the emotional health and intelligence of those serving in pastoral ministry.

Kellemen, Bob. [*Learning the Biblical ABCs of Emotional Intelligence*](#)

As Christians, we are all about growth—growing in grace to become more like Christ. And, as Christians, we have scores and scores of resources for renewing our minds and taking every thought captive to the gospel. Yet, as Christians, we don't spend as much time thinking about, nor do we have many solid biblical resources on renewing our emotions or taking every emotion captive to the gospel. *Learning the Biblical ABCs of Emotions* is written with this dearth of resources in mind. It not only provides a biblical theology of emotions; it also offers practical biblical wisdom on how to grow in Christlike emotional maturity. Each of the 6 parts concludes with a series of reflection and application questions.

Feelings

Borgman, Brian. [*Feelings and Faith: Cultivating Godly Emotions in the Christian Life*](#)

In *Feelings and Faith* Brian Borgman draws from his extensive biblical knowledge and his pastoral experience to help readers understand both divine and human emotions. After laying a biblical foundation he moves on to practical application, focusing on how Christians can put to death ungodly emotional displays and also cultivate godly emotions. This biblically-informed, practical volume is helpful for pastors, counselors, and Christians who wish to develop a full-orbed faith that encompasses their emotional life.

Elliott, Matthew. [*Faithful Feelings: Rethinking Emotion in the New Testament*](#)

This interdisciplinary, widely researched study reclaims the vital importance of the emotions emphasized both in the lives and teaching of Jesus and Paul, as well as in the writings of John Calvin, Jonathan Edwards, and others.

Elliott, Matthew. [*Feel: The Power of Listening to Your Heart*](#)

A focus on doing our duty and living by reason—when what we *know* trumps how we *feel*—can leave us feeling dead. We need to have our passion restored in order to live the life that Jesus came to give us. In *Feel*, Matthew Elliott takes a look at what our culture and many churches have taught about controlling and ignoring our emotions. He contends that some of the great thinkers of the modern era got it wrong, and that the Bible teaches God intends for us to live in and through our emotions. Emotions are good things that God created us to feel. Elliott helps us understand our emotions and equips us to nurture healthy feelings and reject destructive ones.

Piper, John. [*Shaped by God: Thinking & Feeling in Tune with the Psalms*](#)

The whole Bible teaches truth and awakens emotions, but the Psalms are in a category of their own. They do not just awaken the heart; they put it in the foreground. They do not merely invite our emotions to respond to God's truth; they put our emotions on display. The Psalms are more than commanding—they are contagious. We are not just listening to profound ideas and feelings. We are living among them in their overflow. We touch pillows wet with tears. We hear and feel the unabashed cries of affliction, shame, regret, grief, anger, discouragement, and turmoil. What makes all this different from the sorrows of the world is that all of it—absolutely all of it—is experienced in relation to the sovereign God.

Finances and Stewardship

Alcorn, Randy. [*Managing God's Money: A Biblical Guide*](#)

In *Managing God's Money*, Randy Alcorn breaks down what the Bible has to say about how we are to handle our money and possessions in a simple, easy-to-follow format. Filled with Scripture references, *Managing God's Money* is a reference tool for anyone who is interested in gaining a solid biblical understanding of money, possessions, and eternity.

Alcorn, Randy. [*Money, Possessions, and Eternity*](#)

What does the Bible say about money? *Money, Possessions, and Eternity* provides a Christian perspective about money and material possessions. Randy Alcorn uses the Scriptures to approach this often touchy subject head-on. Thought-provoking arguments challenge readers to rethink their attitudes and use their God-given resources in ways that will have an eternal impact. Alcorn deals straightforwardly with issues of materialism, stewardship, prosperity theology, debt, and more.

Burkett, Larry. [*How to Manage Your Money: An In-Depth Bible Study on Personal Finances*](#)

Until people have an attitude change about money, it will continue to control and confuse them. *How to Manage Your Money* is an excellent tool to get readers on track toward a

liberated financial life. This newly repackaged bestseller contains updated material and a step-by-step, in-depth study of God's principles for money management.

Petty, James. [*When the Money Runs Out: Hope and Help for the Financially Stressed*](#)

When you are financially stressed, it is easy to become consumed by your worries and fears, so James Petty begins *When the Money Runs Out* by reminding you that your all-powerful heavenly Father knows what you need and has promised to care for you. Then he helps you to examine the place money has in your life, encourages you to find your contentment in your relationship with Christ, and ends with practical steps for diagnosing your financial difficulties and implementing a plan that will bring you financial freedom.

Platt, David. [*Radical: Taking Back Your Faith From the American Dream*](#)

In *Radical*, David Platt challenges reader to consider how they have manipulated the gospel to fit their cultural preferences. He shows what Jesus actually said about being His disciple. And he tells the dramatic story of what is happening as a “successful” suburban church decides to get serious about the gospel according to Jesus.

Temple, John. [*Help! I'm Drowning in Debt*](#)

Unpaid bills, heavy mortgage or loan repayments, and rising living costs—and no end in sight. Do you feel as if you are drowning in debt? If so, you're not alone. Debt is a universal problem today, but there are things you can do. This mini-book looks at the causes of debt and offers practical and biblical guidance for escaping financial bondage.

Forgiveness

Forgiveness From Christ

Jones, Robert. [*Forgiveness: I Just Can't Forgive Myself*](#)

Sally, a Christian, laments having an abortion years ago. “I know the Lord has forgiven me, but I just can't forgive myself.” What would you say to her? Maybe you have struggled with “self-forgiveness” and wonder how to deal with feelings of guilt. Why is self-forgiveness such an attractive notion? What does the Bible say about it? Robert Jones identifies five possible assumptions behind the longing for self-forgiveness. In the process, he pinpoints a deeper problem—and a deeper solution to ongoing guilt. By dispelling a number of misconceptions, Jones clears the path to a joyful realization of forgiveness in Christ.

Lane, Tim. [*Freedom from Guilt: Finding Release from Your Burdens*](#)

Tim Lane explains that our strategies for dealing with guilt don't work because guilt is not just a bad feeling. It's a real problem between us and God. Depending on Jesus to restore

your relationship with God is the only way to be free from the guilt and shame that weighs you down. Discover how to step into the forgiveness and freedom that Jesus offers you.

Miller, John. [*Accepting God's Forgiveness: Believing in God's Love for You*](#)

Do past failures still trouble you? Perhaps regret over a mistake, the betrayal of someone close to you, an undone task, or an angry outburst has left you feeling uneasy. You wonder if God really does forgive you. Sometimes He seems like a dark cloud instead of a loving Father. In *Accepting God's Forgiveness*, Jack Miller explains that these are symptoms of a troubled conscience. Don't try to ignore your conscience, instead, shift your focus to what Christ has done for you. Depending on Jesus will free you to accept God's forgiveness.

Forgiving Others: Booklets

Green, Rob. [*Forgiveness: Showing Grace When You Have Been Hurt*](#)

The biblical subject of forgiveness can be confusing and challenging. It is common to hear Christians say things like, "Do you really understand my pain?" or "This hurts too much to forgive." This booklet will help you see what forgiveness means and how it is possible.

Jones, Robert D. [*Freedom from Resentment: Stopping Hurts from Turning Bitter*](#)

Everyone experiences hurt in relationships, but most of the time we are able to forgive and forget. But sometimes we experience a major hurt that lingers in our minds and leads to bitterness. We feel trapped by the resulting hostility, ongoing broken relationships, and inability to move on. Can you escape the sorrow and soul impoverishment that bitterness brings? In *Freedom from Resentment*, Robert Jones explains how a relationship with Jesus, a man of sorrows and familiar with suffering, can free you from bitterness. Then he outlines practical ways to live out the gospel in difficult relationships.

Lane, Tim. [*Forgiving Others: Joining Wisdom and Love*](#)

In *Forgiving Others*, Tim Lane, drawing on his personal, pastoral, and counseling experience, explains that only when you understand God's love and forgiveness for you, will you be able to forgive those who have deeply hurt you. He applies that truth by explaining what forgiveness looks like in different situations and how to wisely practice forgiveness in the midst of difficult circumstances.

Newcomer, Jim. [*Help! I Can't Forgive*](#)

What is one of the most common refrains heard in homes, relationships, churches, and our culture at large? "I can't forgive!" The struggle to forgive someone who has wronged us is universal. What is the answer? A fresh look at the gospel! Jim Newcomer takes you through a five-stop journey toward biblical forgiveness.

Priolo, Lou. [*Bitterness: The Root That Pollutes*](#)

When people treat you wrongly, insult you, or are outright sinful to you, how do you react? Are you satisfied to hold grudges against those who wrong you, as long as they don't lead to action? Unfortunately, your decision to harbor bitterness is just as much of a sin as the one originally committed against you, and your reaction to others' sin is a spiritual battle you are called on to win. Lou Priolo focuses on that battle in this vital booklet that seeks to weed out the problem of bitterness. The author equips you to recognize bitterness in your life, and he lays out a scriptural plan to ensure victory by repaying others' evil with good.

Forgiving Others: Books

Adams, Jay. [*From Forgiven to Forgiving: Learning to Forgive One Another God's Way*](#)

When you've been wronged, the best thing to do is forgive and forget, right? That's what many Christians believe, but is it biblical? Adams dispels misconceptions about forgiveness, reveals God's true plan for absolution, and shows how to apply it to our relationships.

Brauns, Chris. [*Unpacking Forgiveness: Biblical Answers for Complex Questions and Deep Wounds*](#)

Unpacking Forgiveness examines God's Word to form a sound theology of forgiveness, helping readers move beyond the wounds and baggage of bitterness, disagreements, and broken relationships. Engaging and accessible, it is a helpful resource for pastors, biblical counselors, and anyone who has been sinned against and struggles to extend forgiveness.

MacArthur, John. [*The Truth About Forgiveness*](#)

"The greatest measuring rod of love in the life of a Christian may be forgiveness, because God showed His love to us in terms of forgiveness." Does anyone really want to forgive? Or admit that we need forgiveness? Whether we're giving or receiving, forgiveness is hard. John MacArthur demonstrates that forgiveness apart from Christ is unnatural. It is only as we understand our need, Christ's power and example, and what it really means to love that we can embrace two of the most liberating acts of love: forgiving and being forgiven.

Viars, Steve. [*Putting Your Past in Its Place: Moving Forward in Peace and Forgiveness*](#)

Lives grind to a halt when people don't know how to relate to their past. Some believe "the past is nothing" and attempt to suppress the brokenness again and again. Others miss out on renewal and change by making the past *more* important than their present and future. Neither approach moves people toward healing or hope. Pastor and biblical counselor, Steve Viars, introduces a third way to view one's personal history—by exploring the role of the past as God intended. Using Scripture to lead readers forward, Viars provides practical measures to: understand the important place the past is given in Scripture, replace guilt and despair with forgiveness and hope, and turn failures into stepping stones for growth.

Grief: Grieving with Hope and Comforting the Grieving

Grief: Grieving with Hope

Eyrich, Howard. [*Grief: Learning to Live with Loss*](#)

Many Christians do not handle grief well. Howard Eyrich seeks counsel from God's Word to show you how to work through your grief, emerging on the other side grown and matured.

Groves, Elizabeth. [*Becoming a Widow: The Ache of Missing Your Other Half*](#)

No matter whether your husband's death was expected or sudden, your loss is a shock. Your world will never again be the same. You wonder how you can go on without him. How will you manage the details of a life you built together? How do you get through each day? Through the lens of her own experience of losing her husband, Elizabeth Groves helps connect you to the rich tenderness of Christ's love and daily provision for you in *Becoming a Widow*. Firmly grounding you in His constant presence, she carefully guides you through the process of grieving and beginning to move forward with your life.

Guthrie, Nancy. [*Hearing Jesus Speak Into Your Sorrow*](#)

Nancy Guthrie gently invites readers to lean in along with her to hear Jesus speak understanding and insight into the lingering questions we all have about the hurts of life: *What was God's involvement in this, and why did he let it happen? Why hasn't God answered my prayers for a miracle? Can I expect God to protect me? Does God even care?* This questioning is not a bad, but instead an opportunity. It's a chance to hear with fresh ears the truth in the promises of the gospel we may have misapplied. It lets us retune our souls to the purposes of God we may have misunderstood.

Kellemen, Bob. [*God's Healing for Life's Losses: How to Find Hope When You're Hurting*](#)

Are you ready for real, raw, honest, and hopeful conversation about suffering, loss, and grief—from a Christian perspective? When life's losses invade your world, learn how to face suffering face-to-face with God. *God's Healing for Life's Losses* is the perfect gift book for those dealing with any type of loss and suffering. Biblical and relevant, each chapter includes personal reflection questions and small group discussion questions.

Kellemen, Bob. [*Grief: Walking with Jesus*](#)

This thirty-one-day devotional booklet guides you on a journey through the gospels. Page-by-page and day-by-day, you'll walk with Jesus as He models how to cling to the Father as He faces suffering, loss, grief, and death. Jesus is a man of sorrows, acquainted with grief, and He is your sympathetic High Priest. So, He not only models godly grieving, Jesus also grieves with you. *Grief: Walking with Jesus* is ideal for the person who wants to grow closer to Christ while facing life's most excruciating losses.

Martin, Albert. [*Grieving, Hope, and Solace: When a Loved One Dies in Christ*](#)

Here is a tender blending of memoir and theology, a joining of heart and mind, a sober yet joyful consideration of Scripture in the face of one of life's deepest and most grievous trials. What happens to those who die as Christians? What do they immediately experience? What is their existence like right now? What will happen to them when Christ returns to earth? These are the questions and concerns that faced Pastor Albert Martin following the death of his wife. He knew that if he were to grieve in a way that glorified God, he needed to know the answers to those questions, as clearly as possible, directly from Scripture.

Showalter, Ryan. [*Grieving the Loss of Your Child: Comfort for Your Broken Heart*](#)

The unthinkable has happened. Your child is gone, and you are left with a gaping hole in your heart and in your life. How could this have happened? How is it possible that you have outlived your child? Ryan Showalter understands the magnitude of grief and pain that has entered your life. With compassion, grace, and a pastor's heart, he walks with you through the valley of the shadow of death and leads you toward the comfort only God can provide.

Tripp, Paul. [*Grief: Finding Hope Again*](#)

No matter what the circumstances, death shakes us to the core. It seems so wrong, and it is! We long for comfort, but we don't know where to look. Can God really help when we are overwhelmed with grief? With compassion and biblical wisdom, Paul Tripp shows us how to think and what to do when death enters our door. He reminds us that we have a Savior who knows our sorrows, hears our cries, and promises to one day wipe away all tears.

Weems, Reggie. [*Help! My Baby Has Died*](#)

The greatest grief any parent can endure is the death of a child. No other human experience compares to it. Words are insufficient to describe the emotion. This booklet is offered as encouragement from one fellow sufferer to another. It is brief and will not answer every question about your experience or your baby. But it does answer one very important question. There is indeed a God, and He is faithful and worthy of your trust, even now—especially now. He is the eternal, inextinguishable hope for grieving families.

Grief: Comforting the Grieving

Croft, Brian, and Phil Newton. [*Conduct Gospel-Centered Funerals: Applying the Gospel at the Unique Challenges of Death*](#)

The phone rings: "Pastor, can you do my mother's funeral?" Or, "Please help us—our baby just died." Death comes unexpectedly, giving you two-to-three days to prepare a sermon—in the midst of caring for a grieving family. This book walks a pastor through the logistics of memorial services, burials, and working with funeral homes—using the four P's: Plan, Prepare, Preach, and Perform. It shows how to magnify Christ and the gospel in the midst of all the details, demands, and sorrow that surrounds the death of a loved one.

Guthrie, Nancy. [*What Grieving People Wish You Knew About What Really Helps \(and What Really Hurts\)*](#)

When someone we know is grieving, we want to help. But sometimes we stay away or stay silent, afraid that we will do or say the wrong thing, that we will hurt instead of help. In this straightforward and practical book, Nancy Guthrie provides us with the insight we need to confidently interact with grieving people. Drawing upon the input of hundreds of grieving people, as well as her own experience of grief, Nancy offers specifics on what to say and what not to say, and what to do and what to avoid. Tackling touchy topics like talking about heaven, navigating interactions on social media, and more, this book will equip readers to support those who are grieving with wisdom and love.

Tautges, Paul. [*Comfort Those Who Grieve: Ministering God's Grace in Times of Loss*](#)

Death is not foreign territory that ministers of grace walk upon. As a result, “Death,” writes Paul Tautges, “provides a natural opportunity not only for ministry to others, but also for personal growth in ministers.” Church shepherds must not waste these precious and painful occasions that God provides for the demonstration of mercy and the advantage of the gospel. This book is a treasure chest of pastoral theology that equips ministers to reach out to those who grieve with the Christ-centered comfort of God.

Idols of the Heart

Bigney, Brad. [*Gospel Treason: Betraying the Gospel with Hidden Idols*](#)

Using real-life stories and examples, Brad Bigney shows how the idols we might not even recognize can still have devastating effects in our lives. In this transparent book, he helps us identify our idols, understand how they lead us to commit treason against the gospel, repent of them, and root them out by turning to the only One who can fill our every need.

Fitzpatrick, Elyse. [*Idols of the Heart: Learning to Long for God Alone*](#)

Are you dismayed or surprised by the situations that bring out your fear, anger, or distress? Elyse Fitzpatrick delves into the heart of the problem: deep down, we’re all idol-worshippers who put our loves, desires, and expectations in God’s place—and then suffer the consequences of our misplaced affections. Yet God loves His people and can use even our messy lives and struggles for His glory. Fitzpatrick shows us how to better search and know our hearts, long for our gracious Savior, and resist and crush our false gods.

Wilkerson, Mike. [*Redemption: Freed by Jesus from the Idols We Worship and the Wounds We Carry*](#)

Redemption is not a step-oriented recovery book; it’s story-oriented and Bible-anchored. It unfolds the story of redemption in Exodus to help Christians understand how Christ redeems us from the slavery of abuse, addiction, and trouble and restores us to our created

purpose—worship of God. Readers discover that the reward of freedom is more than victory over a habitual sin or release from shame; it's satisfaction and rest in God.

Medication, Mental Health, and Mental Illness

Medication

Emlet, Mike. [*Description and Prescriptions: A Biblical Perspective on Psychiatric Diagnosis and Medications*](#)

As Christians, how should we think about psychiatric diagnoses and their treatments? We can't afford to isolate ourselves and simply dismiss these categories as unbiblical. Nor can we afford to accept the entire secular psychiatric diagnostic and treatment enterprise at face value as though Scripture is irrelevant for these complex struggles. Instead, we need a balanced, biblically-informed (and scientifically-informed) approach that is neither too warmly embracing nor too coldly dismissive of psychiatric labels and psychiatric medications. Biblical counselor and retired physician, Mike Emlet, gives readers a way forward as he guides lay and professional helpers through the thicket of mental health diagnoses and treatments in a thoughtful primer in which the Bible informs our understanding of psychiatric diagnoses and the medications that are often recommended.

Hendrickson, Laura, and Elyse Fitzpatrick. [*Will Medicine Stop the Pain? God's Healing for Depression, Anxiety, and Other Troubling Emotions*](#)

Twice as many women as men will experience depression sometime in their lives, and episodes for women are likely to start at earlier ages, last longer, and recur more frequently. Many women are given medication to treat the disease, but medication alone does not always address the underlying emotions which trouble the mind and spirit. Counselor Elyse Fitzpatrick and Dr. Laura Hendrickson provide biblical guidance on how to balance medical intervention with biblical encouragement.

Hodges, Charles. [*Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder*](#)

Depression and bipolar disorder are two of the most common diagnoses made in medicine today. *Good Mood Bad Mood* examines whether we are in an epidemic, or if we have simply misdiagnosed common sadness as depression. Current research in the medical community seems to indicate that the criteria we use to diagnose depression has resulted in an increased and incorrect labeling of common sadness as depression. While medical treatment is now the commonly accepted way to deal with pain and sadness, its promise has not been fulfilled. In *Good Mood Bad Mood*, Dr. Charles Hodges offers an explanation to help the reader see the importance of sadness and the hope that God gives us in His Word.

Kellemen, Bob. [*Depression, Medication, and Biblical Counseling*](#)

This free PDF is a collation of an RPM Ministries *Changing Lives* blog mini-series interaction between Bob Kellemen and David Murray. Dr. Kellemen describes the purpose of his focus in this blog dialogue: “How we respond to people struggling with depression and struggling to know whether or not they should take anti-depressants is a serious and vital issue. That’s why I’m making the time to ponder what a compassionate and comprehensive response might look like.”

Welch, Ed. [*Blame It on the Brain: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience*](#)

Depression, Attention Deficit Disorder, Alcoholism, Homosexuality. Research suggests that more and more behaviors are caused by brain function or dysfunction. But is it ever legitimate to blame misbehavior on the brain? How can I know whether my brain made me do it? Viewing brain problems through the lens of Scripture, Ed Welch distinguishes genuine brain disorders from problems rooted in the heart. Understanding that distinction will enable pastors, counselors, families, and friends to help others—or themselves—deal with personal struggles and responsibilities.

Mental Health and Mental Illness

Berger, Daniel. [*The Insanity of Madness: Defining Mental Illness*](#)

For much of the twentieth century, psychiatry, psychology and social theory have held that mental illness, historically known as madness, cannot be objectively defined. This fluidity of concept is especially striking in light of the dogmatism that continues to characterize these fields of study and practice. Could it be that mental illness is recognizable across all cultures and all eras, that it has a clear definition which was directly stated in the past and still is implied in modern psychiatry through the DSM-5? This book explores what mental illness or madness is; furthermore, it asserts that mental illness does indeed have a clear definition, a distinct cause, and a reliable remedy.

Berger, Daniel. [*Mental Illness: The Necessity for Faith and Authority \(Volume 1\)*](#)

Since the 1950s, psychiatry has controlled the definitions, theories, diagnoses, and suggested remedies for mental illness. Many intelligent, well-educated, and well-meaning people have blindly accepted the secular construct of mental illness without investigating the underlying theories or answering foundational questions necessary to form a construct of mental illness. The time for society and especially for Christians to logically and carefully examine the current mental health system is well overdue. This book begins that discussion, and the series on *Mental Illness* seeks to objectively challenge the current ideology while providing a proven alternative approach.

Berger, Daniel. [*Mental Illness: The Reality of the Spiritual Nature \(Volume 2\)*](#)

Two of the most pressing issues for any theory of mental illness to be established and accepted are to define the mind and to determine whether mankind consists of both spiritual and physical natures or exists merely as a material existence. Although many professionals argue that the brain is the most relevant topic of discussion in mental illness, the mind is the reason why the idea of mental illness exists. The mind must first be defined and understood before the brain-dysfunction theory can be evaluated and potentially applied. To believe in the classic medical model—which is today’s construct of mental illness—is to deny the spiritual nature of humanity. If we are to treat people’s minds, we must consider the reality of the spiritual nature as well as how to approach and heal it.

Berger, Daniel. [*Mental Illness: The Reality of the Physical Nature \(Volume 3\)*](#)

In spite of the fact that no biological etiologies, markers, or remedies exist, psychiatrists assert that mental illnesses are validated physical diseases. But are mental struggles truly biologically caused or are the observable and measurable physical problems simply effects of the mind? Many other relevant questions have arisen with the introduction of neuroimaging, and this volume seeks to answer many of those most pressing. For example, can the mind be observed both through scientific observation and through EEGs and fMRIs? Is there empirical evidence to prove or disprove the brain-dysfunction, genetic defect, and chemical imbalance theories? Does valid physical impairment ever cause moral failure? These questions and more are important topics that this volume explores.

Berger, Daniel. [*Mental Illness: The Influence of Nurture \(Volume 4\)*](#)

This book not only discusses the history of some of the most prominent psychiatric disorders, such as schizophrenia, bipolar, PTSD, and anxiety, it also explains how every aspect/nuance of these labels is addressed in the Bible. For decades now, prominent Christian counselors have argued correctly that the Bible—as it claims—is fully sufficient to meet all issues of life and moral character. In issues, such as sadness, anxiety, and addictions, they have helped thousands to gain victory in life and draw closer to God. This book provides reliable and validated truth that can remedy the most complex mental condition and change the worst maladaptive behavior. These solutions are found primarily in Scripture, but that is not to say that objective research does not agree with God’s Word.

Kellemen, Bob. [*Mental Illness and the Church: Developing a Compassionate and Comprehensive Biblical Counseling Response*](#)

As the Body of Christ and as a biblical counseling movement, God calls us to respond compassionately and comprehensively to individuals (and their families) suffering with troubling emotions and thoughts. To minister Christ’s gospel to people compassionately and comprehensively, we need to reflect biblically and historically (church history) on several interrelated questions. How do we cultivate a gospel-centered culture of grace in our churches as we respond to sufferers struggling with deep, ongoing emotional distress? How do we become redemptive communities engaging in gospel-centered relationships

with people diagnosed with mental illness? How do we respond to a Christian world that has, perhaps, accepted a definition of mental illness that is not always comprehensively biblical or fully compassionate? How do we speak wisely about mental illness and the complex interaction of the brain/body/mind/heart/soul? How do we address root causes of life struggles (heart) without being heard to say that we are ignoring the whole person or lacking empathy for social factors (nurture) and physiological issues (nature)?

Lambert, Heath. [*The Gospel and Mental Illness*](#)

We live in a broken world, beset with overwhelming problems: disease, pain, death, sorrow, sin and mental illness—clinical depression, bipolar disorder, borderline personality disorder, schizophrenia, and panic attacks. Our culture assumes people diagnosed with mental illness are stuck, doomed to struggle for the rest of their lives against a problem without ever experiencing real and lasting change. The world is broken, but God has invaded that world with the power, light, and hope of His Son. Whether you're tormented with panic attacks or thinking of committing suicide, Jesus can help.

OCD

Emlet, Mike. [*OCD: Freedom for the Obsessive-Compulsive*](#)

Obsessive-compulsive thinking and behavior: Is it disobedience? Is it a disease/disorder? Both? How can you tell? How can you help? Emlet discusses the causes of OCD and gives a biblical approach to helping those who fight it. He shows how trusting in Jesus Christ brings freedom from the tyranny of performance and perfectionism.

People Pleasing, Fear of Man, Self-Image, Co-dependency, and Identity in Christ

Baker, Amy. [*Why Do I Care?: When Other's Approval Matters Too Much*](#)

It is difficult and sometimes frightening not to have the good opinion of others. No one likes to face the possibility of rejection, humiliation, or opposition. Yet, making our goal others' approval confines us to a small world where life consists of pleasing others. Experienced counselor Amy Baker shares that rejection by others is not the whole story. There is a bigger story of God's love for his people. His love endures forever. His love can be relied upon, while people's opinions shift and change according to whether or not we are pleasing them. But God, in Christ, is totally pleased with us. His opinion of his dearly loved children will not change. When you remember these truths and replace your anxieties about approval with them, you will be free to live and love in God's world.

Kruger, Melissa, Editor. [*Identity Theft: Reclaiming the Truth of Our Identity in Christ*](#)

"Who am I?" It's a question we all ask ourselves at some point. Depending on the season, we focus our identity on our job performance, marital status, personality type, or social

network, among other options. However, there's a larger question to consider. "Who does the Bible tell me I am in Christ?" In *Identity Theft*, we'll seek to answer this question by: Exposing our false notions of identity; Understanding the biblical truth of our identity in Christ; and Reflecting on what it looks like to live in our new (and true) identity. In 10 chapters we'll cover everything from our identity as children of God to citizens of heaven.

Priolo, Lou. [*Pleasing People: How Not to Be an Approval Junkie*](#)

Are you a people pleaser? Are you addicted to approval from other? Would you do just about anything to get that approval? Biblical counselor Lou Priolo exposes all the prideful manifestations of this problem and, as always, offers solid, systematic biblical solutions.

Priolo, Lou. [*Self Image: How to Overcome Inferiority Judgments*](#)

This helpful booklet addresses the issue of self-image from a biblical perspective, defining both what self-image is and what it isn't. Readers are encouraged to make a list of their inferiorities—the areas of their lives they believe to be inadequate—and then to classify those inferiorities as inaccurate, accurate but not sinful, or accurate and sinful. The author provides biblical guidelines to help correct the inferiority judgments in each category.

Schlegel, Zach. [*Fearing Others: Putting God First*](#)

Fishing for compliments, overcommitting (or never committing), keeping people at a distance . . . when we fear other people more than we fear God, we become anxious slaves to their opinions and approval. But we don't have to compete to be loved! Zach Schlegel uses meditations on God's Word, reflection questions, and practical suggestions for action to guide you, day by day, toward a freer way of life in service to God. Learn how to fear God alone, rest in his grace, and live in peace, joy, and confidence.

Welch, Ed. [*What Do You Think of Me? Why Do I Care? Answers to the Big Questions in Life*](#)

This interactive book focused on teenagers and young adults includes questions for individual or group study. Tired of trying to win approval and escape rejection? Peer pressure, codependency, shame, low self-esteem—these are just some of the words used to identify how people are controlled by others' opinions. Why is it so important to be liked? Why is rejection so traumatic? Ed Welch's insightful, biblical answers to these questions show that freedom from others' opinions and genuine, loving relationships grow as we learn about ourselves, others, and God.

Welch, Ed. [*When People Are Big and God Is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man*](#)

Are you overly concerned about what people think of you? Ed Welch uncovers the spiritual dimension of people-pleasing and points the way through a true knowledge of God, ourselves, and others.

Wilkin, Jen. [*In His Image: 10 Ways God Calls Us to Reflect His Character*](#)

Sometimes we ask *What is God's will for my life?* when we should really be asking *Who should I be?* The Bible has an answer: *Be like the very image of God.* By exploring ten characteristics of who *God* is—holy, loving, just, good, merciful, gracious, faithful, patient, truthful, and wise—this book helps us understand who God intends for us to be. Through Christ, the perfect reflection of the image of God, we will discover how God's own attributes impact how we live, leading to freedom and purpose as we are conformed to His image.

Perfectionism and Peace with God

Baker, Amy. [*Picture Perfect: When Life Doesn't Line Up*](#)

Perfectionism is a crushing burden that can leave us angry, anxious, and paralyzed. But the quest for perfection will never transform a heart. Amy Baker examines the root and purpose of the longing for perfection to show how God's grace transforms the aching not enough of perfectionism into the overflowing abundance of faith.

Smith, William. [*Assurance: Resting in God's Salvation*](#)

Does God truly love you? Are you really saved? You fear that sin and suffering have a stronger hold on you than God does—but God is not threatened by your fears and questions, and he is exactly the one who can show you the heart he has for you. William Smith provides scriptural devotions, reflection questions, and practical action points to daily increase your confidence in God's love, promises, and care.

Pornography, Sexual Addiction, Sexual Sin, and Sexual Purity

Overcoming Pornography/Maturing in Sexual Purity: Booklets

Black, Jeffrey. [*Sexual Sin: Combatting the Drifting and Cheating*](#)

Black tells us that people never leap into extreme forms of sin; they “drift” into them. How do we end the cheating and drifting? Because sexuality is spiritual, not purely biological, the solution is to hide God's Word in our hearts. Here Black shows us how the Bible reaches to the roots of sexual sin.

Black, Nicholas. [*What's Wrong with a Little Porn When You're Single?*](#)

“I know porn is wrong for a married person, but I'm single. What can it hurt?” The accessibility of pornography through the Internet means that more singles are asking themselves if porn use really matters. Black explains how porn isolates singles from healthy relationships, sabotages their future marriages, and leads to sexual addiction. Black calls singles to turn from porn and grow healthy, rich relationships with God and others.

Using seven practical steps, he equips singles to recognize what underlies their temptation to use porn, fight for obedience with hope, and rely on God for cleansing and a new start.

Cleveland, Mike. [*Pure Freedom: Breaking the Addiction to Pornography*](#)

A 60-day study course designed for men and women who seek to be free from pornography and other forms of sexual impurity.

Lane, Tim. [*Temptation: Fighting the Urge*](#)

How many times have you tried to change a behavior only to find yourself doing the same thing again? Do these phrases sound familiar? “There I go again!” “I’ve had this struggle for years, and I just can’t seem to win.” “I do okay for a while, but then I get caught in the same old sin.” It’s easy to be discouraged when we fall into the same old sins, but God, in the Bible, offers hope to repeat offenders. In *Temptation*, Lane helps you fight the daily, small battles with temptation by looking at the desires that underlie your behaviors, the different stages of temptation, and how going to Christ in repentance and faith will change your desire life. You will learn that your sin is no match for God’s goodness, power, and grace.

Powlison, David. [*Pornography: Slaying the Dragon*](#)

As explicit sexual images proliferate in films and magazines, on television, and over the Internet, the temptations increase and the bondage seems unbreakable. Christians can find their lives have become a push-pull struggle between indulging in fantasy and resisting it.

Powlison, David. [*Sexual Addiction: Freedom from Compulsive Behavior*](#)

If you’re struggling with a sexual addiction of any sort, you understand that feeling of being trapped, out of control, and afraid of being found out. No matter what you try, it seems impossible to break free from the lure of illicit sexual thoughts and practices. In *Sexual Addiction*, David Powlison encourages those who want to overcome their compulsive sexual behavior to remember that lasting change comes in degrees and is often a slow progressive process. Addiction sufferers will discover powerful action steps to take and introspective heart questions to ask as they seek to conquer this harmful sin issue.

Reju, Deepak. [*Pornography: Fighting for Purity*](#)

Is there any hope for men and women trapped in the snare of pornography addiction? Deepak Reju shows that this worship problem can be fought only with a greater love for Christ. This month-long devotional, with reflection questions and practical suggestions for action, gives readers the resources they need to fight the war being waged for their soul.

Smith, Winston. [*It’s All About Me: The Problem with Masturbation*](#)

It’s normal. “Everyone does it.” “Nobody gets hurt.” These are some commonly held beliefs about sexual fantasy and masturbation, but are they really true? Are sexual fantasies and

masturbation harmless ways of dealing with sexual frustration? *In It's All About Me*, Winston Smith uses his counseling experience and biblical knowledge to show how these seemingly “harmless” pursuits negatively impact you and your ability to have healthy relationships with the people in your real life. Then he shares how you can build a new inner world founded on Christ’s love, instead of your imaginary fantasies. As you do so, your life will grow richer in real relationships and your fantasy life will pale by comparison.

Overcoming Pornography/Maturing in Sexual Purity: Books

Challies, Tim. [*Sexual Detox: A Guide for Guys Who Are Sick of Porn*](#)

A huge percentage of men need a porn detox—a moral and psychological reset. Pornography corrupts our thinking, weakens our conscience, warps our sense of right and wrong, and twists our understanding and expectations of sexuality. We need a reset by the One who created sex. Tim Challies seeks to help men reorient their understanding of sex, both in the big picture and in the act itself, according to God’s plan for this great gift.

Chester, Tim. [*Closing the Window: Steps to Living Porn Free*](#)

Tim Chester’s offering on the topic of living porn free is a much-needed resource that balances the principles of God’s grace and the gospel with other resources that stress external precautions related to pornography. Chester does an excellent job connecting our motivation to be porn-free with the greater themes of God’s glory and beauty.

Daniels, Robert. [*The War Within: Gaining Victory in the Battle for Sexual Purity*](#)

Sexual sins are some of the most difficult to conquer. They’re also some of the most destructive—leaving individuals, marriages, families, and churches devastated. Can men today possibly win the war for sexual purity? This courageous book offers a resounding “Yes!” It also provides a battle strategy based on the promises and power of God—and on the author’s experiences in breaking a 25-year struggle with sexual sin. Newly revised and expanded, this book will lead you to a new level of purity and will encourage you that in this terribly private struggle, you are never alone.

Dykas, Ellen. [*Sexual Sanity for Women: Healing from Sexual and Relational Brokenness*](#)

Sexual Sanity for Women guides participants through the process of understanding why they struggle with destructive relational and sexual patterns and how the gospel brings change. Twenty lessons guide participants to understand God’s good design for sexuality, the underlying reasons they struggle with sexual brokenness, and how the grace and truth of Jesus Christ can be applied to their struggles.

Lambert, Heath. [*Finally Free: Fighting for Purity with the Power of Grace*](#)

In *Finally Free*, Heath Lambert lays out eight gospel-centered strategies for overcoming the deceitful lure of pornography. Each chapter demonstrates how the gospel applies to this particular battle and how Jesus can move readers from a life of struggle to a life of purity.

Piper, John, Editor. [*Sex and the Supremacy of Christ*](#)

The Bible has a way of shocking us. If Americans could still blush, we might blush at the words, “Rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love” (Prov. 5:18-19). But, of course, sin always tries to trash God’s gifts. So we can’t just celebrate sex for what God made it to be; we have to fight what sin turned it into. The contributors to this unique volume encourage you to do both: celebrate and struggle.

Powlison, David. [*Making All Things New: Restoring Joy to the Sexually Broken*](#)

Sexuality was a part of God’s good creation from the beginning. But with sin came a world filled with sexual brokenness. But God is always in the business of restoration. *Making All Things New* offers hope for both the sexually immoral and the sexually victimized, pointing us to the grace of Christ, who mercifully intervenes each moment in our lifelong journey toward renewal. David Powlison casts a vision for the key to deep transformation, better than anything the world has to offer—not just fresh resolve, not just flimsy forgiveness, not just simple formulas, but true, lasting mercy from God, who is making all things new.

Street, John. [*Passions of the Heart: Biblical Counsel for Stubborn Sexual Sins*](#)

Experienced biblical counselor John Street takes a hard look at the heart idolatries that lead even Christians to commit egregious sexual sin . . . showing how to bring lasting change by identifying the underlying motivations of the heart. Here there is hope: any sin can be forgiven, and Christ gives men and women the grace to mortify fleshly desires and to humbly live for Him.

Tripp, Paul. [*Sex and Money: Pleasures that Leave You Empty and Grace that Satisfies*](#)

Pleasure. We live in a world obsessed with finding it, passionate to enjoy it, and desperate to maintain it. Chief among such pleasures are sex and money—two pleasures unrivaled in their power to captivate our attention, demand our worship, and drive us to hide or to despair. Paul Tripp pulls back the curtain on the lies that surround us and on the distortions we often overlook. As Tripp thoughtfully exposes the insanity of our culture, he also wisely speaks to our own tendencies to fall prey to sexual and financial idolatry. *Sex and Money* ultimately directs us to God’s Word and the liberating power of the gospel, offering real-world advice, and giving us the guidance we need to find true joy and enduring satisfaction.

White, David. [*Sexual Sanity for Men: Re-creating Your Mind in a Crazy Culture*](#)

Men, you can make sexually sane choices! Written for Christian men struggling with any form of sexual brokenness, *Sexual Sanity for Men* helps men understand that sexual sin starts in their minds and hearts. It shows them how knowing Christ breaks their chains, builds spiritual brotherhood, and helps them take practical steps to re-create their minds in a God-focused direction. The Sexual Sanity for Men workbook is ideal for one-on-one mentoring, college age discipleship groups, and men's small group study.

Pornography and Marriage

Black, Nicholas. [*What's Wrong with a Little Porn When You're Married*](#)

You feel emotionally isolated and sexually disengaged from your spouse. Could it be that the fantasy world of pornography has intruded upon your real-life marriage? Nicholas Black identifies four key ways that pornography negatively impacts marriages and encourages all who struggle to look to God for help. Black's three practical, biblical steps toward freedom help those who struggle to find lasting joy in loving God and their real-life spouse rather than the temporary satisfaction of pornography use. A growing relationship with Jesus will grow your relationship with your spouse and bring lasting change.

Coyle, Rachel. [*Help! She's Struggling with Pornography*](#)

Pornography is a taboo topic among many Christians today—especially women. But women can and do become enslaved to it. Impure images, steamy novels, even television dramas captivate many minds and hearts. This mini-book redefines pornography in biblical terms and explores its dangers, including those of the socially acceptable forms particularly alluring to women. Learn how the Bible exposes the heart of the problem and provides abundant hope for freedom.

Croft, Brian. [*Help! He's Struggling with Pornography*](#)

Sexually explicit material is more readily available now than ever before, and a struggle with pornography is often the greatest snare for a Christian man today. Though Christians have been transformed by faith in Jesus, we are harmed by our sex-saturated culture. How can a Christian man find victory over pornography? This mini-book presents the only true solution: God's power working through the gospel within the context of the local church.

Tiede, Vicki. [*Your Husband Is Addicted to Porn: Healing After Betrayal*](#)

Betrayed. Broken. Angry. Devastated. Chances are, you've felt one or all of these since discovering your husband's interest in porn. How can you possibly trust him again? How do you rebuild your broken heart and fractured marriage? Vicki Tiede understands personally what a difficult struggle lies ahead and offers the comfort and wisdom she received from God in the wake of such betrayal. Offering helpful, practical resources, she guides you through the process of understanding the problem, finding hope in Christ, and seeking help.

Post-Traumatic Stress Disorder

Craig, Barrett. [*Help! I've Been Traumatized by Combat*](#)

For some veterans, the stress from combat becomes so overwhelming that it debilitates them, preventing them from carrying on in life. Relationships are affected, addictions begin, sleepless nights are frequent, and thoughts of suicide may seem attractive. This mini-book demonstrates that these responses are common and that you are right to think that things aren't the way they should be. It also offers hope and practical help on a journey of restoration from the darkness of combat into the light of life.

Lane, Tim. [*PTSD: Healing for Bad Memories*](#)

The event occurred in the past, possibly many years ago, but you still carry it with you wherever you go. Some days the memory keeps replaying over and over again in your mind. You feel angry, jumpy, even guilty or ashamed. You want to move on with your life and wonder why you can't just "get over it." With wisdom and compassion, Tim Lane walks with you through this difficult struggle. As he unpacks God's message to you in the Bible, you will begin to realize that you are not alone in your struggle. Christ, who Himself suffered intensely, is with you. You can trust Him to guide you through the healing process.

Lelek, Jeremy. [*Post-Traumatic Stress Disorder: Recovering Hope*](#)

Post-Traumatic Stress Disorder—a profoundly intense response to profoundly dangerous experiences, manifests itself in fear, terrifying vulnerability, and lack of a sense of control. While these responses are often involuntary, Jeremy Lelek reminds us that they are still responses, and, thus, different responses are possible. Here he relates the narrative of creation, fall, and redemption to the experiences of PTSD, reminding us that the gospel speaks to our experiences with danger as part of its redemptive message. He points to the wisdom of God in our suffering and reminds us of the saving grace offered by Jesus, guiding readers to the peace and contentment found in seeking God's glory.

Same-Sex Attraction and Transgender Issues

Same-Sex Attraction: Personal Accounts and Memoirs

Butterfield, Rosaria. [*Openness Unhindered: Further Thoughts of an Unlikely Convert on Sexual Identity and Union with Christ*](#)

Before you can resolve the issues of our day, you must be able to clarify them. Terms like same-sex marriage, sexual orientation, gender identity, and gay Christian are part of the discourse of daily life; yet enormous controversy surrounds them. Rosaria Butterfield, once a leftist professor in a committed lesbian relationship, and now a Christian, has written a follow-up to *The Secret Thoughts of an Unlikely Convert*. This book answers many of the questions that people pose when she speaks at universities and churches, questions not

only about her unlikely conversion to Christ, but about personal struggles that the questioners only dare to as someone else who has traveled a long and painful journey.

Butterfield, Rosaria. [*The Secrets Thoughts of an Unlikely Convert*](#)

Rosaria Butterfield, by the standards of many, was living a very good life. She had a tenured position at a large university in a field for which she cared deeply. She owned two homes with her partner, in which they provided hospitality to students and activists that were looking to make a difference in the world. In the community, Rosaria was involved in volunteer work. At the university, she was a respected advisor of students and her department's curriculum. And then, in her late 30s, Rosaria encountered something that turned her world upside down—the idea that Christianity, a religion that she had regarded as problematic and sometimes downright damaging—might be right about who God was, an idea that flew in the face of the people and causes that she most loved. What follows is a story of what she describes as a “train wreck” at the hand of the supernatural.

Hill, Wesley. [*Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality*](#)

How do the gospel, holiness, and indwelling sin play out in the life of a Christian experiencing same-sex attraction? And how do brothers and sisters in Christ show love to them? As a celibate Christian wrestling with same-sex attraction, Hill gives a glimpse of what it looks like to wrestle with God's “No” to same-sex sexual intimacy. What does it mean to be faithful to God while struggling with the challenge of their homosexuality? What is God's will for believers who experience same-sex desires? How can Christians experience God's favor and blessing in the midst of a struggle that for many brings a crippling sense of shame and guilt? He advocates neither unqualified “healing” for those who struggle nor accommodation to temptation, but rather faithfulness in the midst of brokenness.

Perry, Jackie Hill. [*Gay Girl, Good God: The Story of Who I Was, and Who God Has Always Been*](#)

“I used to be a lesbian.” In *Gay Girl, Good God*, Jackie Hill Perry shares her story, offering practical tools that helped her in the process of finding wholeness. Jackie grew up fatherless and experienced gender confusion. With every fiber of her being, she embraced masculinity and homosexuality. She knew that Christians had a lot to say about all of the above. But was she supposed to change herself? How was she supposed to stop loving women, when homosexuality felt more natural to her than heterosexuality ever could? At age nineteen, Jackie came face-to-face with what it meant to be made new. God broke in and turned her heart toward Him right in her own bedroom in light of His gospel.

Yuan, Christopher, and Angela Yuan. [*Out of a Far Country: A Gay Son's Journey to God. A Broken Mother's Search for Hope*](#)

Christopher Yuan discovered at an early age that he was different. He was attracted to other boys. As he grew into adulthood, his mother, Angela, hoped to control the situation. Instead, she found that her son and her life were spiraling out of control—and her own personal demons were determined to defeat her. Years of heartbreak, confusion, and

prayer followed before the Yuans found a place of complete surrender, which is God's desire for all families. Their amazing story, told from the perspectives of both mother and son, offers hope for anyone affected by homosexuality. God calls all who are lost to come home to Him. Casting a compelling vision for holy sexuality, *Out of a Far Country* speaks to prodigals, parents of prodigals, and those wanting to minister to the gay community.

Same-Sex Attraction: Counsel for Parents

Black, Nicholas. [*Your Gay Child Says, "I Do"*](#)

"We're getting married!" You expected to hear these words from your child, but you never dreamed you would be asked to bless a same-sex union. How should you respond when your gay child says, "I do"? Nicholas Black shows parents how the parable of the prodigal son offers them a practical, grace-filled model for interacting with their own adult child. Parents are guided through possible responses that communicate grace and truth to their child while positioning them to actively trust God and wait with hope for His intervention.

Geiger, Tim. [*Explaining LGBTQ+ Identity to Your Child: Biblical Guidance and Wisdom*](#)

LGBTQ+ identities and their widespread acceptance have produced a host of questions and quandaries for Christian families. How do you help your child navigate a world where their classmate may be transgender and their neighbors a gay couple? How do you explain these issues and teach children to respond to LGBTQ+ identity with truth and love? Tim Geiger explains how best to help young people understand LGBTQ+ identities and struggles in light of Scripture, while modeling the compassionate concern of our Savior. He also shows you how to build authentic friendships with members of the LGBTQ+ community, always remembering our common need for grace, repentance, and faith.

Geiger, Tim. [*Your Child Says, "I'm Gay"*](#)

Four little words that will rock any parent's world: "I think I'm gay." If your child said this, you are probably experiencing a combination of shock, denial, anger, confusion, and uncertainty. Despite your shock, you want to respond well. What should you say? What questions should you ask? How do you move forward in your relationship? Tim Geiger walks with you through the ups and downs of dealing with your child's revelation. With the wisdom and compassion of Scripture, he offers helpful advice for navigating the new complexities in your relationship with your child and hope for moving forward together.

Marshall, Ben. [*Help! My Teen Struggles with Same-Sex Attractions*](#)

Living in a world gone wrong, people's sexuality inevitably is affected. Here is biblical counsel for parents of teens. Homosexuality is perhaps one of the most hotly debated subjects today, both in the media and within Christian circles. But what do you do when the issue comes closer to home: when your teen tells you that he or she is gay? This mini-book goes to the Bible to find clear answers, direction, and hope at a time when anger and grief may threaten to overshadow wisdom and discernment.

Pinson, Cooper. [*Helping Students with Same-Sex Attraction: Guidance for Parents and Youth Leaders*](#)

A student sits in your office and shares about his or her struggles with same-sex attraction. Or perhaps it's your child asking you for help. What can you say or do that will bring the gospel into this struggle? Cooper Pinson begins by helping parents and youth leaders understand that this struggle is not so different than their own struggles with sin and suffering that they encounter every day. Then he gives specific and practical direction on how to encourage students to go to God and others for hope and help. As you read, you will learn how much we have in common and how the gospel transforms every area of life.

Same-Sex Attraction: Biblical Teaching

Allberry, Sam. [*Is God Anti-Gay? \(Questions Christians Ask\)*](#)

Christians, the church, and the Bible seem to be out of step with modern attitudes towards homosexuality. There is growing hostility towards those who hold a different view. So is God homophobic? What do we say, and how do we relate to both Christians and non-Christians who experience same-sex attraction? Sam Allberry helps confused Christians understand what God has said about these questions in the Scriptures, and offers a positive way forward through the debate.

Black, Nicholas. [*Homosexuality and the Bible: Outdated Advice or Words of Life?*](#)

As the conversation around homosexuality becomes increasingly hostile, it can be difficult to know where to stand as a Christian. You don't want to compromise God's Word, either by blindly following the culture or by treating others with contempt. How do you hold your convictions without projecting an image of Christ that is self-righteous and judgmental? Nicholas Black addresses both sides of this equation. Challenging easy assumptions about gays and lesbians, he encourages you to build the foundation of your conversation on God's love for people created in His image. He also examines some of the most disputed passages regarding homosexuality and draws out the fuller story of God's design for sexuality.

DeYoung, Kevin. [*What Does the Bible Really Teach About Homosexuality?*](#)

In this timely book, Pastor Kevin DeYoung challenges each of us—the skeptic and the seeker, the certain and the confused—to take a humble look at God's Word regarding the issue of homosexuality. After examining key biblical passages in both the Old and New Testaments, and the Bible's overarching teaching regarding sexuality, DeYoung responds to popular objections raised by Christians and non-Christians alike, making this an indispensable resource for thinking through one of the most pressing issues of our day.

Gagnon, Robert. [*The Bible and Homosexual Practice: Text and Hermeneutics*](#)

Robert Gagnon offers a thorough analysis of the biblical texts relating to homosexuality. He demonstrates why attempts to classify the Bible's rejection of same-sex intercourse as

irrelevant for our contemporary context fail to do justice to the biblical texts and to current scientific data. Gagnon's book powerfully challenges attempts to identify love and inclusivity with affirmation of homosexual practice.

Mohler, R. Albert, Jr., Editor. [*God and the Gay Christian? A Response to Matthew Vines*](#)

Christians and homosexuality is a hotly debated topic in today's evangelical world. Matthew Vines's book, *God and the Gay Christian: The Biblical Case in Support of Same-Sex Relationships*, argues that homosexual orientation and committed same-sex relationships are consistent with a "high view" of the Bible and evangelical Christianity. R. Albert Mohler, Jr. and four other seminary faculty members refute this claim in *God and the Gay Christian? A Response to Matthew Vines*. Each chapter addresses Vines's claims from six specific Scriptural references to homosexuality. Mohler's chapter provides an overview critique of Vines's book. James M. Hamilton Jr. addresses the Old Testament claims; Denny Burk addresses New Testament claims; Owen Strachan looks at the church history assertions; and Heath Lambert answers whether there is such a category as a "gay Christian."

Yuan, Christopher. [*Holy Sexuality and the Gospel: Sex, Desire, and Relationships Shaped by God's Grand Story*](#)

Dr. Christopher Yuan explores the concept of holy sexuality—chastity in singleness or faithfulness in marriage—in a practical and relevant manner, equipping readers with an accessible yet robust theology of sexuality. Whether you want to share Christ with a loved one who identifies as gay or you're wrestling with questions of identity yourself, this book will help you better understand sexuality in light of God's grand story and realize that holy sexuality is actually good news for all.

Same-Sex Attraction: Ministry

Burk, Denny, and Heath Lambert. [*Transforming Homosexuality: What the Bible Says about Sexual Orientation and Change*](#)

Faithful Christians agree that the Bible forbids homosexual behavior. But when it comes to underlying desires, the jury is out. Some Christians view homosexual desire as morally neutral, while others believe it calls for repentance and gospel renewal. Is same-sex attraction sinful, even if it is not acted on? How we answer this question determines how we counsel brothers and sisters who wrestle with same-sex desires. Denny Burk and Heath Lambert challenge misconceptions on all sides as they unpack the concepts of same-sex orientation, temptation, and desire. They show that ultimately a biblical view gives hope for profound personal change, with patterns remolded and rethought in faithfulness to Christ.

Butterfield, Rosaria. [*The Gospel Comes with a House Key*](#)

What did God use to draw a radical, committed unbeliever to Himself? Did God take her to an evangelistic rally? Or, since she had her doctorate in literature, did He use something in print? No, God used an invitation to dinner in a modest home, from a humble couple who

lived out the gospel daily, simply, and authentically. With this story of her conversion as a backdrop, Rosaria Butterfield invites us into her home to show us how God can use this same “radical, ordinary hospitality” to bring the gospel to our lost friends and neighbors.

Hambrick, Brad. [*Do Ask, Do Tell, Let's Talk: Why and How Christians Should Have Gay Friends*](#)

The desire of this book is to be a resource God uses to grow his people into excellent ambassador-friends to their classmates, colleagues, and family members who experience same-sex attraction.

Hubbard, Peter. [*Love Into Light: The Gospel, the Homosexual, and the Church*](#)

Homosexuality is one of the most controversial moral issues of our day. Headlines teem with stories of athletes’ “coming out,” politicians changing positions, and courts handing down same-sex marriage rulings. Sadly, the church has often been afraid to talk about homosexuality. Many Christians feel confused and divided between the call to love and the call for truth. And many who struggle with unwanted same-sex attraction feel alone and alienated by the church. The time is ripe for God’s people to think and speak about same-sex attraction in a way that is both biblical and beneficial. *Love Into Light* is designed to move the church toward that end. Written from the heart of a pastor with a love for people and a sensitivity to our culture, *Love Into Light* is your next step toward becoming more faithfully and helpfully engaged with people in your family, church and neighborhood.

Welch, Ed. [*Homosexuality: Speaking the Truth in Love*](#)

How can we answer claims that the Bible does not prohibit committed homosexual relationships? Or that science proves that homosexuality is genetic, not a chosen lifestyle? Ed Welch supplies us with timely biblical and biological insight into homosexuality. Just as importantly, he calls us to examine our attitudes in order to minister to homosexuals truthfully, compassionately, humbly, and persuasively.

White, Dave. [*Can You Change If You're Gay?*](#)

There are many voices weighing in on the question of whether you can change your sexual orientation. Yes, no, maybe so—it can be confusing and disorienting to sort through. You want to follow God, but what does that mean when it comes to same-sex attraction? With wisdom and compassion, David White helps you sort through the many voices and opinions to hear what Jesus has to say to those struggling with same-sex attraction. Offering biblical guidance, he uncovers the nature of gospel change that goes far beyond sexual orientation, right down to the level of identity, and offers immense hope, encouragement, and support.

Transgender Issues

Walker, Andrew. [*God and the Transgender Debate*](#)

What is transgender and gender fluidity? What does God's Word actually say about these issues? How can the gospel be good news for someone experiencing gender dysphoria? How should churches respond? This warm, faithful and careful book helps Christians understand what the Bible says about gender identity. It will help us to engage lovingly, thoughtfully, and faithfully with one of the most explosive cultural discussions of our day. Includes a section looking at practical questions including: Can someone be transgender and Christian? Should I mind if people who are biologically the other sex are in my restroom? What should church leaders do if a congregation member asks for their child to be identified as the opposite gender? Is it true that Christian teaching is harmful and can lead to depression and higher suicide rates? What about people who are born intersex?

Schizophrenia

Stryd, Todd, [*Schizophrenia: A Compassionate Approach*](#)

Todd Stryd seeks to help caregivers understand the effects of schizophrenia and offer compassionate care to loved ones. He equips readers to ground their responses in the love, compassion, and mercy of Christ. Readers learn to advocate for their loved ones, encourage their perseverance, connect them to Christian community, and pray for them regularly.

Sexual Abuse: Healing and Hope in Christ

Sexual Abuse: Booklets

Kellemen, Bob. [*Sexual Abuse: Beauty for Ashes*](#)

Sexual abuse ravages the soul, causing unimaginable distress, damage, and disgrace. It is faced honestly and openly in the Bible—but can the church truly help those who have been sexually abused? Bob Kellemen says, “Yes, it can;” and using the biblical story of Amnon and Tamar (2 Samuel 13), he compassionately portrays the damage done by sexual abuse and the relevancy of God's Word for this difficult topic. He then takes us on a journey toward healing—helping sufferers to reclaim beauty from the ashes of abuse.

Newheiser, Jim. [*Help! Someone I Love Has Been Abused*](#)

Abuse is a growing problem, and those who have been abused need help. This mini-book equips the reader to offer compassionate biblical counsel to a victim of abuse. As well as providing practical instruction on how to help the victim gain safety and deal with the abuser in a biblical way, it points to the victory possible in Jesus Christ, who was abused for His people and who has compassion on all hurting people.

Powlison, David. [*Recovering from Child Abuse: Healing and Hope for Victims*](#)

The damage you suffered may have been done in one terrible moment or over time. But the healing and the restoration will unfold at your pace. It unfolds as part of your story, and it unfolds over time. As a vulnerable child, instead of being protected, helped, and comforted, you were physically, emotionally, and/or sexually abused. Learn from David Powlison how to express your experience to God by composing your own personal lament. Pouring out your heart to God will begin the healing process and lead to steps of faith and restoration.

Powlison, David. [*Sexual Assault: Healing Steps for Victims*](#)

Sexual assault is an invasive event of traumatic evil. You were victimized, and now you are suffering. Whenever sexual abuse occurs, love is not part of the equation. Rather, the perpetrator uses power, domination, and control to injure innocent victims. David Powlison gently leads those who have been wounded sexually to a deeper relationship with God—beyond the pain—with biblical action steps. By embracing their identity in Jesus, sufferers will not only understand the emotional and spiritual battles they face as sexual assault victims, they will be equipped to effectively overcome any fear, worry, anger, and shame and to offer hope to others in similar situation.

Sexual Abuse: Books

Denhollander, Rachael. [*What Is a Girl Worth?: My Story of Breaking the Silence and Exposing the Truth about Larry Nassar and USA Gymnastics*](#)

Rachael Denhollander's voice was heard around the world when she spoke out to end the most shocking scandal in US gymnastics history. The first victim to publicly accuse Larry Nassar, the former USA Gymnastics team doctor who abused hundreds of young athletes, Rachael now reveals her full story for the first time. How did Nassar get away with it for so long? How did Rachael and the other survivors finally stop him and bring him to justice? And how can we protect the vulnerable in our own families, churches, and communities? *What Is a Girl Worth?* is the inspiring true story of Rachael's journey from an idealistic young gymnast to a strong and determined woman who found the courage to raise her voice against evil, even when she thought the world might not listen.

Gannon, Pam, and Bev Moore. [*In the Aftermath: Past the Pain of Childhood Sexual Abuse*](#)

Studies show that thousands of children are sexually abused in the US every year; most by someone they know and trust. Being abused by a known, trusted older person adds to a child's devastation of the pain and terror they experience. Adult victims of CSA have tried looking for answers within themselves or other people's theories, but have not found the hope and help they are seeking. That is because the only true and lasting hope, joy, and peace are not found within us, but in God who created us. This book will point you directly to God's Word where you will find His comfort and peace.

Holcomb, Justin, and Lindsey Holcomb. [*Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*](#)

The statistics are jarring. One-in-four women and one-in-six men are or will be victims of sexual assault in their lifetime. But as sobering as the statistics are, they don't begin to speak to the darkness and grief experienced by these victims. Because sexual assault causes physical, psychological, emotional, and spiritual pain, victims need clear help, hope, and healing. In *Rid of My Disgrace*, a couple experienced in counseling victims of sexual assault explains how the grace of God can heal the broken and restore the disgraced. Justin and Lindsey Holcomb outline an approach for moving from destruction to redemption. While avoiding platitudes and shallow theology, *Rid of My Disgrace* combines biblical and theological depth with up-to-date research. This book is primarily written for those who have been assaulted (either as children or adults), but also equips family, friends, pastors, and others to care for victims in ways that are compassionate, practical, and informed.

Nicewander, Sue, and Maria Brookins, [*Treasure in the Ashes: Our Journey Home from the Ruins of Sexual Abuse*](#)

Treasure in the Ashes is an interactive workbook that gently leads readers on a biblical journey through the grueling questions and doubt, emotional turmoil, and relational fallout that follow sexual abuse. The authors encourage honest and thorough Christ-centered discipleship through the aftermath of sexual abuse. They address hard questions and painful issues that are feared and often denied by the Christian community.

Sexual Abuse: Prevention

Holcomb, Justin, and Lindsey Holcomb. [*God Made All of Me: A Book to Help Children Protect Their Bodies*](#)

It's easy to convey the message to children that their bodies or particular parts of their bodies are shameful. This misconception fuels confusion, embarrassment, and secrecy, and often prevents children from recognizing or reporting sexual abuse. *God Made All of Me* is a simply-told, beautifully-illustrated story to help families talk about these sensitive issues with two-to-eight-year-old children. Because the private parts of our bodies are private, the home is the ideal environment where a child should learn about his or her body and how it should be treated by others.

Reju, Deepak. [*On Guard: Preventing and Responding to Child Abuse at Church*](#)

In *On Guard*, Deepak Reju examines why child predators target churches. He offers eleven straightforward strategies to protect children from abuse and to help young victims recover if it does happen. While *On Guard* does provide practical help for building a child protection policy, it provides much more. Full of pastoral wisdom, *On Guard* recognizes that the church's response to abuse must be more comprehensively in line with her calling than

a simple legal policy or clinical analysis. *On Guard* moves church staff and leaders beyond fearful awareness to prayerful preparedness with an actionable plan.

Tchividjian, Basyle. [*Protecting Children from Abuse in the Church: Steps to Prevent and Respond*](#)

How do we protect the children in our Christian community from sexual offenders? From his years of experience as a child abuse prosecutor, Boz Tchividjian unpacks the dynamics of a church environment that allows perpetrators to thrive and offers constructive help for educating and training your church to recognize and deal with potential abuse. Using biblical principles and the example of Jesus, he shows you how to cultivate an attitude and environment in your church that provides safety and protection for these young ones.

Tchividjian, Boz, and Shira Berkovits. [*The Child Safeguarding Policy for Churches and Ministries*](#)

This is not an easy book to read—but it's a vital one to read and follow. Sadly, we live in a day when *The Child Safeguarding Policy for Churches and Ministries* is absolutely necessary. This handbook is an invaluable resource for Christians seeking to educate themselves and others about child abuse and how they can best protect children under their care. The book covers vitally important topics including warning signs of abuse, how to respond to abuse allegations, care for victims, and legal implications and requirements for churches and Christian ministries. Working through this book will guide churches and Christian ministries in creating and implementing policies to protect children from child abuse.

Shame and Guilt

Lane, Tim. [*Freedom from Guilt: Finding Release from Your Burdens*](#)

Are you living under a cloud of guilt that you can't seem to shake no matter what you do? Do you feel guilty about everything, all the time? We all have different ways of dealing with our guilty feelings, but none of them work for very long. Tim Lane explains that our strategies for dealing with guilt don't work because guilt is not just a bad feeling. It's a real problem between us and God. Depending on Jesus to restore your relationship with God is the only way to be truly free from the guilt and shame that weighs you down.

Nicewander, Sue. [*Help! I Feel Ashamed*](#)

Do feelings of shame baffle you or hold you hostage? Shame can overwhelm us, leading to confusion, fear, and desperate behavior. This mini-book uses case studies and practical examples to examine the true causes of shame and present hope through Jesus Christ who loves you and can restore you, regardless of your past.

Welch, Ed. [*Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection*](#)

Shame controls far too many of us. Worthless, inferior, rejected, weak, humiliated, failure—it all adds up to wishing we could get away from others and hide. We know what shame feels like. The way out, however, is harder to find. Time doesn't help, neither does confession, because shame is just as often from what others do to you as it is from what you have done. But the Bible is about shame from start to finish, and, if we are willing, God's beautiful words break through. Look at Jesus through the lens of shame and see how the marginalized and worthless are His favorites and become His people. God cares for the shamed. Through Jesus you are covered, adopted, cleansed, and healed.

Spiritual Abuse

Challies, Tim, and Bob Kellemen. [*Spiritual Abuse*](#)

Tim Challies interviews Bob Kellemen about spiritual abuse. Together, they define spiritual abuse biblically, discuss signs of spiritual abuse, and interact about the opposite of spiritual abuse—humble servant leadership. The article includes this working definition of spiritual abuse: Spiritual abuse is a spiritual role-reversal where a shepherd, instead of clinging to and emulating the Great Shepherd by shepherding God's people (Acts 20; 1 Peter 5; 1 Timothy 3; Ephesians 4), subtly demands that members exist to meet the shepherd's needs (James 4:1-4). Rather than relating as a servant leader, the pastor "pulls rank" and "lords it over others" (Matthew 20:20-28; 1 Peter 5:1-6), not for the benefit of the flock, but for the benefit of the pastor. Rather than speaking the truth in love and rather than ministering grace and truth (Ephesians 4:11-16, 29; Colossians 4:3-6; Titus 2:10-12), the spiritually abusive pastor intimidates, judges, condemns, shames, and blames the sheep without regard for the spiritual wellbeing of the sheep (Jeremiah 23:1-4; Matthew 23:1-39).

Johnson, David, and Jeff Van Vonderen. [*The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church*](#)

In a breakthrough book first published in 1991, the authors address the dynamics in churches that can ensnare people in legalism, guilt, and begrudging service, keeping them from the grace and joy of God's kingdom. Written for both those who feel abused and those who may be causing it, *The Subtle Power of Spiritual Abuse* shows how people get hooked into abusive systems, the impact of controlling leadership on a congregation, and how the abused believer can find rest and recovery.

Spiritual Disciplines and Prayer

Adams, Jay. [*Godliness through Discipline*](#)

Here is a practical booklet for anyone who wants to become a more godly person. Jay Adams shows clearly that, while there is no such thing as instant godliness, genuine and lasting holiness is indeed possible. Beginning with Paul's instruction in 1 Timothy 4:7, "you

must discipline yourself for the purpose of godliness,” Adams explains how godly living can become second nature for the person who truly desires to be Christlike.

Bennett, Arthur, Editor. [*The Valley of Vision: A Collection of Puritan Prayers and Devotions*](#)

The strength of Puritan character and life lay in prayer and meditation. In this practice the spirit of prayer was regarded as of first importance and the best form of prayer, for living prayer is the characteristic of genuine spirituality. Yet prayer is also vocal and may therefore on occasions be written. Consequently, in the Puritan tradition there are many written prayers and meditations which constitute an important collection of inspiring devotional literature. This book has been prepared not to “supply” prayers, but to prompt and encourage the Christian as he treads the path on which others have gone before.

Carson, D. A. [*Praying with Paul: A Call to Spiritual Reformation*](#)

God doesn’t demand hectic church programs and frenetic schedules; He only wants His people to know Him more intimately. The apostle Paul found that spiritual closeness in his own fellowship with the Father. By following Paul’s example, we can do the same. *Praying with Paul*, by D. A. Carson, calls believers to reject superficiality and revolutionize their lives by embracing a God-guided approach to prayer.

Duguid, Barbara. [*Streams of Mercy: Prayers of Confession and Celebration*](#)

Have you taken time lately to consciously taste of God’s mercy? This can be difficult, because in order to seek God’s mercy we must admit that we need it—and we don’t like to admit that we need anything, much less forgiveness! But exposing the specifics of our struggles with sin regularly points us back to the good news of the gospel and our forgiveness through God’s grace. It leads to celebration! A helpful addition to the previous collection *Prone to Wander*, *Streams of Mercy* provides prayers that confess specific sins in response to scriptural calls to confession and then close with an assurance of our pardon in Christ. Inspired by the Puritan classic *The Valley of Vision*, these prayers are ideal for use in church services or personal devotions.

Duguid, Barbara and Wayne Duguid Houk. [*Prone to Wander: Prayers of Confession and Celebration*](#)

Confessing our sins might seem like a gloomy business—God already knows about them, so what’s the point of dwelling on failure? But confession is more celebratory than we think. It does not simply remind us of our guilt, but points us to our great Savior, who has atoned for us and lovingly pursues us despite our wandering. These prayers open with a scriptural call of confession, confess specific sins, thank the Father for Jesus’ perfect life and death in our place, ask for the help of the Spirit in pursuing holiness, and close with an assurance of pardon. Inspired by the Puritan classic *The Valley of Vision*, these prayers were developed for both personal devotions and church use.

Westlund, Kathi. [*Prayer Pathway: Journeying in a Life of Prayer*](#)

Each one of our days is a small portion of life's grand journey. Are you prepared to travel? God calls us to pray because He knows that we need him; He uses prayer to connect with us through all the stages and seasons of life. The result of the author's forty-year prayer journey, *Prayer Pathway* is a guide to assist fellow sojourners. To help readers along the way, Kathi Westlund uses eternal biblical truth, timeless wisdom from sages, and practical tools centered around the acronym PRAYERS (Praise, Repent, Ask, Yield, Express thanks, Rejoice, Shalom). The guide can be customized and modified to fit your needs, so that you can develop and establish a personal prayer routine that will hold up for years to come.

Tautges, Paul. [*Pray About Everything: Cultivating God-Dependency*](#)

Believers need to learn how to pray about everything, but so many unanswered questions hinder our progress. What does it mean to pray in Jesus' name? How do I pray for my non-Christian friends? In *Pray About Everything*, a seasoned pastor and counselor answers these questions—and many more—by effectively instructing us with biblical principles, examples, and commands. By doing so, he encourages us to develop a life of prayer. Pastors, elders, and small group leaders will also find this book an indispensable help to cultivating an atmosphere of God-dependency in their local church.

Whitney, Don. [*Praying the Bible*](#)

All Christians know they should pray, but sometimes it's hard to know how—especially if the minutes start to drag and our minds start to wander. Offering readers hope, encouragement, and the practical advice they're looking for, this concise book by Don Whitney outlines a simple, time-tested method that can help transform our prayer lives: praying the words of the Bible. *Praying the Bible* shows readers how to pray through portions of Scripture one line at a time, helping us stay focused by allowing God's Word itself to direct our thoughts and words.

Whitney, Don. [*Spiritual Disciplines for the Christian Life*](#)

Drawn from a rich heritage, *Spiritual Disciplines for the Christian Life* will guide you through a carefully selected array of disciplines. By illustrating why the disciplines are important, showing how each one will help you grow in godliness, and offering practical suggestions for cultivating them, *Spiritual Disciplines for the Christian Life* will provide you with a refreshing opportunity to become more like Christ and grow in character and maturity. Now updated and revised to equip a new generation of readers, this anniversary edition features in-depth discussions on each of the key disciplines.

Spiritual Warfare

Adams, Jay. [*Winning the War Within: A Biblical Strategy for Spiritual Warfare*](#)

Jay Adams describes the personal conflict with sin that rages within every believer. Then he exposes the enemy's principal tactics and spells out a clear biblical strategy for overcoming sin. *We are not alone in the battle and we can win—by the power of God's might.*

Borgman, Brian, and Rob Ventura. [*Spiritual Warfare: A Biblical and Balanced Perspective*](#)

Christians today either sensationalize the subject of spiritual warfare by obsessing over demon possession, exorcisms, binding the devil, and rebuking demons, or they minimize the idea and are unprepared for the real struggle they face against principalities and powers. Pastors Brian Borgman and Rob Ventura provide a balanced approach that exposes the fictions and superstitions surrounding this vital doctrine and at the same time reveal the unseen realities of this struggle. Basing their battle plan on Ephesians 6:10-20, the authors give an overview of the battle, a guide to the armor God gives us, and instruction regarding the vital wartime disciplines of prayer and proclamation of the Word.

Gurnall, William. [*The Christian in Complete Armour*](#)

Originally written in three volumes (1655-1662), the book covers the Christian's call to arms and describes the nature of the battle and the character of our enemy. The various pieces of godly armor and weapons, and their use on offense and defense, are then described at length, item by item and verse-by-verse. Gurnall's work is filled with spiritual insight, encouraging exhortation, and inspiring word pictures concerning the importance of doctrinal truth as "a girdle for the mind," the power of holiness, the "pre-eminence of faith against other graces," and much more. As relevant today as it was 350 years ago.

Ice, Thomas, and Robert Dean. [*A Holy Rebellion: Strategy for Spiritual Warfare*](#)

The authors encourage readers to put on the armor of God and then having done all to stand. Knowing God's Word and praying are our ways of resisting the Devil, not identifying and rebuking evil spirits.

MacArthur, John. [*How to Meet the Enemy*](#)

C.S. Lewis wrote: "There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors, and hail a materialist or magician with the same delight." Lewis was right. Unfortunately, strands of both errors exist in today's church. God's Word must be our only guide for all we believe and practice. *How to Meet the Enemy* examines what Scripture says about spiritual warfare.

Powlison, David. [*Power Encounters: Reclaiming Spiritual Warfare*](#)

David Powlison brings biblical realism to the often sensationalized subject of demonic deliverance. He gives clear, balance, biblical and insightful help on spiritual warfare.

Stress and Burnout

Stress and Burnout: Booklets

Embry, Adam. [*Help! I Can't Get Motivated*](#)

Living in a world gone wrong, it's easy to lack motivation. Here is biblical counsel to help bring correction. Do you put off jobs until another day? Have you got work to do, but just can't get round to doing it? Why do you lack motivation? Adam Embry gets to the heart of this issue, helping us to be the wise and diligent workers God created us to be.

Hambrick, Brad. [*Burnout: Resting in God's Fairness*](#)

Burnout occurs when the things that once gave us life and energy become discouraging and draining instead, sacrificing our pleasures and accomplishments to the continual onslaught of "next." While a common danger for Christians who dedicate their efforts to God's kingdom, burnout eventually makes us choose cynical numbness over the "caring exhaustion" of Christian service. How do we avoid this pitfall? Brad Hambrick argues that burnout is actually a consequence of our life management, and he shows us how to create a time budget to avoid living beyond our means with the time God has provided.

Powlison, David. [*Stress: Peace Amid Pressure*](#)

Are you overwhelmed by stress? Pressured to achieve? Spinning into free fall? What is the "noise" going on inside you? David Powlison invites you to look at Psalm 131 to learn how to quiet your soul. "Psalm 131 gives us intimate access to the inner life of someone who has learned composure," Powlison writes. "This person is quiet on the inside because he has learned the only true and lasting peace." Psalm 131 is not about unruffled detachment or stoic indifference. It's about learning composure through a relationship with Jesus Christ. His presence in our lives is the only thing strong enough to overpower stress, so we can say with the psalmist, "Surely I have composed and quieted my soul."

Tada, Joni Eareckson. [*Stressed to the Max: Peace for Women Under Pressure*](#)

Does it seem like your to-do list always gets longer instead of shorter? Do you try to slow down, but find yourself scrambling just to keep up? You can't continue at this pace forever, but there doesn't seem to be a way out. With characteristic compassion, Joni Eareckson Tada helps you begin to slow down and sort through the sources of your stress. She offers the spiritual refreshment of Christ's loving presence and words of encouragement, along with practical suggestions for exchanging a stressful lifestyle for a life of rest.

Stress and Burnout: Books

Murray, David. [*Reset: Living a Grace-Paced Life in a Burnout Culture*](#)

“How did I get here?” These are the words of many Christian men on the brink of burnout or in the midst of breakdown. They are exhausted, depressed, anxious, stressed, and joyless. Their time is spent doing many good things, but their pace is unsustainable—lacking the regular rest, readjustment, and recalibration they need. But there is good news: God has graciously provided a way for men to reset their lives to a more sustainable pace. Drawing on personal experiences—and time spent counseling other men in the midst of burnout—David Murray offers weary men hope for the future, helping them identify the warning signs of burnout and offering practical strategies for developing patterns that are necessary for living a grace-paced life and reaching the finish line with their joy intact.

Murray, Shona, and David Murray. [*Refresh: Embracing a Grace-Paced Life in a World of Endless Demands*](#)

“I feel so overwhelmed.” Do you race from one thing to the next, unable to keep up with all the demands of your ever-growing to-do list? Are you over-committed and over-stretched, but don’t know how to slow down when the world just says to speed up? Is there any hope for rest in a world of never-ending demands? Many women don’t realize they’re running at an unsustainable pace until it hurts them physically, emotionally, and spiritually. Drawing on many years of counseling and their own experiences of burnout, wife and husband team Shona and David Murray want to help you slow down to a more grace-paced life—enabling you to avoid the pitfall of burnout, cultivate sustainable habits for the future, and experience the rest of body and soul that God intends for you.

Suffering and Trials

Suffering: Booklets

Duncan, Ligon. [*Does Grace Grow Best in Winter?*](#)

Few things trouble our hearts and minds like suffering. “Why is this happening? Why me? How can I get through this? *Can* I get through this?” God says we can, but he says more. Suffering is not merely to be endured. It comes into our lives for good reasons. Suffering affords seasons for growth in ways we would not grow otherwise. This book prepares believers for hardship when it comes their way. Learning some of the purposes for suffering, how it connects us with our Lord and his people, and what God’s Word says to us in the midst of our pain will enable us to glorify Him in the most troubling times.

Kellemen, Bob. [*Grief: Walking with Jesus*](#)

This thirty-one-day devotional booklet guides you on a journey through the gospels. Page-by-page and day-by-day, you’ll walk with Jesus as He models how to cling to the Father as

He faces suffering, loss, grief, and death. Jesus is a man of sorrows, acquainted with grief, and He is your sympathetic High Priest. So, He not only models godly grieving, Jesus also grieves with you. *Grief: Walking with Jesus* is ideal for the person who wants to grow closer to Christ while facing life's most excruciating losses.

Powlison, David. [*God's Grace in Your Suffering*](#)

"Where is God?" There are never quick fixes or easy answers when it comes to suffering. But even when we can't immediately see God's hand—when the struggle is hard and painful—He is working. Weaving together Scripture, personal stories, and the words of the classic hymn "How Firm a Foundation," Powlison brings an experienced counselor's touch to exploring how God enters into our sufferings, helping us see God working in our particular struggles—and discover how God's grace goes deeper than we could imagine.

Powlison, David. [*Why Me? Comfort for the Victimized*](#)

"Why is this happening to me? Where is God in my time of anguish?" Knowing our hearts, God has spoken powerful words of comfort. Psalm 10 is God's Word to those who have been victimized by others. It guides people into knowing God in the midst of being violated. Powlison walks us through Psalm 10, helping us see its message of anguish and refuge. Can this ancient text help us in our pain today? Yes, because God is present and listening.

Tripp, Paul. [*Suffering: Eternity Makes a Difference*](#)

How hard it is to see God's goodness in the face of tragedy and suffering. Feeling abandoned, we cry out to Him, question Him, turn away from Him, perhaps even curse Him. It may seem like He's cheated us—we've done our part following Him, but He's let us down. Tripp helps hurting people see their circumstances from an eternal perspective. Uncovering the wrong motives, faulty reasoning, and misguided conclusions that blind us to the truth of God's love and goodness, Tripp focuses us on the grand picture of eternity.

Suffering: Books

Kellemen, Bob. [*God's Healing for Life's Losses: How to Find Hope When You're Hurting*](#)

Are you ready for real, raw, honest, and hopeful conversation about suffering, loss, and grief—from a Christian perspective? When life's losses invade your world, learn how to face suffering face-to-face with God. *God's Healing for Life's Losses* is the perfect gift book for those dealing with any type of loss and suffering. Biblical and relevant, each chapter includes personal reflection questions and small group discussion questions.

Keller, Tim. [*Walking with God Through Pain and Suffering*](#)

The question of why God would allow pain and suffering in the world has vexed believers and non-believers for millennia. Tim Keller takes on this enduring issue showing there is meaning and reason behind our pain and suffering, making a forceful case that this

essential part of the human experience can be overcome only by understanding our relationship with God.

Piper, John, Editor. [*Suffering and the Sovereignty of God*](#)

In *Suffering and the Sovereignty of God*, contributors John Piper, Joni Eareckson Tada, Steve Saint, Carl Ellis, David Powlison, Dustin Shramek, and Mark Talbot explore the many categories of God's sovereignty as evidenced in His Word. They urge readers to look to Christ, even in suffering, to find the greatest confidence, deepest comfort, and sweetest fellowship they have ever known.

Tada, Joni Eareckson. [*When God Weeps: Why Our Suffering Matters to the Almighty*](#)

If God is loving, why is there suffering? What's the difference between permitting something and ordaining it? When bad things happen, who's behind them—God or the devil? When suffering touches our lives, questions like these demand an answer. After more than thirty years in a wheelchair, Joni Eareckson Tada's experience with suffering gives her a unique understanding of God's intentions for us in our pain. In *When God Weeps*, she probes beyond glib answers that fail us in our time of deepest need. With firmness and compassion, she reveals a God big enough to understand our suffering, wise enough to allow it, and powerful enough to use it for a greater good than we can ever imagine.

Tautges, Paul, and Erik Kress. [*Discipline of Mercy: Seeking God in the Wake of Sin's Consequences*](#)

A verse-by-verse commentary on the book of Lamentations, as well as a biblical counselor's guide to using Lamentations in counseling situations. Paul Tautges and Eric Kress have given to us a wonderful exposition of the often neglected book of Lamentations. Not only have they brought the full meaning of the text to the surface, but they have filled the commentary with practical suggestions of ways in which this much needed teaching on how to act in the midst of deep suffering can be carried out to the glory of God and the personal enrichment of each individual believer.

Tripp, Paul. [*Suffering: Gospel Hope When Life Doesn't Make Sense*](#)

Weaving together his personal story, pastoral experience, and biblical insights, best-selling author Paul David Tripp helps us trust God in the midst of suffering. He identifies traps to avoid in our suffering and points us instead to comforts to embrace. This raw yet hope-filled book will help you cling to God's promises when trials come and move forward with the hope of the gospel.

Trials

Adams, Jay. [*Christ and Your Problems*](#)

When we face problems, we often abandon our responsibility to live like a Christian on the grounds that our problem is unique. But is it? Does God ever allow a Christian to face a test that is utterly unique? Even if he does, would that be an adequate excuse? In an unmistakably clear reply, the apostle Paul says, “No.” He tells us in 1 Corinthians 10:13, “There is no trial that has overtaken you but such as is common to men.” Jay Adams reminds us that, as followers of Christ, we can, by His grace, change our attitude toward our problems and face whatever our heavenly Father sends our way.

Adams, Jay. [*How to Handle Trouble*](#)

Trouble is something all people must deal with: the loss of a spouse, a job, one’s health, possessions, freedom. Jay Adams writes, “While God has not yet removed trouble from the Christian or the Christian from trouble, He has, by the Word and His Spirit, given believers all that is necessary to handle trouble successfully.” Focusing on Philippians 1:12-26, where Paul portrays hardship as an opportunity to glorify Christ, Adams presents biblical directives for discerning God’s hand at work in bringing good out of troublesome circumstances, great or small.

Furman, Dave [*Kiss the Wave: Embracing God in Your Trials*](#)

What does it mean to “kiss the wave?” These words, attributed to nineteenth-century preacher Charles Spurgeon, speak to the Christian’s only hope for perseverance in suffering. What if we can learn to experience the nearness of God in the midst of suffering? What if God intends to work through our trials rather than simply take them away? After living for more than a decade with a debilitating nerve condition in both arms, Dave Furman shows us that God, in His grace, always designs trials for our good—not minimizing the pain, but infusing significance into our suffering.

James, Joel. [*Help! I Can’t Handle All These Trials*](#)

“Who is in control? Why did this happen? What is God doing?” Everyone asks questions like these when they face intense or prolonged trials. The place to find answers is the Bible. In this mini-book, you’ll find the answers God gave Job. They will be just what you need to handle your trials with faith, peace, and hope, rather than doubt, confusion, and despair.

Jones, Robert. [*When Trouble Shows Up: Seeing God’s Transforming Love*](#)

“Where is God in all this? Does He really love me?” Perhaps you are asking questions like these in the midst of tough situations that come your way. You want to trust God’s plan for your life, but when hardship intrudes, it’s often difficult to believe that God is both good and in control. Robert Jones walks you through seven ways Jesus lovingly meets you in your suffering.

Mack, Wayne, and Deborah Howard. [*It's Not Fair: Finding Hope When Times Are Tough*](#)

This book comes alongside people right where they are and moves them to a place where they can finally rest in God's attributes of omniscience, omnipotence, love, and justice through the use of sound biblical encouragement.

Suicide Intervention and Grieving a Suicide

Suicide Intervention

Black, Jeff. [*Suicide: Understanding and Intervening*](#)

Suicide is profoundly tragic. What depth of unbearable pain and hopelessness suicidal people experience. And when a Christian commits or contemplates suicide, it is both tragic and confusing. Jeff Black tells us that the intention to commit suicide is a crisis—a sinful act born out of pain and sorrow. Though promised new life in Christ and a living hope, some believers don't keep their eyes focused on these truths. God has the power to help. Here we learn the signs of suicide and guidelines for intervening when someone appears suicidal.

Powlison, David. [*I Just Want to Die: Replacing Suicidal Thoughts with Hope*](#)

Are you having suicidal thoughts and feelings? Perhaps you are convinced that life is not worth living. Your life seems hopeless, like a black hole with all love, hope, and joy sucked out. In *I Just Want to Die: Replacing Suicidal Thoughts with Hope*, David Powlison describes the various reasons you might be feeling hopeless and explains that God is not surprised or put off by your hopeless feelings. Your life is precious to God. He knows everything about you. He wants you to bring your despair to Him and cry for help. He will answer and replace your suicidal thoughts with hope for a future filled with love for Him and others.

Ray, Bruce. [*Help! My Friend Is Suicidal*](#)

Statistics indicate that more than 101 people take their own lives every day. However, those who work in the field of crisis intervention also testify that a significant number of suicides are preventable provided help is available. This mini-book will help you to recognize the warning signs of suicidal thinking and increase the possibility of giving hope to a suicidal friend before it's too late.

Sironi, Aaron. [*Assessing and Counseling a Person with Suicidal Thoughts*](#)

Caring for a person who is struggling with suicidal thoughts requires skill and sensitivity. This resource provides tools to assess the risk level of an individual who is contemplating suicide. Caring wisely for this person will include making thoughtful and difficult decisions while awakening true hope. This lecture is from the 2011 CCEF National Conference, [*“Psychiatric Disorders.”*](#)

Grieving a Suicide

Black, Jeffery. [*Making Sense of the Suicide of a Christian*](#)

As a pastor, I can't think of many things I like to do less than conduct the funeral of a believer who has committed suicide. The paradoxes pile up on top of each other. *Making Sense of the Suicide of a Christian* gives advice to counselors on what the Bible teaches about the suicide of a Christian and on what to say to family members and friends.

Gossack, Julie. [*Life After the Suicide of a Loved One*](#)

Suicide ends one life but brings intense pain into the lives of family members and friends. How can people respond to their pain in ways that bring true healing? How can this pain draw them into a closer relationship with God? Julie Gossack tells of her own journey through this painful arena. She replays the smorgasbord of lies often heard in connection with suicide and presents the truth of God's Word in response to these lies.

Powlison, David. [*Grieving a Suicide: Help for the Aftershock*](#)

Someone you know and love has died. You feel the emptiness and sorrow of loss. That alone is extremely hard. But suicide adds many other painful reactions to the heartache that death brings: feelings of anger, guilt, betrayal, and many unanswerable questions. This is one of life's broken, dark experiences in which you need help and encouragement to remember that the promises and presence of your God and Savior are real. David Powlison speaks into this darkness with *Grieving a Suicide: Help for the Aftershock*.

In-Depth Biblical Counseling Resources for Counselors

Note: Rather than alphabetical, this listing of in-depth resources for biblical counselors is topical—starting with theology/theory, moving to methodology and equipping, then addressing counseling history, etc., and then concluding with a list of biblical counseling organizations, bloggers, and higher education institutions.

Theology of Biblical Counseling

Adams, Jay. [*A Theology of Christian Counseling: More Than Redemption*](#)

A Theology of Christian Counseling connects biblical doctrine with practical living. Salvation, that central concern of Protestant theology, is often too narrowly defined. It is thought of as “being saved from the consequences of sin.” But God is doing much more. He is making something new out of the old sinful nature. He is, in Christ, making new creatures. In this book, the reader will gain an insight into the rich theological framework that supports and directs a biblical approach to counseling. And the connection between solid theology and practical application will become compelling.

Biblical Counseling Coalition. [*Biblical Counseling Coalition Confessional Statement*](#)

The *Confessional Statement* of the Biblical Counseling Coalition was nearly a year in the making, as over three dozen biblical counseling leaders collaborated to outline a dozen summary statements describing what makes biblical counseling truly biblical. The conclusion outlines the Coalition’s answer to this question: “Biblical counseling occurs whenever and wherever God’s people engage in conversations that are anchored in Scripture, centered on Christ and the Gospel, grounded in sound theology, dependent upon the Holy Spirit and prayer, directed toward sanctification, rooted in the life of the church, founded in love, attentive to heart issues, comprehensive in understanding, thorough in care, practical and relevant, and oriented toward outreach.”

Kellemen, Bob. [*Gospel-Centered Counseling: How Christ Changes Lives*](#)

Everyone talks about the personal ministry of the Word, but how do we make one-another ministry truly biblical? *Gospel-Centered Counseling* equips readers to change lives with Christ’s changeless truth. It does so by examining life’s eight ultimate questions and then guiding readers on a journey that explores the biblical, gospel-centered narrative of each question. It provides a biblical counseling theology—applied to daily Christian living—of all the classic categories of systematic theology. *Gospel-Centered Counseling* is ideal for equipping biblical counselors in churches, colleges, graduate schools, seminaries, and para-church training institutes.

Kellemen, Bob, and Steve Viars, Editors. [*Christ-Centered Biblical Counseling: Changing Lives with God's Changeless Truth*](#)

Christ-Centered Biblical Counseling is a comprehensive guide that equips God's people to use biblical truth to change lives. It increases people's confidence in the sufficiency and relevancy of God's Word to address real-life issues in a multitude of counseling situations. Readers will understand clearly why they should embrace biblical counseling, be encouraged to trust God's Word to provide rich insight for living in the midst of even the most difficult challenges, and enjoy relevant, pastoral, and theological teaching. Multi-authored by over two dozen leading biblical counselors, *Christ-Centered Biblical Counseling* provides a theology of biblical counseling as well as a methodology of biblical counseling.

Lambert, Heath. [*A Theology of Biblical Counseling: The Doctrinal Foundations of Counseling Ministry*](#)

A Theology of Biblical Counseling unpacks the core theological convictions that underlie sound counseling, and practical wisdom for counseling today. Heath Lambert shows how biblical counseling is rooted in the Scriptures, while illustrating the challenges counselors face through true stories from the counseling room. A substantive textbook written in accessible language, it is useful for training biblical counselors at colleges, seminaries, and training institutes. In each chapter, doctrine comes to life in real ministry to real people, dramatically demonstrating how theology intersects with the lives of actual counselees.

Lelek, Jeremy. [*Biblical Counseling Basics: Roots, Beliefs, and Future*](#)

Drawing from a wide range of resources and experts in Christian soul care, this book is a well-researched, easy-to-read, and practical guide for students and counselors both inside and outside of biblical counseling who want to better understand its aspects, methods, and goals. *Biblical Counseling Basics* equips readers with practical skills for one-another ministry and engages them with their divine call to counsel.

MacArthur, John, Editor. [*Counseling: How to Counsel Biblically*](#)

In this multi-authored work, solid theological foundations of biblical counseling are clearly presented in contrast to humanistic and secular theories of psychological counseling. A practical, proactive, and relevant book for students, church leaders, and lay people.

Tautges, Paul. [*Counsel One Another: A Theology of Personal Discipleship*](#)

Solidly rooted in the belief that the Scriptures are sufficient for every soul-related struggle in life, and committed to the truth that the Holy Spirit is competent to accomplish the work of sanctification, this paradigm-shifting book will challenge every believer. *Counsel One Another* biblically presents, and thoroughly defends, every believer's responsibility to work toward God's goal to conform us to the image of His Son—a goal that will not be reached apart from a targeted form of discipleship, most often referred to as counseling.

Sufficiency of Scripture and Biblical Counseling

Hindson, Ed, and Howard Eyrich, Editors. [*Totally Sufficient: The Bible and Christian Counseling*](#)

Christian counselors agree that the Bible’s message of salvation can radically change lives. Scripture can lead even the most unlikely people to faith, but when it comes to everyday problems—is the Bible really enough? Here we have more than a dozen highly trained counselors, medical experts, and pastors who are highly respected in their fields addressing the question of the sufficiency of Scripture for daily life and ministry.

Kellemen, Bob, and Jeff Forrey, Editors. [*Scripture and Counseling: God's Word for Life in a Broken World*](#)

Scripture and Counseling brings you the wisdom of twenty ministry leaders who write so you can have confidence that God’s Word is sufficient, necessary, and relevant to equip God’s people to address the complex issues of life in a broken world. It blends theological wisdom with practical expertise and is accessible to pastors, church leaders, counselors and students, equipping them to minister the truth and power of God’s Word in the context of biblical counseling, soul care, pastoral care, and small group facilitation.

Lambert, Heath, Wayne Mack, Doug Bookman, and David Powlison. [*Sufficiency: Historic Essays on the Sufficiency of Scripture*](#)

There are plenty of secular counselors who believe there is no place for the teaching of Scripture in counseling. There are also plenty of conservative evangelical Christians who love the Bible, but believe it is a revelation of limited scope, which is not sufficient for counseling. Biblical counselors believe that faithful counseling is impossible without the Bible. This book celebrates the modern biblical counseling movement’s 40th anniversary, its rich theological tradition, and its commitment to Scripture by re-publishing a special edition of some historic articles on sufficiency of Scripture for counseling.

Powlison, David. [*Seeing with New Eyes: Counseling and the Human Condition through the Lens of Scripture*](#)

Seeing with New Eyes explores how having God in the picture changes the way we think about “problems,” “diagnosis,” “strategies,” “solutions,” “cures,” “changes,” “insights,” and “counseling.” When the lights go on, not one of these “counseling” words can stay the same. The goal of *Seeing with New Eyes* is to help the reader see God in the counseling context. How can we see what He sees, hear what He says, and do what He does? As we grasp this, we will become more thoughtful in understanding people, and more skillful in curing souls.

Scott, Stuart, and Heath Lambert, Editors. [*Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture*](#)

In *Counseling the Hard Cases*, editors Stuart Scott and Heath Lambert use the true stories of real people to show how the truths of God's Word can be released to bring help, hope, and healing into the lives of those who struggle with some of the most difficult psychiatric diagnoses. From pastors and academics to physicians and psychiatrists, a world-class team of contributing counselors share accounts of Scripture having helped overcome bipolar, dissociative identity, and obsessive compulsive disorders, postpartum depression, panic attacks, addiction, issues from childhood sexual abuse, homosexuality, and more. The book shows how the graces of Christ, as revealed in the Bible, brought powerful spiritual change to the lives of such people who seemed previously burdened beyond hope by mental and emotional roadblocks.

Theories of Counseling

Ganz, Richard. [*Psychobabble: The Failure of Modern Psychology and the Biblical Alternative*](#)

Psychobabble explains the dichotomy between secular and biblical counseling and shows the danger of incorporating secular techniques into a Christian approach. This book arms believers looking for scriptural answers to the hurts of a broken world. As anti-Christian bias becomes increasingly pervasive in secular psychology, the church must look to the true source of all healing. This book points the way.

Greggo, Stephen, Editor. [*Counseling and Christianity: Five Approaches*](#)

What does authentic Christian counseling look like in practice? This volume explores how five major perspectives on the interface of Christianity and psychology would each actually be applied in a clinical setting. Respected experts associated with each of the perspectives depict how to assess, conceptualize, counsel and offer aftercare to Jake, a hypothetical client with a variety of complex issues. In each case the contributors seek to explain how theory can translate into real-life counseling scenarios. This book builds on the framework of *Psychology & Christianity: Five Views*. These include the Levels-of-Explanation Approach, the Integration Approach, the Christian Psychology Approach, the Transformational Approach, and the Biblical Counseling Approach. Readers will get an answer to their question: "What would that counseling view look like behind closed doors?"

Johnson, Eric, Editor. [*Psychology & Christianity: Five Views*](#)

How are Christians to understand and undertake the discipline of psychology? This question has been of keen interest (and sometimes concern) to Christians because of the importance we place on a correct understanding of human nature. How are we to understand our Christian beliefs about persons in relation to secular psychological beliefs? This revised edition now presents five models for understanding the relationship between psychology and Christianity. All the essays and responses have been reworked and updated

with new contributors including the addition of a new perspective, the transformative view from John Coe and Todd Hall. Also found here is David Powlison who offers the biblical counseling model. The levels-of-explanation model is advanced by David Myers, while Stanton Jones offers an entirely new chapter presenting the integration model. The Christian psychology model is put forth by Robert Roberts now joined by Paul Watson.

Methodology of Biblical Counseling

Adams, Jay. [*The Christian Counselor's Casebook*](#)

This companion volume to *Competent to Counsel* and *The Christian Counselor's Manual* is designed to help readers assimilate and apply the principles of nouthetic counseling. It is a tool for any counselor who wants to develop a scriptural approach to counseling. Based on actual counseling experiences, the cases are typical of the various problems encountered in ordinary church and pastoral counseling. This workbook provides practice in learning how to identify problems according to biblical norms, practice in laying out biblical plans of action, and familiarity with a variety of problems.

Adams, Jay. [*The Christian Counselor's Manual: The Practice of Nouthetic Counseling*](#)

The Christian Counselor's Manual is a companion and sequel to Jay Adam's influential book *Competent to Counsel*. It takes the approach of nouthetic counseling introduced in the earlier volume and applies it to a wide range of issues, topics, and techniques in counseling, such as: Who is qualified to be a counselor? How can counselees change? How does the Holy Spirit work? What role does hope play? What is the function of language? How do we ask the right questions? What often lies behind depression? How do we deal with anger? What is schizophrenia?

Adams, Jay. [*Competent to Counsel: Introduction to Nouthetic Counseling*](#)

A classic in the field of biblical counseling, *Competent to Counsel* has helped thousands of pastors, students, laypersons, and biblical counselors develop both a general approach to counseling and a specific response to particular problems. As Jay Adams explains in his introduction, "I have been engrossed in the project of developing biblical counseling and have uncovered what I consider to be a number of important scriptural principles. There have been dramatic results. Not only have people's immediate problems been resolved, but there have also been solutions to all sorts of long-term problems as well." The book establishes the basis for and an introduction to a counseling approach that is being used in pastors' studies, in counseling centers, and across dining room tables throughout the country and around the world.

Adams, Jay. [*How to Help People Change: The Four Step Biblical Process*](#)

Change is the essential goal of the counseling process. And, in the author's words, "substantial change requires the alteration of the heart." How can a biblical counselor

facilitate such change? Jay Adams is a well-known counselor who bases his approach on Scripture. This book provides an opportunity to see how he discovers and applies biblical principles as well as the way in which Scripture functions as the basis for his counseling approach.

Crotts, John. [*Graciousness: Tempering Truth with Love*](#)

Author John Crotts explains that God cares about how we say what we say. In *Graciousness*, Crotts addresses Christians who are zealous for God's truth, yet struggle to communicate it in a loving way. Filled with practical instruction and wise insights, *Graciousness* includes a biblical description of graciousness, explores positive examples and commands from the Bible, and shares methods for cultivating graciousness in various areas of the Christian life.

Emlet, Mike. [*CrossTalk: Where Life and Scripture Meet*](#)

Your friend just left his wife. You catch your child posting something inappropriate on the Internet. Someone in your small group is depressed. A relative was just diagnosed with an incurable disease. When those you know and love experience trouble, you don't want to hand out pat answers. You want to offer real hope and help from God's Word. You know it's true, but how does an ancient book, written thousands of years ago, connect with our twenty-first century problems? In *CrossTalk*, Mike Emlet gives you the tools to connect the Bible to your life and the lives of your family, friends, neighbors, and coworkers. You learn to understand people and God's Word in ways that promote gospel-centered, rich conversations that help you and those you know grow in love for God and others.

Eyrich, Howard, and William Hines. [*Curing the Heart: A Model for Biblical Counseling*](#)

In *Curing the Heart*, Drs. Eyrich and Hines present a biblical model of counseling in a comprehensive, comprehensible manner. In the heritage of the great Puritan pastors, the authors equip readers to become skillful soul physicians who reconcile and guide believers toward growth in Christ. Focusing on the sufficiency and relevancy of God's Word, *Curing the Heart* presents the Bible's message about humanity in a living and dynamic way, and shows how to use the Bible to change hearts with God's changeless truth.

Fitzpatrick, Elyse, and Dennis Johnson. [*Counsel from the Cross: Connecting Broken People to the Love of Christ*](#)

To aid churches in ministering to broken and hurting people, the authors of *Counsel from the Cross* present a counseling model based on Scripture and powered by the work of the wonderful counselor, Jesus Christ. Through careful exegesis and helpful case studies, they demonstrate how to provide consistently biblical, gospel-centered counseling and explain why it is important to do so.

Holmes, Jonathan. [*The Company We Keep: In Search of Biblical Friendship*](#)

Broader and deeper than simple fellowship, biblical friendship is first and foremost about a relationship with Jesus Christ. As you are brought into friendship and relationship with the Father, Jesus Christ calls you a friend! It is out of this friendship that our human friendships find their beginning and their purpose. Biblical friendship is deep, honest, pure, transparent, and liberating. It is also attainable. Dig into *The Company We Keep*, and learn how your friendships can embody this amazing and wonderful reality.

Holmes, Jonathan. [*Counsel for Couples: A Biblical and Practical Guide for Marriage*](#)

Many pastors feel ill-equipped to handle the challenges that arise when a couple is going through marital difficulties. They feel lost and inadequate. What do you say? What counsel do you offer? Should I say anything or just listen? Do I schedule a follow-up appointment? Do I ask questions? What questions? If you are or have been in this situation, *Counsel for Couples* offers you a practical guide to get started with the first sessions and then offers specific guidance on nine of the most common topics that come up in marriage counseling. Author and pastor Jonathan Holmes offers a solid, biblical theology and methodology to help you navigate through the world of marriage counseling with the fundamental conviction that God's Word is powerful enough to address the deepest of marital issues, and robust enough to handle whatever might come your way.

James, Joel. [*Counsel with Confidence: A Quick Reference Guide for Biblical Counselors and Disciples*](#)

When you were learning to ride a bicycle, the hardest part was the first few pedal strokes—those wobbly seconds before you built up enough momentum to maintain your balance. A generous push from your dad was just what you needed to avoid ending up in a heap of elbows, knees, handlebars, and spokes. Counseling is similar. Sometimes you need something to give you some momentum, something to give you the confidence that you're on the right track. *Counsel with Confidence* is a book to guide counselors and church leaders in being well informed and to help them bring about heart-based change in the lives of the people they counsel, through the right application of Scripture.

Kellemen, Bob. [*Gospel Conversations: How to Care Like Christ*](#)

How does a person learn to counsel others with the truth of God's Word? How do we learn to speak God's truth in love? Bob Kellemen believes that the best way to learn counseling is by doing it—by giving and receiving biblical counseling in the context of real, raw Christian community. That's why *Gospel Conversations* is designed as a practical training manual for use in counseling labs and small group settings. *Gospel Conversations* explores the four compass-points of biblical counseling: 1.) Sustaining: "It's Normal to Hurt." 2.) Healing: "It's Possible to Hope." 3.) Reconciling: "It's Horrible to Sin, but Wonderful to Be Forgiven." 4.) Guiding: "It's Supernatural to Mature." These four compass points combine to equip readers to develop twenty-two biblical counseling skills and relational competencies—the "how to" of caring like Christ.

Kruis, John. [*Quick Scripture Reference for Counseling*](#)

Now in its fourth edition, this reference book helps counselors, pastors, and individual Christians with specific personal needs find sound scriptural guidance for resolving problems and growing in faith. The updated cover and packaging will attract new buyers to this already popular reference tool.

Mack, Wayne. [*A Homework Manual for Biblical Living: Personal and Interpersonal Problems*](#)

Counselors needing specific assignments to give counselees, or individuals seeking practical helps for their own struggles will welcome Wayne Mack's homework manual. This volume deals with personal and interpersonal problems in over thirty categories such as anger, blame-shifting, communication, dating, finances, obesity, pride, sexual problems, sleep, suffering, thought patterns, and work. Dr. Mack presents a wealth of scriptural information for solving problems in each area covered.

Tautges, Paul. [*Discipling the Flock: A Call to Faithful Shepherding*](#)

Discipling the Flock is a short book to help church leaders bring about heart-based change in the lives of the people they shepherd, through the personal ministry of the Word. Here is an urgent appeal to return to authentic discipleship; here is a call to shepherds to be tenacious in their preaching of the whole counsel of God, and tender in their application of its truth to the lives of God's sheep through their personal ministry.

Tripp, Paul. [*Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*](#)

In many ways, the church today has more consumers than committed participants. We see church as an event we attend or an organization we belong to, rather than as a calling that shapes our life. Many of us would be relieved if God had placed our sanctification in the hands of trained professionals, but that simply is not the biblical model. God's plan is that through the faithful ministry of every part, the whole body will grow to maturity in Christ. Paul Tripp explains how God's work follows an "all of My people, all of the time" model.

Welch, Ed. [*Caring for One Another: 8 Ways to Cultivate Meaningful Relationships*](#)

The focus of biblical counseling is *not* a 50-minute, once-a-week office appointment. The heartbeat of biblical counseling is the one-another ministry of brothers and sisters in Christ. *Caring for One Another* by Dr. Ed Welch highlights how meaningful relationships can be a natural part of the daily life of the church. With short chapters and discussion questions meant to be read in a group setting, Welch guides small groups through eight lessons showing what it looks like when believers care for one another in everyday life.

Welch, Ed. [*Side by Side: Walking with Others in Wisdom and Love*](#)

Everyone needs help from time to time, especially in the midst of painful circumstances and difficult trials. In *Side by Side*, Ed Welch offers practical guidance for Christians—pastors and laypeople alike—who want to develop their “helping skills” when it comes to walking alongside hurting people. Written out of the conviction that friends are the best helpers, this accessible introduction to biblical counseling will equip believers to share their burdens with one another through gentle words of wisdom and kind acts of love.

Equipping Biblical Counselors

Henderson, John. [*Equipped to Counsel*](#)

Equipped to Counsel is a three-part equipping process that presents essential foundations of biblical counseling—the elements of counseling that must be included if we are to call our counsel “biblical.” It defines biblical counsel, identifies its essential pieces, and introduces general and specific methods for biblical counselors to apply throughout their counseling.

Kellemen, Bob, and Kevin Carson, Editors. [*Biblical Counseling and the Church: God’s Care Through God’s People*](#)

As people face addictions, deal with loss and grief, and seek help in restoring broken relationships, where can they turn for counsel and assistance? The local church has been uniquely blessed with the gift of the gospel and is able to offer hope and counsel that no other institution on earth can. In *Biblical Counseling and the Church*, Bob Kellemen and Kevin Carson have assembled over twenty respected ministry leaders who examine the relationship between counseling and the church. This comprehensive resource, part of the Biblical Counseling Coalition series, helps leaders and counselors develop a vision that goes beyond being a church *with* a biblical counseling ministry to becoming a church *of* biblical counseling—a church culture that is saturated by “one-another” ministry.

Kellemen, Bob. [*Equipping Counselors for Your Church: The 4E Ministry Training Strategy*](#)

How do we equip counselors for the church? How do we train Christians to speak the truth in love to each other? We’re all tired of approaches that promise much and deliver little. We’re ready for an equipping ministry model that is comprehensive, easy to implement, and relationship-oriented. The 4E Ministry Training Strategy (Envisioning, Enlisting, Equipping, and Employing), tested in hundreds of churches, is a best-practice tool for empowering God’s people for one-another ministry. Make your church into a place not simply *with* biblical counseling, but a church *of* biblical counseling where every member is a minister and where the Body of Christ grows up together in Christ.

Kellemen, Bob. [*Gospel Conversations: How to Care Like Christ*](#)

How does a person learn to counsel others with the truth of God’s Word? How do we learn to speak God’s truth in love? Bob Kellemen believes that the best way to learn counseling is by doing it—by giving and receiving biblical counseling in the context of real, raw Christian community. That’s why *Gospel Conversations* is designed as a practical training manual for use in counseling labs and small group settings. *Gospel Conversations* explores the four compass-points of biblical counseling: 1.) Sustaining: “It’s Normal to Hurt.” 2.) Healing: “It’s Possible to Hope.” 3.) Reconciling: “It’s Horrible to Sin, but Wonderful to Be Forgiven.” 4.) Guiding: “It’s Supernatural to Mature.” These four compass points combine to equip readers to develop twenty-two biblical counseling skills and relational competencies—the “how to” of caring like Christ.

Nicewander, Sue. [*Building a Church Counseling Ministry, Without Killing the Pastor*](#)

If you are a pastor, elder or a biblical counselor who wants to help the local church to fulfill Christ’s Great Commission, this book is for you. Full of practical and helpful advice as well as case studies for both pastors and biblical counselors, it also suggests ways to develop biblical counseling in your church and provides a model for sharing counseling resources through a group of like-minded churches.

Shaw, Mark. [*Strength in Numbers: The Team Approach to Biblical Counseling*](#)

The biblical counseling movement is returning soul care to the church. This book presents a replication model that intentionally trains and multiplies biblical counselors in local churches. This expanded edition includes valuable forms to set up a program.

Multicultural Counseling, Multiethnic Ministry, Racism, and Community-Based Ministry

Note: This category alone could include a lengthy annotated bibliography. For the purpose of this guide, the resources seek to provide a broad overview for use by biblical counselors, pastors, and para-church leaders. See in this category header the two bibliographical resources by Bob Kellemen which combined contain 435 resources on these topics.

Anderson, David. [*Gracism: The Art of Inclusion*](#)

When people deal with color, class, or culture in a negative way, that’s racism. But the answer is not to ignore these as if they don’t matter. Instead, we can look at color, class, and culture in a positive way. That’s gracism. David Anderson responds to prejudice and injustice with the principle of gracism: radical inclusion for the marginalized and excluded. Building on Paul’s exhortations in 1 Corinthians 12 to honor the weaker member, Anderson presents a biblical model for showing special grace to others on the basis of ethnicity, class, or other social distinction. He offers seven sayings of the gracist with practical examples for building bridges and including others. A Christian alternative to secular models of

affirmative action or colorblindness, gracism is an opportunity to extend God's grace to people of all backgrounds.

Anderson, David. [*Multicultural Ministry: Finding Your Church's Unique Rhythm*](#)

Multiculturalism isn't a trend, it's a reality. Evidence of this country's rich racial mix is all around us in our schools, stores, neighborhoods, and our recreational facilities—everywhere except our churches. Heaven may include every culture, tongue, and tribe, but in the United States, Sunday morning remains one of the last bastions of ethnic separatism. It's time to stop merely talking about multicultural worship and start living it. In this groundbreaking book, David Anderson invites us all—African-American, Asian, Caucasian, and Latino—to learn how to dance the dance of multicultural ministry.

Corbett, Steve, and Brian Fikkert. [*When Helping Hurts: How to Alleviate Poverty without Hurting the Poor...and Yourself*](#)

Poverty is much more than simply a lack of material resources, and it takes much more than donations and handouts to solve it. *When Helping Hurts* shows how some alleviation efforts, failing to consider the complexities of poverty, have actually (and unintentionally) done more harm than good. But it looks ahead. It encourages us to see the dignity in everyone, to empower the materially poor, and to know that we are all uniquely needy—and that God in the gospel is reconciling all things to himself. Focusing on both North American and Majority World contexts, *When Helping Hurts* provides proven strategies for effective poverty alleviation, catalyzing the idea that sustainable change comes not from the outside in, but from the inside out.

Fuder, John, and Noel Castellanos, Editors. [*A Heart for the Community: New Models for Urban and Suburban Ministry*](#)

In *A Heart for the Community*, you will be challenged by a collection of voices seeking community renewal. These individuals are involved in creative church planting initiatives, and they are serving the growing Hispanic and Muslim populations. Additional endeavors include serving racially changing communities and economic development strategies.

Gordon, Wayne, and John Perkins. [*Making Neighborhoods Whole: A Handbook for Christian Community Development*](#)

Already with decades of experience speaking prophetically into the charged racial climate of the American south, John Perkins began to see a need for organized thinking and collaborative imagination about how the church engages urban ministry. And so the Christian Community Development Association (CCDA) was born, with Wayne Gordon an immediate and enthusiastic participant. Nearly thirty years later CCDA's eight key components of community development still set the bar for how churches, parachurches, and nonprofits engage cities with the whole gospel.

Ham, Ken, and Charles Ware. [*One Race, One Blood: A Biblical Answer to Racism*](#)

Within these compelling pages, Charles Ware and Ken Ham examine the historical roots of racism that have permeated evolutionary thought, and the Bible's response to this disturbing issue. This is a crucial and timely study that profoundly addresses the Christian worldview regarding "race" from a compassionate and uniquely captivating perspective.

Kellemen, Bob. [*215 Resources for Community-Based Ministry, Community Development, Cross-Cultural Ministry, Multicultural Ministry, Multiethnic Relationships, Race Relationships, Racial Reconciliation, and Urban Ministry*](#)

This free PDF document from RPM Ministries contains fourteen pages of bibliographical resources on Community-Based Ministry, Community Development, Cross-Cultural Ministry, Multicultural Ministry, Multiethnic Relationships, Race Relationships, Racial Reconciliation, Urban Ministry.

Kellemen, Bob. [*220 Resources on Black Church History in America*](#)

This free PDF document from RPM Ministries contains fourteen pages of bibliographical resources on the history of the Black Church in America.

Kellemen, Bob. [*Beyond the Suffering: Embracing the Legacy of African American Soul Care and Spiritual Direction*](#)

The African American church has always helped hurting people through the ministries of sustaining, healing, reconciling, and guiding. This four-dimensional model is the traditional and widely recognized pattern for understanding one-another ministry, spiritual friendship and pastoral care. *Beyond the Suffering* offers an in-depth exploration of this rich tradition showing Christians proven ways to help people find hope in the midst of their deep pain.

Kellemen, Bob. [*Sacred Friendships: Celebrating the Legacy of Women Heroes of the Faith*](#)

Sacred Friendships celebrates the incredible stories of over fifty amazing Christian women. It gives voice to the voiceless as it narrates how godly women for the past 2,000 years have provided sustaining and healing soul care along with reconciling and guiding spiritual direction. *Sacred Friendships* enlightens readers to the often neglected legacy of Christian women and then equips women and men to apply that legacy to their lives and ministries.

Keller, Tim. [*Center Church: Doing Balanced, Gospel-Centered Ministry in Your City*](#)

In *Center Church*, Tim Keller offers challenging insights and provocative questions based on over twenty years of ministry in New York City. This book outlines a theological vision for ministry—applying classic doctrines to our time and place—organized around three core commitments: 1.) Gospel-centered: The gospel of grace in Jesus Christ changes everything, from our hearts to our community to the world. It completely reshapes the content, tone and strategy of all that we do. 2.) City-centered: With a positive approach toward our

culture, we learn to affirm that cities are wonderful, strategic and underserved places for gospel ministry. 3.) Movement-centered: Instead of building our own tribe, we seek the prosperity and peace of our community as we are led by the Holy Spirit.

Linne, Shai, [*God Made Me AND You: Celebrating God's Design for Ethnic Diversity*](#)

This beautifully illustrated children's book invites kids to explore God's design for ethnic diversity and challenges readers—both parents and children—to learn and live out counter-cultural, biblical views, fostering a lifelong celebration of diversity for the glory of God. Designed for four-to-eleven-year-olds, *God Made Me and You* by Shai Linne is the second book in the *God Made Me* series, starting with *God Made All of Me* by Justin and Lindsey Holcomb. Because Scripture teaches that ethnic diversity is not something that should be tolerated, but rather enthusiastically embraced, Christian hip hop artist Shai Linne helps children, parents, and caregivers to celebrate this biblical truth through a lyrical, rhyming style and colorful illustrations. *God Made Me and You* is an approachable guide for families to begin conversations about cultivating a God's perspective on ethnic diversity, confronting the sins of racism, bigotry, and ethnic pride.

Pathak, Jay, and Dave Runyon. [*The Art of Neighboring: Building Genuine Relationships Right Outside Your Door*](#)

Drawing on the success of their own church campaign, two pastors help readers learn to value, respect, and care for the people who live in their neighborhoods.

Piper, John. [*Bloodlines: Race, Cross, and the Christian*](#)

Sharing from his own experiences growing up in the segregated South, pastor John Piper thoughtfully exposes the unremitting problem of racism. Instead of turning finally to organizations, education, famous personalities, or government programs to address racial strife, Piper reveals *the* definitive source of hope—teaching how the good news about Jesus Christ actively undermines the sins that feed racial strife, and leads to a many-colored and many-cultured kingdom of God.

History of Biblical Counseling, Pastoral Counseling, and Soul Care

The History of Biblical Counseling

Powlison, David. [*The Biblical Counseling Movement: History and Context*](#)

Beginning in the late 1960s, a biblical counseling movement sought to reclaim counseling for the church and provide a Christian alternative to mainstream psychiatry and psychotherapy. *The Biblical Counseling Movement: History and Context* is an informative and thought-provoking account of that movement. This historical account combines careful scholarship with a unique, eyewitness insight. This book is an invaluable resource for those who want to understand the biblical counseling movement.

Lambert, Heath. [*The Biblical Counseling Movement After Adams*](#)

Those inside and outside of the biblical counseling movement recognize differences between the foundational work of Jay Adams and that of current thought leaders such as David Powlison. Heath Lambert shows how refinements in framework, methodology, and engagement style are changing the face of the biblical counseling movement as we know it—producing a second generation of counselors who are increasingly competent to counsel. Find out how the biblical counseling movement has changed and improved and how the present-day leadership differs from the leadership of the past, in a respectful effort to evaluate and advance the efficacy of biblical counseling.

The History of Pastoral Counseling

Clebsch, William, and Charles Jaekle. [*Pastoral Care in Historical Perspective*](#)

This book introduces the reader to the historical matrix of sustaining, healing, reconciling, and guiding. Clebsch and Jaekle write convincingly that any model of pastoral counseling worthy of the title must include these four elements (sustaining, healing, reconciling, and guiding). After several chapters that overview the nature of these four tasks, the authors then provide historical samples illustrating the four tasks in historical perspective.

Deckard, Mark. [*Helpful Truth in Past Places: The Puritan Practice of Biblical Counseling*](#)

Puritan writers-theologians were masters at understanding the nature of human beings and applying Scripture in practical ways to help people. Looking to Scripture as the final authority, the Puritans grounded their own counselling practices in a proper view of the sovereignty of God and the underlying heart issues of people. By understanding why people struggle and the provision God makes for our struggles, counsellors today will be better equipped to guide those they counsel toward God-appointed solutions.

Holifield, E. Brooks. [*A History of Pastoral Care in America: From Salvation to Self-Realization*](#)

Others such as Clebsch and Jaekle and McNeil have written broad histories of soul care, but none have tackled the challenge of a focused study of soul care in American religious history. E. Brooks Holifield has penned the comprehensive guide that traces the trajectory of American pastoral care. Holifield's greatest gift in this book is his ability to synthesize large tracks of material. In particular, his subtitle communicates his understanding of the historical path taken by American pastors: "from salvation to self-realization."

Kellemen, Bob. [*Counseling Under the Cross: How Martin Luther Applied the Gospel to Daily Life*](#)

Martin Luther not only reformed theology; his understanding of the gospel revolutionized soul care. In *Counseling Under the Cross*, biblical counselor Bob Kellemen mines Luther's writings to help readers gain a new appreciation for how Luther richly, relevantly, robustly, and relationally applied the gospel to suffering, sin, sanctification, and our search for peace

with God. *Counseling Under the Cross* guides pastors, counselors, lay leaders, and friends toward a rich understanding of the gospel that will directly impact their personal ministry to others. Through lively vignettes, real-life stories, and direct quotes from Luther, readers are equipped to apply the gospel to themselves and others so together they find their hope and help in Christ alone.

Keller, Tim. [“Puritan Resources for Pastoral Counseling.”](#) *Journal of Pastoral Practice* 9, no. 3 (1988): 11-44

What Deckard’s work, *Helpful Truth in Past Places: The Puritan Practice of Biblical Counseling*, does in book format, Keller provides in article style. Don’t let the fact that this is “just” an article fool you. Keller’s work is robust and provides an outstanding “apologetic” for biblical pastoral counseling—then and now. He outlines how the Puritan pastors were soul physicians with a keen insight into the human condition and a compassionate and comprehensive understanding of how to care for God’s sheep.

Kemp, Charles. [Physicians of the Soul: A History of Pastoral Counseling](#)

In *Physicians of the Soul*, Charles Kemp seeks to search out and describe the fact that the great preachers of church history were first of all great pastors—shepherds and counselors. Pastors of today would do well to follow their example and understand that they are called not only to the pulpit ministry of the Word, but also to the private, personal ministry of the Word—helping people with their personal, spiritual, relational needs, problems, and struggles.

Oden, Thomas C. [Classical Pastoral Care, Vol. 3: Pastoral Counsel](#)

Classic Pastoral Care provides a topical arrangement of passages from classic Christian writings offering guidance on all major topics of pastoral theology. The four-volume set features writings from more than two hundred notable Christian authors—from Abelard and Ambrose to Isaac Watts and Zwingli—arranged in thirty topical sections. Volume three, *Pastoral Counsel*, deals directly with the nature of the counseling relationship, the metaphors of soul care (from medicine, guidance, and education), the elements of the counseling relationship, the timing of good counsel, pastoral discernment, language and silence in counsel, truth-telling and deception, admonition and discipline, care of the conscience, anticipations of modern psychotherapy by classical writers, and dynamics of the self-alienating will.

The History of Soul Care

Kellemen, Bob. [Beyond the Suffering: Embracing the Legacy of African American Soul Care and Spiritual Direction](#)

The African American church has always helped hurting people through the ministries of sustaining, healing, reconciling, and guiding. This four-dimensional model is the traditional and widely recognized pattern for understanding one-another ministry, spiritual friendship

and pastoral care. *Beyond the Suffering* offers an in-depth exploration of this rich tradition showing Christians proven ways to help people find hope in the midst of their deep pain.

Kellemen, Bob. [*Sacred Friendships: Celebrating the Legacy of Women Heroes of the Faith*](#)

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McNeil, John T. [*A History of the Cure of Souls*](#)

McNeil provides readers with a magisterial mapping of the landscape of two millennium of soul care and spiritual direction. In a brief but pointed section on Old Testament and New Testament spiritual care, McNeil documents that God's people have always been about the business of helping hurting and hardened people through shared conversations around the Word. He then transports readers through church history both chronologically and denominationally. For an introduction to the history of soul care, no one does it better.

Introduction to Pastoral Counseling

Adams, Jay. [*Pastoral Counseling: Shepherding God's Flock*](#)

Pastoral Counseling: Shepherding God's Flock is a textbook for students of pastoral ministry and a handbook for pastors. Jay Adams is well-known for his practical and thorough approach to the many issues of biblical counseling. That same practicality and thoroughness is found in this handbook on pastoral ministry. It provides pastors and elders with a practical guide to aspects of ministry for which they have responsibility. The book is divided into three parts. *Pastoral Life* deals with the pastor, his calling, and the general care he provides the flock. *Pastoral Counseling* provides an overview of the task and a general approach for pastoral counselors. *Pastoral Leadership* offers a perspective on ways pastors can lead the church in its many tasks and responsibilities.

Kellemen, Bob. [*Gospel-Centered Counseling: How Christ Changes Lives*](#)

Everyone talks about the personal ministry of the Word, but how do we make one-another ministry truly biblical? *Gospel-Centered Counseling* equips readers to change lives with Christ's changeless truth. It does so by examining life's eight ultimate questions and then guiding readers on a journey that explores the biblical, gospel-centered narrative of each question. It provides a biblical counseling theology—applied to daily Christian living—of all the classic categories of systematic theology. *Gospel-Centered Counseling* is ideal for equipping biblical counselors in churches, colleges, graduate schools, seminaries, and para-church training institutes.

Pierre, Jeremy, and Deepak Reju. [*The Pastor and Counseling: The Basics of Shepherding Members in Need*](#)

Pastors spend much of their time counseling people in crisis—a delicate task that requires one to carefully evaluate each situation, share relevant principles from God’s Word, and offer practical suggestions for moving forward. Too often, however, pastors feel unprepared to effectively shepherd their people through difficult circumstances such as depression, adultery, eating disorders, and suicidal thinking. Written to help pastors and church leaders understand the basics of biblical counseling, this book provides an overview of the counseling process from the initial meeting to the final session. It also includes suggestions for cultivating a culture of discipleship within a church and four appendixes featuring a quick checklist, tips for taking notes, and more.

Tautges, Paul. [*Counsel Your Flock: Fulfilling Your Role as a Teaching Shepherd*](#)

“One of the surest signs of the blessing of God upon His people is the gift of spiritual shepherds who faithfully care for His flock,” writes Paul Tautges. Sadly, pastors today have become business professionals who are no longer content to shepherd their flocks by teaching the Word of God and caring for their souls, but instead farm their people out to psychological counselors, who are incapable of meeting the real needs of people. Here is an urgent appeal for teaching shepherds to return to authentic biblical ministry: to be tenacious in their study and preaching of the whole counsel of God, and tender in their application of its demands to the lives of God’s sheep through the personal and pastoral ministry of counseling.

National (United States) Biblical Counseling Organizations

Note: The following are leading national (United States) biblical counseling organizations. While launched in the US, the following organizations have both national and international impact.

[Association of Biblical Counseling](#) (ABC): Jeremy Lelek is the Executive Director of ABC. Here’s ABC’s mission:

ABC exists to encourage, equip and enrich all believers everywhere to live and counsel the Word, applying the Gospel to the whole experience of life.

- ABC seeks to encourage a robust biblical worldview of people and their problems while promoting Scripture as the supreme source wherein healing truth may be found.
- ABC seeks to equip members by offering training and certification that will enhance their knowledge of Scripture as it practically applies to the issues related to counseling.
- ABC seeks to enrich members by providing ongoing resources designed to complement their work as biblical counselors.

- ABC seeks to provide wisdom to help members apply the here and now relevance of the Gospel as it applies to all things counseling.

You can find [ABC's Blog here](#).

[Association of Certified Biblical Counselors](#) (ACBC): Dale Johnson is the ACBC's Executive Director. They introduce their ministry as follows:

For 40 years, the Association of Certified Biblical Counselors (ACBC) has been certifying biblical counselors to ensure doctrinal integrity and to promote excellence in biblical counseling. In 1976 Dr. Jay Adams founded the National Association of Nouthetic Counselors (NANC) with the desire that the organization and its rigorous certification process would become the backbone of the biblical counseling movement. Today the organization is known as the Association of Certified Biblical Counselors (ACBC) and is the oldest and largest biblical counseling organization in the world. The training and certification of ACBC counselors is recognized worldwide with over 1,700 counselors in 30 countries that speak 30 languages with these numbers growing yearly. ACBC also has over 60 certified training centers ranging from seminaries to churches.

You can find [ACBC's blog here](#).

[Biblical Counseling Coalition](#) (BCC): Curtis Solomon serves as the BCC's Executive Director. The BCC describes their vision as follows:

The BCC focuses on promoting collaborative relationships and providing comprehensive resources. There are many tremendous organizations and individuals involved in the biblical counseling movement. The BCC seeks to connect such men and women in a way that creates a natural and healthy synergy. We seek to build strong relationships among the leaders in the biblical counseling movement because we believe that God is honored when His people are "eager to maintain the unity of the Spirit in the bond of peace" (Ephesians 4:3). We also believe this context of relational integrity will provide a marvelous opportunity to share resources with counselors, educators, students, and even potential counselees.

You can access the [BCC's Grace and Truth blog via their main site here](#).

[Christian Counseling and Educational Foundation](#) (CCEF): David Powlison serves as CCEF's Executive Director. Here's CCEF's Mission Statement:

Our mission is to restore Christ to counseling and counseling to the church by thinking biblical about the issues of living in order to equip the church to meet counseling-related needs.

You can visit the [CCEF blog here](#).

[Faith Biblical Counseling Ministries](#) (FBCM): Rob Green oversees FBCM. They describe their ministry as:

We believe that God's Word, the Bible, is sufficient to resolve life's most challenging situations and questions. Since 1977 we've used God's word to help those most in need, and to train those who want to learn to help others.

You can read [FBCM's blog here](#).

[Institute for Biblical Counseling & Discipleship](#) (IBCD): Jim Newheiser serves as IBCD's Executive Director. IBCD describes their purpose:

The Institute for Biblical Counseling & Discipleship exists to serve churches, organizations and individuals who share a passion to see believers equipped to counsel one another through life's struggles with the Word of God. We do this by offering training through our Care & Discipleship program, as well as offering events and free resources that are helpful to anyone interested in learning how to better help others.

[International Association of Biblical Counselors](#) (IABC): Ed Bulkley serves as President and Kevin Hurt serves as VP for IABC. IABC summarizes their purpose as follows:

The International Association of Biblical Counselors consists of men and women committed to serious reliance on Scripture as sufficient and authoritative, and devoted to helping God's people apply His truth to their personal lives in practical ways.

[Institute for Nouthetic Studies](#) (INS): Donn Arms and Jay Adams lead INS. Here's their overview of their ministry:

For almost fifty years Dr. Jay Adams has been at the forefront of a movement calling pastors and other Christian workers back to the Scriptures in their counseling ministry. Beginning with the publication of his book *Competent to Counsel* in 1970, Dr. Adams has been demonstrating the importance of understanding the sufficiency of the Word to bring about the kind of change that pleases God and genuinely helps the counselee. Dr. Adams has devoted his life to teaching others how to effectively minister the Word as an author, seminary professor, denominational executive, popular lecturer, and as a pastor. The Institute for Nouthetic Studies was established to make Dr. Adams' teaching ministry readily available, in a structured way, to students around the world who desire to better prepare themselves to minister the Word of God as they counsel—and to do so under the tutelage of the founding father of the modern biblical counseling movement!

You can read the [INS blog here](#).

[Overseas Instruction in Counseling](#) (OIC): Wayne Vanderwier serves as OIC's Executive Director. OIC state's their vision as follows:

The vision of Overseas Instruction in Counseling is to glorify God through the spiritual strengthening of believers and churches around the world. Paul is best known as a church planting missionary. But Paul didn't just begin churches and leave them on their own. A vital part of his ministry was church strengthening, a ministry he accomplished both through personal visits (Acts 14:22; 15:41; 18:23) and through letters. Because developing—sometimes already mature—Christian ministries now exist in most places in the world, OIC is a church strengthening ministry. We exist to help the church provide biblical sufficiency-based soul care for believers that are struggling with the challenges of living in a fallen world among fallen people. Our training strengthens churches in their ministry of restoring broken believers to the grace of God.

International Biblical Counseling Organizations

Note: The following are International Biblical Counseling Organizations—birthed outside the United States.

[Biblical Counseling Australia](#) (BCA): Karl Hood serves as BCA's Executive Director. Their mission/vision:

Biblical Counseling Australia is an Australian network of over 1,200 Christian pastors, chaplains, psychologists, women's workers, and more, pursuing biblical counselling and discipleship. These people come from 300 churches from multiple denominations. For more info, see our [beliefs](#) and [approach to counselling](#).

[Biblical Counseling Coalition of Mexico](#): Pastor Kike Torres is the Founder and President of BCC of Mexico. To learn more about Pastor Torres and BCCM [view this video from the Biblical Counseling Coalition](#). The video introduction:

Pastor Kike Torres is lead pastor at Horizonte Querétaro as well as Founder and President of the Biblical Counseling Coalition in Mexico. In this interview Kike shares about his own testimony and introduction to biblical counseling as well as the exciting work God is doing through biblical counseling in Mexico and Latin America.

[Biblical Counselling UK](#): Steve Midgley is the Executive Director of Biblical Counselling UK. Here's the vision of BC UK:

Biblical Counselling UK is seeking to serve Christ by fostering and supporting church members, pastors and teachers who are passionate about the transforming work of Christ that is accomplished through the personal ministry of the Word.

[Brazilian Association of Biblical Counselors](#) (ABCB): Alexandre Sacha Mendes serves as the Director for Vision and Expansion for ABCB. To learn more about biblical counseling in Brazil, [enjoy this interview with Pastor Mendes at the Biblical Counseling Coalition](#).

[Canadian Biblical Counseling Coalition](#) (CBCC): To learn more about CBCC, listen to this [Biblical Counseling Coalition video interview with Nathan Penny](#). CBCC states their mission as follows:

- To promote excellence and unity in biblical counseling through effective discipleship, balanced and truthful application of biblical wisdom and compassionate and wise outreach for the hurting and lost.
- To serve churches and leaders through promoting the awareness and advancement of biblical counselling in Canada.
- To foster collaborative relationship among those practicing or interested in practicing biblical counselling in Canada.
- To promote biblical counselling resources.

[International Biblical Counselling Resources](#): Anne Dryburgh, who ministers in Belgium, oversees this site. She is a biblical counselor, author, trainer, speaker, and a Council Board member of the [Biblical Counseling Coalition](#). Anne was interviewed by the Biblical Counseling Coalition about [A European Union of Biblical Counseling](#). This site provides gospel-centered and Christ-centered resources for those in the church who are seeking to provide loving care for others.

[Network for Biblical Soulcare](#) (NBS) (Netzwerk für Biblische Seelsorge): Michael Leister directs NBS, which provides training in biblical counseling in German-speaking Europe such as Germany, Switzerland, and Austria. To learn more about NBS, read this Biblical Counseling interview with Michael: [What's New with Biblical Counseling in Germany?](#)

[Overseas Instruction in Counseling](#) (OIC): Though OIC was started in the US, because of its international focus it deserves mention in this blog. Wayne Vanderwier serves as OIC's Executive Director. OIC state's their vision as follows:

The vision of Overseas Instruction in Counseling is to glorify God through the spiritual strengthening of believers and churches around the world. We exist to help the church provide biblical sufficiency-based soul care for believers that are struggling with the challenges of living in a fallen world among fallen people. Our training strengthens churches in their ministry of restoring broken believers to the grace of God.

[Revenirale Evangile Counseling Biblique](#): RECB is a resource ministry for the French-speaking world. The resources include biblical counseling. Daniel Henderson and Timothy Davi oversee the site. They summarize their aim as follows:

During the Reformation, printing was the ideal tool for spreading the fire of evangelical renewal that led to the reform of churches around the world. Today, the printing press

and its books continue to be a vital vector of reform, however we believe that social networks reach even more people than the printing press will ever allow. Our hope and our prayer through the creation of this blog is that the reform and its ideas can ignite social networks with a new fire so that all come back to the gospel.

[Strengthening Ministries Training Institute](#) (South Africa/Wayne Mack): SMTI, led by Wayne Mack and ministering in South Africa, states their mission as follows:

Strengthening Ministries Training Institute (SMTI) was established in 2010 and exists to promote excellence in Biblical Counselling in the local church in South Africa by training and equipping pastors and other Christians in the theologically accurate and practical use of Scripture in understanding and solving the problems of people, and thus promoting growth in and usefulness for Christ in the Church and the world.

Individual Biblical Counseling Websites/Blogs

Note: The following are individual biblical counseling websites with regular blog posts and resources for biblical counselors.

[Biblical Counseling for Women](#): Julie Ganschow oversees the BC4Women blog site. Julie is a Council Board member of the [Biblical Counseling Coalition](#), an author, speaker, equipper, and leads Reigning Grace Counseling. Julie describes BC4Women as: “A place to find truth from God’s Word, to read book reviews and inspiring true stories of the faith. A place to learn about the key to successful change.”

[Changing Lives Blog/RPM Ministries](#): This is Bob Kellemen’s blog and ministry site. He is a pastor, professor, author, speaker, equipper, and Council Board member of the [Biblical Counseling Coalition](#). His blog tagline is “Changing Lives with Christ’s Changeless Truth.” Bob blogs on biblical counseling, pastoral ministry, Christian living, and the church. He also provides frequent book reviews and 100s of free resources.

[Chris Moles.org](#): Chris describes himself and his website/ministry as follows: “I’m a Pastor and Biblical Counselor who helps churches and families confront the evil of domestic violence and promote healthy, God-honoring, relationships.”

[Counseling Hope to Your Heart](#): Lucy Ann Moll oversees this site. She is a biblical counselor, equipper, speaker, and author. Lucy Ann blogs about numerous topics related to biblical counseling and Christian living.

[Counseling One Another](#): Paul Tautges oversees this blog. Paul is a Council Board member of the [Biblical Counseling Coalition](#), a pastor, author, speaker, and equipper. Paul says this about his blogging ministry: “The purpose of *Counseling One Another* is to stimulate and nurture healthy, Word-driven growth among believers in Christ. By coming alongside to encourage your own spiritual growth in the Lord, and pointing you toward Christ-centered

resources to strengthen your personal ministry, we hope to assist you in making obedient disciples of Jesus Christ.”

[A Counselor for the Church](#): Brad Hambrick blogs copiously! Brad is a Council Board member of the [Biblical Counseling Coalition](#), a pastor, professor, author, speaker, and equipper. Brad’s blog provides detailed resources for pastors and biblical counselors.

[International Biblical Counselling Resources](#): Anne Dryburgh, who ministers in Belgium, oversees this site. She is a biblical counselor, author, trainer, speaker, and a Council Board member of the [Biblical Counseling Coalition](#). Anne describes the purpose of her site as follows: “This site provides gospel-centered and Christ-centered resources for those in the church who are seeking to provide loving care for others.”

[The Hot Orthodoxy Blog](#): Matt Mitchel oversees this blog. Matt is a pastor, speaker, author, and biblical counselor. He writes many excellent book reviews and blogs on topics related to the church, counseling, and Christian living.

[Kevin Carson.com](#): Kevin is a Council Board member of the [Biblical Counseling Coalition](#), a pastor, the Chair of a seminary biblical counseling program, a speaker, and an author. The tagline for Kevin’s blog is “Walking Together through Life as Friends in Christ Sharing Wisdom Along the Journey.” Pastor Kevin blogs about biblical counseling, Christian living, church life, and relates God’s truth to current issues of the day.

[Pastor Dave Online](#): Dave is a pastor, biblical counselor, professor, church consultant, and an author. He writes excellent book reviews on his blog and also focuses on theology, culture, biblical counseling, and Christian living.

[Servants of Grace](#): Dave Jenkins oversees this site and ministry. Dave produces book reviews, podcasts, and articles on counseling, Christian living, and church ministry.

[Tim Lane.org](#): Tim is a speaker, author, equipper, and biblical counselor. Tim says of his ministry: “My primary desire and commitment is to help pastors and leaders create or improve their ability to care for the people who attend their churches.”

[Truth in Love Ministries](#): Pastor Mark Shaw oversees *Truth in Love Ministries* and its focus on equipping biblical counselors—especially related to addiction issues. You can read Dr. Shaw’s [blog posts here](#). Through his collaborative efforts, a national team of leaders has emerged who are eager to train churches to be the first place of hope and help for those struggling with sins of an addictive nature. This network of passionate biblical counseling leaders, known as [The Addiction Connection](#), is a direct outreach of *Truth in Love Ministries*.

[Word of Hope Ministries](#): Ellen Castillo oversees this ministry which exists to serve individuals and local churches through the ministry of biblical counseling and mentoring. They use Christian principles to counsel individuals and families in need. They also train others to competently counsel and mentor in their local church and para-church ministry. You can [access Ellen’s blog here](#).

United States Higher Education Institutions with Biblical Counseling Degree Programs

Note: This list highlights higher education institutions (undergrad and grad) in the United States where you can earn a biblical counseling degree—either a Bachelor’s, Master’s or Doctorate. Schools included are self-described as committed to biblical counseling and would affirm the [Biblical Counseling Coalition’s Confessional Statement](#).

[Baptist Bible College \(MO\)](#): They offer a [BS in Biblical Counseling](#) (123 SH) and an [MA in Biblical Counseling](#) (60 SH).

[Bob Jones University \(BJU\)](#): BJU offers a [BA in Biblical Counseling](#) (120 SH) and an [MA in Biblical Counseling](#) (45 SH).

[Birmingham Theological Seminary](#): They offer an [MA in Biblical Counseling](#) (63 SH) and a [D.Min. in Biblical Counseling](#) (40 SH).

[Christ’s Theological Seminary](#): CTS, located in Ormond Beach, FL, offers an [MA in Biblical Counseling](#) (60 SH).

[College of Biblical Studies](#): Located in Houston, CBS offers a [BS with a Major in Biblical Counseling](#) (120 SH).

[Crossroads Bible College](#): Located in Indianapolis, CBC offers a [BS in Biblical Counseling and Equipping](#) (120 SH).

[Faith Bible Seminary](#): FBS is located in Lafayette, IN. FBS offers a blended (online and onsite modular classes) [MA in Biblical Counseling](#) (36 SH).

[Maranatha Baptist University \(MBU\)](#): Located in Watertown, WI (formerly Maranatha Baptist Bible College), MBU offers a [BA in Biblical Counseling](#) (120 SH) and an [MA in Biblical Counseling](#) (33 SH).

[The Master’s University/Seminary/Graduate School](#): They offer a [BS in Biblical Studies with a Biblical Counseling Major](#) (122 SH), an online [BS in Biblical Counseling](#) (122 SH), and an [MA in Biblical Counseling](#) (34 SH).

[Mid-America Baptist Theological Seminary](#): In conjunction with [The Institute for Nouthetic Studies](#) (Jay Adams and Donn Arms), MABTS [offers several degrees in biblical counseling](#) including a [BA in Biblical Counseling](#) and an [M.Div. in Biblical Counseling](#).

[Midwestern Baptist Theological Seminary](#): They offer an [MA in Counseling](#) (48 SH). MWBTS recently announced the [hiring of Dr. Dale Johnson](#) to oversee their counseling program.

[Montana Bible College](#) (MBC): MBC offers a [BA in Biblical Studies with a Biblical Counseling Concentration](#) (120 SH).

[The North American Reformed Seminary](#) (TNARS): TNARS offers a self-paced, independent study [D.Min. in Nouthetic Counseling](#) (36 SH).

[Reformed Presbyterian Theological Seminary](#): Located in Pittsburg, RPTS offers [biblical counseling concentrations in their M.Div., MTS, and D.Min. programs](#).

[Reformed Theological Seminary Charlotte](#): RTS Charlotte offers an [MA in Christian Counseling](#) (66 SH), along with [M.Div. with a Counseling Emphasis](#) (106 SH).

[Southeastern Baptist Theological Seminary](#): SEBTS offers several degrees in biblical counseling including an [MA in Biblical Counseling](#) (64 SH), an [M.Div. in Biblical Counseling](#) (88 SH), and a [Ph.D. in Biblical Counseling](#) (60 SH).

[The Southern Baptist Theological Seminary/Boyce College](#): SBTS offers an [MA in Biblical Counseling](#) (60 SH), an [M.Div. in Biblical Counseling](#) (88 SH), a [D.Min. with a Concentration in Biblical Counseling](#) (32 SH), and a [Ph.D. in Biblical Counseling](#) (71 SH). Boyce offers a [BS in Biblical Counseling](#) (129 SH).

[Southwestern Baptist Theological Seminary](#): SWBTS offers an [MA in Biblical Counseling](#) (65 SH) and a [Ph.D. in Biblical Counseling](#) (52 SH).

[Westminster Theological Seminary](#): WTS offers an [MA in Counseling](#) (60 SH).

International Higher Education Institutions with Biblical Counseling Degree Programs

Note: This list highlights schools outside the United States that teach biblical counseling. In most cases only schools that have full degree programs in biblical counseling have been included. However, included some schools have been included that currently only have individual biblical counseling courses, but have a vision to develop a full biblical counseling degree program.

[Christ Bible Seminary](#) (CBS) (Of Christ Bible Institute) (Japan): CBS is in Japan and is connected with Christ Bible Institute, the Joy of Japan church planting center, and the Christian Counseling for Japan Project. There is not currently a full degree program in biblical counseling. However, Ric Rodeheaver is teaching a biblical counseling course at the seminary. For a two-part blog post at the Biblical Counseling Coalition by Pastor Rodeheaver on *Biblical Counseling in the Land of the Rising Sun* visit [Part 1](#) and [Part 2](#). Here is a [link to the seminary programs](#).

[Czech Bible Institute](#): CBI offers a [Program in Biblical Counseling](#). Their summary: “This program is designed to equip students to accurately interpret the Scripture and discern how to appropriately apply the Scripture in truth and grace in evangelism, counseling, and discipleship. The intent of the program is to be practical, and emphasize the practical skills of counseling without neglecting the solid biblical foundations on which these skills are built.”

[Doane Baptist Seminary, Iloilo, Philippines](#): You can learn about biblical counseling courses and professors from [DBS at the Overseas Instruction in Counseling site here](#).

[The European Bible Training Center](#) (EBTC) (Germany, Switzerland, Austria): EBTC is a bi-vocational Bible school. All faculty and staff acknowledge the inerrancy, sufficiency, and authority of Scripture. EBTC is a Member School [The Master’s Academy International \(TMAI\)](#). TMAI is committed to fulfilling the Great Commission by training indigenous church leaders to be approved pastor-teachers, able to equip churches to make biblically-sound disciples. EBCT offers [training in biblical counseling](#).

[Kyiv \(Ukraine\) Theological Seminary](#): They offer an [MA in Biblical Counseling](#) in association with [Overseas Instruction in Counseling](#). Their Mission Statement: “The mission of the Master of Arts in Biblical Counseling degree program at Kyiv Theological Seminary is to train pastors and Christian leaders to skillfully use the Word of God in personal discipleship (1 Tim. 4:16; Heb. 4:12). Students learn to keep close watch of their own hearts (Mt. 7:5), leading them to God (Mt. 22:37-38), to provide appropriate biblical counsel individually (1 Thess. 5:14), and to train others to do the same (2 Tim. 2:2).”

[The Master Academy International](#) (TMAI): TMAI is committed to fulfilling the Great Commission by training indigenous church leaders to be approved pastor-teachers, able to equip churches to make biblically-sound disciples. Find links to their [member schools here](#). Some of those schools provide training in biblical counseling (including some of the schools listed in this blog post).

[TMAI Russia](#): The Samara Center for Biblical Training, through [The Master Academy International](#), [offers training in biblical counseling](#).

[TMAI Singapore/China](#): Through [Grace Bible Seminary](#) and [The Master Academy International](#), TMAI Singapore/China [offers a certificate and an MA in Biblical Counseling](#).

[The Master’s Seminary Spanish](#): TMS has pastoral training in Spanish, including training in pastoral care and biblical counseling.

[National Theological College and Graduate School](#) (Egypt, Jordan, Lebanon): NTCGC offers [several courses in biblical counseling](#).

[Novosibirsk Bible Theological Seminary](#) (NBTS): NBTS in Siberia, Russia offers an [MA in Biblical Counseling](#).

[Oak Hill College](#) (OHC): OHC is in the UK. While they do not yet have a full degree program in biblical counseling, there are two modules that relate to BC. Those courses are taught by Steve Midgley and Andrew Nicholls who both provide leadership for [Biblical Counselling UK](#). Watch this [Biblical Counseling Coalition video interview with Steve Midgley about BC in the UK](#). At OHC, they offer Pastoral Theology and Care which all those studying for the two-year foundation degree take. They also offer Advanced Pastoral Counselling which some in the three-year BA take.

[Overseas Instruction in Counseling](#) (OIC): OIC, under the leadership of Dr. Wayne Vanderwier, provides international training in biblical counseling around the world. You can learn about their [MA in Biblical Counseling here](#). Follow this link to a thought-provoking OIC post: [Reflections on Doing International Biblical Counseling Training](#).

[SEMBEQ](#): SEMBEQ is a seminary in French-speaking Canada. “As commissioned by its association of churches, SEMBEQ exists to assist in raising up the next generation of Christians in Quebec. Specifically, SEMBEQ acts as a tool of the local churches in the training of their members and leaders. As a context-based and church-based seminary, most of SEMBEQ’s courses are taught within local churches. In some cases, a regional center will host courses that bring several churches together for the training.” SEMBEQ offers [undergraduate and graduate programs in biblical counseling](#). Matthieu Caron is a lead professor in biblical counseling for SEMBEQ. Click [here for an interview with Matthieu with the Biblical Counseling Coalition](#).

[Strengthening Ministries Training Institute](#) (SMTI) (South Africa): SMTI is pursuing an MA in Biblical Counseling. To learn more about the planned design of that MABC [visit their Modules site](#). Lead by Wayne Mack, Sybrand de Swardt, and Cillie Malan, “the master’s degree course presented by Strengthening Ministries Training Institute is comprised of modules suited to equip pastors and Christians to counsel from God’s Word.”

Biblical Counseling Resources for Marriage

Note: Rather than alphabetical, this listing of resources for marriage is chronological (from dating, to pre-engagement, to pre-marital counseling, to marriage, to marriage counseling, etc.) and topical.

Singleness, Dating, and Pre-Engagement

Singleness, Dating, and Pre-Engagement: Booklets

Allbery, Sam. [*7 Myths About Singleness*](#)

Much of what we commonly assume about singleness—that it is primarily about the absence of good things like intimacy, family, or meaningful ministry—is either flat-out untrue or, at the very least, shouldn't be true. To be single, we often think, is to be alone and spiritually hindered. But the Bible paints a very different picture of singleness: it is a positive gift and blessing from God. This book seeks to help Christians—married and unmarried alike—value singleness as a gift from God so that we can all encourage singles to take hold of the unique opportunities their singleness affords and see their role in the flourishing of the church as a whole.

Dykas, Ellen. [*Sex and the Single Girl: Smart Ways to Care for Your Heart*](#)

Our world has a lot to say about sex, but it all comes down to this: do whatever you want. Perhaps you've already experienced the emotional and spiritual fallout that comes with sexual "freedom." How many times has your heart been broken? Through her own experience, Ellen Dykas offers the way to protect your heart by following God's plan for your sexuality and pursuing healthy relationships and sexual wholeness through the grace and strength Christ provides. The smartest way to care for your heart is to give it to the One who knows you and loves you best.

James, Joel. [*Help! I'm Confused About Dating*](#)

Many Christian young people and parents have never consciously shaped their understanding of dating with the Bible. In fact, dating might be one of the areas where we have blindly followed the path beaten by the world. Let this personal, practical, fun, and, above all, biblical mini-book be a counselor and guide as you pursue the kind of relationships that truly honor God.

Lane, Tim. [*Sex Before Marriage: How Far Is Too Far?*](#)

"If we're in love, what's wrong with having sex before marriage? And even if we're not, isn't everyone else doing it? Why should we be the only ones who wait?" Have you ever thought or said things like this? If your answer is yes, you have a lot of company. Most people in our world agree with you that, at least in some circumstances, premarital sex is okay. But do

you know what God says about this issue? Tim Lane clearly explains God's perspective on your sexuality and how it should be expressed. Many people think God says in the Bible that sex is inherently bad and sinful, but nothing could be further from the truth. God is not a killjoy; His guidelines for your sexuality are for your help and protection. This booklet's forthright and honest look at sexuality, including a discussion of "how far is too far?" will be an invaluable resource for young adults and those who minister to them.

Powlison, David, and John Yenchko. [*Pre-Engagement: Five Questions to Ask Yourself*](#)

How do you know if you're ready to marry? What are the signs that a man and a woman are heading in the same direction and are right for each other? In this booklet, a biblical counselor and a pastor team up to offer five pertinent questions that will help couples decide whether to commit themselves to each other for life. These questions bring to light basic convictions, assumptions, expectations, priorities, and more. As couples think through and discuss them, they will get to know themselves and each other better—a wise investment toward building a marriage on a solid foundation, with Christ at the center.

Wilson, Dan. [*How to Say No When Your Body Says Yes: Finding True Satisfaction*](#)

Wilson, a seasoned guide, gives young men and women an easy-to-understand primer on why they should say "no" to premarital sex. He then walks them through key steps to make sure that their "no" sticks. Instead of moralism and hard-to-follow rules, Wilson offers the hope of gospel power to turn from what's hurtful toward God's best plan for couples.

Singleness, Dating, and Pre-Engagement: Books

Baker, Ernie. [*Marry Wisely, Marry Well: A Blueprint for Personal Preparation*](#)

Does marriage matter anymore? If so, is it even possible to have a stable marriage? How do you choose the right one? Is there anything to work on now, even before being in a relationship? *Marry Wisely, Marry Well* teaches you how to start building your future marriage house even before you begin a relationship. Learn to make a wise choice of a spouse, and how to start preparing yourself for a future relationship that is built on Christ.

Perron, Sean, and Spencer Harmon. [*Letters to a Romantic: On Dating*](#)

Whether or not you're currently dating someone, if you're a young person thinking about romance, you probably have a lot of questions. Who should you date? How do you turn down an unwanted date, navigate a first date, or break up with someone? Is marriage for you? The Bible is sufficient to help you think through the concerns of singleness and dating, and it has crucial things to say about the thoughts, attitudes, actions, and situations that arise in this exciting stage of life. In friendly, practical letters, Sean and Spencer (and their wives, Jenny and Taylor) explore God's Word for answers on singleness, the start of a relationship, and tough dating situations, from breakups to broken boundaries. Their biblical insights will help you to make informed decisions on the road ahead.

Perron, Sean, and Spencer Harmon. [*Letters to a Romantic: On Engagement*](#)

If you're engaged, you already know a thing or two about navigating a relationship—but you're probably finding that this in-between period raises new questions. Turning to God's Word for answers, Sean and Spencer have written you short letters full of biblical, practical wisdom. Direct and to the point, they cover topics ranging from the details of wedding planning to the big picture of your future lifelong relationship. Find clarity amid engagement and come to your marriage prepared!

Phillips, Richard, and Sharon Phillips. [*Holding Hands, Holding Hearts: Rediscovering a Biblical View of Dating*](#)

What does Scripture say about dating? Nothing—and everything! According to the Bible's perspective, if you are dating you are not just holding hands—you are holding hearts. What you do with your own heart, and what you do with another's, is a matter of great importance! This book offers a biblical view of relationships and doesn't shy away from discussing attraction, first dates, commitment and more elements that need to come together to make a successful relationship.

Priolo, Lou. [*Danger Signs of an Unhealthy Dating Relationship*](#)

The one I'm thinking of spending the rest of my life with is a sinner. I am one too. No two people are totally compatible, and in a marriage of two sinners, there will be difficulties. There are issues over which we keep on stumbling. Am I being oversensitive? Am I worrying about nothing? Or, are my concerns about our compatibility valid? If thoughts and questions like this trouble you, this book will help. Here's an inventory to help you decide if the light on the road before you is green, yellow, or red. It is designed to identify problem areas before you move forward with marriage plans—to serve as a useful tool as you seek godly advice from those who counsel you.

Reju, Deepak. [*She's Got the Wrong Guy: Why Smart Women Settle*](#)

Why do the nicest women pick guys who let them down for one reason or another? The answers are not always straightforward. For some women, the issue is as simple as not really thinking through what they're looking for or should be looking for in a man. Others feel they'd rather be with someone than be alone, while still others are unconsciously replicating patterns of bad relationships they learned in childhood or from traumatic experiences. Deepak Reju, writing from his years of experience as a pastor and a counselor, shares his perspective on how to assess a relationship's strengths from the beginning, how to identify possible pitfalls, and how to have the courage to not just settle but to wait for a relationship that will be a blessing to both of you.

Segal, Marshall. [*Not Yet Married: The Pursuit of Joy in Singleness and Dating*](#)

Not Yet Married is not about waiting quietly in the corner of the world for God to bring you "the one," but about inspiring you to live and date for more *now*. If you follow Jesus, the

search for a spouse is no longer a pursuit of the perfect person, but a pursuit of more of God. He will likely write a love story for you different than the one you would write for yourself, but that's because he loves you and knows how to write a better story. This book was written to help you find real hope, happiness, and purpose in your not-yet-married life.

Thomas, Gary. [*The Sacred Search: What If It's Not about Who You Marry, But Why?*](#)

What if you stopped looking for a “soul mate” and started looking for a “sole mate”—someone who will live out with you the great purpose of God? What if dating isn't about finding “the one,” but making a wise choice so you can better serve the One who loves you most? What if God didn't design relationships to make you happy, but to make you holy? In *The Sacred Search*, Gary Thomas transforms the way you look at romantic relationships. Whether you are single, dating, or engaged, Gary's unique perspective on dating will prepare you for a satisfying, spiritually enriching marriage even before you walk down the aisle. A good marriage is not something you find—it's something you make.

Pre-Marital Counseling and Pre-Marital Relationships

Green, Rob. [*Tying the Knot: A Pre-Marital Guide to a Strong and Lasting Marriage*](#)

Tying the Knot offers soon-to-be-married couples a practical vision of Christ-centered marriage that is realistic, hopeful, and actionable. This nine-session study leads couples through issues like conflict, expectations, communication, finances, and intimacy, showing how each can be successfully resolved with Christ at the center of the marriage.

Henderson, John. [*Catching Foxes: A Gospel-Guided Journey to Marriage*](#)

Catching Foxes has been written to help engaged couples prepare for marriage. Written in semi-interactive workbook format, it guides couples toward a Christ-centered and Christ-exalting paradigm for marriage. It lays a biblical foundation for marriage and helps couples better understand what God desires for them and from them in marriage. If you are a pastor or church leader charged with helping couples prepare for marriage, or if you are an engaged couple desiring to identify and catch the “little foxes” before they ruin the vineyard of your marriage (Song of Solomon 2:15), you will find this book very helpful.

Mack, Wayne. [*Preparing for Marriage God's Way: A Step-by-Step Guide for Marriage Success Before and After the Wedding*](#)

Preparing for Marriage God's Way is a marriage counseling resource that uses thoughtful self-examination to reveal the personalities, background, and expectations that you and your partner are bringing to your union. Through rigorous Bible study, you will learn about God's expectations for marriage and be equipped with His solutions for dealing with typical marriage conflicts. Three follow-up lessons after your marriage help you to reflect on all that's happened after you said, “I do.”

Parks, Catherine. [*A Christ-Centered Wedding: Rejoicing in the Gospel on Your Big Day*](#)

Wedding planning has spawned a major industry. Societal pressure to create the perfect day is so strong that Christian couples forget what God originally intended for the sacred marriage ceremony. While paying attention to the good fun that follows that special proposal (the dress, the flowers, the cake, the gatherings, etc.), *A Christ-Centered Wedding* serves as a guide to believers who want their wedding to portray the relationship of Christ with the church and to reflect the gospel to all in attendance. From the start, this thoughtful book looks to the Creator of weddings for guidance in planning by emphasizing the sacrificial love of the Savior more than the modern world's idealistic view of romantic love.

Piper, John. [*Preparing for Marriage: Help for Christian Couples*](#)

Getting to know that special someone includes learning about family and friends and schooling and athletics, favorite pastimes, books, movies, life's best moments and worst, the brightest places in our background and the darkest. But what about theology? Ever think to ask about that? And then there's the questions about worship and devotion, and the roles of husband and wife—questions that far too many couples don't think to ask. When preparing for marriage, or even in just beginning to consider it, it is of immense help to have the perspective not only of a seasoned husband of over forty years, but also a seasoned pastor and theologian.

Smith, William. [*Should We Get Married?: How to Evaluate Your Relationship*](#)

You know you're in love—you always want to be together, and you think about each other all the time—but does that mean you're ready to get married? How do you decide if your relationship is strong enough for marriage? William Smith gives you a series of questions based on biblical principles that you can use to assess your relationship's strengths and weaknesses. Answering these questions about your vision, goals, and potential conflicts will help you decide together whether you should slow your relationship down or move forward toward marriage. This booklet is a great resource for pastors and others to use during premarital counseling or classes.

Marriage: Biblical Meaning and Purpose

Ash, Christopher. [*Married for God Making Your Marriage the Best It Can Be*](#)

It's our tendency to seek personal happiness and satisfaction in marriage. We often give our own needs, wants, and goals first priority. But what is God's design for our marriages? With clarity and conviction, Christopher Ash turns us away from marriage for ourselves and toward marriage in the service of God. With practical applications for everyday life, Ash shows us God's purposes and patterns for every part of the marriage relationship.

Keller, Tim, and Kathy Keller. [*The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God*](#)

This book shows everyone—Christians, skeptics, singles, longtime married couples, and those about to be engaged—the vision of what marriage should be according to the Bible. Modern culture would have us believe that everyone has a soul mate; that romance is the most important part of a successful marriage; that your spouse is there to help you realize your potential; that marriage does not mean forever, but merely for now; and that starting over after a divorce is the best solution to seemingly intractable marriage issues. But these modern-day assumptions are wrong. Tim and Kathy Keller show marriage to be a glorious relationship that is also misunderstood and mysterious.

Ortlund, Ray. [*Marriage and the Mystery of the Gospel*](#)

Marriage reveals something of eternal significance. From the beginning, God designed marriage to convey a greater reality—the passionate, unending, redeeming love of God for sinners, the eternal romance between Christ and His bride. In this volume, Ray Ortlund traces marriage throughout Scripture—from the first marriage in the garden of Eden to the ultimate marriage in the book of Revelation—laying out a transcendent vision of marriage that dignifies our own imperfect unions as a display of the gospel.

Piper, John. [*This Momentary Marriage: A Parable of Permanence*](#)

The chasm between the biblical vision of marriage and the common human conception is—and has always been—gargantuan. Reflecting on over forty years of matrimony, John Piper exalts the biblical meaning of marriage over its emotion, exhorting couples to keep their covenant as a display of Christ’s covenant-keeping love for the church. He aims to lift the church’s low view of marriage to something infinitely greater, namely, a vision of Jesus’s unswerving allegiance to and affection for His bride. *This Momentary Marriage* unpacks the biblical vision, its unexpected contours, and its weighty implications for married, single, divorced, and remarried alike.

Ricucci, Gary, and Betsy Ricucci. [*Love That Lasts: When Marriage Meets Grace*](#)

Marriage is a profound and marvelous mystery established by God for His glory and our good. So many marital relationships never reach their greatest potential because they have the fatal limitation of being focused only on one another. When our primary focus is on Christ, our marriages have the potential to *thrive* and not merely *survive*.

Thomas, Gary. [*Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy?*](#)

Your marriage is more than a sacred covenant with another person. It is a spiritual discipline designed to help you know God better, trust Him more fully, and love Him more deeply. What if God’s primary intent for your marriage isn’t to make you happy . . . but holy? *Sacred Marriage* doesn’t just offer techniques to make a marriage happier. It does

contain practical tools, but what married Christians most need is help in becoming holier husbands and wives. *Sacred Marriage* offers that help with insights from Scripture, church history, time-tested wisdom from Christian classics, and examples from today's marriages.

Marital Relationships

Harvey, Dave. [*When Sinners Say "I Do": Discovering the Power of the Gospel for Marriage*](#)

Marriage is the union of two people who arrive at the altar toting some surprisingly large luggage. Often it gets opened on the honeymoon, sometimes it waits for the week after. The Bible calls it sin. Understanding its influence can make all the difference for a man and woman who are building a life together. *When Sinners Say "I Do"* is about encountering the life-transforming power of the gospel in the unpredictable journey of marriage.

Mack, Wayne. [*In-Laws: Married with Parents*](#)

Books on Christian marriage abound. If you're like many people, you've read books covering every facet of marriage imaginable. Except one: in-laws. Drawing on years of counseling experience, Mack provides guidance for both parents and married children. While maintaining that children should always honor their parents, Mack surveys biblical evidence and concludes that married children owe first loyalty to their spouse.

Mack, Wayne. [*Strengthening Your Marriage*](#)

"For better or for worse?" Whichever term describes your marriage, there are ways to make it (even) better. Despite the challenges that couples face today, marital harmony need not be considered an impossible ideal. Mack recognizes the challenges, and shows us how to meet those challenges. In *Strengthening Your Marriage*, he's gathered a wealth of biblical insight and practical information on marital roles, communication, finances, sex, child rearing, and family worship. As a counseling aid and a guide for husbands and wives to study together, this book offers hope and help where couples most need it.

Mack, Wayne, and Carol Mack. [*Sweethearts for a Lifetime: Making the Most of Your Marriage*](#)

This biblical, practical book will help couples restore warmth and vitality to their marriages. Written both for newlyweds and for those who have long been married, *Sweethearts for a Lifetime* is a scriptural guide for lasting love.

Peace, Martha, and John Crotts. [*Tying the Knot Tighter: Because Marriage Lasts a Lifetime*](#)

Just as the best coaches remind their players to practice the basics of their sport, Christian couples need to be reminded regularly of the basics of a Christian marriage. Martha Peace and John Crotts provide these reminders through short chapters that couples can read, study, and pray over together. The authors have broken down nineteen areas of marriage, summing up the Bible's teaching and offering a series of penetrating questions to help

readers take inventory of themselves and their marriage. Each section ends with two recommended resources for readers who want to dig deeper in a particular area.

Smith, Winston. [*Marriage Matters: Extraordinary Change through Ordinary Moments*](#)

He snapped at her at breakfast. She brought up a past mistake. He walked out angry. She left without saying good-bye. Just one day in an ordinary marriage. What if things could be different? What if the ordinary moments of annoyance, conflict, pain, or cold indifference could become moments to understand God's incredible agenda for love and begin something new? This book offers a simple, yet powerful prescription for changing marriages one ordinary moment at a time. Change begins with understanding how and why small disagreements evolve into major problems, taking practical steps to love one another more effectively, and learning how to take those same steps over and over again. Interactions that used to devolve into pointless annoyances and fights can become opportunities for God's love to become increasingly evident and powerful.

Smith, Winston. [*Who Does the Dishes?: Decision Making in Marriage*](#)

Who does the dishes? Who should pay the bills? Work outside the home? Stay home with the kids? For many couples, answering these questions is difficult and frustrating. How do you decide which family responsibilities belong to you and which belong to your spouse? Winston Smith explains that we might be surprised by what God, in the Bible, says about marital roles. The Bible doesn't have a simple, one-size-fits-all "to-do" list for husbands and wives, but there is a basic principle to live by—sacrificial love. Learn how to apply what God says about love to the everyday decisions you make with your spouse.

Tripp, Paul. [*Marriage: Whose Dream?*](#)

In this eye-opening booklet, Paul David Tripp shows how refocusing your dreams according to divine priorities can invigorate you and your marriage.

Tripp, Paul. [*What Did You Expect? Redeeming the Realities of Marriage*](#)

Everyone's marriage morphs into something we didn't intend it to be. At some point we need something sturdier than romance. We need something deeper than shared interests and mutual attraction. We need changed expectations, we need radical commitments, and, most importantly, we need grace. Paul Tripp reminds his readers that marriage is essentially about worship. We are either seeking to build our own self-centered kingdoms or building the kingdom of God. Tripp encourages couples to align their individual agendas for marriage with Christ's Kingdom agenda.

Roles in Marriage: Both Husbands and Wives

Miller, Keith, and Patricia Miller. [*Quick Scripture Reference for Counseling Couples*](#)

Quick Scripture Reference for Counseling Couples is just what struggling couples—and those who counsel them—need. In a convenient spiral binding, this helpful resource makes the power, encouragement, and hope of Scripture accessible to pastors and counselors as they guide couples, both through premarital counseling sessions and when they hit those inevitable rough patches in marriage.

Piper, John, Editor. [*Rediscovering Biblical Manhood and Womanhood*](#)

A controversy of major proportions has spread throughout the church. Now more than ever before, gender roles are openly questioned. In this redesigned edition of an influential and award-winning bestseller, more than 20 influential scholars such as John Piper, Wayne Grudem, and D.A. Carson have committed their talents to produce the most thorough response to date. Combining systematic argumentation with popular application, this volume deals with all of the main passages of Scripture brought forward in this controversy regarding gender-based role differences. Anyone concerned with the fundamental question of the proper relationship between men and women will want to read this book.

Roles in Marriage: Wives, Women, and Women's Issues

Fitzpatrick, Elyse. [*Helper by Design: God's Perfect Plan for Women in Marriage*](#)

There are few more contentious and heart-rending topics among women in the church than submission and what it means to be her husband's helper. Elyse Fitzpatrick believes that understanding this topic can bring great freedom and a more meaningful relationship with Christ and your husband. In *Helper By Design*, she takes an in-depth theological look at what it means to be made in God's image to be a helper. This book will set in motion great heart changes as you grow toward becoming the woman God has called you to be.

Fitzpatrick, Elyse, Editor. [*Women Counseling Women: Biblical Answers to Life's Difficult Problems*](#)

Multitudes of women struggle daily with negative habits and addictions, emotions such as anger and depression, various kinds of loneliness, and other difficulties experienced by mothers, wives, or singles. Here is a rich counseling resource that looks to the Bible alone as being sufficient to address our every need. Among the topics are: emotions, worry, and depression, eating disorders and habitual struggles and sins, verbal abuse and pornography, singleness, marriage, and parenting, grief and caregiving, and much more.

Hotton, Glenda. [*Help! I Want to Model Submission in Marriage*](#)

The world's idea of a submissive wife is humorous at best. Yet God's idea is to give her the freedom to be the special person she was created to be. This mini-book looks at God's idea of submission, defines what it does and does not mean, considers its implications in marriage, dispels lies, and ends with practical helps for application.

Miller, Patricia. [*Quick Scripture Reference for Counseling Women*](#)

For counselors, pastors, women's ministry leaders, and any Christian woman who wants a user-friendly quick reference guide to Scripture, here is an essential resource. Scripture passages are conveniently gathered under ninety topics that concern today's women, including adoption, birth control, career, contentment, dating/courtship, depression, friendship, prodigal children, self-worth, singleness, an unsaved spouse, worry, and more. Perfect for counseling or for personal study and memorization.

Peace, Martha. [*The Excellent Wife: A Biblical Perspective*](#)

Martha Peace only explains what God requires of a Christian wife, and also describes how to obey God's commandments in order to become that wife. This book is scripturally-based, systematic, and practical. Within its pages is a detailed portrait of a godly wife. Not only is the standard high and godly, but Martha demonstrates that by God's grace, it is attainable.

Street, John, and Janie Street. [*The Biblical Counseling Guide for Women*](#)

The guidance every woman needs for any difficulty can be found in the pages of Scripture. Join John and Janie Street as they delve into some of the most common physical, mental, and emotional struggles faced by women today, including: anxiety, chemical abuse, depression, eating disorders, marital unfaithfulness, and much more. Equally valuable for both the individual woman searching for solutions and those who help hurting women—including counselors, pastors, and teachers—this accessible resource offers genuine hope based on the everlasting truth of God's Word.

Roles in Marriage: Husbands, Men, and Men's Issues

Miller, Keith. [*Quick Scripture Reference for Counseling Men*](#)

For counselors, pastors, men's ministry leaders, and any Christian man who wants a user-friendly quick reference guide to Scripture, here is an essential resource. Scripture passages are conveniently gathered under 120 topics that concern men, including anxiety, burnout, career, commitment, depression, divorce, envy, faithfulness, gambling, homosexuality, integrity, leadership, marriage, money, reputation, suffering, temptation, wisdom, and more. Perfect for counseling or for personal study and memorization.

Priolo, Lou. [*The Complete Husband: A Practical Guide for Improved Biblical Husbanding*](#)

God has given husbands huge responsibilities to their wives, but the good news is that God also gives husbands the grace and resources to obey his commands. In *The Complete Husband*, Lou Priolo delves deep into the skills, goals, and attitudes a God-honoring husband must develop, giving practical advice throughout. If you've ever wondered how to best protect, please, and lead your wife, how to communicate with her, how to disagree with her, even how to talk to her; you will find comprehensive guidance here.

Scott, Stuart. [*The Exemplary Husband: A Biblical Perspective*](#)

The Exemplary Husband provides a biblical blueprint for the mandate God has given to husbands to love their wives, even as Christ loved the church. It is suitable for individual study, for marriage counseling, for men's small group Bible studies, or for couples prayerfully seeking God's very best in marriage.

Street, John, Editor. [*Men Counseling Men: A Biblical Guide to the Major Issues Men Face*](#)

Men Counseling Men is an accessible, practical volume that equips both professionals and lay people to provide solidly biblical help for men who are struggling with a variety of major life issues. Readers will learn how they can offer hope and encouragement in relation to: depression, parenting, anger, conflict resolution, physical affliction, sexual purity, marital relationships, rebuilding a marriage after adultery, and much more.

Marriage Communication

Note: See additional resources in the individual resource list under "Communication and Relationships."

Desiring God. [*Happily Ever After: 30 Devotions for Couples*](#)

Harder than you imagined. Better than a fairy tale. Marriage between sinners has its inevitable messes. If you've been married longer than a week or two, you know how the hard realities of life in a fallen age can come crashing in. Perhaps you had a season of "once upon a time," but soon enough you realized that this marriage, in this world, is not yet your "happily ever after." God designed marriage not as a trial to be endured, but as a pointer to and catalyst for your greatest joy. God didn't design marriage to be your storybook ending, but a fresh beginning, to help get you ready for the true "happily ever after" when together we see our great Bridegroom face to face. The thirty devotional readings in *Happily Ever After* have been assembled to shape, challenge, and inspire you and your spouse's (or fiancé's) vision of marriage.

Powlison, David. [*Renewing Marital Intimacy: Closing the Gap Between You and Your Spouse*](#)

You started out telling each other everything. Time flew by when you were together. It all seemed so easy then. But now it seems like there's nothing to say. The intimacy and trust you once enjoyed are gone—replaced by bickering, long silences, and hurried conversations about your schedule. But it isn't too late to renew intimacy in your marriage. David Powlison takes a close look at those things that destroy intimacy in marriage and shows how renewing your marriage begins with a renewed relationship with God. Then he offers practical steps to achieving closeness in your marriage, including three questions to ask each other every day.

Sande, Ken. [*Peacemaking for Families*](#)

Basic conflict-resolution skills found in Scripture can help you change your home from a battle zone to a love nest. Distinguishing between positive and negative conflict resolution, *Peacemaking for Families* introduces the reader to valuable principles such as “The Peacemaker’s Pledge,” the “Seven A’s of Forgiveness,” and the “PAUSE Principle of Negotiation.” Real-life stories and case studies help the reader to acquire the skills needed to create a true “peacemaking family.”

Tripp, Paul. [*War of Words: Getting to the Heart of Your Communication Struggles*](#)

“Talk” seems so normal, so ordinary, so harmless. Yet there are few things we do that are more important. And underneath the normality of it all is a great struggle, a war of words that we fight every day. Who hasn't been hurt by the words of another? Who hasn't regretted something they said? Recognizing that words are powerful, Paul Tripp shows us how the gospel transforms the way we communicate. Our Lord Jesus Christ, the Word, is the only hope for our words. In our war of words, He is the one who gives us the victory. Tripp directs us to a renewed reliance on our heavenly Father's abundant grace and a more Christ-honoring, people-benefiting life of talk.

Sexual Relationship and Sexual Purity in Marriage

Note: See additional resources in the individual resource list under “Pornography, Sexual Addiction, Sexual Sin, and Sexual Purity.”

Sexual Relationship in Marriage: Booklets

Green, Rob. [*“Not Tonight, Honey”: Handling Your Wife’s Sexual Rejection*](#)

How do you respond when you hear from your wife, “Not tonight, honey”? Your response may range from confusion and hurt to impatience and anger. Whether you're hearing the words for the first time or are beginning to think you'll never hear any others, you struggle with how to respond. In *“Not Tonight, Honey,”* Rob Green walks through the various ways men respond to their wives' sexual rejection and calls husbands back to Christ's call to love

their wives as Christ loves the church. By reminding men that sexual intimacy is an expression of love that finds its context in a marriage built on safety and security, he offers helpful instruction on how to love well and continue to build relationship.

Tripp, Paul. [*Sex in a Broken World: How Christ Redeems What Sin Distorts*](#)

Sexuality is a fundamental part of what it means to be human—part of God’s beautiful design when he created all things. And yet, sex in our world today looks nothing like the way that God intended it to be. Sexual brokenness surrounds us and, in one way or another, affects us all. This sexual brokenness reveals our deep need for redemption—something quick fixes, mere behavior modification, or a set of rules can’t provide. Honest and direct, yet kind and caring, this book points us to the only place we can find help for sexual brokenness—the transforming grace of Jesus Christ. Only this grace offers hope for a life of freedom, purity, and joy as God intended.

Sexual Relationship in Marriage: Books

Alcorn, Randy. [*The Purity Principle: God’s Guidance for Life’s Dangerous Roads*](#)

For thirty years Randy Alcorn has been encouraging people—young and old—to pursue the rewards of sexual purity. Too often we settle for a compromised Christianity that’s just a baptized version of the world’s sad existence, rather than the abundant life to which God calls us. This book deals with raising children to embrace sexual purity, providing an example of purity in the home, protecting purity in dating (at any age), and maintaining purity in marriage. Biblical, practical, and concise, *The Purity Principle* is a one-stop handbook for individuals, families, and churches.

Chandler, Matt. [*The Mingling of Souls: God’s Design for Love, Marriage, Sex, and Redemption*](#)

The Song of Solomon offers strikingly candid—and timeless—insights on romance, dating, marriage, and sex. We need it. We are inundated with songs, movies, and advice that contradict God’s design for love and intimacy. Matt Chandler helps navigate these issues for both singles and marrieds by revealing the process Solomon himself followed. *The Mingling of Souls* will forever change how you view and approach love.

LaHaye, Tim, and Beverly LaHaye. [*The Act of Marriage: The Beauty of Sexual Love*](#)

This updated and expanded edition gives a fresh informative edge to an already definitive book. New sections discuss sex after sixty and five reasons why God created sex, all supported by the very latest findings in the fields of medicine and sociology. For engaged couples and newlyweds who want to make lovemaking a joy from the start. For couples who have been married for years and want to maintain the flame or rekindle the embers.

Piper, John, Editor. [*Sex and the Supremacy of Christ*](#)

If Americans could still blush, we might blush at the words, “Rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love” (Prov. 5:18-19). Sin always tries to trash God’s gifts. So we can’t just celebrate sex for what God made it to be; we have to fight what sin turned it into. The contributors to this unique volume encourage you to do both: celebrate and struggle.

Sexual Purity in Marriage

Black, Nicholas. [*What’s Wrong with a Little Porn When You’re Married*](#)

You feel emotionally isolated and sexually disengaged from your spouse. Could it be that the fantasy world of pornography has intruded upon your real-life marriage? Nicholas Black identifies four key ways that pornography negatively impacts marriages and encourages all who struggle to look to God for help. Black’s three practical, biblical steps toward freedom help those who struggle to find lasting joy in loving God and their real-life spouse rather than the temporary satisfaction of pornography use. A growing relationship with Jesus will grow your relationship with your spouse and bring lasting change.

Coyle, Rachel. [*Help! She’s Struggling with Pornography*](#)

Pornography is a taboo topic among many Christians today—especially women. But women can and do become enslaved to it. Impure images, steamy novels, even television dramas captivate many minds and hearts. This mini-book redefines pornography in biblical terms and explores its dangers, including those of the socially acceptable forms particularly alluring to women. Learn how the Bible exposes the heart of the problem and provides abundant hope for freedom.

Croft, Brian. [*Help! He’s Struggling with Pornography*](#)

Sexually explicit material is more readily available now than ever before, and a struggle with pornography is often the greatest snare for a Christian man. Though Christians have been transformed by faith in Jesus, we are harmed by our sex-saturated culture. So how can a Christian man find victory over pornography? This mini-book presents the only true solution: God’s power working through the gospel within the context of the local church.

Tiede, Vicki. [*Your Husband Is Addicted to Porn: Healing After Betrayal*](#)

Betrayed. Broken. Angry. Devastated. Chances are, you’ve felt one or all of these since discovering your husband’s interest in porn. How can you possibly trust him again? How do you rebuild your broken heart and fractured marriage? Is it even possible? Vicki Tiede understands personally what a difficult struggle lies ahead of you and offers the comfort and wisdom she received from God in the wake of such betrayal. Offering helpful, practical resources, she guides you through the process of understanding the problem, finding hope in Christ, and seeking help from others.

Marriage Counseling, Marriage Homework, and Solving Marriage Problems

Adams, Jay. [*Solving Marriage Problems*](#)

This book will help counselors understand and deal with the typical problems that arise in a marriage. Unless one understands what a biblical marriage is supposed to be, it is difficult to solve marriage problems. For that reason, Dr. Adams spends the first few chapters developing a biblical model. Then he treats many of the specific kinds of problems that typically arise: life patterns, priorities, children, sex roles, in-laws, and more.

Baker, Ernie. [*Help! Disability Pressures My Marriage!*](#)

Disability enters families in many different ways. Perhaps a genetic abnormality results in a child being born with a disability. Or perhaps a work injury renders a husband or wife unemployable or in need of 24/7 care. The possibilities are endless. Regardless of the cause, disability adds pressure to the marriage relationship. This mini-book is a gift to couples who are looking for biblical help to learn how to respond to their “new normal.”

Foldberg, Carrie. [*Help! I'm in a Painful Marriage*](#)

Many women find themselves in deeply painful marriages as a consequence of their husbands' behavior. Struggling with feelings of embarrassment, shame, or resentment, they can easily fall into hopelessness. Carrie Foldberg, from her experience as a wife and as a biblical counselor, offers practical guidance and solid biblical hope for all suffering wives and directs them to fix their gaze on Christ and listen to his counsel.

Holmes, Jonathan. [*Counsel for Couples: A Biblical and Practical Guide for Marriage*](#)

Many pastors feel ill-equipped to handle the challenges that arise when a couple is going through marital difficulties. They feel lost and inadequate. What do you say? What counsel do you offer? Should I say anything or just listen? Do I schedule a follow-up appointment? Do I ask questions? What questions? If you are or have been in this situation, *Counsel for Couples* offers you a practical guide to get started with the first sessions and then offers specific guidance on nine of the most common topics that come up in marriage counseling. Author and pastor Jonathan Holmes offers a solid, biblical theology and methodology to help you navigate through the world of marriage counseling with the fundamental conviction that God's Word is powerful enough to address the deepest of marital issues, and robust enough to handle whatever might come your way.

Mack, Wayne. [*A Homework Manual for Biblical Living: Family and Marital Problems*](#)

Wayne Mack designed this homework manual for counselors seeking assignments to give counselees, or for individuals seeking practical help in their own struggles. In this volume, Dr. Mack sheds biblical light on family and marital problems. He offers assignments for

husbands and wives and for parents and children on topics such as communication, developing common interests, marriage evaluation, child rearing, and family religion.

Military Marriages

Barrett, Craig. [*Help! I'm Being Deployed*](#)

As is often said in the military, “To be prepared is half the victory,” and soldiers must be prepared for the difficulties ahead. In this booklet, the author prepares individuals, couples, and families for deployment by giving guidance that will help you successfully navigate, walk faithfully, and rest in the gospel.

Green, Rob. [*Leaving Your Family Behind: Preparing for Military Deployment*](#)

As you face deployment, you need more than sympathy and gratitude. You need hope and guidance for yourself and those you love. Rob Green shares timely biblical guidance for the soon-to-be-deployed on trusting God’s deliverance, cultivating a deep spiritual life now, and making the most of the time before you leave.

Green, Rob. [*Reuniting after Military Deployment: Help for the Transition*](#)

Your excitement at the prospect of reunion is tempered with anxiety. You have heard the stories of divorce, discouragement, and depression. Will your account be any different? In *Reuniting after Military Deployment*, Rob Green assures you that successful reunification is possible because of the help found in Jesus Christ. Green offers practical advice for seeking to understand your spouse's struggles, reevaluating schedules and responsibilities, and using your new family time with purpose. By taking steps to intentionally transition out of “deployment mode” and back into the unity God has given you as husband and wife, you can rebuild a family that is stronger than ever.

Marital Unfaithfulness

Marital Unfaithfulness: Booklets

Jones, Robert. [*Restoring Your Broken Marriage: Healing After Adultery*](#)

Anger, fear, despair, guilt, shame. . .when your marriage is broken by adultery, the core struggles of your heart are revealed. But although you and your spouse may be experiencing many of the same emotions, you are standing on opposite sides of a deep abyss—one of you has profoundly hurt the other. Is it possible to bridge the gap between you and heal your marriage? *Restoring Your Broken Marriage* by Robert Jones offers the hope you need in this honest look at one of life’s most difficult experiences. Jones outlines a detailed, practical process to invite God’s presence and power into your marriage. You will learn that God is with you, right in the middle of your broken relationship, and you can depend on Him to do what you can’t—rebuild trust and renew your marriage.

Gembola, Michael. [*After an Affair: Pursuing Restoration*](#)

Michael Gembola writes *After an Affair* to the person who has had an affair and wants help. His writing provides daily guidance and encouragement toward lasting change. Gembola offers reflection questions, plus suggestions for practical actions, so readers can form new habits as they move toward God in repentance and toward their spouse in reconciliation.

Smith, Winston. [*Help! My Spouse Committed Adultery: First Steps for Dealing with Betrayal*](#)

Your spouse was unfaithful. Those four words don't begin to do justice to the horror you are experiencing. Rage, fear, grief, and even numbness are all normal responses to the shock of betrayal. The pain of betrayal is like touching a hot stove. Your instinct is to move away fast. But Winston Smith urges you to not make any quick decisions about the future of your marriage, to instead go to God with your hurt and pain. In *Help! My Spouse Committed Adultery*, Smith offers practical, biblical advice on how to talk with your spouse about the adultery, how to set boundaries, and how to process your emotions in a godly way.

Summers, Mike. [*Help! My Spouse Has Been Unfaithful*](#)

This mini-book is intended for the innocent party in a marriage where there has been adultery. You never dreamed this would happen, but you are reeling from the news that your spouse has been unfaithful. You don't know what to do. The emotions you are feeling are intense. Betrayal, rejection, bitterness, despair—these turn your life into a lonely journey. You stand at a crossroads: the decisions you make now will impact the rest of your life. This book can assist you as you navigate your way through this painful time.

Marital Unfaithfulness: Books

Eyrich, Howard. [*After an Affair: Rebuilding Your Trust/Rebuilding Your Marriage*](#)

After an Affair is about rebuilding trust, then rebuilding and maintaining a marriage after a marriage is devastated by an affair. Cheating on a spouse and lying to cover it up naturally breeds distrust and suspicion. A couple can, however, rebuild trust. The speed and degree of recovery are greatly affected by the actions of the spouse who cheated. Practical strategies rooted in biblical theology will help those who have cheated and who are serious about rebuilding trust and healing their marital relationships.

Ganschow, Julie. [*Living Beyond the Heart of Betrayal: Biblically Addressing the Pain of Sexual Sin*](#)

Has your marriage been touched by sexual immorality? No matter what sexual sin your spouse has committed, when you learned of it, your life was changed. Your world tilted off of its axis and you realized nothing would ever be the same again. But it can be better. Sexual sin does not have to ruin your life or your marriage. It does not define who you are. This book offers the help and healing our Lord offers in understanding and overcoming the pain of a spouse's sexual sin. You will find the God who heals.

Domestic Abuse in Marriage

Domestic Abuse in Marriage: Booklets

Newheiser, Jim. [*Help! Someone I Love Has Been Abused*](#)

Abuse is a growing problem, and those who have been abused need help. This mini-book equips the reader to offer compassionate biblical counsel to a victim of abuse. As well as providing practical instruction on how to help the victim gain safety and deal with the abuser in a biblical way, it points to the victory possible in Jesus Christ, who was abused for His people and who has compassion on all hurting people who turn to Him.

Strickland, Darby. [*Domestic Abuse: Help for the Sufferer*](#)

Domestic abuse is a heartbreaking and very prevalent issue and, sadly, it is no stranger to Christian marriages. Though they are filled with both oppressors and oppressed, many churches have little to say on this issue. If you are being oppressed, this can leave you feeling isolated and alone . . . but you're not alone. Scripture has much to say about your experience, your safety, and God's heart for you. He does not blame you for your suffering and does not tolerate oppression. In fact, He wants to rescue you. Experienced family counselor Darby Strickland helps you to cut through confusion, speak out, and find support, and then determine your next steps. God knows the suffering and wounds of oppression, and He delights in redeeming and rescuing His heartbroken children.

Strickland, Darby. [*Domestic Abuse: Recognize, Respond, Rescue*](#)

Abuse in a marriage is a difficult problem, but there is comfort in knowing that the Bible points the way toward answers. While it may not use the language of victims and abusers, it has plenty to say about the oppressed and their oppressors, and how much God opposes oppression. Experienced family counselor Darby Strickland shows counselors and concerned family and friends how to recognize and uncover abuse, then uses Scripture to show what is truly happening in oppressive marriages. She explains how abuse confuses the oppressed into thinking they are to blame, then equips us to be the wise, informed defenders and advocates they need. Learn how to walk patiently with victims and guide abusers toward repentance, through Strickland's concrete suggestions for comforting and protecting the oppressed while reorienting the heart of the oppressor.

Domestic Abuse in Marriage: Books

Dryburgh, Anne. [*Debilitated and Diminished: Help for Christian Women in Emotionally Abusive Marriages*](#)

Debilitated and Diminished is written for those who are seeking to help Christian women who are being emotionally abused by their husbands. It provides a definition of emotional abuse, describes the behaviors involved and the effects of these behaviors upon the victim.

A biblical approach for helping these women is proposed that looks at human nature, marital roles, and what it means for her to live in Christ. Suggestions are given as to how the church can be a support to the emotionally abused woman.

Holcomb, Lindsey and Justin Holcomb. [*Is It My Fault? Hope and Healing for Those Suffering Domestic Violence*](#)

Is It My Fault? is a message of hope and healing to victims who know too well the depths of destruction and the overwhelming reality of domestic violence. At least one in every three women have been beaten, coerced into sex, or abused in their lifetime. The effects of domestic violence are physical, social, emotional, psychological, and spiritual, and can have long-lasting distressing consequences. It is common for victims of domestic violence to suffer from ongoing depression and recurring nightmares, self-harm, panic attacks, substance abuse, and more. *Is It My Fault?* addresses the horrific issue of domestic violence with the powerful and transforming biblical message of grace and redemption. It deals with this devastating problem and sin honestly and directly without hiding its prevalence today.

Moles, Chris. [*The Heart of Domestic Abuse: Gospel Solutions for Men Who Use Control and Violence in the Home*](#)

Domestic abuse and violence are on the rise in our culture today, and just as prevalent in the church. With an estimated one-fourth of women in the church living with abuse and violence, pastors and biblical counselors need to have the resources to offer hope and help. It is time for godly men in the church to call abusive men to repentance and accountability. Here is a valuable resource for every church leader and Christian man.

Anger and Self-Centeredness in Marriage

Hambrick, Brad. [*Self-Centered Spouse: Help for Chronically Broken Marriages*](#)

Anyone who is married is a self-centered spouse, but when this all-too-common sin becomes severe and chronic, it results in a marital environment of abuse or neglect—leaving the victimized spouse feeling trapped and hopeless. How might this hopelessness change if we knew that Jesus addressed just such chronically broken relationships? Brad Hambrick examines Jesus' teachings about relationships to show us how we can turn the other cheek while keeping away from unhealthy and destructive paths.

Welch, Ed. [*Living with an Angry Spouse: Help for Victims of Abuse*](#)

You married someone you trusted, and now you are facing unpredictable anger or outright physical abuse. This is betrayal at its worst. Most likely you are numb, scared, confused, and paralyzed. How do you take a step when you are so afraid? Ed Welch shares how hope and change come from knowing the God who hears you and promises to deliver you. He has the power to fill you with His love—a love that is patient, kind, and says no to injustice.

Sexual Abuse and Marriage Counseling

Note: See additional resources in the individual resource list under “Sexual Abuse: Healing and Hope in Christ.”

Holcomb, Justin, and Lindsey Holcomb. [*Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*](#)

The statistics are jarring. One-in-four women and one-in-six men are or will be victims of sexual assault in their lifetime. But as sobering as the statistics are, they don't begin to speak to the darkness and grief experienced by these victims. Because sexual assault causes physical, psychological, emotional, and spiritual pain, victims need clear help, hope, and healing. In *Rid of My Disgrace*, a couple experienced in counseling victims of sexual assault explains how the grace of God can heal the broken and restore the disgraced. Justin and Lindsey Holcomb outline an approach for moving from destruction to redemption. While avoiding platitudes and shallow theology, *Rid of My Disgrace* combines biblical and theological depth with up-to-date research. This book is primarily written for those who have been assaulted (either as children or adults) but also equips family, friends, pastors, and others to care for victims in ways that are compassionate, practical, and informed.

Kellemen, Bob. [*Sexual Abuse: Beauty for Ashes*](#)

Sexual abuse ravages the soul, causing unimaginable distress, damage, and disgrace. It is faced honestly and openly in the Bible—but can the church truly help those who have been sexually abused? Bob Kellemen says, “Yes, it can;” and using the biblical story of Amnon and Tamar (2 Samuel 13), he compassionately portrays the damages done by sexual abuse and the relevancy of God's Word for this difficult topic. He then takes us on a journey toward healing—helping sufferers to reclaim beauty from the ashes of abuse and to move from victim to victor in Christ.

Marriage, Separation, Divorce, and Remarriage

Adams, Jay. [*Marriage, Divorce, and Remarriage in the Bible*](#)

If the church is going to use the Bible to decide whether divorce is legitimate in certain cases and whether divorced couples have the right to remarry with the approval and blessing of God's people, then the Bible must be studied without prejudice toward a particular answer. The author examines the relevant passages in both the Old and New Testaments so that his readers can consider the many issues and interpretations that arise in trying to establish a consistently biblical position.

Baker, Amy. [*You're Divorced: Now What?*](#)

You may have grown up in a *Leave It to Beaver* type home, with two parents who loved each other and worked hard to teach you right and wrong. Or perhaps you grew up in a

home full of strife. You may have determined at a young age, “I will never let this happen to me.” And now here you are. What you thought would never happen has happened. You’re divorced. Now what?

Grissom, Steve. [*Divorce Care: Hope, Help, and Healing During and After Your Divorce*](#)

Encourages anyone struggling with divorce to seek healing through Christ, no matter what stage he or she may currently be going through, offering insight and personal testimonies from those who have found healing in the midst of their pain.

Newheiser, Jim. [*Marriage, Divorce, and Remarriage: Critical Questions and Answers*](#)

Jim Newheiser explores forty crucial questions relating to the complexities of marriage, divorce, and remarriage—unpacking the answers given in God’s Word. This useful reference work for pastors, counselors, and personal study can also be read straight through for a scriptural overview of the topic or assigned in small sections to counselees.

Priolo, Lou. [*Divorce: Before You Say “I Don’t”*](#)

This hard-hitting booklet is designed to persuade people who are pursuing divorce—on other than biblical grounds—to reconsider their plans. Lou Priolo lays out the consequences of an unbiblical divorce and refutes nine common justifications that he has heard in his many years of biblical counseling. He also addresses the issue of being “in love” with someone other than one’s spouse.

Priolo, Lou. [*Picking Up the Pieces: Recovering from Broken Relationships*](#)

When a romantic relationship is torn apart, it can wreak havoc in the lives and emotions of everyone involved. The pain is all the worse if you were not the one who wanted the relationship to end. You can find relief even when you feel forsaken, because true healing comes from the One who will never forsake you. If you are hurting after a broken relationship, here is much-needed counsel and biblical guidance to lead you away from heartache and into a healthier, happier, and holier relationship with Christ.

Rooks, Linda. [*Fighting for Your Marriage While Separated: A Practical Guide for the Brokenhearted*](#)

In this practical, gospel-centered book on the subject of separation, men and women who are separated but hopeful for restoration will discover life-changing truths about God, themselves, and their marriages. *Fighting for Your Marriage While Separated* by Linda Rooks explores practical answers for men and women in the midst of a marriage crisis. From diving into topics such as relationship dynamics and healing, protecting children, and praying for restoration, to deciding on boundaries and learning to live with the same spouse in a new marriage, Rooks illustrates what rebuilding a marriage looks like—and how the sweet intimacy of Christ is in the waiting.

Smith, Winston. [*Divorce Recovery: Growing and Healing God's Way*](#)

The pain of divorce has many different faces: the end of your hopes and dreams for your marriage; a life full of unwanted changes; and the daily struggle with a mixture of grief, fear, guilt, and anger. Is recovery possible? Winston Smith, using biblical principles, guides you through the unsettling changes you and your children are facing and gives you specific directions for facing each day. You will discover that God is with you, right in the middle of this painful situation. God delights in restoring what is broken. He will heal your wounds and grow you in new and surprising ways through this hard time.

Smith, William. [*Starting Over: How Not to Screw Up Your Next Relationship*](#)

Your last relationship didn't work out. You got hurt, and maybe you also hurt someone else. Now what? Perhaps you are thinking about starting over with someone new, but you're nervous and wondering if you are really ready for another relationship. In *Starting Over*, William Smith tackles head-on the issues you need to face as you think about starting a new relationship: past hurts, learning to trust someone new, and understanding your own failings and mistakes. You will be reassured that God is at work in your life, and that growing in your trust and love for him will free you to love well those he puts in your life.

Biblical Counseling Resources for Parenting and Family Life

Note: Rather than alphabetical, this listing of parental and family resources is chronological (broad gospel-centered principals of parenting, parental evangelism, parenting young children, parenting adolescents, parenting adult children, etc.) and topical.

Preparing for Parenting

Green, Rob, and Stephanie Green. [*Tying Their Shoes: A Christ-Centered Approach to Preparing for Parenting*](#)

Through a gospel-centered approach to parenting, *Tying Their Shoes*, lays the foundation for expecting parents to welcome a new addition into their home in light of the gospel. First-time soon-to-be parents and parents expecting an additional child will find Christ-centered hope, practical advice, and encouragement toward parental unity. Through both a mother's and father's perspective, Rob and Stephanie Green dive into the goal of parenting, the blessings of parenting, and learning to discipline, as well as physical intimacy in marriage, pregnancy and labor, and other practical realities of first-time parents.

Juliani, Barbara. [*Preparing for Motherhood: The Inside Scoop on Your New Job*](#)

You're expecting the arrival of a new little one any day. You've done your best to prepare, but you still have questions. Am I ready for this? Will I be a good mother? What if I make a mistake? Will my baby be okay? In *Preparing for Motherhood*, Barbara Juliani helps you untangle the sources of your worries and leads you to Christ as the one who cares and provides for you and your baby. Offering helpful Scriptures to guide your mind and heart, she walks you through many of the practical realities of motherhood that provide opportunities to grow in faith and to trust God with your child.

Gospel-Centered Parenting

Farley, William. [*Gospel Powered Parenting: How the Gospel Shapes and Transforms Parenting*](#)

"How can I hope to be an effective parent today when attacks on the family are stronger than ever before?" The answer, says Farley, is the gospel. Parents who claim the gospel as their own have an enormous effect on their marriage, their integrity, and their love for their children. Keeping the gospel at the forefront of every aspect of marriage helps parents fear God, sensitizes them to sin, motivates them to enter their children's world, and causes them to preach the beauty of the gospel to their children through their marriage.

Fitzpatrick, Elyse, and Jessica Thompson. [*Give Them Grace: Dazzling Your Kids with the Love of Jesus*](#)

Give Them Grace is a revolutionary perspective on parenting that shows us how to receive the gospel afresh and give grace in abundance, helping our children know the dazzling love of Jesus and respond with heartfelt obedience.

Kellemen, Bob. [*Raising Kids in the Way of Grace: 5 Practical Marks of Grace-Focused Parenting*](#)

As Christians, we have first-hand experience of God's amazing grace and love. But as parents, we can be unsure how to communicate Christ's grace as we parent our children. We recognize that being a Christian parent means more than just taking our kids to church and opening up the Bible with them, but we can often feel unsure of exactly how being a Christian should impact our parenting. Experienced pastor, counselor, writer, and father, Bob Kellemen, blends practical principles and a focus on God-dependent living to explain how we can bring our knowledge and experience of God's grace to bear on the daily joys and challenges of family life. In *Raising Kids in the Way of Grace*, he explains how we can mirror our heavenly Father through 5 practical marks of grace-focused parenting. Short enough to read in one sitting, but packed with biblical wisdom, you'll want to keep this book handy to dip into for counsel, encouragement, and support on your parenting journey.

Köstenberger, Andreas, with David Jones. [*God, Marriage, and Family: Rebuilding the Biblical Foundation*](#)

In this second edition of *God, Marriage, and Family*, Köstenberger and Jones explore the latest controversies, cultural shifts, and teachings within both the church and society and further apply Scripture's timeless principles to contemporary issues. This new edition includes an assessment of the family-integrated church movement; discussion of recent debates on corporal punishment, singleness, homosexuality, and divorce and remarriage; new sections on the theology of sex and the parenting of teens; and updated bibliographies. This book will prove to be a valuable resource for personal and group study, Christian counseling, and marriage and family courses.

Lowe, Julie. [*Child Proof: Parenting by Faith, Not Formula*](#)

As a freedom-over-formula parenting book for parents of all ages, *Child Proof* provides biblical insight and encouragement for readers who want to parent by faith. As an experienced counselor of children and families and an adoptive and foster mom, Julie Lowe uses Scripture and biblical wisdom to teach parents how to know their children and specifically love them with the love of Christ. This parenting book lays a foundation of parenting by faith and progresses by teaching parents how they can know their own children well and parent accordingly. By establishing a mindset rather than a model or a step-by-step "how to" approach to parenting, *Child Proof* empowers parents to craft with their own blueprint for their families through a biblical framework.

Moore, Russell. [*The Storm-Tossed Family: How the Cross Reshapes the Home*](#)

The Storm-Tossed Family teaches readers whether you are married or single, whether you long for a child or shepherding a full house, you are part of a family. Family is difficult because family—every family—is an echo of the gospel. Family can be the source of some of the most transcendent human joy, and family can leave us crumpled up on the side of the road. Family can make us who we are, and family can break our hearts. Why would this social arrangement have that much power, for good or for ill, over us?

Newheiser, Jim. [*Parenting Is More Than a Formula*](#)

Many parents strive to find a formula guaranteed to make their kids turn out right, and there are plenty to choose from perhaps too many. Are any of the methods worthwhile? Where should a parent start? Jim Newheiser provides insight into the jungle of parenting formulas and techniques, critiquing them against the only faithful guideline for raising children and for all the rest of life God's Word. He teaches parents how to discern the value of different formulas, explains why they often fail and what truly determines how children turn out, and encourages them with the only plan for parenting that is founded on authority we can trust: the gospel, which is bigger than any formula.

Tautges, Paul. [*Raising Kids in a "You Can Do It!" World*](#)

The world teaches our kids they are awesome and they can achieve anything they want. As parents, this can seem an attractive message; we want our children to succeed, be happy, and have confidence. But as Christians we also want our children to grow up knowing and loving Jesus. It can be difficult to know how we can encourage and build up our children while also teaching them they are sinners in need of grace. Paul Tautges, an experienced pastor and father, helps us navigate this "You can do it world" through 8 helpful signposts. With gentleness, practical advice, and biblical wisdom, he explains how we can train our children in humility, helping them to see how awesome God is and how true self-confidence comes from finding their identity in Christ.

Tripp, Paul. [*Parenting: 14 Gospel Principles That Can Radically Change Your Family*](#)

In this life-giving book, Paul Tripp offers parents much more than a to-do list. Instead, he presents us with a big-picture view of God's plan for us as parents. Outlining fourteen foundational principles centered on the gospel, he shows that we need more than the latest parenting strategy or list of techniques. Rather, we need the rescuing grace of God—grace that has the power to shape how we view everything we do as parents.

Parental Evangelism of Children

Klumpenhower, Jack. [*Show Them Jesus: Teaching the Gospel to Kids*](#)

Millions of church kids are growing up and deciding to leave the church. They listened attentively in Sunday school, made friends, and seemed committed. But one day, they quit. What happened? The Bible says we love God because He first loved us. So if we are not primarily teaching our kids about God's love for us in Christ, we may miss our opportunity to capture their hearts. But what does it look like to teach a gospel-centered lesson? *Show Them Jesus* is an instruction manual for teachers of kids and teens written by a lay Bible teacher with 30 years' experience. Klumpenhower's book helps teachers to identify and communicate the heart of the gospel to each child in each lesson. Conventional wisdom says, "Make class more fun!" Or just, "Make it easier!" But *Show Them Jesus* challenges the culture of low-stakes, low-expectations teaching and invites teachers to do nothing less than teach and treasure the good news of Jesus in every lesson.

Machowski, Marty. [*Leading Your Child to Christ: Biblical Direction for Sharing the Gospel*](#)

You want to lead your child to Christ, but you often wonder exactly what you should be saying and sharing with your child. How do you know what parts of the gospel to share? How do you know if your child is really understanding the good news of the gospel or just trying to please you? In *Leading Your Child to Christ*, Marty Machowski brings decades of experience in children's ministry and as a parent to the task outlining the core truths of the gospel and explaining them in ways a child can understand. Using reflective questions, he helps you understand how to live the gospel openly with your children, allowing them to see how Christ is changing you, as well as how He desires to love and bring change to their lives.

[*God's Gospel: Making Him Known*](#)

In *God's Gospel*, Jill Nelson guides parents and their young children through the basics of the gospel, exploring theological topics in easy-to-understand, kid-friendly language. At the end of each lesson, Nelson includes additional questions for reflection and family activities that will help children to remember what they have learned. This full-color, illustrated book is an ideal devotional tool for families with young children. Covering such questions as "What is sin?" and "Why did Jesus die on the cross?" *God's Gospel* leads kids through God's plan to save His people from their sins, directing readers to Jesus as their personal Savior.

Family Worship and Devotions

Helm, David, Editor. [*Big Beliefs!: Small Devotionals Introducing Your Family to Big Truths*](#)

Big Beliefs! is a devotional expressly intended to enable parents to succeed and children to grow in grace and knowledge. Three weekly readings accompanied by suggested Scripture passages introduce and simply explain thirty-three key theological concepts found in the

Westminster Confession of Faith (included in its entirety, in modern English). Questions following each reading will help you to start a conversation about what you have learned each day. This nonthreatening, encouraging devotional will make a comprehensive beginning to your child's understanding of Christianity's *big beliefs*.

Helopoulos, Jason. [*A Neglected Grace: Family Worship in the Christian Home*](#)

Pastor Jason Helopoulos calls parents and church leaders to reclaim the practice of family worship. This indispensable means of grace directs our children to seek Christ daily, preparing them to go out into the world as fully functioning Christian adults, who love Christ and see all of life in relation to Him.

Kruger, Melissa. [*5 Things to Pray for Your Kids*](#)

Whatever their age, the most important thing we can do for our children is to pray for them. But where do we start? This little guide is both deep and do-able. Melissa Kruger helps us step out of the busyness of family life and pray for our children's spiritual growth and character development in 21 key areas. For each chapter, there are five short prayer prompts drawn straight from the Bible. Use this book in any number of ways: work through it as part of your daily quiet time, or pick it up whenever a particular need arises. It will help you to pray meaningfully for your child, grandchild, godchild, or kids in your church from tots to teens, and every age in between.

Meade, Starr. [*Comforting Hearts, Teaching Minds: Family Devotions Based on the Heidelberg Catechism*](#)

One of the church's most acclaimed and best beloved catechisms is the Heidelberg Catechism. Teaching its comforts to children has never been easier. This book of daily readings: provides a year—or more—of family devotions, aids study by devoting six to twelve days to the questions of each Lord's Day section, explains the catechism in simple language, provides six to twelve meditations on the main points of each section, takes just a few minutes each day, allowing time for discussion and review, is useful in the home, church, or classroom

Meade, Starr. [*Training Hearts, Teaching Minds: Family Devotions Based on the Shorter Catechism*](#)

Does your child know the key biblical teachings about God the Father, the Lord Jesus Christ, and the Holy Spirit? What about salvation, Scripture, and the sacraments? Can he or she recite the Ten Commandments and the Lord's Prayer? Catechisms were once used as instructional guides to help children memorize basic Christian doctrines. Today, however, the church focuses on teaching Bible stories, which are often used to moralize children and equip them to win Bible trivia contests! Recognizing this deficit, Starr Meade has provided Christian parents and churches with a tool for imparting doctrinal instruction to their children. *Training Hearts, Teaching Minds* guides families through the questions and

answers in *The Westminster Shorter Catechism in Modern English*. Each question and answer of the catechism has six days' worth of devotional readings for families to share.

Michael, Sally. [*God's Battle: Making Him Known*](#)

Whether he consciously takes sides or not, every person is in the middle of spiritual warfare. None of us can choose to sit on the sidelines—even our children are not exempt! So rather than trying to shield them from the very real war around them, why not equip them, as early as possible, to take an active role? Sally Michael provides the framework for parents to train their children in the fight of faith. In this full-color, illustrated “battle plan,” she uses the gospel message to introduce children to the state of their hearts, then awakens them to the many battlegrounds that surround us—both from our own sinful hearts and from the enemy’s attacks. She then encourages children to be fighters, giving them a biblical battle strategy to depend on God, resist the enemy, and stand strong!

Michael, Sally. [*God's Promise: Making Him Known*](#)

God has given all His children many promises through His Word as gifts that flow from His goodness and love. Each one is backed up by His power and trustworthy character, so we can be confident in them. This book, for parents and children to read together, will help children learn these promises and put their confidence in them. Each chapter looks at a new promise and explores it in the context of a Bible story. God has left His promises with His people so they can trust Him...and through these pages your children can trust Him too.

Michael, Sally. [*God's Word: Making Him Known*](#)

We all make sure our children know the stories from the Bible. But can they understand their meaning and know the Storyteller behind them? Sally Michael shows us that even young children can understand the Bible’s message of sin and redemption, because God wrote it to everyone, young and old. In *God's Word* she provides a captivating, child-friendly resource for parents to approach the Bible with their children and to involve them in reading it for themselves. Her exploration of the Word addresses how it came to us, what it tells us about its Author, what it tells us about ourselves, and why it is the most special book ever written. After children learn about the Bible and how to read it, she takes them a step further and teaches them to be doers of what they read.

Michael, Sally. [*God's Wisdom: Making Him Known*](#)

Every day our children are confronted with the call of wisdom and the call of foolishness. Which call will they answer? All of us, down to the youngest child, start out on the path of foolishness because we are born with foolishness in our hearts. Only God can incline your child’s heart toward the path of wisdom—and He can use your example and diligent instruction to do it. Through these biblical teachings and stories, Sally Michael describes for parents and children the characteristics of the foolish and the wise, contrasts for them the way of wisdom with the way of foolishness, and shows them the end result of each path.

Michael, Sally, and Gary Steward. [*God's Design: Making Him Known*](#)

Parents celebrate both the sons and the daughters that God gives them. It's more important than ever to teach those sons and daughters to celebrate who God made them, too. Through this illustrated guide, parents can begin the discussion with both boys and girls about God's wise and beautiful design for them. Wrong ideas about gender identity are lining up to influence our children, and they are no longer too young to learn what it means to be men and women! Sally Michael and Gary Steward partner to bring a male-and-female approach to the topic of gender roles—one that is united together under the authority of God's plan in His Word. Through examples and stories from Scripture, they present this difficult topic delicately and in a way that even the youngest children can understand. Don't leave your children to be confused or ashamed of who they are—help them to rejoice in who God designed them to be!

The Gospel Coalition. [*The New City Catechism for Kids: Children's Edition*](#)

The New City Catechism for Kids is a modern-day resource aimed at teaching the core doctrines of the Christian faith to children ages 4–to-11. This 64-page booklet contains each of the 52 easy-to-understand questions and short answers found in *The New City Catechism* designed to help children understand who God is and what he has done. With answers that are short enough for children to read, understand, and memorize, this low-cost booklet is designed for bulk distribution and is ideally suited for Sunday school classes, Christian schools, and homeschooling families. This resource is sold both individually and as part of the curriculum kit.

Thompson, Jessica. [*Exploring Grace Together: 40 Devotionals for the Family*](#)

Children need more than behavior modification. They need the gospel. But every parent knows how hard it can be to communicate the truth of God's Word and the message of God's grace in a way that engages the hearts, minds, and affections of the little ones we love so much. Assisting parents with this high calling, Jessica Thompson offers us an alternative to merely telling our kids what they must *do* to please God and be a "good Christian." Designed for the whole family, this collection of gospel-centered devotionals will help you teach your children to treasure and rely on Jesus more than anything else.

Whitney, Don. [*Family Worship*](#)

Gathering together for worship is an indispensable part of your family's spiritual life. It is a means for God to reveal himself to you and your loved ones in a powerful way. This practical guide by Donald Whitney will prove invaluable to families—with or without children in the home—as they practice God-glorifying, Christ-exalting worship through Bible reading, prayer, and singing. Includes a discussion guide in the book for small groups.

Parental Teaching of Young Children

DeYoung, Kevin. [*The Biggest Story*](#)

From Adam and Eve in the garden of Eden to Zion and the new creation, the Bible is telling one big story—the story of God’s promise to deliver his people. Kevin DeYoung, best-selling author of *The Biggest Story*, has written a new board book to help kids ages 1-to-3 to make connections from Genesis to Revelation and from A to Z. Each page introduces a new letter of the alphabet with engaging and whimsical illustrations from award-winning artist Don Clark, retelling the biblical narrative in one continuous story. This board book is a fun way for parents to introduce their small children to the big story of the Bible.

Lloyd-Jones, Sally. [*Found: Psalm 23 \(Jesus Story Bible\)*](#)

From the bestselling *The Jesus Storybook Bible*, comes *Found* based on Psalm 23. Little ones will fall in love with this padded cover board book that reminds them of God’s Never Stopping, Never Giving Up, Unbreaking, Always and Forever Love.

Lloyd-Jones, Sally. [*The Jesus Story Bible: Every Story Whispers His Name*](#)

The Moonbeam Award Gold Medal Winner in the religion category, *The Jesus Storybook Bible* tells the Story beneath all the stories in the Bible. At the center of the Story is a baby, the child upon whom everything will depend. Every story whispers his name. From Noah to Moses to the great King David—every story points to Him. He is like the missing piece in a puzzle—the piece that makes all the other pieces fit together. From the Old Testament through the New Testament, as the Story unfolds, children will pick up the clues and piece together the puzzle. A Bible like no other, *The Jesus Storybook Bible* invites children to join in the greatest of all adventures, to discover for themselves that Jesus is at the center of God’s great story of salvation—and at the center of their story too.

Machowski, Marty. [*The Ology: Ancient Truths, Ever New*](#)

Truth is for kids, not just for adults! So *The Ology* gives kids of all ages a beginner’s theology book to help them understand who God is and how we, as His children, relate to Him. Arranged within a traditional systematic theological framework, each truth in *The Ology* is also connected to the larger redemptive story of Scripture. The doctrine of God, for example, is presented in the larger framework of creation, where the attributes of God are on display and easier to understand. Designed for six-year-olds through preteens, this flexible resource includes built-in adaptations for use with younger or older children, so that entire families can enjoy it together. Read *The Ology* to preschoolers, read it with grade-school kids, and let older kids discover the hidden truths by reading the corresponding Scripture passages for each section.

Powlison, David. [*Jax's Tail Twitches: When You Are Angry*](#)

Everyone gets frustrated when something important to them goes wrong. In *Jax's Tail Twitches*, the Squirrel family ends up out of sorts when acorn gathering doesn't go according to plan. Although Papa, Mama, Jax, and Caspian Squirrel all get angry, they also learn about the power of saying sorry, seeking forgiveness, remembering God's words, and praying together. *Jax's Tail Twitches* ends with a special section that guides parents in teaching children how the gospel of Jesus Christ changes how we respond when life goes wrong. Also included is a tear-out page of Back Pocket Bible Verses that will help children and adults remember to turn to God for help when they are angry.

Powlison, David. [*Zoe's Hiding Place: When You Are Anxious*](#)

This beautifully illustrated book invites children to remember that the Lord is near when they are anxious. Zoe, a fearful mouse, is worried about a class trip. As she talks with her parents, Zoe realizes that she can turn to God for help. Papa Mouse gives her a verse from the Great Book that she can read when she is afraid. She learns she can tell God all about her fears, and He will comfort her. Also included is a tear-out page of Back Pocket Bible Verses that give children a practical way to remember God's words when they are afraid.

Welch, Ed. [*Buster's Ears Trip Him Up: When You Fail*](#)

Buster was sure he was the fastest bunny in the meadow. But during a race at summer camp, nothing goes as planned and Buster gets tripped up. After his epic fall, his older sister, Ivy, helps him see that failure is an opportunity to grow. As Buster remembers God's love, he is able to let go of others' opinions and accept that it is okay to try your best but not always be the best. Edited by Ed Welch, *Buster's Ears Trip Him Up* ends with a special section that guides parents in teaching children how the gospel of Jesus Christ comforts and sustains us through failure and turns our focus away from ourselves and toward others.

Parental Teaching and Discipleship

Carter, Joe. [*The Life and Faith Field Guide for Parents: Help Your Kids Learn Practical Life Skills, Develop Essential Faith Habits, and Embrace a Biblical Worldview*](#)

As a Christian parent, you want your children to develop good character and godly wisdom. But how do you go beyond hoping and praying to teaching them ethical knowledge, practical skills, and virtuous habits? This innovative guide provides practical, effective ideas you can use to help your children build their faith and character in 50 ways. Once you grasp these concepts and discover how to teach them, you will be able to successfully shape the character and worldview of your child or teenager.

Chandler, Lauren. [*Goodbye to Goodbyes*](#)

Jesus knew how scary it is when someone gets really sick. He knew how sad it is when someone dies. Jesus cried when his friend, Lazarus, died. But he did something at his friend's tomb that changed everything. He showed that he came to give his friend's life in the land that lies after our dying. In this vivid, moving and exciting retelling of the story of Lazarus, Lauren Chandler helps children understand how Jesus makes all the difference to death. Children will see that because Jesus rose from death, he has power over it and all who believe in him will also rise, just as Lazarus did.

Denhollander, Rachael, [*How Much Is a Little Girl Worth?*](#)

How Much Is a Little Girl Worth? is Rachael Denhollander's tender-hearted anthem to little girls everywhere, teaching them that they have immeasurable worth because they are made in the image of God. Armed with this understanding, girls will develop confidence in their own value and blossom into women who can face any challenge life puts in their path. This powerful message, paired with vivid, glowing illustrations, will make you want to snuggle up with your little girl and remind her of how precious and treasured she is.

Fitzpatrick, Elyse, and Jessica Thompson. [*Answering Your Kids' Toughest Questions: Helping Them Understand Loss, Sin, Tragedies, and Other Hard Topics*](#)

What should you say when your five-year-old asks about his dying grandma? Or, when your seven-year-old wonders if the devil is real? When it comes to the dark and tragic aspects of our world, it can be hard to know what to say and how much. Mother/daughter team Elyse Fitzpatrick and Jessica Thompson walk you through difficult conversations, one topic at a time. Speaking from personal experience and informed by child development research, these two moms offer practical insights and age-appropriate guidance.

Mulvihill, Josh. [*Preparing Children for Marriage: How to Teach God's Good Design for Marriage, Sex, Purity, and Dating*](#)

"My kids are way too young to be thinking about dating and marriage already! Why would I begin 'the talk' now, before they've even started asking questions?" Many parents find it difficult to broach these topics with their children, especially in age-appropriate ways. But our choice is no longer between teaching them now or later—if we do not reach them first, our culture is happy to step in with messages of its own. *Someone* is going to shape our children's beliefs—so the time to start biblical conversations is now! In this foundation-laying book, Josh Mulvihill offers theological training for a critical area of parenting. He walks parents through how to begin conversations, then teaches them God's purpose for dating, marriage, and sex so they can pass this teaching on to their children.

Peace, Martha, and Stuart Scott. [*The Faithful Parent: A Biblical Guide to Raising a Family*](#)

Parents and children need a lot of help from the One who is perfect and who understands our need God himself. Peace and Scott emphasize your family's most important relationship: its relationship with God.

Priolo, Lou. [*Teach Them Diligently: How to Use the Scriptures in Child Training*](#)

Some of today's Christian parenting resources fail to emphasize what is perhaps the most important aspect of true biblical parenting. That is, how to relate the Bible to the raising of our children in actual, practical ways. Whatever else you are doing to equip your children, do you know how to use the Bible for doctrine, reproof, correction, and instruction in righteousness with your children?

Tripp, Tedd, and Margy Tripp. [*Instructing a Child's Heart*](#)

From interaction with their peers to the instruction and correction that they receive at home, Children interpret their experience from a worldview that seeks to answer their fundamental questions: "Who am I? What do I exist for? Where can I find joy?" We need to provide our children with a consistent, persuasive, biblical framework for understanding the world God has made and their place in it. The instruction that you provide for them not only informs their mind; it is directed to persuading their hearts of the wisdom and truthfulness of God's ways. Impress truth on the hearts of your children, not to control or manage them, but to point them to the greatest joy and happiness that they can experience—delighting in God and the goodness of his ways.

Ware, Bruce. [*Big Truths for Young Hearts: Teaching and Learning the Greatness of God*](#)

Sure, it's easy to teach your children the essentials of Christian theology when you're a theology professor. But what about the rest of us? With *Big Truths for Young Hearts*, Bruce Ware, you guessed it, a theology professor, encourages and enables parents of children 6-14 years of age to teach through the whole of systematic theology at a level their children can understand. Parents can teach their children the great truths of the faith and shape their worldviews early, based on these truths. The book covers ten topics of systematic theology, devoting several brief chapters to each subject, making it possible for parents to read one chapter per day with their children.

Younts, John. [*Everyday Talk: Talking Freely and Naturally About God with Your Children*](#)

The most important conversations you will have with your kids will be in the context of everyday life. In *Everyday Talk*, John Younts explains how to use ordinary conversations to talk to your kids about God and His world.

Parental Discipline

Adams, Jay. [*Christian Living in the Home*](#)

Christians will find this volume full of practical, biblical advice on Christ-centered family living, communicating with family members, family guidance and discipline, living with an unbelieving spouse, and many other areas. Pastors, counselors, and study groups will value this work for its insight, clarity, and faithfulness to God's Word.

Crabtree, Sam. [*Parenting with Loving Correction: Practical Help for Raising Young Children*](#)

This book helps you better understand loving correction through clear steps and practical tips aimed at transforming not only your children's behavior but also their hearts. Rooted in three principles—keep it God-centered, mean what you say, and reward obedience rather than disobedience—this is a guide to consistent, faithful discipline that mirrors the grace-giving, truth-speaking God of the Bible and sets the tone for a loving, joy-filled home.

Emlet, Michael. [*Angry Children: Understanding and Helping Your Child Regain Control*](#)

If you have an angry child you are most likely worn out, confused, and looking for answers to questions like: "How can I prevent these anger storms in my child?" "Why does this rage seem to explode out of nowhere?" Michael Emlet offers you needed help by explaining both the deeper heart issues and possible physical weaknesses that can fuel a child's angry explosions. Then, using his experience as a doctor, counselor, and parent, he applies the truths of the Bible to your child's struggles with anger and outlines practical strategies for helping your child learn self-control.

Hubbard, Ginger. [*Don't Make Me Count to Three!: A Mom's Look at Heart-Oriented Discipline*](#)

Do you find yourself threatening, repeating your instructions, or raising your voice in an attempt to get your children to obey? Are you discouraged because it seems you just can't reach the heart of your child? Through personal experience and the practical application of Scripture, Ginger Hubbard encourages and equips moms to reach past the outward behavior of their children and dive deeply into the issues of the heart.

Smith, William. [*How Do I Stop Losing It With My Kids? Getting to the Heart of Your Discipline Problems*](#)

The kids are hungry, dinner is late, everyone's tired, and then it happens—you lose control and blow up at them again. Is losing control with our children inevitable in our busy world? Or is there a better way? Learn from William Smith a better way to relate to your children than with irritation, anger, and harsh words. Drawing on his counseling and parenting experiences, he explains why you lose control with your children, and then offers strategies that will help you change the way you relate to your children when you're under pressure.

Tautges, Paul, and Karen Tautges [*Help! My Toddler Rules the House*](#)

We live in a society dominated by child-centered parenting. A typical walk through a shopping mall or grocery store, often reveals this sad truth. The whining and misbehavior of out-of-control children leads the discerning person to ask, Just who is in charge anyway? In this book, the seasoned parents of ten children provide frazzled moms and dads with practical counsel for bringing order to their home. What's the key? Instilling respect for God-given authority at an early age. How can this be done? By the faithful application of firm, loving discipline. Here is sound, practical counsel for today's parents.

Tripp, Tedd. [*Shepherding a Child's Heart*](#)

Written for parents with children of any age, this insightful book provides perspectives and procedures for shepherding your child's heart into the paths of life. *Shepherding a Child's Heart* gives fresh biblical approaches to child rearing.

Wallace, Sara. [*For the Love of Discipline: When the Gospel Meets Tantrums and Time-Outs*](#)

Biblical discipline is holistic; its ultimate goal is a child's growth in Christ. Written by a mom, *For the Love of Discipline* works through typical discipline issues from a gospel perspective, offering personal examples, teaching practical strategies, and showing how to pursue discipline skills. Moms will stop spinning their wheels in quick fixes and behavior management and find renewed strength in God's plan for their children's instruction.

Family Communication and Conflict Resolution

Jones, Robert. [*Pursuing Peace: A Christian Guide to Handling Our Conflict*](#)

We all have conflict in our life. We encounter it in our home, our workplace, our school, or even our church. All around us tensions exist and disputes persist. Robert Jones offers a step-by-step process for pursuing peace in all our relationships and a tool we can use to help others. This guide is biblical, Christ-centered, practical, and proven. Packed with wisdom and practical techniques, this book on reconciliation will send you on your way to pursuing peace while helping others to do the same.

Mack, Wayne. [*Your Family, God's Way: Developing and Sustaining Relationships in the Home*](#)

Your Family God's Way offers biblical insight and practical wisdom into two crucial areas of family life: communication and conflict resolution. Mack alerts us to pitfalls of faulty communication, such as "undertalk" and "overtalk," poor listening, forms of falsehood, and "circuit jammers" to communication. He examines why families fight and explains the key to turning family discord into harmony.

Sande, Ken, and Kevin Johnson [*Resolving Everyday Conflict*](#)

Ken Sande, author of the bestselling classic *The Peacemaker*, has long been a trusted resource on the topic of conflict resolution. In *Resolving Everyday Conflict*, Sande distills his message to the essentials, quickly equipping readers with the tools they need to bring peace to their relationships. *Resolving Everyday Conflict* is a practical, biblical, concise guide to peacemaking in everyday life that can turn tumultuous relationships into peaceful ones.

Sande, Ken, and Tom Raabe. [*Peacemaking for Families: A Biblical Guide to Manage Conflict in Your Home*](#)

Basic conflict-resolution skills found in Scripture can help you change your home from a battle zone to a love nest. Distinguishing between positive and negative conflict resolution, *Peacemaking for Families* introduces the reader to valuable principles such as “The Peacemaker’s Pledge,” the “Seven A’s of Forgiveness,” and the “PAUSE Principle of Negotiation.” Real-life stories and case studies help the reader to acquire the skills needed to create a true “peacemaking family.”

Smith, William. [*Parenting with Words of Grace: Building Relationships with Your Children One Conversation at a Time*](#)

As a parent, your words are powerful. *What you say and how you say it* has the potential to either invite your children into deeper relationship with you or push them away. In a very real sense, your words represent—or misrepresent—God’s words to *His* children—meaning they have the power to shape how your children view their heavenly Father. Offering practical guidance for grace-filled communication in the midst of the craziness of everyday life, this book helps you speak in ways that reflect the gospel grace God has shown you.

Smith, William. [*When Your Kid’s in Trouble: How to Intervene Constructively*](#)

William Smith explains that your child’s trouble is a God-ordained opportunity for you to pursue a bigger goal than raising a child who behaves. Right now you can demonstrate what God’s kindness and grace looks and feels like. By applying biblical principles as you respond, you can help your child to experience the life-changing reality of God’s perfect love in the midst of personal failure.

Parenting Adolescents: General

Coats, Dave, and Judi Coats. [*Help! My Teen Is Rebellious*](#)

A small book offering biblical and practical counsel to parents of discontented and rebellious teenagers. Dave and Judi Coats were stunned when their teenage daughter said to them, “You are not going to tell me what to do!” Struggles with their teens drove them to their knees in prayer and to the Word of God for answers about teenage rebellion. Here

they share the truths they discovered, the practical advice that helped, and the hope they found in the power of the gospel and God's grace to change.

Horne, Rick. [*Get Outta My Face! How to Reach Angry, Unmotivated Teens with Biblical Counsel*](#)

Get Outta My Face!, written for Christian parents, teachers, and youth workers, is about reaching angry, unmotivated, disinterested teens with biblical counsel. Such teens are confused, insecure, and selfish—they want what they want, right now. They are corrupted by sin and this corruption is the cause of their problem. Despite all their sin problems, they are still made in the image of God, and this is the key to helping them. This book helps with addressing the teen's sin and bringing them to their God-given desires and godly actions. Far from dismissing or sugarcoating sin, this approach opens wide the door to evangelizing the unsaved teen and to helping the Christian teen grow in holiness and wisdom.

Miller, Keith, and Patricia Miller. [*Quick Scripture Reference for Counseling Youth*](#)

Drugs and alcohol. Self-injury. Eating disorders. Puberty. Suicide. Sexual purity. These are just a few of the challenges facing teens and young adults today. This concise, topical guide to the Bible is a helpful tool for parents and youth pastors wanting to provide scriptural guidance to youth regarding the issues they face in their formative years. Now updated, revised, and expanded with new topics.

Tripp, Paul. [*Age of Opportunity: A Biblical Guide to Parenting Teens*](#)

Paul Tripp uncovers the heart issues that affect parents and their teenage children during the often-chaotic adolescent years. With wisdom and compassion, he shows parents how to seize the countless opportunities to deepen communication and grow with their teens.

Tripp, Paul. [*Peer Pressure: Recognizing the Warning Signs and Giving New Direction*](#)

Does your child do and say things just to be liked and accepted? Constantly talk about what others think and say? Go from one relational drama to the next? These are all warning signs that your child is feeling the weight of peer pressure. Paul Tripp explains the fears that underlie your teenager's struggle with peer pressure, and then offers specific things to do and not do that will encourage your child to live for God's approval, instead of the acceptance of friends.

Parenting Adolescents: Sex, Sexuality, and Sexual Addiction

Black, Nicholas. [*iSnooping on Your Kid: Parenting in an Internet World*](#)

In our increasingly wired world, your children have access to people, images, and media that you don't want them to experience. What's a concerned parent to do? What does wisdom look like when technology floods your home bringing access to pornography and

other Internet dangers? Providing extensive practical suggestions, *iSnooping on Your Kid*, Nicholas Black directs you in making a plan with your family for safety and clear boundaries on technology use.

Challies, Tim. [*Help! My Kids Are Viewing Pornography*](#)

Living in a world gone wrong, children and teenagers are deeply at risk from the lure of pornography. Here is biblical and practical counsel to help us live wisely. This mini-book addresses the matter in spiritual terms and explores its dangers, guiding parents and mentors with biblical principles and practical policies which they may use to wisely and effectively shepherd the hearts of children.

Geiger, Tim. [*Explaining LGBTQ+ Identity to Your Child: Biblical Guidance and Wisdom*](#)

LGBTQ+ identities and their widespread acceptance have produced a host of questions and quandaries for Christian families. How do you help your child navigate a world where their classmate may be transgender and their neighbors a gay couple? How do you explain these issues and teach children to respond to LGBTQ+ identity with truth and love? Tim Geiger explains how best to help young people understand LGBTQ+ identities and struggles in light of Scripture, while modeling the compassionate concern of our Savior. He also shows you how to build authentic friendships with members of the LGBTQ+ community, always remembering our common need for grace, repentance, and faith.

Huie, Eliza. [*Raising Teens in a Hyper-Sexualized World: Help for Parents*](#)

Parents of teens face the challenge of raising their children in a sex saturated world. Eliza Huie, a parent and biblical counselor, takes you through how to walk with your teen in the midst of this hyper sexualized world. The tips come in the form of what not to do, yet does so without giving a sense of judgment or failure. Instead, this short book takes a look at the value of reframing the mistakes both parents and teens may have already made and gives a hopeful picture of how our compassionate Father moves toward us in weakness.

Pinson, Cooper. [*Alive: Gospel Sexuality for Students*](#)

Alive: Gospel Sexuality for Students gives teenagers and young adults a biblical, gospel-centered framework to understand sexual issues. In a changing culture where feelings about our identity inform our sexual choices, this ten-week small group resource by Cooper Pinson, applies biblical truth in a compassionate way to sexual struggles. Pinson, with years of experience working with students, aims to bring the theological truths of our union and communion with Christ into the world of sexuality. Students are met where they are and encouraged to talk about the issues that are part of their everyday world. At the same time, they are guided to learn robust, deep, and strengthening theological content that will help them follow Jesus in how they express their sexuality.

Thompson, Jessica, and Joel Fitzpatrick. [*Mom, Dad...What's Sex? Giving Your Kids a Gospel-Centered View of Sex and Our Culture*](#)

God created sex to be good. But our culture is drifting away from a biblical worldview and is promoting an unhealthy view of sexuality. The church has taken a defensive approach, giving our kids a long list of “do nots” with few words of hope or redemption. Do you want something better for your child? Rediscover God’s plan for sexuality and instill a positive perspective of sex and identity in your children. Give your child a healthy view of sexuality grounded in biblical truth—recognizing the gift of intimacy, the reality of brokenness, and the redeeming work of the Savior.

Tripp, Paul. [*Teens & Sex: How Should We Teach Them?*](#)

Distorted images of sex bombard our children from every angle. Where can they find a healthy view of their sexuality? How can parents and youth leaders teach kids the life-transforming truths that expose the counterfeits for what they are? Paul Tripp unearths the premises that underlie popular views of sex and notes several characteristics that make teenagers especially vulnerable to sexual temptation. In addition to showing how sex relates to our worship, our identity, our hearts, and our need for grace, Tripp offers a threefold plan for helping teens deal with sex realistically and in the hope of the gospel.

White, David. [*Raising Sexually Healthy Kids*](#)

In an increasingly sexualized world, it’s difficult to know how to teach your children about their sexuality in a godly way. On the one hand, you don’t want to give the impression that sex is bad or make them feel ashamed of their bodies. But on the other, you don’t want to reinforce the message, “If it feels good, do it.” How do you instill a godly view of sexuality into your child without just giving them a list of don’ts? From his years of ministry on sexual issues, David White equips you to help your child form a positive, biblical framework for their sexuality.

Parenting and Sexual Abuse Prevention and Healing

Sexual Abuse Prevention and Healing: Booklets

Kellemen, Bob. [*Sexual Abuse: Beauty for Ashes*](#)

Sexual abuse ravages the soul, causing unimaginable distress, damage, and disgrace. It is faced honestly and openly in the Bible—but can the church truly help those who have been sexually abused? Bob Kellemen says, “Yes, it can;” and using the biblical story of Amnon and Tamar (2 Samuel 13), he compassionately portrays the damages done by sexual abuse and the relevancy of God’s Word for this difficult topic. He then takes us on a journey toward healing—helping sufferers to reclaim beauty from the ashes of abuse and to move from victim to victor in Christ.

Newheiser, Jim. [*Help! Someone I Love Has Been Abused*](#)

Abuse is a growing problem, and those who have been abused need help. This mini-book equips the reader to offer compassionate biblical counsel to a victim of abuse. As well as providing practical instruction on how to help the victim gain safety and deal with the abuser in a biblical way, it points to the victory possible in Jesus Christ, who was abused for his people and who has compassion on all hurting people who turn to him.

Sexual Abuse Prevention and Healing: Books

Holcomb, Justin, and Lindsey Holcomb. [*God Made All of Me: A Book to Help Children Protect Their Bodies*](#)

It's easy to convey the message to children that their bodies or particular parts of their bodies are shameful. This misconception fuels confusion, embarrassment, and secrecy, and often prevents children from recognizing or reporting sexual abuse. *God Made All of Me* is a simply-told, beautifully-illustrated story to help families talk about these sensitive issues with two-to-eight-year-old children. Because the private parts of our bodies are private, the home is the ideal environment where a child should learn about his or her body and how it should be treated by others.

Holcomb, Justin, and Lindsey Holcomb. [*Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*](#)

The statistics are jarring. One-in-four women and one-in-six men are or will be victims of sexual assault in their lifetime. But as sobering as the statistics are, they don't begin to speak to the darkness and grief experienced by these victims. Because sexual assault causes physical, psychological, emotional, and spiritual pain, victims need clear help, hope, and healing. In *Rid of My Disgrace*, a couple experienced in counseling victims of sexual assault explains how the grace of God can heal the broken and restore the disgraced. Justin and Lindsey Holcomb outline an approach for moving from destruction to redemption. While avoiding platitudes and shallow theology, *Rid of My Disgrace* combines biblical and theological depth with up-to-date research. This book is primarily written for those who have been assaulted (either as children or adults) but also equips family, friends, pastors, and others to care for victims in ways that are compassionate, practical, and informed.

Reju, Deepak. [*On Guard: Preventing and Responding to Child Abuse at Church*](#)

In *On Guard*, Deepak Reju examines why child predators target churches and offers eleven straightforward strategies to protect children from abuse and to help young victims recover if it does happen. While *On Guard* does provide practical help for building a child protection policy, it provides much more. Full of pastoral wisdom, *On Guard* recognizes that the church's response to abuse must be more comprehensive in line with her calling than a simple legal policy or clinical analysis. *On Guard* moves church staff and leaders beyond fearful awareness to prayerful preparedness with an actionable plan.

Tchividjian, Basyle. [*Protecting Children from Abuse in the Church: Steps to Prevent and Respond*](#)

How do we protect the children in our Christian community from sexual offenders? From his years of experience as a child abuse prosecutor, Boz Tchividjian unpacks the dynamics of a church environment that allows perpetrators to thrive and offers constructive help for educating and training your church to recognize and deal with potential abuse. Using biblical principles and the example of Jesus, he shows you how to cultivate an attitude and environment in your church that provides safety and protection for these young ones.

Tchividjian, Boz, and Shira Berkovits. [*The Child Safeguarding Policy for Churches and Ministries*](#)

This is not an easy book to read—but it’s a vital one to read and follow. Sadly, we live in a day when *The Child Safeguarding Policy for Churches and Ministries* is absolutely necessary. This handbook is an invaluable resource for Christians seeking to educate themselves and others about child abuse and how they can best protect children under their care. The book covers vitally important topics including warning signs of abuse, how to respond to abuse allegations, care for victims, and legal implications and requirements for churches and Christian ministries. Working through this book will guide churches and Christian ministries in creating and implementing policies to protect children from child abuse.

Parenting and Same-Sex Attraction

Black, Nicholas. [*Your Gay Child Says, “I Do”*](#)

“We’re getting married!” You expected to hear these words from your child, but you never dreamed you would be asked to bless a same-sex union. How should you respond when your gay child says, “I do”? Black shows parents how the parable of the prodigal son offers a practical, grace-filled model for interacting with their own wayward adult child. Parents are guided through possible responses that communicate grace and truth to their child while positioning them to actively trust God and wait with hope for His intervention.

Geiger, Tim. [*Your Child Says, “I’m Gay”*](#)

Four little words that will rock any parent’s world: “I think I’m gay.” If your child said this, you are probably experiencing a combination of shock, denial, anger, confusion, and uncertainty. Despite your shock you still want to respond well. What should you say? What questions should you ask? How do you move forward in your relationship? Tim Geiger walks with you through the ups and downs of dealing with your child’s revelation. With the wisdom and compassion of Scripture, he offers helpful advice for navigating the new complexities in your relationship with your child and hope for moving forward together.

Marshall, Ben. [*Help! My Teen Struggles with Same-Sex Attractions*](#)

Living in a world gone wrong, people's sexuality inevitably is affected. Here is biblical counsel for parents of teens. Homosexuality is perhaps one of the most hotly debated subjects today, both in the media and within Christian circles. But what do you do when the issue comes closer to home: when your teen tells you that he or she is gay? This mini-book goes to the Bible to find clear answers, direction, and hope at a time when anger and grief may threaten to overshadow wisdom and discernment.

Fathers

Bond, Doug. [*Fathers and Sons: Hold Fast In a Broken World*](#)

Hold Fast in a Broken World is a ramped-up call for young men to prepare for stalwart leadership in the family, church, and culture. Doug Bond engages readers in a frank discussion of the cultural topics that a young man must biblically master if he is to be the winsome, servant leader of the rising generation. Covering topics from stem-cell research to abortion, feminism to gay marriage, multiculturalism to death art, *Hold Fast* will help fathers prepare their sons to live with courage and wisdom in a hostile world, to be strong men who live and die to the glory of God.

Bond, Doug. [*Fathers and Sons: Stand Fast in the Way of Truth*](#)

Stand Fast in the Way of Truth draws fathers and teenage sons into a purposeful study about what it means to be a man. Doug Bond wants to strengthen and equip young men to take every thought captive as they strive to love and adore Christ in our culture. He encourages them to serve like a man, to lead like a man, and to understand our culture in order to demolish false teachings. *Stand Fast* is an excellent tool for growing the faith and love of fathers and sons and for promoting Christian leadership and maturity in young men.

Farmer, Andy. [*A Father's Guide for Raising Girls*](#)

Raising daughters is a joy. Nothing prepares a dad for the rush of feelings that accompany holding your baby girl for the first time. But along with the joy, comes the questions. How do you protect her from harm, set her on a good path, and help her become the woman God has designed her to be? You can use your guy instincts with your boys, but how do you guide your daughter? As a fellow father of three daughters, Andy Farmer provides some guiding principles and helpful encouragements for navigating the murky waters of parenting girls. With constant reminders of the Father's grace and provision for you, he offers concrete suggestions for creating an environment where your girls can develop the same dependence on Christ that sustains you and that will allow them to thrive and grow.

Green, Rob. [*A Father's Guide for Raising Boys*](#)

Being a father of boys is a privilege and a joy, but it's also challenging. We know that fathers are an important influence on their sons, and we want to have a positive impact on their lives. But we wonder exactly how we can help them grow to be the men God is calling them to be. Rob Green, a pastor and father of boys, starts by acknowledging that dads are completely dependent on God to help their boys grow into godly men. Then he goes on to share practical suggestions for guiding your son, while avoiding the pitfall of assuming your efforts could ever produce a perfect child. This mini-book will encourage you to strengthen your relationship with Jesus, help you live according to His Word, and give you concrete advice on how to faithfully raise up your boys to love God and others.

Reju, Deepak. [*Preparing for Fatherhood*](#)

So you're going to be a father. How do you process that news? How do you get ready? Whether the news came as a complete surprise, or it was long awaited, it probably has left you with lots of questions. Questions about yourself, your ability to be a good dad, and how to help with all the work that comes along with parenting. Deepak Reju, a family pastor and father of five, understands the challenges you are facing and offers helpful, concrete wisdom about how to process the news, care for your wife, and prepare for the little one's arrival. And he will guide you in how to care for your new family in dependence on your perfect heavenly Father.

Zollos, Steve. [*Time for the Talk: Leading Your Son Into True Manhood*](#)

Time for The Talk will help fathers walk their sons through one of the most important conversations of their lives. *The Talk* is much broader than just a talk about sexuality; it's a conversation about manhood, about right decisions, about Christ. With *Time for The Talk* you will give your son what he needs to steer through the moral and spiritual confusion of this world and make wise, godly, character-forming decisions. You will be equipping him to enter true manhood—a passage that many young men today simply never make. This book provides a complete framework for discussing the key areas of manhood that every boy should learn from his father.

Mothers

Challies, Tim. [*Devoted: Great Men and Their Godly Moms*](#)

History tells of women whose love for the Bible shaped its earliest and most prominent teachers. It tells of women who were great theologians in their own right, yet whose only students were their own children. It tells of Christian men who owe so much to their godly mothers. Raising children to honor and glorify the Lord is the goal of every Christian mother, but how can you do that? Who can teach you? One of the best ways to learn is to read examples of women who have succeeded at the very task you are attempting.

Furman, Gloria. [*Missional Motherhood: The Everyday Ministry of Motherhood in the Grand Plan of God*](#)

Despite the routine tasks and mundane to-do lists, motherhood is anything but insignificant. God has designed motherhood as part of his greater plan to draw people to himself—instilling all women, whether called to traditional mothering or not, with an eternal purpose in nurturing others. Gloria Furman searches the Scriptures for the mission of God in motherhood. She opens our eyes to God's life-giving promises—promises intended to empower each and every woman as she makes disciples in her home, in her neighborhood, and around the world.

Furman, Gloria. [*Treasuring Christ When Your Hands Are Full: Gospel Meditations for Busy Moms*](#)

Grocery shopping. Soccer practice. Dirty dishes. Motherhood is tough, and it often feels like the to-do list just gets longer and longer every day—making it hard to experience true joy in God, our children, and the gospel. In this encouraging book for frazzled moms, Gloria Furman helps us reorient our vision of motherhood around what the Bible teaches. Showing how to pursue a vibrant relationship with God—even when discouragement sets in and the laundry still needs to be washed—this book will help you treasure Christ more deeply no matter how busy you are.

George, Elizabeth. [*A Mom After God's Own Heart: 10 Ways to Love Your Children*](#)

Bestselling author, Elizabeth George has journeyed through the ups and downs of mothering children into adulthood. In *A Mom After God's Own Heart*, she offers encouraging advice and practical tips to help you raise children of all ages in the knowledge of the Lord.

Kruger, Melissa. [*Walking with God in the Season of Motherhood: An Eleven-Week Devotional Bible Study*](#)

Being a mom usually means being busy. Really busy. Whether you're zipping from your children's piano lessons to their next ballgame or nursing a baby while comforting a toddler, life is brimming with activities. Yet one encounter can help shape every moment: time in the Word with Jesus. In *Walking with God in the Season of Motherhood*, you'll learn how to nourish your own heart, mind, and soul with the wisdom you need to become the mother you long to be.

Payne, Brenda. [*Motherhood: Hope for Discouraged Moms*](#)

Brenda Payne explores the too often ignored reality of problems between mothers and children. She deals with the subject frankly, provides a plan for change relying on the power of the gospel, and reminds you that all life is full of trials—it's up to you whether they become temptations or victories.

Single Parenting

Jones, Robert. [*Single Parents: Daily Grace for the Hardest Job*](#)

If you are a single parent, you already know you have one of the hardest jobs in the world. Trying to be both dad and mom—breadwinner, cook, chauffeur, comforter, dishwasher, homework helper, disciplinarian, nurse, and role model—can wear down the hardiest man or woman. But do you know that God, in the Bible, offers words of grace, power, and hope especially for you? Robert Jones addresses the many different issues that single parents struggle with—guilt, bad memories, anger, bitterness, resentment, loss, grief, and fear. Then he shares biblical truths and practical parenting strategies that will give you hope and direction for each day.

Trahan, Carol. [*Help! I'm a Single Mom*](#)

This mini-book, written by a single mom, addresses from a biblical perspective common issues in single parenting. “How will I cope? How will I pay the bills? How will I raise my kids on my own?” *Help! I'm a Single Mom* will encourage you to trust God’s sovereign plan, knowing that His wisdom and love are perfect.

Blended Families

Baker, Jeff, and Amy Baker. [*Keys to Successful Stepfamilies*](#)

Chapters Include: More Precious than Rubies—Laying the Foundation for Successful Blended Families, We’re On a Roll—Defining Roles Within the Stepfamily, Let’s Be One Big Happy Family—Relationships with the Children, Don’t Tell Me What to Do. You’re Not My Dad—Managing the Family when the Family Consists of a Biological Parent and a Stepparent, Bridging the Divide Between Households—Relationships with the Former Spouse, Especially for the Children—Issues to Be Addressed in Helping the Children

Smith, Winston. [*Help for Stepfamilies: Avoiding the Pitfalls and Learning to Love*](#)

How do you blend two separate families into one household? Family traditions, values, interests, and parenting styles are often so far apart that simple questions like, “Who takes out the trash?” or “Where shall we go for Christmas?” can quickly become flashpoints of conflict. Winston Smith provides a road map to the unique challenges that each member of a stepfamily faces. Drawing on his experience as a marriage and family counselor, Smith shows how understanding each other’s struggles, honest sharing, and sacrificial love can transform and unify your stepfamily. As you learn to apply these biblical principles, you will find that there are also unique blessings to be found in your new, blended family.

Children and Divorce

Baker, Amy. [*Children and Divorce: Helping When Life Interrupts*](#)

Sadness, depression, anger, fear, anxiety, loyalty conflicts; your children are struggling with at least some of these emotions after your divorce. To make things even more difficult, you are struggling too. How do you help your child cope with the changes in the family, while you're still adjusting? As she explains the various responses you and your children may be having to your divorce, Amy Baker applies the gospel in practical and kid-friendly ways to the struggle your family is going through. As you share God's Word with your children, your family will grow in faith and hope through this difficult time.

Parenting Children with Special Needs

Deuel, Dave. [*Help! My Grandchild Has a Disability*](#)

A mini-book written with understanding on the blessings and challenges of raising grandchildren with disabilities. Kings and queens wear crowns, but the Bible says grandkids are crowns to their grandparents (Prov. 17:6). But what if your crown is not what you expected? What if your grandchild has a disability? This mini-book offers grandparents their rightful place as kings and queens to their families. If the Lord has blessed you with a grandchild that has a disability, then roll up your sleeves and get ready to polish that precious and beautiful crown!

Emlet, Mike. [*Asperger Syndrome: Meeting the Challenges with Hope*](#)

Someone you love has been diagnosed with the neurological disorder Asperger Syndrome. You are already experiencing the social struggles, communication difficulties, and other challenges, but you are also looking for hope. Does the Bible speak to this struggle? In *Asperger Syndrome: Meeting the Challenges with Hope*, Mike Emlet combines his experience as a physician and a biblical counselor to explain Asperger Syndrome and highlight the unique place each person, including those with AS, have in God's family. He gives biblical, practical advice on how to deal with the spiritual challenges of AS and encourages with the truth that each person has inherent dignity and worth.

Hendrickson, Laura. [*Finding Your Child's Way on the Autism Spectrum: Discovering Unique Strengths, Mastering Behavior Challenges*](#)

With an approach that is grounded in a deep understanding of the challenges those caring for autism spectrum children face, *Finding Your Child's Way on the Autism Spectrum* gives the reader sound, practical tools for understanding how to guide an autism spectrum child to function more fully as the person God created them to be.

Hoopmann, Kathy. [*Autism Spectrum Disorder and Your Child: Help for Your Family*](#)

Your child's diagnosis with Autism Spectrum Disorder (ASD) may have left you feeling sad, confused, or perhaps even relieved to finally understand why he or she behaves differently from other children. Whatever your initial response to the diagnosis, you want to know how best to encourage your child's strengths and support all weaknesses. Most importantly, you want to know how to point your child towards Christ, but you often struggle to navigate your child's perception and understanding of the world, both seen and unseen. With wisdom and skill, Kathy Hoopmann helps you begin to understand how your child thinks, how to communicate the truths of the gospel, and how to help your child find his or her place in the community of faith. With reminders that God knows and loves your child even more than you do, she offers compassionate, practical guidance for learning to embrace the blessings and difficulties of ASD.

Jamison, Rita. [*Parenting Your ADHD Child: Biblical Guidance for Your Child's Diagnosis*](#)

If your child is diagnosed with ADHD, don't give up hope. No diagnosis can negate the fact that your child is made in the image of God. You can help your child, as one of God's image bearers, to deal with the behaviors associated with ADGD. The Bible offers you and your child much wisdom, comfort, and hope as you face this together. Rita Jamison walks parents through 18 behavioral characteristics related to ADHD, showing them how to apply Scripture to each type of behavior. As you teach your child to examine their heart before the Lord, instead of immediately reacting to their impulses, you will help them experience the faith-building satisfaction of real change.

Viars, Steve. [*Your Special Needs Child: Help for Weary Parents*](#)

"Never." It's a hard word for any parent to hear. "He'll never walk. She'll never feed herself." Your lives will never be the same. While the prospect of raising a special needs child can be overwhelming, Jesus Christ makes himself constantly available to the weary and heavy laden. In *Your Special Needs Child*, Steve Viars helps parents of special needs children to be authentic before the Lord about their pain, guiding them in thinking biblically about their challenges and God's promises. Viars shows how accepting Christ's invitation leads parents into a unique adventure of sweet learning and divine rest.

Welch, Ed. [*A.D.D.: Wandering Minds and Wired Bodies*](#)

Easy distractibility or forgetfulness... Mouths, arms, hands, and legs that run ahead of thinking... Impulsive decisions, chronic difficulties meeting deadlines, mistaken notions of one's own abilities... These are all behaviors often associated with Attention Deficit Disorder. What is ADD? What are the strengths and weaknesses of ADD children? What can be done about this puzzling disorder? Noting both the challenges and responsibilities of ADD children, Ed Welch clarifies the physical and spiritual dimensions of ADD. He offers parents well as adults who fit the profile help, encouragement, and biblical wisdom on how to handle this condition.

Wilson, Andrew, and Rachel Wilson. [*The Life We Never Expected: Hopeful Reflections on the Challenges of Parenting Children with Special Needs*](#)

Andrew and Rachel Wilson know what it means to live a life they never expected. As the parents of two children with special needs, their story mingles deep pain with deep joy in unexpected places. With raw honesty, they share about the challenges they face on a daily basis—all the while teaching what it means to weep, worship, wait, and hope in the Lord. Offering encouragement rooted in God's Word, this book will help you cling to Jesus and fight for joy when faced with a life you never expected.

Parenting Adult Children

Fitzpatrick, Elyse, and Jim Newheiser. [*You Never Stop Being a Parent: Thriving in Relationship With Your Adult Children*](#)

You may have always expected your job as a parent to be done once your children reached adulthood, but you're quickly finding out that you never stop being a parent! Jim Newheiser and Elyse Fitzpatrick ground you in the guidance of God's Word, reminding you that your relationship with your adult children can only be as deep and meaningful as your relationship with Him.

Parenting Prodigal Children

Fitzpatrick, Elyse, James Newheiser, and Laura Hendrickson. [*When Good Kids Make Bad Choices: Help and Hope for Hurting Parents*](#)

There is perhaps no greater fear in a parent's heart than the thought that a much-loved and well-cared-for child will make bad choices or even become a prodigal. What are parents to do in such circumstances? Authors Jim Newheiser and Elyse Fitzpatrick speak from years of personal experience as both parents and biblical counselors about how hurting parents can deal with the emotional trauma of when a child goes astray. They offer hope and encouragement along with positive steps parents can take even in the most negative situations. Includes excellent advice from Dr. Laura Hendrickson regarding medicines commonly prescribed to problem children, and offers questions parents can ask pediatricians before using behavioral medications.

Graham, Ruth Bell, and Gigi Tchividjian. [*Prodigals and Those Who Love Them: Words of Encouragement for Those Who Wait*](#)

Ruth Bell Graham knew about prodigals—two of her five children were spiritual wanderers. This is not a “how to” book that dispenses easy advice on ways to win back a prodigal. Instead, it is a collection of readings one woman turned to for comfort when her children wandered from God. It shows how Graham's faith persevered and grew regardless of the outcome of her prodigals' stories.

Jones, Robert. [*Prodigal Children: Hope and Help for Parents*](#)

If your adult child has embraced an ungodly lifestyle, you may be experiencing shock, confusion, anger, guilt, shame, loneliness—even despair. Biblical counselor Robert Jones brings the comfort of the gospel to this difficult situation, sympathetically providing biblical advice for this struggle.

Miller, John, and Barbara Juliani. [*Come Back, Barbara*](#)

“Mom, Dad, I don’t want your rules and morals. I don’t want to act like a Christian anymore! And I’m not going to,” Barbara declared at age 18. As her father desperately attempted to reason with her, Barbara grew more resentful, choosing a path of immorality that only deepened her parents’ pain. “I am not ignorant of human depravity,” writes Jack Miller, “but I had long denied that it could exist in our family.” That reality, however, forced him to confront his own sin, seek forgiveness, admit his inability to change his wayward daughter, and begin loving Barbara on God’s terms. Here Jack Miller and Barbara Miller Juliani chronicle their journey from grief and conflict to joyful reconciliation.

Adoption

Borgman, Brian, and Dan Cruver. [*After They Are Yours: The Grace and Gift of Adoption*](#)

After They Are Yours talks transparently and redemptively about the unspoken problems adoptive parents face. Combining personal experience, biblical wisdom, and a heart for people, Borgman recalls the humbling and difficult lessons God has taught him and his wife. This is not a success story, rather it’s a story of struggles and failures set in the broader context of a God who is gracious and continually teaches us the meaning of adoption.

Moore, Russell. [*Adopted for Life: The Priority of Adoption for Christian Families and Churches*](#)

The doctrine of adoption—God’s decision to adopt sinful men and women into his family—stands at the heart of Christianity. In light of this, Christians’ efforts to adopt beautifully illustrate the truth of the gospel. In this popular-level and practical manifesto, Russell Moore encourages Christians to adopt children and to help other Christian families to do the same. He shows that adoption is not just about couples who have struggled to have children. Rather, it’s about an entire culture within evangelicalism—a culture that sees adoption as part of the Great Commission mandate and as a sign of the gospel itself.

Tripp, Paul. [*Helping Your Adopted Child: Understanding Your Child’s Unique Identity*](#)

Long before you decided to adopt, long before your child was born, God planned to put your adopted child into your home. Your child is an amazing gift from God, but nurturing an adopted child also brings unique challenges. Understanding your adopted child from God’s perspective will allow you to address those challenges by faith and with hope. In *Helping*

Your Adopted Child, you'll learn from counselor and adoptive father Paul Tripp how to help adopted children understand their identity and place in God's world.

Parenting and Anger

Emlet, Mike. [*Angry Children: Understanding and Helping Your Child Regain Control*](#)

If you have an angry child you are most likely worn out, confused, and looking for answers to questions like: "How can I restore sanity to this chaos? How can I prevent these anger storms in my child? Why does this rage seem to explode from out of nowhere?" In *Angry Children*, Mike Emlet offers you needed help by explaining both the deeper heart issues and possible physical weaknesses that can fuel a child's angry explosions. Using his experience as a doctor, counselor, and parent, he applies biblical truth to your child's struggles with anger and outlines practical strategies for helping your child learn self-control.

Lane, Tim. [*Family Feuds: How To Respond*](#)

Do you dread family get-togethers and try to avoid your extended family whenever you can? When you see your family, do you sometimes regret the way you talk and act? Why is it so hard to get along with the people we grew up with? Childhood hurts, unrealistic expectations, and old patterns resurfacing are just some of the reasons that Tim Lane shares for unresolved family feuds. But despite these challenges, you can learn to love your family. Change happens as you look honestly at your family and yourself, grow in understanding God's love and mercy for you, and reach out with love in practical ways.

Priolo, Lou. [*Keeping Your Cool: A Teen's Survival Guide*](#)

If you're a teenager, you probably know plenty about issues like arguing with your parents, rebelling against authority, and attitude problems—either firsthand or because everyone expects you to be like that! But what if you knew that these things usually spring from a problem with anger; that they're the result of being a sinner, not a teenager; and that you can have more control over them than people think you can? Biblical counselor Lou Priolo provides a practical, understandable, and biblical approach to mastering sinful anger and its causes and effects. He helps you to assess your level of anger and what form it takes, to identify some of the heart issues that lead to anger (and how to replace them with biblical attitudes), and to have open communication with your parents without the distractions that cause arguments. Practical tools, such as journaling exercises and discussion points to talk over with your parents, help you to take measurable steps toward "keeping your cool."

Priolo, Lou. [*The Heart of Anger: Practical Help for the Prevention and Cure of Anger in Children*](#)

Anger! Is it ever a problem in your home? Do your children ever speak to you in angry, disrespectful tones? Do they fight between themselves? Have you ever lost your patience when dealing with an infuriating situation? If you honestly answered "Yes" to any of those

questions, you could use this book. Of course Christian families experience episodes of frustration and anger. Here's a book which goes beyond the external manifestations of anger and deals with the internal source: the thoughts and intentions of the heart.

Parenting and Anxiety

Lowe, Julie. [*Helping Your Anxious Child: What to Do When Worries Get Big*](#)

When your child is anxious, it's easy to get anxious, too. You want to help your child regain a sense of peace and safety, but how can you? Their world is big and scary and sometimes our worries get big, too. Julie Lowe, a skilled family counselor with more than twenty years of experience, guides parents in assessing their child's anxiety and gives practical ways to encourage and help worried children. She leads parents away from quick fixes that contribute to dependencies and points them to Christ, the One who is always available, loving, and powerful.

Addictions and Families

Shaw, Mark. [*Addiction-Proof Parenting: Biblical Prevention Strategies*](#)

Mark Shaw has identified five mentalities that parents inadvertently instill in their children that could lead to addictive thinking in later years. The progression of Entitlement, Consumer, Victim, Perishing, and Rebellious mentalities are described in practical detail followed by biblical replacement mentalities that change your child's thinking to be more Christ-centered than self-centered.

Shaw, Mark. [*Divine Intervention: Help for Families of Addicts*](#)

Divine Intervention provides a biblical perspective that will bring hope and encouragement to family members, friends, spouses, or loved ones of an addict.

Alzheimer's Disease and the Family

Mast, Ben. [*Second Forgetting: Remembering the Power of the Gospel During Alzheimer's Disease*](#)

If you are a Christian who knows or loves someone with Alzheimer's Disease, have recently been diagnosed with early Alzheimer's Disease, or are a pastor or ministry leader seeking to better understand and minister to people with Alzheimer's Disease this book will encourage you with the good news of God's faithfulness and the future hope he calls us to.

Smith, Robert. [*Alzheimer's Disease: Help for Families in Crisis*](#)

It starts out as small moments of forgetfulness that can be chalked up to simply getting older. But as time passes and symptoms accumulate, you are forced to face the fact that

your loved one has Alzheimer's Disease. Now you're wondering how the course of the disease will run and how you will provide for their care. How do you help your loved one when you feel overwhelmed by the diagnosis yourself? Drawing from his years of experience as a physician, Robert Smith takes you through the various stages of Alzheimer's Disease and the difficulties that each presents. Pointing you to Christ for strength and encouragement, he offers many practical suggestions to help you care for your loved one, both physically and spiritually.

Miscarriage

Green, Stephanie. [*Miscarriage: You Are Not Alone*](#)

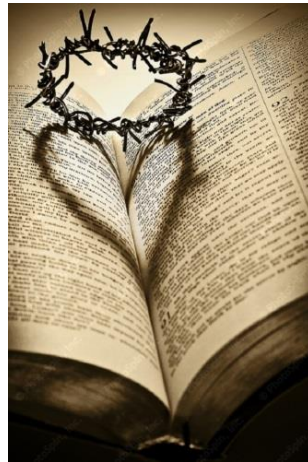
Anyone who has suffered through a miscarriage knows that it is one of the most painful experiences a woman can have. There's an emptiness inside that you cannot describe and that no one else seems to understand. How can you grieve so much for a person you never really knew? With the compassion and wisdom of personal experience, Stephanie Green guides you through the process of grieving the loss of your baby. Addressing some of the most common struggles you will face in the wake of a miscarriage, she helps you see how Jesus gives you the strength to grieve well and the courage to keep moving forward.

Infertility

Baker, Amy, and Dan Wickert. [*Infertility: Comfort for Your Empty Arms and Heavy Heart*](#)

The progression should have been natural. You got married, and children were supposed to follow in due time. But every month that ends in a period rather than a pregnancy has you feeling more and more depressed. Perhaps you even find yourself avoiding people and places with children because it is just too painful. Amy Baker helps you see God's presence and provision for you in the midst of your pain. With compassion and understanding, she walks through some of the struggles and pitfalls of dealing with infertility and offers practical help for leaning on Christ, connecting with your spouse, and engaging with others.

***The Annual Guide to Biblical Counseling Resources:
Truth for Life
2019 Edition***



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By

Bob Kellemen, Th.M., Ph.D.

RPM Ministries

“Changing Lives with Christ’s Changeless Truth”

**<https://www.rpmministries.org/>
rpm.ministries@gmail.com**