BIBLICAL
COUNSELING
COALITION

the Annual Guide to Biblical Counseling Resources

2024 Edition

Introduction

The Annual Guide to Biblical Counseling Resources was originally produced by Dr. Bob Kellemen and RPM Ministries from 2018-2021. Dr. Kellemen prepared the 2022 edition and then transferred the rights to the Biblical Counseling Coalition. Here is Dr. Kellemen's brief description of the history of *The Guide*.

> "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 extended time to collate an annotated list of recommended biblical counseling resources.' In 2018, I finally carved out the time. And now, expanded, updated, and upgraded annually—including now in 2022—here it is."

The Biblical Counseling Coalition is grateful for all Dr. Kellemen has done for our organization, and his foresight and care in initiating the invaluable asset for Biblical Counseling. We look forward to building on this great foundation and are excited to present the 2023 edition.

The Annual Guide to Biblical Counseling Resources: 2024 Edition

- **Copyright:** We want you to use this resource for your life and ministry. So, if a colleague, parishioner, counselee, family member, or friend asks you for 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 the entire PDF?"* please say, "Please visit partners.biblicalcc.org/purchase-the-annual-guide where, for just $6.99, you can order your PDF copy of *The Annual Guide to Biblical Counseling Resources*." And, if your church or ministry would like copies for all leaders, you can purchase 100 copies for just $1.00 each.

- **What's New in 2024:**

  - ✔ We've added scores of new biblical counseling resources in 2024.
  - ✔ We've added Podcasts

- **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, see the *Biblical Counseling Coalition's Confessional Statement*.

- **A Topical List:** Once this list began to grow to its current size, it became clear that we needed to create a Topical Table of Contents. This allows you to locate quickly the resources you're looking for.

- **An Annotated List:** By annotated, we mean that each resource includes a summary 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. 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. As an Amazon Associate, the BCC earns from qualifying purchases made through the Amazon links on our site. We appreciate your support!

- **A Disclaimer:** Inclusion in this resource does not indicate an endorsement or recommendation, nor is it an endorsement of the author, other works by the author, or the organization the author represents. Included resources are published as biblical counseling resources by publishers who have historically published biblical counseling material, books written by biblical counselors, or books recommended by BCC Council members for inclusion in this list. We're trusting you, the reader, to be a wise "Berean"—like the Christians in Acts 17 who used their Scripture-based wisdom 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 us if you find broken or misdirected links, titles needing correction, misspelled names, etc. Feel free to email us at info@biblicalcc.org saying, "You forgot to include _____. Please add it into next year's edition."

Table of Contents

Biblical Counseling Resources for Individuals 9

- Abortion 9
- Abuse 9
  - Abuse: Booklets 9
  - Abuse: Books 10
  - Domestic Abuse in Marriage: Booklets 11
  - Domestic Abuse in Marriage: Books 12
  - Sexual Abuse: Booklets 14
  - Sexual Abuse: Books 15
  - Sexual Abuse & Marriage Counseling: Books 17
  - Sexual Abuse Prevention: Books 18
  - Spiritual Abuse: Books 19
- Addiction 20
  - Addiction: Booklets and Study Guides for Groups or Individuals 20
  - Addictions: Books 23
- Aging Midlife, Empty Nest, & Retirement 25
- Alzheimer's Disease 27
- Anger & Bitterness 29
  - Anger & Bitterness: Booklets 29
  - Anger & Bitterness: Books 30
- Anxiety, Fear, Panic Attacks, & Worry 31
  - Anxiety: Booklets 31
  - Anxiety: Books 33
  - Fear: Booklets 35
  - Fear: Books 35
  - Panic Attacks: Booklets 36
  - Worry: Booklets 36
  - Worry: Books 37
- Borderline Personality Disorder 37
- Cancer Support, Illness, Disease, End of Life Counsel, Death & Dying, Terminal Illness Support, & Heaven 38
  - Cancer Support 38
  - Illness 39

End of Life Counsel, Death & Dying 40
Terminal Illness Support 41
Heaven 42
Change, Spiritual Growth in Grace, & Progressive Sanctification in Christ 43
Chronic Fatigue, Chronic Illness, & Chronic Pain 51
Communication & Relationships 53
Communication & Relationships: Booklets 53
Communication & Relationships: Books 55
Conflict Resolution & Church Discipline/Restoration 57
Conflict Resolution & Church Discipline/Restoration: Booklets 57
Conflict Resolution & Church Discipline/Restoration: Books 58
Conscience 60
Contentment 61
Cutting & Self Harm 62
Dealing with a Difficult Past 63
Dealing with a Difficult Past: Booklets 63
Dealing with a Difficult Past: Books 64
Dealing with Disabilities 64
Dealing with Doubt 68
Decision-Making, Wisdom, & Guidance 69
Depression & Bi-Polar Disorder 70
Depression: Booklets 70
Depression: Books 71
Bi-Polar Disorder: Booklets 73
Bi-Polar Disorder: Books 74
Eating Disorders 74
Eating Disorders: Booklets 74
Eating Disorders: Books 75
Embodiment 76
Emotions, Emotional Intelligence, Moods, & Feelings 76
Emotions 76
Emotional Intelligence 77
Feelings 78
Finances, Money, & Stewardship 79
Forgiveness 81

Forgiveness From Christ 81
Forgiving Others: Booklets 82
Forgiving Others: Books 83
Grief: Grieving with Hope & Comforting the Grieving 85
Grief: Grieving with Hope 85
Grief: Comforting the Grieving 88
Idols of the Heart 89
Medication, Mental Health, & Mental Illness 90
Medication 90
Mental Health & Mental Illness 91
OCD 94
People Pleasing, Fear of Man, Self-Image, Co-dependency, & Identity in Christ 95
Perfectionism & Peace with God 97
Pornography, Sexual Addiction, Sexual Sin, & Sexual Purity 98
Overcoming Pornography; Maturing in Sexual Purity: Booklets 98
Overcoming Pornography; Maturing in Sexual Purity: Books 100
Pornography & Marriage 103
Post-Traumatic Stress Disorder and Trauma Care 104
Same-Sex Attraction & Transgender Issues 106
Same-Sex Attraction: Personal Accounts & Memoirs 106
Same-Sex Attraction: Biblical Teaching 108
Same-Sex Attraction: Ministry 110
Transgender Issues 111
Schizophrenia 111
Shame & Guilt 113
Shepherding & Biblical Counseling 115
Spiritual Disciplines, Prayer, & Worship 119
Spiritual Warfare 123
Stress & Burnout 124
Stress & Burnout: Booklets 124
Stress & Burnout: Books 125
Suffering & Trials 126
Suffering: Booklets 126
Suffering: Books 128
Trials 131

Suicide Intervention & Grieving a Suicide 133
Suicide Intervention 133
Grieving a Suicide 134
In-Depth Biblical Counseling Resources for Biblical Counselors 135
Theology of Biblical Counseling 135
Theological Primers 138
Theories of Counseling 143
Equipping Biblical Counselors 152
Small Group Ministry & Biblical Counseling 159
History of Biblical Counseling, Pastoral Counseling, & Soul Care 160
The History of Biblical Counseling 160
The History of Pastoral Counseling 161
The History of Soul Care 163
Introduction to Pastoral Counseling 163
Multicultural Counseling, Multiethnic Ministry, Racism, & Community-Based Ministry 165
Biblical Counseling Resources for Marriage & Marriage Counseling 169
Chronological Listing for Marriage & Marriage Counseling *169*
Premarital Counseling 169
Marriage Counseling 171
Singleness, Dating, & Pre-Engagement 172
Singleness, Dating, & Pre-Engagement: Booklets 172
Singleness, Dating, & Pre-Engagement: Books 175
Marriage: Biblical Purpose & Meaning 177
Topical & Alphabetical Listing for Marriage & Marriage Counseling *179*
Anger & Self-Centeredness in Marriage 179
Marriage Communication & Resolving Marital Conflicts 180
Marriage, Separation, Divorce, & Remarriage 182
Marital Relationships 184
Marital Unfaithfulness 187
Marital Unfaithfulness: Booklets 187
Marital Unfaithfulness: Books 188
Military Marriages 188
Roles in Marriage: Both Husbands & Wives 189

Roles in Marriage: Husbands, Men, & Men's Issues 190
Roles in Marriage: Wives, Women, & Women's Issues 191
Sexual Relationship & Sexual Purity in Marriage 195
Sexual Relationship in Marriage: Booklets 195
Sexual Relationship in Marriage: Books 196
Sexual Purity in Marriage 197
Widowhood 198
Biblical Counseling Resources for Parenting, Family Life, & Family Counseling 199
Chronological Listing for Parenting, Family Life, & Family Counseling 199
Family Counseling 199
Counseling Children & Teens 200
Preparing for Parenting 202
Gospel-Centered Parenting 202
Parental Evangelism of Children 205
Parental Teaching of Young Children 206
Children's Bibles 217
Parenting Adolescents: General 218
Parenting Adolescents: Sex, Sexuality, & Sexual Addiction 222
Parenting Adult Children 225
Grandparenting 226
Caring for an Aging Parent 227
Topical & Alphabetical Listing for Parenting, Family Life, & Family Counseling 229
Addictions & Families 229
Adoption 229
Alzheimer's Disease & the Family 230
Anger & the Family 231
Anxiety & the Family 233
Blended Families 233
Depression & the Family 234
Disability, Special Needs, & the Family 234
Divorce & Children 238
Family Communication & Conflict Resolution 238
Family Worship & Devotions 241

Fathers 247
Grief/Suffering & Children 249
Illness, Sickness, Care-Giving, and the Family 250
Infertility 251
Miscarriage 251
Mothers 252
Parental Discipline 255
Parental Teaching & Discipleship 257
Parenting Prodigal Children 262
Parenting & Same-Sex Attraction 263
Parenting & Sexual Abuse Prevention & Healing 265
Sexual Abuse Prevention & Healing: Booklets 265
Sexual Abuse Prevention & Healing: Books 266
Single Parenting 267
Biblical Counseling Organizations, Biblical Counseling Bloggers, & Biblical Counseling Higher Education Institutions 268
The Biblical Counseling Coalition's Confessional Statement 268
How to Find a Biblical Counselor Individual Counselors & Intensive/Residential Ministries 275
Finding an Individual Biblical Counselor 277
Finding Biblical Counseling Intensive/Residential Ministries 278
National (United States) Biblical Counseling Organizations 280
International Biblical Counseling Organizations 284
Individual Biblical Counseling Websites/Blogs 287
Biblical Counseling Podcasts 290
United States Higher Education Institutions with Biblical Counseling Degree Programs 295
International Higher Education Institutions with Biblical Counseling Degree Programs 298

Biblical Counseling Resources for Individuals

Note: These resources for individuals (counselors and counselees) are listed topically in alphabetical order. Some categories are divided into subcategories, and at times they are divided 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*.

Jones, Mark. *If I Could Speak: Lessons from the Womb*

"Dear Mommy…" So begins the correspondence from an unborn baby to her mother. Making an impassioned plea to her mother to not abort her, she shares her hopes and fears with the woman who can control whether she lives or dies. These letters are an appeal to all who read them to choose life.

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

Abuse: Booklets

Holcomb, Justin, and Lindsey Holcomb. *Children and Trauma: Equipping Parents and Caregivers*

Children can experience trauma from a variety of experiences, including neglect, physical, sexual, or psychological abuse, death of a loved one, bullying, racial trauma, and more. Trauma occurs when children are exposed to an experience perceived as threatening or harmful and respond

with intense fear that affects them physically, emotionally, and spiritually. Authors Justin and Lindsey Holcomb help parents and caregivers recognize the signs of trauma and guide them in stepping into children's lives and demonstrating Jesus' care and protection for them. The compassionate response of parents or caregivers can help children who have experienced trauma to access spiritual, emotional, and physical healing.

Abuse: Books

Hambrick, Brad, Editor. *Becoming a Church That Cares Well for the Abused*

Is your church prepared to care for individuals who have experienced various forms of abuse? As we continue to learn of more individuals experiencing sexual abuse, domestic violence, and other forms of abuse, it's clear that resources are needed to help ministries and leaders care for these individuals with love, support, and in cooperation with civil authorities. This handbook seeks to help the church take a significant step forward in its care for those who have been abused.

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.

Powlison, David. *Innocence Lost: Rebuilding After Victimization*

Every victim has a voice with which to cry out against God or cry out to Him. In *Innocence Lost*, David Powlison encourages all who have been victimized to find their voice in Scripture, guiding them through Psalm 10's process of crying out, expressing pain, and confessing faith. The psalmist's honest requests and thoughtful analysis become a springboard to knowing God in the midst of personal pain.

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.

Domestic Abuse in Marriage: Booklets

Nelson, Heather. *Domestic Abuse: Help for Victims*

Do you suspect that you or someone you love is suffering from marital domestic abuse? Is there intentional harm happening to you in your home, whether physical, verbal, sexual, or emotional? What should you do? How do you seek help? Heather Nelson invites you to examine what is happening in your home and what steps to take if you feel unsafe and targeted for mistreatment by your spouse. She explains a typical cycle of abuse and acknowledges how difficult it can be to be honest about what you are experiencing. Heather urges you to understand how God sees you and thinks about you, and how he is with you to provide helpers, wisdom, and grace to see what steps you need to take to protect yourself and those you love.

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.

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. As you are guided by God's love, you will have the courage to take the practical steps outlined in this booklet.

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.

Hambrick, Brad, Editor. *Becoming a Church That Cares Well for the Abused*

Is your church prepared to care for individuals who have experienced various forms of abuse? As we continue to learn of more individuals experiencing sexual abuse, domestic violence, and other forms of abuse, it's clear that resources are needed to help ministries and leaders care for these individuals with love, support, and in cooperation with civil authorities. This handbook seeks to help the church take a significant step forward in its care for those who have been abused.

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.

Lamb, Warren. *Behind the Veil: Exposing the Evil of Domestic Oppression and Providing Hope*

Domestic oppression is the seedbed for every other form of abuse that takes place within families and churches. In *Behind the Veil*, pastor and biblical counselor, Warren Lamb, pulls back the veil on an evil that has been too long misunderstood and overlooked in Christian circles. Pastor Lamb draws on his thirty-plus years of specialized counseling experience with oppression and abuse survivors to train and equip the church—both leaders and laypersons—to effectively partner with Jesus Christ to "proclaim release to the captives…and to set free those who are oppressed" (Luke 4:18b).

Moles, Chris, Editor. *Caring for Families Caught in Domestic Abuse: A Guide Toward Protection, Refuge, and Hope*
Written by an experienced team of biblical counselors, *Caring for Families Caught in Domestic Abuse* editor Chris Moles and contributors Darby Strickland, Joy Forrest, Greg Wilson, Kirsten Christianson, and Beth Broom are all leaders in biblical domestic abuse ministry in the local church. Each chapter of the book provides a detailed overview of how to minister biblically and faithfully to both the abusers and the abused. Topics addressed include the biblical and theological foundations for counseling each family member impacted by domestic abuse, direction on how to counsel the victims (spouse and children) and the abuser, and how to offer practical, actionable help to protect families from harm.

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.

Pierre, Jeremy, and Greg Wilson. *When Home Hurts: A Guide for Responding Wisely to Domestic Abuse in Your Church*

When Home Hurts is intended to equip pastors, church leaders, and church members to respond with the heart of God to situations of domestic abuse that occur in their local church. Prioritizing the safety of the victim at all times, Jeremy Pierre and Greg Wilson seek to help you be the kind of church leader, church member, friend, parent, sibling, or neighbor who responds wisely. This very practical, pastoral book acknowledges the reality and the horror of domestic abuse, but also the reality and power of God to heal. It will be a helpful guide to anyone who suspects abuse within their church family, but is unsure how to help without making things worse.

Strickland, Darby. *Is It Abuse? A Biblical Guide to Identifying Domestic Abuse and Helping Victims*

For years, biblical counselor Darby Strickland has served women in oppressive marriages. Now she writes to anyone who wants to help, regardless of their level of experience. You will learn how to identify the toxic entitlement that drives abusive behavior and to better understand its impact on victims—including children who are raised in a home with domestic abuse. Ultimately, you will become equipped to provide wise and Christ-centered counsel and to empower and advocate for victims while navigating the complex dynamics of oppression in a marriage.

Sexual Abuse: Booklets

Brooks, Nate, and Anna Mondal. *Help! Our Sex Live Is Troubled by Past Abuse*

Victims of sexual abuse know the pain doesn't go away when the abuse stops. A couple's sexual relationship within the covenant of marriage is not immune to the continuing impact of past sexual abuse of one spouse. This sensitively written mini-book offers understanding of the issues for both spouses, practical steps you can take together toward growth, and above all hope in the God who makes all things new and desires your flourishing and freedom for His glory.

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.

Tchividjian, Basyle, and Justin Holcomb. *Caring for Survivors of Sexual Abuse*

How is your church ministering to children in your congregation who have experienced sexual abuse? Jesus told us that whoever received a child in his name received him (Matt. 18:5). Is this the guiding principle that informs how your congregation cares for its most vulnerable members? Is your church armed with compassion and a care plan for these survivors, or are you somehow communicating insignificance to them? Basyle Tchividjian and Justin Holcomb address the heartbreaking reality that the marginalization of child sexual abuse victims is all too common in the Christian community. They outline specific ways churches have tragically diminished the seriousness of abuse and caused further distress to survivors. Tchividjian and Holcomb skillfully advocate for ways Jesus calls his church to love and serve the wounded among them, so that congregations no longer consign survivors to suffer in silence.

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.

Dryburgh, Anne. *(Un)ashamed: Christ's Transforming Hope for Rape Victims*

(Un)ashamed: Christ's Transforming Hope for Rape Victims provides a biblical basis for counselors who are seeking to help female rape victims. It clears up common myths surrounding rape and gives insight into how this trauma impacts all aspects of a victim's life. Christ's transforming hope is shown through scriptural teaching about how God defines the victim and brings life out of evil. This book will help women to know and trust the Lord while living out who they are in Christ.

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.

Greenberg, Jennifer. *Not Forsaken: A Story of Life After Abuse: How Faith Brought One Woman from Victim to Survivor*

Jenn Greenberg was abused by her church-going father. Yet she is still a Christian. In this courageous, compelling book, she reflects on how God brought life and hope in the darkest of situations. Jenn shows how the gospel enables survivors to navigate issues of guilt, forgiveness, love, and value. And she challenges church leaders to protect the vulnerable among their congregations. *Not Forsaken* is not an easy read. But, perhaps today more than ever, it is a must-read.

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 & Marriage Counseling: Books

Brooks, Nate, and Anna Mondal. *Help! Our Sex Live Is Troubled by Past Abuse*

Victims of sexual abuse know the pain doesn't go away when the abuse stops. A couple's sexual relationship within the covenant of marriage is not immune to the continuing impact of past sexual abuse of one spouse. This sensitively written mini-book offers understanding of the issues for both spouses, practical steps you can take together toward growth, and above all hope in the God who makes all things new and desires your flourishing and freedom for His glory.

Hambrick, Brad, Editor. *Becoming a Church That Cares Well for the Abused*

Is your church prepared to care for individuals who have experienced various forms of abuse? As we continue to learn of more individuals experiencing sexual abuse, domestic violence, and other forms of abuse, it's clear that resources are needed to help ministries and leaders care for these individuals with love, support, and in cooperation with civil authorities. This handbook seeks to help the church take a significant step forward in its care for those who have been abused.

Holcomb, Justin, and Lindsey Holcomb. *Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*

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.

Sexual Abuse Prevention: Books

Hambrick, Brad, Editor. *Becoming a Church That Cares Well for the Abused*

Is your church prepared to care for individuals who have experienced various forms of abuse? As we continue to learn of more individuals experiencing sexual abuse, domestic violence, and other forms of abuse, it's clear that resources are needed to help ministries and leaders care for these individuals with love, support, and in cooperation with civil authorities. This handbook seeks to help the church take a significant step forward in its care for those who have been abused.

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.

Veith, Victor. *What the Bible Says to Abuse Survivors and Those Who Hurt Them*

Pastors and church personnel often struggle to apply intentional and appropriate doses of both biblical grace and stringent accountability to victims and perpetrators of child sexual abuse. Churches can regularly be prone to turn the tables on survivors by applying a heavy dosage of conviction to victims and misguided clemency toward perpetrators. The mishandling of abuse incidents in the church will drive victims away from the community of Christ and further embolden offenders, thus debasing the name of our Savior. Victor Veith offers a deeper understanding of both abuser and victim dynamics so that church leaders can move past ignorance and prevailing myths to tackle this devastating issue with the power of grace and truth afforded by the good news of Jesus. He explains typical dynamics of how and when child sexual abuse is reported, gives an overview of dynamics of child molesters, and describes healing ways to represent Jesus to survivors.

Spiritual Abuse: Books

Kellemen, Bob, and Tim Challies. *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.

Addiction

Note: Also see the category: "Pornography, Sexual Addiction, Sexual Sin, & Sexual Purity."

Addiction: Booklets and Study Guides for Groups or Individuals

Berg, Jim. *Help! I'm Addicted*

Everybody knows somebody who is addicted to something. But maybe addiction is more personal for you. Maybe you once had real hopes and dreams, desires and possibilities. But then you became an addict, and what started out as fun or an attempt at relief from pain and shame grew into something bigger. Here Jim Berg shows that no matter how tangled your life has become, God offers you hope and help through His Word and His people.

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.

Guzman, Eric. *The Gift of Addiction: How God Redeems Our Pain*

Erik Guzman explains that when we think it's up to us to rise above our suffering or sin, we alienate ourselves from our only source of help. When we come to the end of ourselves, realize that our addictions have controlled us, and turn in desperation to God, then we see that coming to the end of what we can do is the beginning of faith. That is the gift of addiction.

Hambrick, Brad. *Overcoming Addiction: 9 Steps toward Freedom*

Overcoming your addiction is a hard journey, and while nothing makes that easy, it is worth it. Taking this journey one step at a time with the support of others with similar struggles will give much-needed support and help. If you are willing to admit that alcohol and/or drugs are disrupting your life, *Overcoming Addiction* will guide you toward healing. Counselor Brad Hambrick provides a 9-step framework to help you reclaim your life and experience the freedom God wants for you. Find hope as you learn to be honest with God, yourself, and others. *Overcoming Addiction* is a support group curriculum that seeks to capture the gospel in slow motion and provide a safe environment for participants to grow together as they pursue steps toward lasting change to addictive patterns.

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 Powlison outlines here and see how your pleasures increase and your obsessions decrease.

Shaw, Mark. *Destigmatizing Addiction: Hope through the Gospel*

The issue of stigmatization pierces deeply into the identity of an individual person. Forgiveness in Jesus Christ provides the once addicted believer with a new identity—one who is no longer stigmatized by past choices and behaviors (2 Corinthians 5:17-21). The biblical approach to addiction provides hope, practical help, and an incredible new life in Christ.

Shaw, Mark. *Fentanyl*

Addressing the dangers of fentanyl use and its effect on our relationship with God, Mark uses Scripture and his vast experience in biblical counseling to bring forth the truth of the Bible: God wants to transform the addicted into the image of His Son, Jesus Christ. Included in this booklet are many listed resources to help guide counselors, the addicted and family/friends of the addicted.

Shaw, Mark. *Hope & Help for Video Game, TV & Internet "Addiction"*

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.

Shaw, Mark . *Vaping: Hope through the Gospel*

Dealing with addictive temptations and triggers is ongoing and not a one-time event. There are solutions for the problem of addiction, and an eternal life free from pain and suffering awaits those who know and trust the Lord Jesus Christ.

Welch, Ed. *Choices: Why Do I Do What I Do?*

Why did I do that? Behind every choice is a motive—like pleasure, comfort, or control. Motives can be hard to identify and even harder to change. Ed Welch shows all who are perplexed by their own choices that God's Word alone can transform our motives and move us toward the lasting change we desire. Pointing us to the Bible for practical help, Welch suggests three manageable steps toward change.

Welch, Ed. *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.

Wilson, Eamon. *Opiate-Related Disorders: Helping Those Who Struggle*

Is someone you love struggling in the grip of opioid addiction? Is the person you once knew now obscured by a fog of half-truths, unfamiliar behaviors, and outright lies? As the opioid crisis in the United States intensifies, thousands upon thousands of families and friends each year are left wondering what happened to their loved ones, and what, if anything, they can do to help. Eamon Wilson explores the nature of addiction, helping loved ones understand that addiction is at the same time biological, sinful, and painful, but it is also an opportunity for redemption. This understanding informs family members and friends of the various levels of help, healing, and repentance that need to take place in an addict's life, and it also helps them recognize the common pitfalls of avoidance and over-control that they can stumble into as they respond to their loved one's destructive choices.

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.

Lamb, Warren. *Unbound*

Unbound is a biblical counseling and discipleship tool to help people discover and live-out true freedom in Christ. No matter the struggle, from simple to complex, God's Word provides the only dependable guidance and help. 12-Steps not working? Try the biblical answer that has helped thousands. We live our lives based on what we believe to be most true. And what we saturate our minds and hearts with is what we believe. By learning to saturate our hearts and minds with the truth of God's Word and its significance for our lives, we can change the trajectory of our lives from bondage to freedom and from hopelessness to joy.

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.

Shaw, Mark and Shirley Crowder. *Advent: Meditations for Addicts*

This time of year can be difficult for the person struggling with an addiction as they are learning to trust in God and His provision for them, to put away their addictive behavior, and put on godly thoughts, attitudes, and behaviors. As the authors of this devotional, we hope you will recognize the incredible gift God has provided for everyone, including the addicted. We pray the Lord will be pleased to use these Advent meditations for addicts to help you keep your heart and mind focused on Him in the weeks leading up to Christmas day. We pray that your heart will be transformed by the truth of who Jesus is, what He has done for us, what He is doing for us, and what He will do for us.

Shaw, Mark and Shirley Crowder. *Easter: Meditations for Addicts*

Easter can be difficult for the person struggling with an addiction as they are learning to trust in God and His provision for them, to put away their addictive behavior, and put on godly thoughts, attitudes, and behaviors. As the authors of this devotional, we hope you will recognize the incredible gift God has provided for everyone, including those struggling with an addiction. We pray the Lord will be pleased to use these Advent meditations for addicts to help you keep your heart and mind focused on Him in the weeks leading up to Christmas day. We pray that your heart will be transformed by the truth of who Jesus is, what He has done for us, what He is doing for us, and what He will do for us.

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, Welch discovers far more in Scripture on addictions than just passages on drunkenness. There we learn the addict’s true condition. 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, & 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. *The Art of Aging: Preparing and Caring*

This is a comprehensive and practical resource for answering questions such as: 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

Dunlap, John. *Finding Grace in the Face of Dementia*

Experienced geriatrician, Dr. John Dunlop, wants to transform the way we view dementia, showing us how God can be honored through such a tragedy as we respect the inherent dignity of all humans made in the image of God. Sharing stories from decades of experience with dementia patients, Dunlop provides readers, particularly caregivers, with a biblical lens through which to understand the experience and challenge of this life-altering disease. *Finding Grace in the Face of Dementia* will help you see God's purposes as you love and care for those with dementia.

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.

Peters, Bryon. *Caring for an Aging Parent: Honoring as You Serve*

Caring for aging parents is complex and challenging even under the best of circumstances. How do we help them and remain sane when distance, dementia, depression, disaster, divorce, disintegrated relationships, deteriorating health, and discouragement set in? Thankfully, God's Word guides us in this important work, starting with the all-important truth that our parents, like us, are image bearers of God. Pastor Byron Peters shares that God's Word calls us to compassionate care for our parents as they age, and that God will be helping us as we seek to honor and help them. He also shares practical principles that can guide us while we seek to honor our parents as they transition from independence to dependence. In addition to financial planning and health care concerns, we are ultimately reminded that God is near to the brokenhearted and will provide a rich supply of grace to parents and caregivers alike in this challenging season.

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 & Bitterness

Anger & Bitterness: 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.

Crabtree, Sam. *Practicing Thankfulness: Cultivating a Grateful Heart in All Circumstances*

What we believe about God is evident in how we exhibit thankfulness for all He has done. In *Practicing Thankfulness*, pastor Sam Crabtree encourages us to express glad-hearted thankfulness for God's unending provision in all circumstances. Through the daily practices of expressing gratitude—saying "thank you" to a neighbor, serving others in practical ways, or simply thanking God for His many gifts—we recognize the absolute and total lordship of God and His sovereignty over all things.

Jones, Robert. *Anger: Calming Your Heart* (A 31-Day Devotional for Life)

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 & Bitterness: Books

Ash, Christopher, and Steve Midgley. *The Heart of Anger: How the Bible Transforms Anger in Our Understanding and Experience*

We all struggle with anger at times. More often than not, when anger knocks at the doors of our hearts we easily allow it to take over. But what if getting to the heart of our anger also reveals the way to transform it? Christopher Ash and Steve Midgley address this question by bringing to bear what the Bible has to say about sinful anger—revealing that sinful anger is the sinful response when something we value more than God is taken away or threatened. They reflect on biblical portraits of human anger, God's righteous anger, and how only the gospel of Jesus Christ brings true freedom—transforming a heart of anger into a heart filled with the love of God.

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.

Viars, Steve. *Overcoming Bitterness: Moving from Life's Greatest Hurts to a Life Filled with Joy*

In a world full of struggle and disappointment, each one of us will wrestle with bitterness at one time or another. But left unchecked, bitterness is a destructive poison that steals our joy and the joy of those around us. We must take care not to feed a bitter spirit within us. In this honest and hopeful book, pastor and counselor, Steve Viars, shows us how to avoid the pitfalls of a bitter heart as we walk through our fallen world. He shows us how to process bitterness honestly, biblically, and effectively, so that we can move from life's greatest hurts to a life filled with joy.

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, & 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.

Gembola, Michael. *Anxious about Decisions: Finding Freedom in the Peace of God*

Do you get anxious when you have to make a decision? Do you overthink, overtalk, and overanalyze? When anxiety surrounds every decision, the result can be decision-making paralysis. This book explores this common struggle and then points to the peace that comes from knowing God as your refuge and ever present help in trouble. Learning to trust God, even when the path is not clear, will give you courage to move forward one step at a time. When you're faced with decisions both big and small, God offers you something better than certainty and the absence of risk. He promises to be with you. And when you allow the Good Shepherd to lead, you will find that he uses times of decision-making to make you more peaceful and become a better steward of the opportunities in front of you. *Anxious About Decisions* will help you learn to approach decisions more confidently with a conscience shaped by God's Word and values shaped by God's heart.

Gerth, Holley. *What Your Mind Needs for Anxious Moments: A 60-Day Guide to Take Control of Your Thoughts*

Do you ever struggle with moments of anxiety and long for more peace? Do you wish someone would tell you how to control the fearful thoughts in your mind? Are you looking for biblical truth and practical steps? Holley Gerth will help you break free of anxiety's grip so that you can experience an inner calm despite your outer circumstances. As a fellow struggler with anxiety, she's spent years researching what works and reading God's Word to discover truth every anxious heart needs. In this 60-day devotional book, Holley starts with Genesis and journeys all the way through Scripture to share how biblical characters struggled with anxiety too. She comes alongside you as a trusted friend, offering hard-won personal insights, biblical encouragement, and the latest brain science. Each devotion also includes Scripture, prayer, and questions for further reflection.

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 midst 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.

Tautges, Paul. *Anxiety: Knowing God's Peace* (A 31-Day Devotional for Life)

Whether you experience nagging worry or debilitating panic, God's Word offers hope and help. In this 31-day devotional, pastor and biblical counselor, Paul Tautges, delves deeply but gently into the heart of fear and unbelief, using daily readings, reflection questions, and practical application to fuel the faith that strengthens inner security and peace.

Welch, Ed. *A Small Book for the Anxious Heart: Meditations on Fear, Worry, and Trust*

A Small Book for the Anxious Heart is a small but powerful devotional to remind men and women of the encouraging, beautiful words in Scripture to anxious people. While many books on fear and anxiety exist—promising to help men and women manage their struggles with methods and formulas—this devotional reaches deeper into Scripture, making the Word of God more accessible. Don't put a Band-Aid on your fear and anxiety; rather, learn to bring your fear to Jesus, relying on his Word.

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.

Smith, Esther. *A Still and Quiet Mind: Twelve Strategies for Changing Unwanted Thoughts*

Are you distracted by racing or anxious thoughts? Distressed by intrusive or irrational thoughts? Struggling with sinful or untrue thoughts? You may feel trapped in your own head, but God and his Word have given you many different ways to find freedom. In this practical and sympathetic guidebook, biblical counselor Esther Smith provides twelve powerful strategies that are targeted to different thought struggles. Each chapter is filled with a variety of exercises so that you can begin to change your thoughts right away and live at peace.

Thompson, Jessica. *How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears*

If your son or daughter is suffering from anxiety, you probably have more questions than answers: What is causing the anxiety? Is this normal teenage angst or something more serious? What can I do to help? Jessica Thompson, the mother of three teens, has seen kids struggle with anxiousness. She wants you to understand the issues surrounding teenage anxiety and how our culture, the church, and perhaps even you may be contributing to the problem. But there is help and hope for you and your teenager. When you equip yourself with truth from God's Word, you can help your child to cope with anxiety, and your family can experience greater freedom and peace.

Wallace, Sara. *Created to Care: Truth for Anxious Moms*

If you struggle with anxiety as a mom, Sara Wallace wants you to know you're not alone. What's more, God's Word has specific, practical comfort that will help you to embrace this season with peace and confidence. Sara shows how we can learn to have peace in ten critical area—from our

personal insecurities to the spiritual well-being of our children—and provides practical tips from moms.

Fear: Booklets

Adams, Jay. *What Do You Do When Fear Overcomes You?*

In this 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.

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

Moll, Lucy Ann. *Help! I Get Panic Attacks*

Panic attacks are terrifying, as author Lucy Ann Moll knows well. But she has found hope for overcoming panic, and she longs to help others find the peace of God which comes through the Prince of Peace who conquers fear. Here she looks at the origin of our fears, why we suffer panic attacks, and how we can, with the help God provides, overcome the cycle of fear.

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 & Dying, Terminal Illness Support, & Heaven

Cancer Support

Groves, Elizabeth. *Grief Undone: A Journey with God and Cancer*

Grief Undone is the breathtakingly honest, yet hopeful account of how Elizabeth and Al Groves walked with God through Al's terminal cancer. Their true story—saturated with in-the-moment scriptural reflections, blogs, and fervent prayers—paints a stunning picture of how faith transforms the human experience of suffering. But *Grief Undone* is more than the chronicle of one family's courage in the face of cancer. At its core, *Grief Undone* tells a story about the God who is with his people through each and every circumstance in life. Modeling healthy and God-honoring grief, *Grief Undone* is uniquely practical for those who are grieving as well as for the pastors, counselors, and friends who seek to help them.

Frields, 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: Moving Beyond "I'm Sorry" to Meaningful Support*

"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.

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

Delaney, Sue Nicewander. *Help! My Loved One Had a Stroke*

This mini-book is written with understanding on the practical challenges of living with a loved one who has experienced a stroke. If your loved one has had a stroke, your life may have been turned upside down. Facing these radical life changes can be physically and emotionally exhausting. But you are not alone. *Help! My Loved One Had a Stroke* suggests ways you can get the support you need for both your loved one and yourself for the long haul. Above all, it points you to God's loving purpose in suffering, and the hope and strength to be found in the gospel.

Mumma, Matt, and Richard Dewey. *Help! I Have Parkinson's Disease*

A diagnosis of Parkinson's disease may fill us with grief and doubts. We fear what life will look like in the future, for ourselves and for those closest to us. This mini-book sensitively explains how the gospel message brings joy, help, and courage, and directs us to find our hope, not in therapies that may relieve or delay symptoms, or even in an eventual cure, but in the solid and lasting promises of our heavenly Father. *Help! I Have Parkinson's Disease*, is a mini-book penned with understanding of the practical challenges of living with Parkinson's Disease and written by one diagnosed with Young Onset Parkinson's Disease.

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.

Scott, Stuart. *Help! Someone I Love Suffers from Traumatic Brain Injury*

If someone you know or love has suffered from traumatic brain injury (TBI), you are likely receiving a flood of information about what has just happened. This mini-book will help you navigate this new trial. Writing from personal experience, the author explains what TBI is, points to the hope of the gospel, gives advice for how to obtain the practical and spiritual help you need, and demonstrates how even this situation can bring glory to Christ.

End of Life Counsel, Death & Dying

Butler, Kathryn. *Between Life and Death: A Gospel-Centered Guide to End-of-Life Medical Care*

Modern medical advances save countless lives. But for all their merits, sophisticated technologies have created a daunting new challenge, namely a blurring of the expanse between life and death. The dying process is often hidden behind a complex web of medical terminology, statistics, and ethical decisions, making it difficult for patients and loved ones to know how to approach the end of life in a dignity-affirming, God-honoring, faith-filled way. This book offers a distinctly Christian guide to end-of-life care. It equips you by explaining common medical jargon, exploring biblical principles that connect to common medical situations, and offering guidance for making critical decisions. In these pages, you will find the medical knowledge and scriptural wisdom you need to navigate this painful and confusing process with clarity, peace, and discernment.

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, & Progressive Sanctification in Christ

Adams, Jay. *Ending the Quest for Something More*

Since the time of the Apostles, many believers have sought for something more—something beyond what they concluded was the ordinary Christian experience. This search has led into such things as asceticism, monasticism, pietism, and mysticism. More recent movements feeding this dissatisfaction include quietism, Keswick, and the second blessing teaching of Pentecostalism. Perhaps you have experienced the kind of yearning and dissatisfaction these teachings seek to satisfy. If you have found yourself wishing, hoping, and searching for something more—something deeper—in your Christian walk, this book was written for you. In his usual clear and compassionate style, Jay Adams explains how you can bring your quest for something more to a satisfying end.

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?"

Adams, Jay. *The Road to Happiness: Psalm 1*

The Christian life is a happy one. The words of the first Psalm make that clear. These words, understood, appreciated, and applied, can make all the difference in a Christian's walk. In this book, Jay Adams explores these words in depth and serves as your guide down *The Road to Happiness*. Get ready for a great experience analyzing your lifestyle in light of the Word of the living God.

Berg, Jim. *Changed into His Image: God's Plan for Transforming Your Life*

In this time-tested resource for spiritual growth and disciple making, biblical counselor Jim Berg guides readers to understand their sinful nature, renew their minds, and live in a way that pleases God and allows them to better serve him. With a compassionate voice and keen understanding of the human heart's condition, Berg charts a clear roadmap to genuine, biblical heart change in each chapter. Both new and mature believers will find Changed into His Image full of rich encouragement and practical exercises to help them to grow in love for their Savior and service to him. This is a revised and updated edition of Jim Berg's 1999 classic work by the same title.

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.

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.

Chandler, Matt and Michael Snetzer. *Recovering Redemption: A Gospel-Saturated Perspective on How to Change*

Life never lacks for improvement—in ourselves, in our relationships, in just about everything. But all our brave stabs at getting better, if they ever change anything, are incomplete at best, complete failures at worst. Sometimes much worse. Unless . . .The gospel of Jesus Christ is the great "unless" of life—both for those who already believe (but can't believe the messes they're still capable of making), as well as those who don't yet believe but just know their way isn't working. *Recovering Redemption*, written with a pastor's bold intensity and a counselor's discerning insight, takes you deeply into Scripture to take you deeply inside yourself, discovering that the heart of all our problems is truly the problem of our hearts. But because of what God has done, and because of what God can do, the most confident, contented person you know could actually be you—redeemed through Jesus Christ.

Cheong, Robert. *Restoration Story: Why Jesus Matters in a Broken World*

Robert Cheong, a pastor and counselor, helps readers connect their story to God's story which will transform how they live and love. We all have our own backstory—our sometimes unconscious beliefs—that have been shaped by our families, relationships, and life experiences. Our stories shape the personal narratives we live out: "I am not loved." "No one cares for me." "I have to be better than everyone around me." "How I look is the most important thing about me." Our backstory guides us in how we relate to God and others. But are these beliefs true? And how are they affecting our lives today? In *Restoration Story*, Cheong helps readers unpack their story and learn to live out of God's new story. Readers will discover how to retell their story out of who God is, what He's done, and the call to love Him and others.

Cheong, Robert. *Restore: Changing How We Live + Love*

In *Restore: Changing How We Live + Love,* pastor and author Robert K. Cheong shows us that because we have been united to Christ, we can draw near to God, enjoy His love, and live with new patterns and life rhythms. This thirteen-week study guides participants through creating their own storyboards that will connect them to God's overarching story and help them to rethink, reframe, and move forward. As participants discuss, do response activities, and learn to meditate on God's Word, they will reconnect with God and reignite their love for Him and others.

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.

Gifford, Greg. *Hearts & Habits: How We Change for Good*

Greg Gifford makes the case from Scripture that both heart motivations and godly practice are critical for growth in Christ. In *Hearts & Habits*, he shows that progressive sanctification travels on a bi-directional highway between our hearts and our habits—we do what we love and we love as we do. Filled with concrete examples and exercises to address our hearts and habits in the various spheres of life, Greg helps the reader put into practice the fear of the Lord in everyday life.

Hedges, Brian. *To Be Like Jesus: 40 Meditations for Your Journey Toward Christlikeness*

The Christian life is a journey of spiritual and moral transformation into the glorious image of Jesus Christ. As with any lengthy journey, we sometimes lose our way, becoming disoriented and confused. We mistake the terrain we have already traversed, lose sight of the road on which we tread, and forget the destination to which we travel. Sometimes we take detours or get stuck on the side of the road. We all need help. In *To Be Like Jesus*, Brian Hedges provides 40 days of devotional readings that, like road signs, encourage believers in their ongoing journey toward Christlikeness.

Hill, Megan, and Melissa Kruger, Editors. *Fruitful: Cultivating a Spiritual Harvest That Won't Leave You Empty.*

As Christians, we long for a spiritually fruitful life. However, our attempts to work more and hustle harder only leave us feeling weary and worn. Thankfully, God's word supplies the nourishment we so desperately need. As we abide in Jesus, he fills our emptiness with an abundant crop of spiritual fruit. Through the trusted voices of several female bestselling authors, editors, and Bible teachers, this 40-day devotional explores each of the 9 fruits of the Spirit found in Galatians 5. Every daily reading includes a related verse to ponder, a theologically rich reflection, additional Bible passages to read, and a prayer. This short format provides readers with an easy-to-use devotional resource, filled with substantial biblical counsel for harvesting God-given spiritual fruit.

Huie, Eliza, and Esther Smith. *The Whole Life: 52 Weeks of Biblical Self-Care*

In this practical guide, readers explore biblical stewardship as it applies to all areas of life, with the understanding that we can only offer others what we have first received from our own growing relationship with Christ. Exhaustion, spiritual apathy, and burnout are not signs of how important and significant our life is, as our culture might lead us to believe. Instead they are warning signs that we need to turn to God for daily help in how to steward our lives and our days. *The Whole*

Life describes a balanced life that honors God and enables good works, offering practical guidance for renewing body and soul so that readers will be energized to engage life with renewed enthusiasm and vigor for service to God.

Kell, Garrett. *How Do I Fight Sin and Temptation.*

Temptation is unrelenting. Whether it sneaks up in a social-media post, a relationship, or a bout of anger, there will always be an invitation to sin. But sin isn't just an inevitable misstep; it's a personal rejection of God and his commands. And it's a battle every Christian must fight. Through biblical wisdom and engaging stories, J. Garrett Kell confronts the spiritual weight and consequences of rebellion and offers 7 gospel-centered ways to fight sin. Reminding believers that God always provides a way out of temptation, Kell highlights several steps to fight sin—including grace, community, and confession—guiding readers away from destruction and toward freedom in Christ.

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.

Nicholls, Andrew, and Helen Thorne. *Real Change: Becoming More Like Jesus in Everyday Life*

Every honest Christian knows the need for change. But how to get there? How do you move forward from struggles both big and small with your faith? And how does our faith in God impact our everyday thoughts, feelings, and actions? This six-session small group resource gives Christians an opportunity to reflect on one particular area in their lives and then to learn more about how God changes us to become more like Jesus Christ. All of us struggle to love God and those around us, but God has promised to keep working on us. And the Lord always keeps his promises. The change that his gospel produces will make your life and your relationships truly beautiful. This self-contained resource with Leader's Notes will encourage small group participants to understand and apply a biblical view of change to their lives and relationships. Real Change: Becoming More Like Jesus in Everyday Life is based on the CCEF model of change from David Powlisons course, Dynamics of Biblical Change.

Ortlund, Dane. *Deeper: Real Change for Real Sinners*

How do Christians grow? Few question the call of the Bible to grow in godliness, but the answer to exactly how this happens is often elusive. In *Deeper*, Dane Ortlund points believers to Christ, making the case that sanctification does not happen by doing more or becoming better, but by going *deeper* into the wondrous gospel truths that washed over them when they were first united to him. Drawing on wisdom from figures throughout church history, Ortlund encourages readers

to fix their gaze on Jesus in the battle against sin, casting themselves upon his grace and living out their invincible identity in Christ.

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 a 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.

Rosner, Brian. *How to Find Yourself: Why Looking Inward is Not the Answer*

In the 21st-century West, identity is everything. Never has it been more important, culturally speaking, to know who you are and be true to yourself. Expressive individualism—the belief that looking inward is the way to find yourself—has become the primary approach to identity formation, and questioning anyone's "self-made self" is often considered a threat or attack. Prompted by his own crisis of identity, Brian Rosner argues that personal identity is formed not only by looking inward, but also by looking around to your relationships, backward and forward to your life stories, and upward to God. In *How to Find Yourself*, Rosner equips readers to engage sympathetically with some of the most pressing questions of our day. Challenging the status quo, he offers an approach to identity formation that leads to more secure and joyful self-knowledge: being known intimately and personally by God and following the script of Jesus's life story.

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.

Tripp, Paul. *Do You Believe? 12 Historic Doctrines to Change Your Everyday Life*

In *Do You Believe?*, pastor and best-selling author, Paul Tripp, takes a close look at 12 core doctrines and how they engage and transform the human heart and mind. According to Tripp, "true belief is always lived." To demonstrate this, he unpacks each doctrine and presents its relevance for the Christian life. As readers explore topics such as the doctrine of God, the holiness of God, and the doctrine of Scripture, they will be fueled to fall deeper in love with and stand in

awe of their Creator and Father—putting the truths of God's Word on display for all the world to see.

Whitney, Donald. *Ten Questions to Diagnose Your Spiritual Health*

In the distractions of daily life, it can be hard to evaluate how we are doing spiritually. But monitoring the pulse of your spiritual health is just as important as monitoring your mental and physical health. No matter where you are in your walk with Christ, Don Whitney makes it easy to do a self-check on your spiritual well-being. Quickly evaluate your spiritual state by asking yourself 10 convicting diagnostic questions. By bringing the lofty idea of "sanctification" into a helpful and convicting spotlight, this concise and insightful book will transform your spiritual life.

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 life hacks 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 unkillable.

Chronic Fatigue, Chronic Illness, & Chronic Pain

Brandt, Brad. *Help! I Live with Chronic Pain*

What should we do when we are in constant, all-consuming pain that has no end in sight? The pain might be physical, or related to a significant loss—of a job, a spouse, or a child. Brad Brandt, who is familiar with such pain, finds Psalm 13 to be life-giving. Here he shows how the three movements of Psalm 13 can help us to live with chronic pain to God's glory.

Emlet, Mike. *Chronic Pain: Living by Faith When Your Body Hurts*

Chronic pain is different from other kinds of physical pain because it doesn't stop. It is daily, unrelenting, soul-wearying pain for which there is no end in sight. Can you still experience God's

grace and help even in the midst of never ending pain? In *Chronic Pain*, physician and biblical counselor Mike Emlet includes an overview of the physiological aspects of pain and then outlines a God-shaped perspective on chronic pain. When you turn to God, your pain may not disappear, but fear, anxiety, and despair can be replaced with trust in God's understanding, care, and love.

Emlet, 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.

Shaw, Mark E. with Allison Griffin. *Hope and Help for Chronic Illness*

Periods of extreme physical pain and mental fatigue can plague any one of us. From a medical perspective, chronic illness is defined as "an illness that lasts three months or more," but practical help and eternal hope is available for those who are God's children. Find out the wrong and right responses to dealing with chronic illness. Be encouraged to reach out for help from the beautiful blessing of the Body of Christ. God made each of us dependent upon Him and His Body, the local church.

Smith, Esther. *Chronic Illness: Walking by Faith (A 31-Day Devotional for Life)*

Chronic illness changes all aspects of life, leading to unique challenges that are difficult to navigate. Thankfully, God provides His presence, counsel, and eternal perspective to help suffering people. In daily devotional readings, biblical counselor and chronic pain coach, Esther Smith, shows people with illness how to release guilt and shame, ask for help, balance work and rest, and get through difficult days.

Smith, Robert. *Fibromyalgia: God's Grace for Chronic Pain Sufferers*

The pain is often excruciating. You feel hindered from being the person you want to be and from doing the activities you enjoy most. Adding to your struggle is the knowledge that your symptoms may never fully go away. How do you find encouragement in a situation that seems hopeless? In *Fibromyalgia: God's Grace for Chronic Pain Sufferers*, Dr. Bob Smith helps connect you to the God who sees your suffering and has compassion for you.

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 & Relationships

Communication & 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.

Dykas, Ellen. *Toxic Relationships: Taking Refuge in Christ* (A 31-Day Devotional for Life)

The common human struggle with insecurity in relationships is addressed with hope, comfort, and wisdom in Scripture. Everyone has felt unloved, disappointed, fearful, or discontent in one way or another in his or her relationships. We feel lonely and unknown yet are fearful to be honest with people around us. David's laments in many of the Psalms provide a guide for those who wrestle with insecurity to cry out to God, looking away from themselves, to the one who is our true security. This devotional locates insecurity in Scripture, assesses it through the lens of the gospel, and provides practical encouragement through the person of Jesus. The reader will gain wisdom

for growing in a confident trust of the Lord, which diffuses insecurity and frees us to cultivate Christ-centered relationships.

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.

Hambrick, Brad. *Navigating Destructive Relationships: 9 Steps toward Healing*

All relationships disappoint us from time to time. But some relationships are destructive, especially those marked by addiction, abuse, and/or life-dominating problems. *Navigating Destructive Relationships*, a support group curriculum, provides you with a safe and stable place where you can name what's going on and turn toward God. You are not alone. God sees and cares for your suffering. *Navigating Destructive Relationships* is built on a 9-step model that helps you process intense relational suffering with the hope of the gospel. Learning alongside others facing similar challenges allows participants a unique opportunity to grow as they identify choices they can make in response to their loved one's destructive patterns.

Hambrick, Brad. *Transformative Friendships: 7 Questions to Deepen Any Relationship*

Building meaningful friendships is not as easy as we wish it was. A culture that is lonelier and more disconnected than ever proves how hard it can be. In Transformative Friendships, counselor Brad Hambrick encourages readers to develop new rhythms, habits, and lifestyles that will shape and grow their relationships, both with casual acquaintances and closer friends.
Transformative Friendships shares seven simple questions that will help you be intentional with your relationships and offers a springboard to deepening and strengthening friendships that will enrich your life.

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.

Sayers, Brian. *Help! I'm Being Manipulated*

Manipulation is a painful and destructive relational dynamic. Today we are often told to establish "boundaries" or get rid of "toxic relationships," but this may not always be helpful or fulfill God's command to love our neighbor. So how should we respond? This mini-book defines what manipulation is and the many ways it is expressed, and then sets out practical and biblical strategies for confronting it in a way that helps and shows love to the manipulator.

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 & 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.

Emlet, Mike. *Saints, Sufferers, and Sinners: Loving Others As God Loves Us*

A friend feels rejected. A counselee is angry. A church member's child is ill. You want to help, but where do you begin? Biblical counselor, Mike Emlet, outlines a model of one-another ministry based on how God sees and loves His people as saints, while bringing comfort to the sufferer, and faithfully speaking truth to the sinner. Filled with everyday illustrations as well as counseling examples, Emlet demonstrates what it looks like to approach fellow believers simultaneously as saints, sufferers, and sinners. Emlet unpacks Scripture and draws on his many years of counseling experience to help counselors, pastors, and friends love others wisely and well.

Harvey, Dave and Paul Gilbert. *Letting Go: Rugged Love for Wayward Souls*
What do you do when someone you love leaves? And how do you pursue someone who has hurt you, who has sinned against you? In *Letting Go*, pastors Dave Harvey and Paul Gilbert share stories of pain and stories of hope as they reveal how to care for the prodigal who has strayed. Whether you are dealing with an unfaithful marriage partner, a rebellious child, or a wayward friend, the counsel they offer will help you to pursue a gospel-rooted approach, grounded in truth and

practiced in the midst of Christian community. While each situation is unique, most stories deal with common themes of shame, guilt, confusion, uncertainty, and struggle. You will understand the spiritual dynamics at work in the heart of the prodigal and how you as a family member, spouse, friend, or church leader can best relate to them in love. You will learn how to practice "redemptive release" through confrontation and discipline as well as how to forgive the person who has hurt you through a process of reconciliation. For those in a time of waiting and wondering if their loved one will ever return home, there is a reminder of the hope of the gospel and the necessity of depending upon the Holy Spirit through prayer.

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.

Mehl, Scott. *Loving Messy People: The Messy Art of Helping One Another Become More Like Jesus*

Life is messy. And nobody escapes it. But thankfully, God has a plan to deal with the mess. It involves you, and it involves me. Even with all of our messes, God wants to use every one of us to be part of His glorious rescue plan in each other's lives. If you don't know exactly what to do or even where to start, *Loving Messy People* is for you. Filled with real-life stories, biblical truth, and practical wisdom, this book will give you the tools and confidence you need to fulfill God's call to love others in the midst of the mess. What's more, it will show you, in vivid technicolor, God plans to transform the mess we all face into something redemptive and beautiful.

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.

Thompson, Jessica. *Everyday Grace: Infusing All Your Relationships with The Love of Jesus*

It's hard, sometimes, to get over that thing your husband said weeks ago; or to resolve that tension with your colleague at work; or to fix a lifelong friendship that's taken a bad turn. The biggest problem with relationships is they always seem to involve sinners--including ourselves. So how can we form strong, resilient bonds with people who, like us, are bound to mess up?Thankfully, it's not all on us. Through stories and biblical teaching, Jessica Thompson helps us move beyond trying to "fix" the people we interact with, and shows us a better way. Though our relationships may be marred by tension and frustration, because we are welcomed and known by Christ, they don't have to stay that way.

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 & Church Discipline/Restoration

Conflict Resolution & Church Discipline/Restoration: 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 & Church Discipline/Restoration: Books

Adams, Jay. *Handbook of Church Discipline: A Right and Privilege of Every Church Member*

This is a handbook for pastors, elders, and all Christians who want to see how Scripture presents the process of discipline that should operate in the Christian community. It was written in response to the various concerns that threaten to tear apart marriages, families, friendships, and congregations—concerns that call for a biblical approach to discipline that can heal fractures, restore right relationship, and ensure the health of the church. Developed around the five corrective steps found especially in Matthew 18:15-17, this book helps church leaders deal with the sorts of problems that require the church's disciplinary response. Charting a course that combines discernment with appropriate action, this simple, readable handbook can have a profound effect on the community of believers.

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.

Cheong, Robert. *Restore: Changing How We Live + Love*

In *Restore: Changing How We Live + Love,* pastor and author Robert K. Cheong shows us that because we have been united to Christ, we can draw near to God, enjoy His love, and live with new patterns and life rhythms. This thirteen-week study guides participants through creating their own storyboards that will connect them to God's overarching story and help them to rethink, reframe, and move forward. As participants discuss, do response activities, and learn to meditate on God's Word, they will reconnect with God and reignite their love for Him and others.

Hill, Megan. *Sighing on Sunday: 40 Meditations for When Church Hurts*

Are your Sunday mornings more difficult than joyous? Forty thoughtful meditations on biblical truths encourage readers to understand the source of their struggle, express their sorrow, and take wise action.

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 pursue peace while helping others to do the same.

Newheiser, Jim. *How to Love Difficult Parents: Wisdom for a Challenging Relationship*

Counselor Jim Newheiser understands the many types of challenges adults may face in their relationship with their parents, whether it be their parents' financial strain, a struggle to properly care for their home or their health, conflict related to care for the grandchildren, or destructive relational choices. Newheiser helps readers understand their responsibility to honor their parents, and to be prepared to help with their needs, but also to recognize their first responsibility to their relationship with the Lord and their own marriage and children. He also gives guidance on what offenses to graciously overlook and what offenses to handle with gentleness and love. Ultimately, there may be some bad situations that are out of your control, but you can always be a loving representative of the Lord in how you respond.

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

Ash, Christopher. *Discovering the Joy of a Clear Conscience*

Do you know the joy of a clean conscience? Christopher Ash examines the conscience and what it tells us, offering us this pure joy through the good news of Jesus. *Discovering the Joy of a Clear Conscience* will attune you to your own inner voice of conscience as well as reveal its limitations and show how you can bring your conscience more in sync with God's will.

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

Crabtree, Sam. *Practicing Thankfulness: Cultivating a Grateful Heart in All Circumstances*

What we believe about God is evident in how we exhibit thankfulness for all He has done. In *Practicing Thankfulness*, pastor Sam Crabtree encourages us to express glad-hearted thankfulness for God's unending provision in all circumstances. Through the daily practices of expressing gratitude—saying "thank you" to a neighbor, serving others in practical ways, or simply thanking God for His many gifts—we recognize the absolute and total lordship of God and His sovereignty over all things.

Hill, Megan. *Contentment: Seeing God's Goodness (31-Day Devotionals for Life)*

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.

Hill, Megan. *Patience: Waiting with Hope (31-Day Devotionals for Life)*

Do you dread being forced to wait? Does a summons to patience sound like a call to bitter endurance? It's not. This neglected virtue is the powerful and diligent practice of godliness in daily life—we are called to be faithful over time just as God is faithful to us. These thirty-one devotional readings will reshape your perspective on patience, pointing you to Jesus Christ as your ultimate example and showing you how to cultivate and appreciate patience amid the frustrations, challenges, and longings that you experience every day.

Jones, Robert. *Contentment: Joy That Lasts*

Are you in financial trouble or a dead-end job? Single and wishing you were married? Experiencing rejection or opposition from others? When life gets tough, contentment is hard to find. But contentment isn't found, argues biblical counselor Robert Jones—it's learned. In this pocket-sized exposition and application of Philippians 4:11–13, Jones draws parallels between the reader's life and the various forms of hardship that the apostle Paul faced. Amid these, we too can experience

what Paul experienced: inner satisfaction, peace, and confidence in God's ability to care and provide.

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 & 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. *Hurts So Good: Exposing the Lies of Self-Injury*

You hurt yourself to feel better, but the relief never lasts. If you or someone you love feels trapped in a cycle of intentional self-injury, there is hope in the gospel that is better than the quick fix of self-injury. Exposing the familiar motivations like fear and anger that drive self-injury, Welch reveals what the behavior says about us and God. In *Hurts So Good*, he presents the Psalms as a

God-honoring way to give expression to our deepest pain. With nine action steps, this mini-book helps set strugglers on the path to healing in Christ.

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.

Miller, Jack. *Dealing with Rejection: How to Respond to Deep Hurt*

You feel betrayed. Someone close to you has hurt you deeply. You want to move past the pain and your obsession with what happened, but how? The usual strategies—trying to get even, trying to forget—just aren't working for you. Perhaps it's time for a different approach. In *Dealing with Rejection*, Jack Miller unpacks the different ways people respond to betrayal and rejection and offers a new way to respond—forgiveness rooted in the gospel of Jesus Christ. Forgiveness doesn't mean forgetting or acting as if nothing happened, but it does mean being more like Jesus and returning good for evil.

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.

Whitman, Lauren. *A Painful Past: Healing and Moving Forward* (A 31-Day Devotional for Life)

As a Christian with a painful or shameful past, it can be hard to understand how and why your life took certain turns. It can be even harder to not allow what happened to define your existence and identity, even though you know that your past shouldn't carry that kind of weight. This devotional helps you to slow down the inner dialogue that often speaks mercilessly and relentlessly and asks you to consider what God's words are. What does he have to say? How does he see you? And how can all that he says is true about us set a trajectory for your future?

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 Disabilities

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."

Beats, Michael. *Disability and the Gospel: How God Uses Our Brokenness to Display His Grace*

Michael Beats' concern with disability issues began nearly 30 years ago when his eldest child was born with multiple profound disabilities. Now, as more families like his are affected by a growing number of difficulties ranging from down syndrome to autism to food allergies, the need for church programs and personal paradigm shifts is greater than ever. Working through key Bible passages on brokenness and disability while answering hard questions, Beats offers helpful principles for believers and their churches. He shows us how to embrace our own brokenness and then to embrace those who are more physically and visibly broken, bringing hope and vision to those of us who need it most.

Deuel, Dave. *Help! My Friend Has a Disability*

Most of us could improve our friendship skills. And disability can introduce unique challenges to our friendships, as well as bring incomprehensible blessings. This mini-book explores how we can be a good friend to a person with a disability by examining the Bible's teaching on friendships in general, and then looking at some of the specific obstacles disability can bring, including how churches can become families of friends for people with disabilities.

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 (Proverbs 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!

Deuel, Dave. *Help! My Sibling Has a Disability*

Having a sibling with a disability raises unique challenges. It can seem unfair, holding you back from doing the things other families are doing. Or perhaps you are required to step up in the absence of parents, and you feel overwhelmed by the responsibility. This mini-book, with its reminder that God makes no mistakes, seeks to come alongside you and offers biblical wisdom and practical suggestions for navigating through the different seasons of a sibling relationship.

Deuel, Dave. *Is God Listening? What If He Doesn't Answer?*

How can we offer tenderhearted spiritual support to those affected by disability? As part of your biblical care for people with disabilities and their families, this mini-book can serve as a first

response encouragement. This mini-book reminds us that God hears each cry for help, and He is not silent. He speaks to us through His Word—the Bible—and He acted to save us through the cross. Jesus offers us His unwavering presence and the promise that one day, those who trust Him will be delivered completely.

Deuel, Dave, and Nancy Deuel. *Help! My Child Has a Disability*

Accepting that God has chosen you to have a child with a disability can be hard. Dave and Nancy Deuel tell their story and share the practical wisdom they have learned, highlighting the importance of supportive relationships with family, friends, and church, as well as the spiritual joys and blessings of this journey.

Horning, Krista. *Just the Way I Am: God's Good Design in Disability*

A beautifully produced coffee-table style book with inspirational verses and pictures of those who have a disability. You will see God's providence and sovereignty in lives affected and impacted by disability.

Hubach, Stephanie. *Parenting & Disabilities: Abiding in God's Presence (31-Day Devotionals for Life)*

Where is God in your journey of parenting a child with disabilities? Everywhere! Although parenting a child with exceptionalities can be an isolating experience, nothing can separate God's children from His loving presence. In thirty-one daily readings spanning cosmic realities and the nitty-gritty of daily life, Stephanie Hubach, a researcher in disability ministry and the mother of a son with Down syndrome, explores the many blessings that come to you and your child through the promise of Immanuel, "God with us."

Kwasny, John. *Suffering in 3-D: Connecting the Church to Disease, Disability, and Disorder*

Suffering in 3-D is a book to guide and encourage believers to get practically involved in meaningful relational ministry to all who are suffering. As Christians, we are not to walk alone in our suffering, or inadvertently force others to deal with personal suffering on their own. The church, as a spiritual hospital, the family of God, and a discipleship culture, is to be one-minded and spiritually passionate about its charge to connect to those who suffer in the midst. As you work through this book, you will be guided and inspired to engage in a holistic and practical ministry to those who suffer with disease, disability, and disorder.

Olsen, Rebecca. *A New Normal: Learning to Thrive in Suffering*

A car crash has left you disabled and in constant pain. You or a family member just received a serious medical diagnosis. How do you begin to piece your life together after it has been changed forever? When suffering waylays you, it doesn't seem as if anything will be "normal" again. How do you take steps to move from surviving to thriving? Rebecca Olson walks you through the

questions you may be asking of yourself and God as you process a long-term trial or a devastating loss, and she invites you to consider how your heartache, your illness, and your sorrow can be a platform for experiencing the grace of God.

Rehrer, Matt. *Redeeming Memory: How God Transforms Memories from a Heavy Burden to a Blessed Hope*

Redeeming Memory is about memory and what the Bible has to say about it. This book examines how God transforms memories from a heavy burden to a blessed hope. Memory plays an important role in the Christian life both in its proper function but also in its corruption. This book is written for Christians who suffer knowingly or unknowingly from the heavy burdens of memory like grumbling, nostalgia, bitterness, regret, shame, as well as future fears of futility and insignificance. God removes these heavy burdens by His mercy at the cross and redeems memory back to its original purpose, to glorify and worship Him.

Tada, Joni Eareckson. *A Place of Healing: Wrestling with the Mysteries of Suffering, Pain, and God's Sovereignty*

In this account of her struggle with physical pain, Joni Eareckson Tada offers her perspective on divine healing, God's purposes, and what it means to live with joy. *A Place of Healing* is not an ivory-tower treatise on suffering. It's an intimate look into the life of a mature woman of God. Whether readers are enduring physical pain, financial loss, or relational grief, Joni invites them to process their suffering with her.

Tada, Joni Eareckson. *A Spectacle of Glory: God's Light Shining Through Me Every Day*

After nearly 50 years of living as a quadriplegic, and dealing with chronic pain on a daily basis, Joni Eareckson Tada has learned the importance of glorifying God through the toughest of situations. Through this devotional, Joni helps readers discover how to put God's glory on display: how to say "no" to complaining and say "yes" to daily following God.

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.

Tada, Joni Eareckson, Steve Bundy, and Pat Verbal. *Beyond Suffering: A Christian Perspective on Disability Ministry*

Beyond Suffering is a unique Certificate of Completion Program comprised of a study guide and leader's guide that includes contributions from 40 experts. The lessons are supported by video case studies and involve four thought-provoking modules: 1) An Overview of Disability Ministry, 2) The Theology of Suffering and Disability, 3) The Church and Disability Ministry, and 4) An Introduction to Bioethics. Each module is designed to give Christians an understanding of the issues involved in various aspects of disability ministry.

Tada, Ken. *For Better or Worse: When Disability Challenges Your Marriage*

Disability has a way of trying even the best of marriages. The cumulative effects of daily routines that never vary, social isolation, financial pressures, unmet expectations, and a life that is vastly different from most couples can wear on the spirits of the strongest husband and wife. Without Christ firmly in the center of the suffering, a spouse can crack under the pressure that disability brings to the marriage. Ken Tada, husband to Joni Eareckson Tada, shares that disability does not have to be the defining word in your marriage. Instead disability is an invitation for you and your spouse to depend on Jesus in your weakness and grow closer to each other than you ever thought possible.

Tautges, Paul, with Joni Eareckson Tada. *When Disability Hits Home: How God Magnifies His Grace in Our Weakness and Suffering*

In disability, our hearts become tethered to pain, thereby providing an unusual opportunity for God's grace to be magnified and faith is trained to be dependent upon the Lord. In *When Disability Hits Home*, written with compassion and sensitivity, Paul Tautges, with Joni Eareckson Tada, draws upon key biblical principles to nurture faith.

Dealing with Doubt

Bridges, Jerry. *Trusting God*

The circumstances we find ourselves in often defy explanation. Before long, we begin to doubt God's concern for us or His control over our lives. During such a time of adversity, Jerry Bridges began a thorough Bible study on the topic of God's sovereignty. What he learned changed his life, and in *Trusting God* he shares the fruit of that study. As you explore the scope of God's power over nations, nature, and even the details of your life, you'll find yourself trusting Him more completely—even when life hurts.

Brown, Steve. *Faith and Doubt: When Belief Is Hard*

You made a commitment to Jesus (or maybe you didn't), but now you are questioning everything. Is there a God? Are you really forgiven and accepted for Jesus's sake? It sounds too good to be true. And if the Bible really is true and Jesus really did rise from the dead, how come you don't feel any different? Steve Brown, a preacher, pastor, and radio broadcaster, has experienced all of the same kinds of doubts and questions. He gently uncovers for you some reasons we doubt and how to step into the rest of faith.

Fitzpatrick, Elyse. *Doubt: Trusting God's Promises* (A 31-Day Devotional for Life)

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.

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.

Decision-Making, Wisdom, & Guidance

DeYoung, Kevin. *Just Do Something: A Liberating Approach to Finding God's Will*

With pastoral wisdom, Kevin DeYoung debunks unbiblical ways of understanding God's will and constructs a simple but biblical alternative: live like Christ. He exposes the frustrations of our waiting games and unfolds the freedom of finding God's will in Scripture and then simply doing it.

Ferguson, Sinclair. *Discovering God's Will*

The assurance that we are in the center of God's purposes brings lasting stability to our experience. But how do we discover the will of God for our lives? Sinclair Ferguson answers this question by showing how God's will is shaped by his ultimate purposes for us. It is made known to us through his Word. It shows that the guidance God gives comes primarily through knowing, loving, and obeying him.

Friesen, Garry. *Decision-Making and the Will of God: A Biblical Alternative to the Traditional View*

In this classic work, Garry Friesen addresses the questions, "Does God have a perfect will for each Christian?" "Can you be absolutely certain of God's specific will for *your* life?" In this expanded twenty-fifth anniversary edition of his acclaimed work, Friesen examines the prevalent view on

God's will today and provides a sound biblical alternative to the traditional teaching of how God guides us.

MacArthur, John. *Found: God's Will*

In *Found: God's Will*, John MacArthur shares six principles that will give you direction, fill you with purpose, and give you the confidence to live out God's plan for your life.

Packer, J.I. *God's Will: Finding Guidance for Everyday Decision*

With solid biblical footing, Packer sheds light on the notion of God's guidance in response to the many misunderstandings well-meaning Christians can have. Readers seeking God's will in major life decisions, as well as anyone interested in understanding how God guides us, will welcome this practical and inspiring book.

Petty, James. *Guidance: Have I Missed God's Best?*

Guidance, by James Petty, explains the biblical teaching about discerning and following God's plan for each person's life.

Depression & 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.

Tautges, Paul. *Overcoming Depression: Help and Hope for Christians Who Struggle*

We are always body and soul together. So, even if our body is a contributing factor in depression, every emotional struggle we experience includes a spiritual element. Therefore, we always need the help and encouragement found in Scripture. This Bible study booklet provides a devotional look at a portion of Psalm 119, and a guide to personal application.

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.

Welch, Ed. *Hope for the Depressed: Beyond a "Cheer-Up" Theology*

Depression makes so many things hard. Things you used to take for granted: a good night's sleep, having goals, responding to someone's love, looking forward to the future. Is there any hope and help for those who are struggling with depression? Ed Welch describes the world of the depressed person and gives a biblical perspective on the causes of depression. Then he outlines small, practical steps that will teach you to cry out to God and depend on him in the middle of your struggle.

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.

Powlison, David. *Take Heart: Daily Devotions to Deepen Your Faith*

It's easy to lose heart in a world where many things can and do go wrong. Life is difficult, and there are struggles within and without, but we can take heart—the Lord is with us. He hears our cries for mercy. He knows our every need. He guides us, helps us, and strengthens us with his mighty right arm. Journey through a year with David Powlison, learning to "take heart" by meditating on his favorite Scripture passages, hymns, and biblical themes, exploring the ways God meets us with daily grace right where we live. Drawn from David Powlison's many decades of writing, teaching,

and speaking, Take Heart is a yearlong devotional journey into the process of biblical change, where truth becomes clearer and our ears hear and our eyes see what God tells us about himself.

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 women—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.

Tomlinson, Joey. *The Day of Trouble: Depression, Scripture, and the God Who is Near*

Mount a war against Depression: "Will I ever see the light of day again?" "Has the Lord abandoned me?" "Will I ever not feel numb?" These are some of the numerous questions that play on repeat in the mind of a depressed person. In fact, many people are paralyzed on the long descending path of darkness as they ask questions like these. Frantically, some people seek to address the problem of depression quickly from a strict materialist perspective. Others see it solely as a spiritual issue. In In the Day of Trouble Joey Tomlinson Jr. seeks to acknowledge and counsel the body and soul of people in the dark, isolating cave of depression. In the book you will find a biblical, practical, and sustainable guide to combat depression on all fronts. Therefore, this book addresses four accelerators for depression: biological, changes in life, trauma, and personal sin. Written to be read in the context of community, the book is great for counseling, small groups, and mentor relationships. This book will demonstrate that you are not alone. You can have hope.

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

Emlet, Mike. *Overeating: When Enough Isn't Enough*

Mike Emlet walks us through the many reasons we may overeat and reminds us of biblical themes that should guide how we think about food and the way we eat. He reminds us that our use of food is not morally neutral, but reflects many layers of heart motivation. Instead of experiencing guilt or shame over this struggle, however, he invites us to see that our identity is in Jesus, not in our weaknesses. Readers will be encouraged to consider new thought processes and practices that will bring new freedom to mealtime.

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.

Wallace, Jocelyn. *Helping Children with Body Image: Teaching Them to See What God Sees*

Children struggling with shame or discomfort about their bodies feel tremendous pain. They don't feel normal or accepted, and their world is often cruel and judgmental. Counselor Jocelyn Wallace helps parents and caregivers give comfort to children who are hurting and confused about the false messages they have believed about their bodies. By unpacking the truths of Scripture, parents can help children see and understand the character of their loving Creator God, who designed them with care and accepts them unconditionally. As they turn to Christ in their struggle, they can be comforted by His care and love and even learn to reach out in love to others who are struggling.

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

Dunham, David, and Krista Dunham. *Table for Two: Biblical Counsel for Eating Disorders*

Breaking free from an eating disorder is difficult and complex. Those who are suffering often feel misunderstood. They struggle with feeling alone and afraid, ashamed to tell those closest to them. Their loved ones also feel helpless and ill-equipped to care for them. Within this dynamic, hurt, disappointment, and neglect often thrive. From the unique perspective of a husband and wife team, *Table for Two* shares Krista Dunham's journey to freedom from her eating disorder while David shares insights as the loved one coming beside her. Without minimizing complicated issues, the Dunhams provide practical, gospel hope and biblical encouragement to those suffering and help for loved ones walking with them. They share personal narratives, interactive exercises, and biblical direction for those navigating recovery.

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 binging 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.

Embodiment

Greer, Lainey. *Be Well: Learning to Steward Your Health*

Would you like to take better care of your body but aren't sure what to do? Focusing on our souls doesn't mean we should neglect taking care of our bodies. But often we are so busy caring for others and keeping to our schedules that we think we can't fit in one more thing! Lainey Greer helps us see that the body matters to God and Christians are called to be faithful stewards of our physical health. Our faith should inform both our spiritual and physical practices, as we are immaterial (spirit) and material (physical) beings. Taking care of our bodies by adopting healthy habits is one way we reflect their value. Learn how healthy nutrition, sufficient rest, proactive stress management, and proper exercise are all ways to honor God and remain equipped for his service.

Emotions, Emotional Intelligence, Moods, & 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.

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.

Robertson, George. *Soul Anatomy: Finding Peace, Hope, and Joy in the Psalms*

How do you worship when you're depressed? Where do you find words to express inexpressible joy? What do you pray when you need hope? *Soul Anatomy* is a biblical guide for working through emotional turmoil in a gospel-centered way. It shows how the Psalms serve as a God-authored script by which to express every category of the human experience. The Bible's inspired hymnbook guides believers through the highest summits and lowest troughs of life and invites the not-yet believer to a Redeemer who ultimately experienced all of the emotions of these prayers in His incarnation. Author George Robertson enables readers to find a sympathetic Savior in the Psalms who experienced every human emotion, and he helps men and women use the God-inspired vocabulary for expressing every feeling to the Father.

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.

Tripp Paul. *Reactivity*

Digital media and technology are altering the way people act—and react—toward each other. Criticism, outrage, and controversy dominate social engagement and unfortunately many

Christians have joined in the chaos. It's a troubling contrast to Jesus's words in John 13:35: "By this all people will know that you are my disciples, if you have love for one another." Award-winning author Paul David Tripp instructs believers to view digital media and technology through the lens of the gospel and points them toward a biblical framework for communication. Explaining how God wants the church to engage with culture and each other, Tripp encourages Christians to think wisely about their interactions and be a beacon of light in an age of toxicity.

Finances, Money, & 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.

Newheiser, Jim. *Financial Crisis: What to Do When the Bottom Drops Out*

Counselor and author, Jim Newheiser, takes us through the timeless wisdom and comfort of God's Word to help us face these frightening financial storms. He offers guidance for helpful ways to prepare for financial challenges, as well as direction for approaching a crisis that has already come. Through a balanced discussion on personal responsibility and trust in the Lord's provision, readers will be equipped to take wise steps forward in faith, remembering that our true eternal treasure is unfading.

Newheiser, Jim. *Money, Debt, and Finances: Critical Questions and Answers*

Many books, programs, and financial gurus will tell you what to do with your money, but God's Word is the ultimate source of financial wisdom. First and foremost, it gives us our goal as Christians—not to be debt-free or to get rich but to glorify God in all things. All other financial principles in Scripture flow out of this high calling. In an accessible Q&A format, biblical counselor and former financial consultant Jim Newheiser presents financial wisdom that is grounded in faithful biblical exegesis and rooted in sound theology. What are common misunderstandings about money? How can you create and balance a budget? How can you get out of debt? What insurance do you need? He answers these questions and more, providing a go-to resource for laypeople and those who counsel them.

Newheiser, Jim. *Money: Seeking God's Wisdom* (A 31-Day Devotional for Life)

Do you have money troubles? Often the underlying issue is not money, but the promise of security, possessions, and pleasure that it brings. To lay a strong foundation for true financial success usually involves a change in perspective rather than in income. Biblical counselor Jim Newheiser's reflection questions and practical exercises, paired with Scripture's wisdom on financial and work-related topics, point you toward fiscal responsibility on earth and treasure in heaven.

Petty, James. *Act of Grace: The Power of Generosity to Change Your Life, the Church, and the World*

Our money is for *giving*; it is an exciting, tangible means for showing love and mercy to others. James Petty traces this perspective through the stories of Old Testament saints, our Lord Jesus, and the early church. Petty shows how we can responsibly plan our own finances, including retirement, and encourage greater generosity by educating others in a church context. God himself is a giver, not a taker, and he calls us to imitate him.

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.

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 the distortions we overlook. *Sex and Money* directs us to God's Word and the power of the gospel.

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. *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.

Miller, Jack. *Dealing with Rejection: How to Respond to Deep Hurt*

You feel betrayed. Someone close to you has hurt your deeply. You want to move past the pain and your obsession with what happened, but how? The usual strategies—trying to get even, trying to forget—just aren't working for you. Perhaps it's time for a different approach. In *Dealing with Rejection*, Jack Miller unpacks the different ways people respond to betrayal and rejection and offers a new way to respond—forgiveness rooted in the gospel of Jesus Christ.

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.

Satrom, Hayley. *Forgiveness: Reflecting God's Mercy* (A 31-Day Devotional for Life)

This devotional on forgiveness will give the reader a vision for God's love in his or her own life—as an encouragement amidst the person's hurts, but even more so as the foundation upon which true forgiveness can be built. With a big vision of God—His love and mercy toward us in spite of our own sins—readers will grow in: 1) A greater trust and delight in God, 2) Humility in remembering their unrighteousness, and 3) An outpouring of grace toward others as a natural implication of digesting God's good gospel message.

Tautges, Paul. Bitterness: When You Can't Move On

It's only n1atural to bristle when you are mistreated. Perhaps you were passed over for a well-deserved job promotion, hurt by a family member, falsely accused, or experienced a severe disappointment. An array of emotions--anger, frustration, anxiety--are sure to rise to the surface when life doesn't pan out the way you expected. It's easy to get stuck in bitterness when we can't let go of hurt and disappointment. It's easy to recognize bitterness in others--but not so easy in ourselves. Pastor and counselor Paul Tautges helps readers see how bitterness skews our view of ourselves and God and negatively affects our relationships. You can learn to move from heartbreak to hope as you turn to God, lament to him, ask him for help, and choose to trust him in the midst of pain. No matter what our struggle with bitterness may look like, the Bible speaks the truth and hope of God's goodness and good plan to sufferers.

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.

Hambrick, Brad. *Making Sense of Forgiveness: Moving from Hurt Toward Hope*

Pastor and counselor Brad Hambrick helps readers to understand that forgiveness is the start of a journey that doesn't erase the past, but honestly confronts hurt and clears the way for a hope-filled discussion on how to move toward healing. Hambrick helps readers make sense of forgiveness biblically and relationally by addressing a variety of common questions that arise when we have been hurt: Does forgiveness mean restoration of trust? Am I supposed to "forgive and forget"? What is the role of biblical wisdom and boundaries on the road to forgiveness? *Making Sense of Forgiveness* speaks to those who are struggling by acknowledging the seriousness of their pain, explaining the difference between forgiveness and reconciliation, and helping readers understand the relationship between forgiveness and emotional freedom.

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 & Comforting the Grieving

Grief: Grieving with Hope

Challis, Tom. *Seasons of Sorrow: The Pain of Loss and the Comfort of God*

On November 3, 2020, Tim and Aileen Challies received the shocking news that their son Nick had died. Tim, an author and blogger, began to process his loss through writing. In *Seasons of Sorrow*, Tim shares real-time reflections from the first year of grief—through the seasons from fall to summer—introducing readers to what he describes as the "ministry of sorrow." Seasons of Sorrow will benefit both those that are working through sorrow or those comforting others:

- See how God is sovereign over loss and that he is good in loss
- Discover how you can pass through times of grief while keeping your faith
- Learn how biblical doctrine can work itself out even in life's most difficult situations
- Understand how it is possible to love God more after loss than you loved him before

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 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? 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.

Hambrick, Brad. *Angry with God*

Anger is an often-overlooked part of grieving, and as such, is an appropriate response to profoundly painful events. Counselor Brad Hambrick provides a guided process to being honest

with God about your pain to restore and deepen your relationship with him. While we are often prone to interpret our anger about intense suffering as being at God, this book is an invitation to process these intense emotions with God as a source of comfort who is sturdy enough to support these turbulent emotions. If you are struggling with deep grief that is accompanied with anger and confusion, *Angry with God* will be profoundly helpful in your journey. Hambrick will patiently walk you through the process of being honest with God (and others) about your pain. You will learn how to articulate your pain, alleviate the effects of this pain, contextualize your experience in light of the gospel, and begin to hope again. God is a good shepherd who is patient and willing to move at the pace of his sheep. God can be trusted in places that merit the name "the valley of the shadow of death.

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* (A 31-Day Devotional for Life)

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.

Nicewander Delaney, Sue. *Help! My Spouse Died*

Those who are newly widowed face huge adjustments in their lives as well as unspeakable grief and isolation. Here, Sue Nicewander Delaney tells her story, describing her pain, frustrations, exhaustion, aloneness, fears, and questions about God. She shares the comfort and

encouragement God gave her, so that others might know that they, too, are not alone, that God hasn't left them, and that he can use even widowhood for His good purposes.

Robertson, George. *Soul Anatomy: Finding Peace, Hope, and Joy in the Psalms*

How do you worship when you're depressed? Where do you find words to express inexpressible joy? What do you pray when you need hope? *Soul Anatomy* is a biblical guide for working through emotional turmoil in a gospel-centered way. It shows how the Psalms serve as a God-authored script by which to express every category of the human experience. The Bible's inspired hymnbook guides believers through the highest summits and lowest troughs of life and invites the not-yet believer to a Redeemer who ultimately experienced all of the emotions of these prayers in His incarnation. Author George Robertson enables readers to find a sympathetic Savior in the Psalms who experienced every human emotion, and he helps men and women use the God-inspired vocabulary for expressing every feeling to the Father.

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.

Tautges, Paul. *A Small Book for the Hurting Heart: Meditations on Loss, Grief, and Healing*

In this powerful devotional book, men and women will see Jesus Christ, the Man of Sorrows, who is well-acquainted with grief and sadness. Author and pastor, Paul Tautges, directs readers to our comforting High Priest, sharing how the Holy Spirit ministers to our hurting heart through the healing balm of God's Word graciously applied to life's wounds.

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.

Vroegop, Mark. *Dark Clouds, Deep Mercy: Discovering the Grace of Lament*

Lament is not just tears or pain in our own soul; lament is inviting Christ to come alongside our casket of loss. Lament is not just a prayer; it is a prayer to God expressing our pain in our fallen world. Lament does not stop at pain; through Christ's comforting presence, lament enriches our

trust in our Father of compassion. Anyone who wants to learn biblically *and* experientially how to candidly call out to our comforting Father will benefit from *Dark Clouds, Deep Mercy*. This book restores the lost art of lament to help readers discover the power of honest wrestling with God about the questions that suffering brings.

Vroegop, Mark. *Weep with Me: How Lament Opens a Door for Racial Reconciliation*

Equipped with the gospel, the evangelical church should be the catalyst for reconciliation, yet it continues to cultivate immense pain and division. *Weep with Me* by Mark Vroegop is a timely resource that presents lament as a bridge to racial reconciliation in the world today. In the Bible, lament is a prayer that leads to trust, which can be a starting point for the church to "weep with those who weep" (Romans 12:15).

Weems, Reggie. *Help! My Baby 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.

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 practical book, Nancy Guthrie provides us with the insight we need to interact with grieving people. Drawing upon the input of hundreds of grieving people, and her own experience of grief, she offers specifics on what to say and not say, and what to do and what to avoid. This book will equip you to support those who are grieving with wisdom and love.

Kellemen, Bob. *Grief and Your Child: Sharing God's Comfort in Loss*

We often think about grief and adults, but what about teens and children struggling with grief? When they face life's losses, how do they find hope when they're hurting? Bob Kellemen, the author of several biblical counseling books on grief, applies biblical principles of loss and hope to the grief experience of children. *Grief and Your Child* focuses on helping parents and counselors to understand and empathize with a child's grieving heart. It equips parents and counselors to provide soul care to children and teens so they can find God's healing hope in the midst of life's painful losses.

Tautges, Paul. *Comfort the Grieving: 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.

Welch, Ed. *Someone I Know Is Grieving: Responding with Humility and Compassion.*

When someone is grieving, it can be hard to know what to say or do. We want to be helpful, not hurtful, but it's easy to go wrong. The good news is that we can learn to approach those who are grieving with the same compassion that Jesus shows us when we are grieving. It starts with

humility and listening well and expands into practical support as the Spirit leads us. *In Someone I Know Is Grieving*, Edward T. Welch leans on his many years of counseling grieving people to help readers learn from their compassionate Savior how to respond to people's sadness and hard times without advice or trying to "fix it," but to instead hear their story, learn from others' experiences, and depend on the Spirit for wisdom for what to say and do.

Medication, Mental Health, & 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, ADD, Alcoholism. 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 deal with personal struggles and responsibilities.

Mental Health & 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 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 is; 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 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 Christians to logically and carefully examine the mental health system is overdue. This book begins that discussion, and the series on *Mental Illness* seeks to objectively challenge the current ideology while providing an 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? 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 aspects of these labels are addressed in the Bible. For decades now, prominent Christian counselors have argued that the Bible is 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.

Berger, Daniel. *Saving Abnormal: The Disorder of Psychiatric Genetics*

In *Saving Abnormal*, Daniel Berger presents an account of both the historic origins and development of the current bio-psycho-social/neo-Kraepelinian model of mental illness, as well as how and why creating and asserting concepts of abnormality/degeneracy upon society is vital to sustain psychiatry's existence. This book explores the key figures, important historic events, and scientific evidence so that the reader can gain understanding about the bio-psycho-social approach to the human soul/psyche, why it continues to fail, and why it must be discarded.

Chappell, Christine. *Help! I've Been Diagnosed with a Mental Disorder*

If you've just been diagnosed with a mental disorder, you may be feeling overwhelmed and have all kinds of questions. In this mini-book, Christine Chappell writes out of her own experience of diagnosis and offers readers a redemptive perspective from which to begin processing their nuanced problems. Cautioning against a "fix it" mentality, she shows how the Scriptures provide stabilizing truths about our personhood, purpose, and potential for making God-glorifying progress during the challenging post-diagnosis journey.

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.

Welch, Edward T. *I have a Psychiatric Diagnosis: What Does the Bible Say?*

A psychiatric diagnosis can be a heavy burden—for you or someone you love. These struggles can be life-dominating. But we know this: God is not silent when his people struggle. What does God say? Edward T. Welch helps you answer that crucial question by exploring how God's Word speaks in ways that can help you find wisdom, rest, and hope in Jesus, even with a psychiatric diagnosis. What do you do when you recognize yourself or someone you love in descriptions like "OCD,"

"bipolar disorder," "borderline personality disorder"? The DSM can give you a detailed description, but what next? We listen to God and to his people. *I Have a Psychiatric Diagnosis* will guide readers in listening to God who has compassion for those who are struggling in these painful ways. Listening to God in the Bible reshapes psychological descriptions and functions as a corrective lens that opens our eyes. As you listen to Scripture and God's people, you will understand the struggles of those with a psychiatric diagnosis better and will be able to receive and offer words of help and hope. Welch includes case studies on panic attacks, PTSD, depression, and narcissism to aid in practical application to your situation.

OCD

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.

Emlet, Mike. *Obsessive-Compulsive Disorder: Help for the Struggler*

Those who struggle with the life-dominating anxiety and controlling behaviors associated with Obsessive-Compulsive Disorder (OCD) need hope, help, and freedom. In *Obsessive-Compulsive Disorder*, Dr. Mike Emlet explains that all who suffer from OCD can grow in hope and freedom as they come to Christ. Exploring OCD's physical and spiritual dimensions, Emlet discusses possible causes and suggests a compassionate biblical approach to treatment. Emlet presents more than behavior management techniques to help strugglers. He offers the powerful hope of the gospel that transforms lives.

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.

Sorrell, Todd. *Help! Someone I Love is a Hoarder*

A life pattern of hoarding can lead to hopelessness, isolation, and confusion—yet our society offers no cure. Labeling it mental illness or OCD leaves hoarders and their loved ones without hope. Thankfully, God's Word identifies the root cause and shows there is a way out. This mini-book explores what God says about hoarding behavior, and offers practical guidance and sample plans for family members or counselors who seek to help their loved ones change.

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

Baker, Amy. *Why Do I Care?: When Other's Approval Matters Too Much*

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. Amy Baker shares that rejection by others is not the whole story. There is a bigger story of God's love for us. His love can be relied upon, while people's opinions shift according to whether or not we are pleasing them. But God, in Christ, is totally pleased with us. His opinion of his 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.

Priolo, Lou. *Pleasing People: How Not to Be an Approval Junkie*

Are you a people pleaser? Are you addicted to approval from others? 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.

Tautges, Paul. *Remade: Embracing Your Complete Identity in Christ.*

Do you know who you are? Often our self-perception, even as Christians, is fragmented or incomplete—we struggle to grasp the richly faceted identity we've been given in Christ. When our evaluation of ourselves, our sin, and our circumstances is misaligned with God's view, we don't live with the comfort and motivation Christ offers. In this Scripture-saturated devotional, pastor and biblical counselor Paul Tautges provides 90 meditations on your complete identity before God in Christ. You are a saint in good standing before God, yet you are simultaneously a sinner who must battle with your desires and a sufferer who undergoes hardship. Day by day, discover how grasping this threefold biblical reality centers your thoughts and affections on the Savior and prepares you to stay on God's good path as you live in a broken world.

Viars, Steve. *Do You Believe What God Says About You?*

In *Do You Believe What God Says About You?*, pastor and Christian counselor Stephen Viars encourages you to trade misgivings about your identity for the Bible's life-changing affirmations of who you were made to be. You will let go of the painful thoughts and feelings that accompany a broken self-image; develop positive habits for your mind and body that empower you to daily put God's truths about your worth into practice; and grow in your love for Jesus as you realize how His death, burial, and resurrection have eternally changed who you are able to be. Perfect for personal use or group study, and an ideal resource for biblical counselors, this book offers 31 chapters that feature inspiring insights, practical illustrations, helpful journaling questions, and guided prayers that will help you define your identity as God does.

Welch, Ed. *Created to Draw Near: Our Life As God's Royal Priests*

In *Created to Draw Near*, Ed Welch shows the purpose for which we were created: to be brought near to God as a kingdom of priests. He traces the priestly identity throughout the Bible, showing how holiness leads to closeness to God. Through Jesus, God extends His invitation for all to draw near with open arms. In His presence, we discover what it means to be truly human: known, unashamed, wise, full of meaning, purpose, and abundant life.

Welch, Ed. *A Small Book about Why We Hide: How Jesus Rescues Us from Insecurity, Regret, Failure, and Shame*

We are prone to insecurities, fear of failure, and regrets which we try to hide and cover up, resulting in isolation from both those around us and God. Through fifty devotionals, counselor Ed Welch shows us how God speaks with gentleness, depth, and hope that will lead us out of hiding and to live more openly, authentic, and regret-free. Welch speaks to our struggles with shame, disappointments, and inadequacy with God's words of love and change. Welch shows us how we

were created to be known by God and others, and how hiding undermines these relationships. Each daily devotional focuses on a specific biblical truth that unpacks the reasons underlying our feelings of failure and weakness and then points us in the direction of turning to God for acceptance, identity, and security.

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. This groundbreaking work has helped countless numbers of people to confront their fear of man and live in freedom. The new edition features clarifying additions, new material, and revisions throughout.

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 & 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, & 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. *Coming Clean: Breaking Pornography's Hold on You*

Is it really possible to come clean once pornography has gained control of your life? David Powlison invites you to learn from a man who experienced Christ's deliverance from pornography after more than 25 years. In this interview, this man explains how God helped him to recognize his sin and repent from it, enabling him to now consistently experience the joy of choosing purity. Walking through his journey and practical steps toward freedom—including repentance, prayer, counsel, and accountability—his story provides a face of hope for all who are fighting to come clean.

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.

Freeman, John. *Hide or Seek: When Men Get Real with God About Sex*

You're not powerless in the fight against pornography and lust. *Hide or Seek* won't ask you to jump through hoops; it will suggest one clear step forward. One step to reorient your heart toward God's

love for you. One step to take the energy out of the vicious cycle that keeps you from being the man God has called you to be, the man you want to be.

Kell, Garrett. *Pure in Heart: Sexual Sin and the Promises of God*

Many women and men trapped in sexual sin believe willpower is the key to overcoming temptation, but your shaky self-discipline doesn't have to be the source of your strength. Sharing from his personal struggles, Garrett Kell explains that life-long transformation rests in the supernatural power of the Savior and the support of a local church. He offers insights into Jesus's teachings on purity and provides you with long-term strategies for your own pathway to freedom. Written for both men and women struggling with temptation, *Pure in Heart* is a vital resource for the church, encouraging a healthy, empathetic community to help brothers and sisters in Christ resist sin.

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.

Ortlund, Ray. *The Death of Porn: Men of Integrity Building a World of Nobility*

Pornography may seem inescapable, but God can free us from its destructive power. The gospel replaces the dehumanizing lies of pornography with this surprising truth: God created us as royalty. How then can we reclaim our God-given identity to take a stand against—and ultimately starve—the predatory porn industry? In *The Death of Porn*, Ray Ortlund writes six personal letters, as from a father to his son. Ideal for individuals and small groups, *The Death of Porn* will give hope to men who have been misled by porn into devaluing themselves and others. Through Scripture and personal stories, Ortlund assures readers that God loves them the most tenderly in their moments of deepest shame.

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.

Reju, Deepak, and Jonathan Holmes. *Rescue Plan: Charting a Course to Restore Prisoners of Pornography*

If you want to help someone who has become a prisoner of pornography, you'll need to know your enemy and the terrain on which you'll be fighting. *Rescue Plan* draws on the research and experience of two biblical counselors—Deepak Reju and Jonathan Holmes—giving concrete information and helping you to shape an effective plan of attack for strugglers in a variety of circumstances. Although it can stand alone, *Rescue Plan* pairs with *Rescue Skills*, also by Reju and Holmes, for maximum effectiveness.

Reju, Deepak, and Jonathan Holmes. *Rescue Skills: Essential Skills for Restoring the Sexually Broken*

Do you know someone who is struggling with sexual brokenness? It's likely that you do—but you may not know how to help. In *Rescue Skills*, biblical counselors Deepak Reju and Jonathan Holmes provide a treasure trove of straightforward, biblical strategies for guiding a fellow believer toward recovery. You'll learn how to listen well, develop a plan, encourage good accountability, and, by God's grace, keep your friend focused on Christ throughout their journey. Although it can stand alone, *Rescue Skills* pairs with *Rescue Plan*, also by Reju and Holmes, for maximum effectiveness.

Street, John. *Passions of the Heart: Biblical Counsel for Stubborn Sexual Sins*

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.

White, David. *God, You, & Sex: A Profound Mystery*

David White helps readers develop a Scripture-based perspective on human sexuality that goes beyond just wait until you're married. *God, You, & Sex* doesn't sidestep the sexual revolution that has come to bitter fruition in teen and young adult hookup culture. In the face of these messages and the pervasiveness of sexual temptation, White helps Christian men and women find compelling reasons to obey God with their sexuality. By establishing a positive theology of sex from Christian Scripture, White ultimately points to Jesus Christ as the Bridegroom and sheds light on broken sexuality, pornography, same-sex marriage, sex outside of marriage, and other relevant topics for young Christians.

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 & 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 and Trauma Care

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.

Gifford, Greg. *Helping Your Family Through PTSD*

Post-Traumatic Stress Disorder is everywhere. It is increasing in regards to those who are being diagnosed with PTSD and those who are ministering to ones with PTSD. The good news is that God speaks into the complexities of PTSD through Scripture and helps us orient ourselves and our families towards his purposes in PTSD. As you will see, God offers us a perspective on how we should view PTSD and the trauma that started it all.

Holcomb, Justin, and Lindsey Holcomb. *Children and Trauma: Equipping Parents and Caregivers*

Children can experience trauma from a variety of experiences, including neglect, physical, sexual, or psychological abuse, death of a loved one, bullying, racial trauma, and more. Trauma occurs when children are exposed to an experience perceived as threatening or harmful and respond

with intense fear that affects them physically, emotionally, and spiritually. Authors Justin and Lindsey Holcomb help parents and caregivers recognize the signs of trauma and guide them in stepping into children's lives and demonstrating Jesus' care and protection for them. The compassionate response of parents or caregivers can help children who have experienced trauma to access spiritual, emotional, and physical healing.

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.

Owens, Evan & Jenny. *Healing What's Hidden: Practical Steps to Overcoming Trauma*

There is hope after trauma. Some of us can recall the exact moment our lives changed forever. The horrific accident. The miscarriage. The day they walked out. The moment our innocence was taken. Others of us can't remember a time when our lives weren't marked by trauma, abuse, or neglect. What happened to you was wrong and it hurt you, but it doesn't have to define you. You may be wounded, but you're not broken. You can overcome trauma and embrace a brighter future. Over the last decade, husband and wife team Evan and Jenny Owens have helped thousands of people overcome the trials, tragedies, and traumas of their past, and in this book, they show you how you can too. With empathy and insight, *Healing What's Hidden* offers a practical, step-by-step process to help you acknowledge your trauma, heal your invisible wounds, and reclaim your future so you can live beyond the anxiety, depression, and shame trauma leaves behind.

Solomon, Curtis. *I Have PTSD: Reorienting After Trauma.*

Anyone who experiences a traumatic event feels confused, lost, out of control, unsure, and unsteady—disoriented. This kind of suffering leaves marks, sometimes on the body, always on the soul, and sometimes both. In I Have PTSD, Curtis Solomon helps both those who have suffered trauma, as well as their loved ones, to understand the physical, emotional, and spiritual effects of trauma, while offering gospel hope and practical ways to make that hope real in their lives.

Strickland, Darby. *Trauma: Caring for Survivors*

When we see great suffering, we want to provide hope and help—to make a sufferer's pain go away . . . and the suffering of those who have experienced trauma can be extreme and overwhelming. Yet it is also complex, so anyone treating its vast impacts needs to offer care that is both comprehensive and intentional. Darby Strickland helps counselors and helpers to understand trauma, and the ways it affects sufferers, so they can offer compassion and comfort that is both trauma informed and biblical. She also uses Psalm 121 to show them how to go further and become trustworthy guides for those on the perilous journey of recovering from trauma—by emulating our good and ultimate guide. Learn and prepare for how you can restore a sufferer to flourish in their love for God and others . . . and how you can trust him for the results.

Same-Sex Attraction & Transgender Issues

Same-Sex Attraction: Personal Accounts & 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 ask 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.

Cook, Becket. *A Change of Affection: A Gay Man's Incredible Story of Redemption*

The dramatic story of how a successful Hollywood set designer whose identity was deeply rooted in his homosexuality came to be suddenly and utterly transformed by the power of the gospel. In *A Change of Affection*, Becket Cook shares his testimony as someone who was transformed by the power of the gospel. His dramatic conversion to Christianity and subsequent seminary training inform his views on homosexuality—personally, biblically, theologically, and culturally—and his book guides readers through this complex and controversial issue while revealing how to lovingly engage with those who disagree.

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: 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.

Allberry, Sam. *What God Has to Say about Our Bodies: How the Gospel Is Good News for Our Physical Selves*

There's a danger in focusing too much on the body. There's also a danger in not valuing it enough. In fact, the Bible has lots to say about the body. With the coming of Jesus, "The Word became flesh and dwelt among us"—flesh that was pierced and crushed for the sins of the world. In *What God Has to Say about Our Bodies*, Sam Allberry explains that all of us are fearfully and wonderfully made, and should regard our physicality as a gift. He offers biblical guidance for living, including understanding gender, sexuality, and identity; dealing with aging, illness, and death; and considering the physical future hope that we have in Christ.

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. 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 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*

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: Practicing Radically Ordinary Hospitality in Our Post-Christian World*

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. 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

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 aspects of these labels are addressed in the Bible. For decades now, prominent Christian counselors have argued correctly that the Bible is 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.

Carr, Simonetta. *Broken Pieces and the God Who Mends Them: Schizophrenia Through a Mother's Eyes*

When a son, sister, or grandchild begins to behave in unexpected and disturbing ways, family members hope it is simply a phase. For some, it is instead a lifetime illness—schizophrenia. The diagnosis of schizophrenia can bring shock, fear, and worry to everyone involved. But in the midst of the numerous challenges, hope doesn't have to die. Simonetta Carr chronicles her experiences of caring for a son with schizophrenia, along with all the struggles, questions, and fervent prayer that went with it. But this isn't one person's story. She has provided information and wisdom from psychiatrists, pastors, parents, and people who successfully live with schizophrenia, uncovering the gospel in each situation and sharing hard-won insights on how to care and advocate for those we love.

Hodges, Charles. *Schizophrenia: Reviewing an Overview*

In this in-depth blog post, Dr. Charles Hodges—a medical doctor and a biblical counselor—reviews recent medical research into the causes of and treatments for schizophrenia. Dr. Hodges provides a biblically-balanced assessment of this current research.

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.

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.

Shame & Guilt

Brown, Steve. *Feeling Guilty? Grace for Your Mistakes*

Right now you are probably feeling guilty about one thing or another: what you said to your spouse last night, those unrelenting thoughts, something you did years ago and regret, actual lying and cheating, the places where you are struggling right now. What do you do with this guilt? Do you try to ignore it? Bury it? Would you like to know how to handle it for good, and how to find true and lasting forgiveness? Steve Brown shares that real guilt is the compass God uses to lead us back to Christ where we can be reminded that his death paid the debt for *all* our sins. There is no more punishment left. We are forgiven, and if we're forgiven there's no reason to be swallowed up by 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.

Liu, Esther. *Shame: Being Known and Loved (31-Day Devotionals for Life series)*

Many of us experience shame on a regular basis. We compare ourselves to others and feel deficient. We look at our pasts and hope no one will find out what we've done--or what was done to us. We doubt and isolate ourselves in light of previous rejection or failure. Our shame is unpleasant, even paralyzing. But there is hope for shame-filled souls! Our Savior willingly sacrificed everything--even died--so that shame would not have the final say in your life. Now he

empowers you to change. Writing both as a biblical counselor and fellow struggler, Esther Liu takes us on a thirty-one day journey to discover lasting comfort. Explore the depths of God's grace for you; respond to Christ's invitation to rest; and use practical action points, reflection questions, and devotional insights to reshape your instinctive responses to God, others, and yourself.

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.

Storms, Sam. *A Dozen Things God Did with Your Sin (And Three Things He'll Never Do)*

Every Christian has experienced days or even seasons of feeling extreme guilt over past or present sins, thinking that God is angry or disgusted with them—sometimes even wondering if they're truly saved. This often happens when believers fixate on their sins while forgetting what Christ has already done on their behalf at the cross. In his latest book, Storms addresses this anxiety over sin by reminding believers of the good news of the gospel. Beginning with an explanation of the glory of penal substitution, he walks through 12 things God did with their sin, including forgiving it, passing over it, and casting it into the depths of the sea. He also explains 3 things God will never do with their sin, such as counting it against them. Walking through the Bible's teaching, Storms helps believers find freedom, joy, and peace in knowing what God has done (and will never do) with their sin through the redemptive sacrifice of Jesus.

Welch, Ed. *Helping Children with Shame: Resting in God's Approval*

Shame is the experience of feeling unacceptable, less than others, or different. Children often experience the sting of this particular sense of failing to measure up. Whether this heavy feeling comes from internal or external pressures, children need help to understand what to do with their feelings of inadequacy and rejection. Counselor and author, Ed Welch, helps counselors and parents see how shame is addressed in Scripture and how the Lord looks on struggling children with compassion and acceptance. He demonstrates how to connect a child's story of shame to the themes of Scripture so that a child can put words to his or her experience and see that Jesus knows our name, clothes us with dignity, and gives us his reputation.

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.

Welch, Ed. *A Small Book about Why We Hide: How Jesus Rescues Us from Insecurity, Regret, Failure, and Shame*

We are prone to insecurities, fear of failure, and regrets which we try to hide and cover up, resulting in isolation from both those around us and God. Through fifty devotionals, counselor Ed Welch shows us how God speaks with gentleness, depth, and hope that will lead us out of hiding and to live more openly, authentic, and regret-free. Welch speaks to our struggles with shame, disappointments, and inadequacy with God's words of love and change. Welch shows us how we were created to be known by God and others, and how hiding undermines these relationships. Each daily devotional focuses on a specific biblical truth that unpacks the reasons underlying our feelings of failure and weakness and then points us in the direction of turning to God for acceptance, identity, and security.

Shepherding & Biblical Counseling

Adams, Jay. *Handbook of Church Discipline: A Right and Privilege of Every Church Member*

This is a handbook for pastors, elders, and all Christians who want to see how Scripture presents the process of discipline that should operate in the Christian community. It was written in response to the various concerns that threaten to tear apart marriages, families, friendships, and congregations—concerns that call for a biblical approach to discipline that can heal fractures, restore relationships, and ensure the health of the church. Developed around the five corrective steps found especially in Matthew 18:15-17, this book helps church leaders deal with the sorts of problems that require the church's disciplinary response. Charting a course that combines discernment with appropriate action, this simple, readable handbook can have a profound effect on the community of believers.

Adams, Jay. *Shepherding God's Flock: A Handbook on Pastoral Ministry, Counseling, and Leadership*

Shepherding God's Flock is a textbook for students of pastoral ministry and a handbook for pastors. Jay Adams is well-known for his thorough approach to the many issues of biblical counseling. That same practicality and thoroughness is found in this unparalleled handbook on pastoral ministry. Not only does it offer pastors one of the best resources in print, but it also provides church elders with an orientation and practical guide to aspects of ministry for which they have responsibility. It is truly a shepherd's handbook.

Arms, Donn, and Dave Swavely, Editors. *Whole Counsel: The Public and Private Ministries of the Word*

Jay Adams' landmark book *Competent to Counsel* was first published 50 years ago, and it was the first of over 100 books that he has written. The editors and contributors hope that this volume will be used by God to spark a resurgence of interest in Dr. Adams' teaching, and more importantly, a return to the timeless truths of Scripture on which it is based.

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 disciplined designed to restore the purity of the church.

Hill, Megan. *Partners in the Gospel: 50 Meditations for Pastors' and Elders' Wives*

Being the wife of a pastor or an elder is a joy—and a challenge. These devotional meditations encourage and equip wives of church leaders by pointing them to the Word of God for refreshment and counsel. Whether you are new to being a pastor's or elder's wife, or have been in that role for decades, the truths in these pages will speak to you amid the complexities of ministry life and testify that the Lord is unfailingly good.

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, 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.

Kruger, Michael. *Bully Pulpit*

The last decade has witnessed a rising number of churches wrecked by spiritual abuse--harsh, heavy-handed, domineering behavior from those in a position of spiritual authority. And high-profile cases are only a small portion of this widespread problem. Behind the scenes are many more cases of spiritual abuse that we will never hear about. Victims suffer in silence, not knowing where to turn. Of course, most pastors and leaders are godly, wonderful people who don't abuse their sheep. They shepherd their flocks gently and patiently. But we can't ignore the growing number who do not. We have tolerated and even celebrated the kind of leaders Jesus warned us against. We need gentle shepherds now more than ever, and in Bully Pulpit, seminary president and biblical scholar Michael J. Kruger offers a unique perspective for both church leaders and church members on the problem of spiritual abuse, how to spot it, and how to handle it in the church.

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.

Powlison, David. *The Pastor as Counselor: The Call for Soul Care*

A pastor inhabits multiple roles—teacher, preacher, youth leader, and counselor. Yet many church leaders feel unprepared to counsel church members who are struggling with difficult, multifaceted problems. David Powlison reminds pastors of their unique role as the shepherds of God's people, equipping them to apply biblical wisdom to the thoughts, values, moods, expectations, and decisions of those under their care.

Quinn, Pat. *Praying in Public: A Guidebook for Prayer in Corporate Worship*

Praying in Public is a practical, step-by-step guide created to help pastors and church leaders pray thoughtfully and biblically in public. Through seven guiding principles, Pat Quinn illustrates how to lead prayers of adoration, confession, and supplication to God, and covers the history of public prayer in Scripture. He also includes elegant, reverent, gospel-centered examples from the Latin Liturgy, John Calvin, the Puritans, John Wesley, and others, as well as many examples of his own congregational prayers. Pastors and church leaders will learn to glorify God more passionately, effectively intercede for the church and the world, and find joy—not fear—in praying publicly.

Senkbeil, Harold. *The Care of Souls: Cultivating a Pastor's Heart*

Preaching typically gets the most ink under the category of pastoral ministry, but there's far more to shepherding a congregation than writing and executing sermons—important as that work is. Harold Senkbeil has spent five decades preaching, but also shepherding the people of God, and *The Care of Souls* is a product of wisdom treasured up during his half-century in local church ministry. Having grown up on a dairy farm in the Midwest, Senkbeil builds this compelling manual for loving church members around insights gained taking care of animals and crops. The result is a well-written book on shepherding that gives equal time to the care of souls and the pastor's own pursuit of holiness.

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. *Dangerous Calling: Confronting the Unique Challenges of Pastoral Ministry*

Dangerous Calling reveals the truth that the culture surrounding our pastors is spiritually unhealthy—an environment that actively undermines the well-being and effectiveness of our church leaders and thus the entire church body. Here is a book that both diagnoses and offers cures for issues that impact every member and church leader, and gives solid strategies for fighting the all-important war that rages in our churches today.

Tripp, Paul. *Lead: 12 Gospel Principles for Leadership in the Church*

The church is experiencing a leadership crisis. *What can we do to prevent pastors from leaving the ministry?* For every celebrity pastor exiting the ministry in the spotlight, there are many more lesser-known pastors leaving in the shadows. Pastor and best-selling author Paul Tripp argues that lurking behind every pastoral failure is the lack of a strong leadership community. Tripp draws on

his decades of ministry experience to give churches twelve gospel principles necessary to combat this leadership crisis. Each of these principles, built upon characteristics such as humility, dependency, and accountability, will enable new and experienced leaders alike to focus their attention on the ultimate leadership model: the gospel.

Viars, Steve. *Leadership: How to Guide Others with Integrity*

Pastor Steve Viars answers the big question: To what extent does my life model the character of God to those around me? He addresses 8 questions that relate Christlike character to church leadership. They are: Do people understand more of God's mercy because of the way I respond to their mistakes? Do people understand more of God's holiness because of my high ethical standards? Do people understand more of God's patience because of the time I give to grow and develop? Do people understand more of God's truthfulness because of the way I communicate honestly? Do people understand more of God's faithfulness because they see me keep my promises? Do people understand more of God's kindness because of the tone of my voice? Do people understand more of God's love because I go out of my way to help and serve them as I lead? Do people understand more of God's grace because I avoid being harsh and unreasonably demanding?

Viars, Steve. *Loving Your Community: Proven Practices for Community-Based Outreach Ministry*

Is your church making a difference in your community? Are you meeting needs in a positive, proactive, and loving way? Too often when churches are presented with a need, they operate on the principle of "Say no unless you have to say yes." Don't want that to be your church's legacy in your community? Drawing on more than 30 years of service to the community surrounding Faith Church, Steve Viars shows how to develop a dynamic, giving relationship with your community—one in which your natural response to needs is "Yes! How can we help?" No matter the size, location, demographics, or issues in your community, the approach found in this book will help you improve people's lives, draw them into productive conversation about hope in Christ, and glorify God.

Spiritual Disciplines, Prayer, & Worship

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.

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.

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.

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.

Keller, Tim. *Prayer: Experiencing Awe and Intimacy with God*

Christians are taught in their churches and schools that prayer is the most powerful way to experience God. But few receive instruction or guidance in how to make prayer genuinely meaningful. In *Prayer*, renowned pastor Timothy Keller delves into the many facets of this everyday act. With his trademark insights and energy, Keller offers biblical guidance as well as specific prayers for certain situations, such as dealing with grief, loss, love, and forgiveness. He discusses ways to make prayers more personal and powerful, and how to establish a practice of prayer that works for each reader.

Quinn, Pat. *Praying in Public: A Guidebook for Prayer in Corporate Worship*

Praying in Public is a practical, step-by-step guide created to help pastors and church leaders pray thoughtfully and biblically in public. Through seven guiding principles, Pat Quinn illustrates how to lead prayers of adoration, confession, and supplication to God, and covers the history of public prayer in Scripture. He also includes elegant, reverent, gospel-centered examples from the Latin Liturgy, John Calvin, the Puritans, John Wesley, and others, as well as many examples of his own congregational prayers. Pastors and church leaders will learn to glorify God more passionately, effectively intercede for the church and the world, and find joy—not fear—in praying publicly.

Tautges, Paul. *Brass Heavens: Reasons for Unanswered Prayer*

In *Brass Heavens*, pastor and biblical counselor, Paul Tautges, grounds prayer in the character of our Triune God whose very nature is to share generously his good gifts with his children. Upon that foundation, he then explores six reasons why at times God appears to go silent.

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.

Tripp, Paul. *My Heart Cries Out: Gospel Meditations for Everyday Life*

Paul Tripp invites you into his personal reflections on his experience of God's ever-present grace through the ups and downs of his life. He shares his celebrations, disappointments, cries for help, confessions, and confusions in the form of 120 meditations that were written over many years through various joys and struggles. Vulnerable yet pastoral and wise, these meditations in the form of verse showcase how God's amazing grace intersects with the mundane, unexpected, messy, and beautiful moments of everyday life.

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.

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. *W*e 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, balanced, biblical and insightful help on spiritual warfare.

Powlison, David. *Safe and Sound: Standing Firm in Spiritual Battles*

Safe and Sound guides readers to see the normality of their struggles with themselves, the world around them, and the powers of darkness. By carefully unpacking Ephesians 6 with vivid case studies and biblical wisdom, David Powlison helps readers humanize those struggles and bear the relevance of the love of God in Jesus Christ for those struggles to help grow their faith. In this helpful guide, Powlison addresses many questions with biblical gospel answers regarding the reality of spiritual warfare and demonstrates how spiritual warfare is our participation in the Lord's cosmic war with darkness.

Stress & Burnout

Stress & 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. *Stressed Out: Becoming Peaceful on the Inside*

Have you traded in your peace for a life full of stress, worry, and anxiety? David Powlison points all who are stressed out to Psalm 131, a quiet little psalm with revolutionary potential. The psalmist's

composure in the midst of his difficult circumstances is learned, Powlison explains, which means that you can learn it too. Powlison teaches us to abandon our restless, fretful, and irritable ways by believing the promises of God. Helping us personalize Psalm 131 to our own stressful situations, Powlison equips those who are anxious to find true and lasting peace by hoping in Christ.

Smith, Winston. *Burned Out? Trusting God with Your To-Do List*

Often, in our busy world, our lives feel like one long to-do list. It's easy to get so busy that we don't even notice how exhausted and anxious we are. Do you find yourself saying yes to activities you don't have time for? An overloaded schedule and an inability to rest are signs of approaching burnout. Instead of giving you organizational tips (and thus more to do!), Winston Smith helps you to look at what drives your busyness and points you to the rest and peace that comes from a deeper trust in God.

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 & Burnout: Books

Anizor, Uche. *Overcoming Apathy: Gospel Hope for Those who Struggle to Care*

For many Christians, apathy can feel inescapable. They experience a lack of motivation and a growing indifference to important things, with some even struggling to care about anything at all. This listlessness can spill over into our spiritual lives, making it difficult to pray, read the Bible, or engage in our communities. Anizor takes a fresh look at this widespread problem and its effect on spiritual maturity. First, he highlights the prevalence of apathy in our culture, using examples from TV, movies, and social media. Next, he turns to theologians, philosophers, and psychologists to further define apathy. Finally, Anizor explores causes, cures, and healthy practices to boldly overcome apathy in daily life, taking believers from spiritual lethargy to Christian zeal.

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 & Trials

Suffering: Booklets

Crotts, John. *Hope: Living Confidently in God* (A 31-Day Devotional for Life)

In this 31-day devotional, John Crotts brings hope to the hearts of troubled Christians, using Scripture to lift us toward Jesus Christ, the anchor of our souls and the friend of sinners. See how God's power, plans, promises, and personal concerns offer substantive hope for every kind of trial and failure, and use the practical exercises and thought questions to grow your hope every day.

Deuel, Dave. *Is God Listening? What If He Doesn't Answer?*

How can we offer tenderhearted spiritual support to those affected by disability? As part of your biblical care for people with disabilities and their families, this mini-book can serve as a first response encouragement. This mini-book reminds us that God hears each cry for help, and He is not silent. He speaks to us through His Word—the Bible—and He acted to save us through the cross. Jesus offers us His unwavering presence and the promise that one day, those who trust Him will be delivered completely.

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.

Hambrick, Brad. *God’s Attributes: Rest for Life’s Struggles*

This study looks at sixteen attributes of God, grouped under the headings of his love, essence, wisdom, and power, to help challenge your understanding. It goes on to challenge how well you rest in each attribute (have faith and comfort in it) and emulate it in the struggles and experiences of your own life. So learn, through your struggles, about the One who gives those struggles meaning.

Kellemen, Bob. *Grief: Walking with Jesus* (A 31-Day Devotional for Life)

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.

Olsen, Rebecca. *A New Normal: Learning to Thrive in Suffering*

A car crash has left you disabled and in constant pain. You or a family member just received a serious medical diagnosis. How do you begin to piece your life together after it has been changed forever? When suffering waylays you, it doesn’t seem as if anything will be “normal” again. How do you take steps to move from surviving to thriving? Rebecca Olson walks you through the questions you may be asking of yourself and God as you process a long-term trial or a devastating loss, and she invites you to consider how your heartache, your illness, and your sorrow can be a platform for experiencing the grace of God.

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

Davis, Marc. *Job: Where Is God in My Suffering?*

The book of Job is an agonizing journey through the suffering of a godly man. We listen to his heart-wrenching thoughts and prayers and feel his confusion. Each person inevitably reads this story out of their own experience with suffering and disappointment. What is God up to? Why is this happening? Does he even care how we hurt? *Job: Where is God in My Suffering?* creates space for prayers, reflections, and conversations in which Job's story, your story, and Jesus's story all come together. All who suffer (and that's everyone!) will find greater meaning and significance in their own experience as they encounter the God who sent his perfect Son to suffer for us.

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 and Your Child: Sharing God's Comfort in Loss*

We often think about grief and adults, but what about teens and children? When they face life's losses, how do they find hope when they're hurting? Bob Kellemen, the author of several biblical counseling works on grief, applies biblical principles to the grief experience of children. In *Hope for Your Child's Hurting Heart*, he then equips parents and counselors to provide soul care to children and teens so they can find God's healing for life's losses.

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.

Kress, Eric, and Paul Tautges. *God's Mercy in Our Suffering: Lamentations for Pastors and Counselors*

No matter what kind of suffering you face, there is life-giving hope that springs forth from our merciful God. In his loyal love and faithfulness, God comes alongside us in our suffering in order to strengthen our faith, purify our lives, and heal our hearts by centering us on Christ and the good news of the gospel. In *God's Mercy in Our Suffering*, two pastors and counselors sit down beside you and warmly take you into the book of Lamentations where you will be encouraged to hope in God. Learn how to fasten the rope of your faith to the anchor of God's unfailing love.

Kwasny, John. *Suffering in 3-D: Connecting the Church to Disease, Disability, and Disorder*

Suffering in 3-D is a book to guide and encourage believers to get practically involved in meaningful relational ministry to all who are suffering. As Christians, we are not to walk alone in our suffering, or inadvertently force others to deal with personal suffering on their own. The church, as a spiritual hospital, the family of God, and a discipleship culture, is to be one-minded and spiritually passionate about its charge to connect to those who suffer in the midst. As you work through this book, you will be guided and inspired to engage in a holistic and practical ministry to those who suffer with disease, disability, and disorder.

Ortlund, Eric. *Suffering Wisely and Well: The Grief of Job and the Grace of God*

Why does God allow suffering? The pain of suffering can be overwhelmingly mysterious, but the Bible does provide answers. Throughout Scripture, God allows trials in order to accomplish specific purposes in the lives of his people. Ortlund explores different types of trials throughout Scripture, revealing the spiritual purpose for each and reassuring readers with God's promise of restoration. The majority of the book focuses on Job, one of the most well-known yet misunderstood stories of suffering, thoughtfully analyzing the text chapter by chapter, including the doubt of Job's friends, God's response to Job's questions, and the meaning behind important imagery including references to Leviathan and Behemoth. Suffering Wisely and Well shows

readers how to deepen their relationship with God during painful experiences in their own lives and how to comfort others who are hurting.

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. *Songs of Suffering*

Joni Eareckson Tada has inspired people around the world with her story of faith in the midst of suffering. In this beautiful collection of hymns and devotions she acts as a "song leader," guiding readers through their own painful seasons with heartfelt praises to God. Songs of Suffering includes 25 hymns with accompanying devotions and photography designed to spark hope in hardship. Opening with a special message from hymn writers Keith and Kristyn Getty, this book is a source of comfort for anyone who needs biblical encouragement, prompting readers to seek refuge in the Lord and rejoice in his goodness.

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.

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.

Vroegop, Mark. *Dark Clouds, Deep Mercy: Discovering the Grace of Lament*

Lament is not just tears or pain in our own soul; lament is inviting Christ to come alongside our casket of loss. Lament is not just a prayer; it is a prayer to God expressing our pain in our fallen world. Lament does not stop at pain; through Christ's comforting presence, lament enriches our

trust in our Father of compassion. Anyone who wants to learn biblically *and* experientially how to candidly call out to our comforting Father will benefit greatly from *Dark Clouds, Deep Mercy*. This book restores the lost art of lament in order to help readers discover the power of honest wrestling with God about the questions that come with suffering.

Vroegop, Mark. *Dark Clouds, Deep Mercy Devotional Journal*

A Companion Devotional Journal to the Award-Winning Book Dark Clouds, Deep Mercy, the Dark Clouds, Deep Mercy Devotional Journal is an ideal companion for anyone wanting to apply the knowledge they gained about lament from the book and practice it in their own life. The journal features 15 devotions, with each one focused on one psalm of lament. Each devotion includes a quote from Dark Clouds, Deep Mercy, guidance for how to outline the passage, space to write a personal lament, and a summary that includes five reflection questions and a brief prayer. The appendixes include an index with suggested psalms for various struggles (including grief, betrayal, loss, injustice, and loneliness), advice on how to use the journal in groups, and examples of the Turn-Complain-Ask-Trust framework found in the book. It also includes a guided devotional that points to a biblical model for personally processing pain and grief, organized into four categories of lament: personal, collective, repentant, and justice-seeking

Younts, Jay. *When Life Turns Upside Down: Finding Stability through God's Comforting Peace*

We are not in control of the world. Throughout history, there have been moments when God has made this powerfully clear in the space of a heartbeat. These are the times when life seems to turn upside down. This small book applies the truth of the Holy Spirit through his Word so that each of us may know God's comforting peace in troubled times. Since God remains in loving, compassionate control of our lives, our hearts can still praise and proclaim the beauty of the gospel, even when life is upside down.

Trials

Allen, Lewis and Sarah. *Resilient Faith: Learning to Rely on Jesus in the Struggles of Faith.*

We all encounter problems and challenges on a daily basis, ranging from small things—traffic, losing your keys, or running late—to much bigger issues—job insecurity, health issues, and relationship struggles. What should a believer in Christ do in the face of such adversities? Authors Lewis and Sarah Allen propose that while the world may teach us one way to approach challenges, there is a better way—complete dependence on Christ and pursuit of wise living. With the help of the Holy Spirit, Christians are able to live more joy-filled lives in the midst of adversity. In a conversational and personal tone, the Allens walk through key biblical passages as they relate to challenges and share stories, case studies, and illustrations to encourage us to rely on Christ and commit to his church in the battle of Christian life.

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.

Crotts, John. *Hope: Living Confidently in God (31-Day Devotionals for Life)*

How do we persevere in hard times? When platitudes and "positive thinking" fail us, God gives us lasting hope through his Word. This sustaining certainty is based not on our state of mind but on the security of God's character expressed consistently and reliably through His promises. In this 31 day devotional, John Crotts brings hope to the hearts of troubled Christians by showing how God's power, plans, and care offer substantive hope for every kind of trial and failure.

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're asking questions like these in the midst of tough situations. 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.

Witt, Rush. *I Want to Escape: Reaching for Hope When Life Is Too Much*

When life overwhelms, it's natural to try to get away. Escape holds a powerful allure amid hard times. In every season, a myriad of pressures, challenges, regrets, and disappointments plague our lives. These trials and tribulations often provoke us to cry, "I've got to get outta here!" Even though we have many good reasons for trying to escape, as Christians, we have even better reasons to depend courageously on our Savior in the ups and downs of life. Pastor Rush Witt helps us learn to bravely run to Christ instead of running away. *I Want to Escape* explores the reasons why we so often want to run and offers hope-filled direction to experience Jesus's grace and mercy to comfort us and lead us on a better path. You will learn to recognize the classic signs of escapism: denial, distraction, self-destruction, and thoughts of death and to instead take the path of courageous dependence on Jesus, who remains closer than a brother even when we're ready to run. At the very center of Christian courage stands not a principle or a system, but a Person who intimately knows each one of us.

Suicide Intervention & 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. In *I Just Want to Die*, 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.

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*.

Ray, Bruce. *Help! Someone I Love Died by Suicide*

Losing someone through suicide is deeply painful. It sparks questions, doubts, and confusion. Like ripples in a pond after a rock has been thrown in, the startling news of a suicide swamps the boats of those who are closest, and even rocks the boats of those who are far removed. This sensitively written mini-book comes alongside to offer help to those who are grieving, and, most importantly, provides hope in Jesus Christ.

In-Depth Biblical Counseling Resources for Biblical 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, and then addressing biblical counseling history and more.

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. 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.

Arms, Donn, and Dave Swavely, Editors. *Whole Counsel: The Public and Private Ministries of the Word*

Jay Adams' landmark book *Competent to Counsel* was first published 50 years ago, and it was the first of over 100 books that he has written. The editors and contributors hope that this volume will

be used by God to spark a resurgence of interest in Dr. Adams' teaching, and more importantly, a return to the timeless truths of Scripture on which it is based.

Biblical Counseling Coalition. *Biblical Counseling Coalition Confessional Statement*

The *Confessional Statement* of the Biblical Counseling Coalition involved over three dozen biblical counseling leaders collaborating to outline a dozen summary statements describing biblical counseling. The conclusion outlines the Coalition's statement: "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."

Jones, Robert, Kristin Kellen, and Rob Green. *The Gospel for Disordered Lives: An Introduction to Christ-Centered Biblical Counseling*

The gospel of Jesus Christ—the heartbeat of the Bible—brings life-changing hope and power to real people with real problems. Inspired by that conviction, *The Gospel for Disordered Lives* provides an introductory guide to the theory and practice of Christ-centered biblical counseling. Intended to serve as a foundational textbook for students in Christian colleges, universities, seminaries, and graduate schools, the book also provides a useful overview that working counselors can reference in their ministry contexts.

Kellemen, Bob. *A Biblical Counseling Model of Humanity: Understanding People Scripturally*

What is the nature of human nature created in the image of God, defaced and fallen because of sin, and justified, reconciled, regenerated, and redeemed in Christ? This book (originally a Th.M. thesis) develops a biblical anthropology—a biblical understanding of human nature—as relational, rational, volitional, and emotional beings—and uses it as a model for biblical counseling. In this 120-page PDF e-book, you will explore every Old Testament term for our inner nature—learning a biblical understanding of the soul. We are relational beings who long and desire (the OT terms for the soul). We are rational beings who think in words and images (the OT terms for the heart). We are volitional beings who choose and act (the OT terms for the spirit). We are emotional beings who feel and experience (the OT terms for emotions and feelings). Build a biblical model of our inner life directly from God's Word.

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.

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. *Soul Physicians: A Theology of Soul Care and Spiritual Direction*

Soul Physicians equips pastors, counselors, and one-another ministers to understand people, diagnose problems, and prescribe solutions—*biblically*. It is a twenty-first century theology manual for soul care, relating theology to counseling in the areas of: God's Word, the Trinity, Creation, Fall, Redemption, Glorification, and Sanctification.

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. 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.

Lambert, Heath. *Biblical Counseling and Common Grace*

In this book, Heath Lambert addresses the important topic of the doctrine of common grace. He exhibits a command of the subject and with laserlike precision demonstrates the beauties and limitations of this crucial doctrine. He also emphasizes what historic biblical counseling has taught concerning the sufficiency of Scripture and shows the weaknesses of endeavoring to use the doctrine of common grace to allow for integration of secular methodologies. Of course, this is all for the glory of God and the good of His people through the power of the gospel.

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 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 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 Interpersonal Discipleship*

This book is 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. *Counsel One Another* biblically presents, and defends our 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 targeted discipleship—counseling.

Theological Primers

Challies, Tim. *Understanding and Trusting Our Great God*

Do you desire to deepen your understanding of God and trust him more fully? This beautifully designed devotional features poignant reflections from author Tim Challies on the quotable wisdom of some of Christianity's most influential voices. In each chapter, Tim shares his spiritual insights on a different aspect of God's character—his wisdom, power, holiness, justice, goodness, and faithfulness. The more you learn about who God is, the more your love for him will grow, leading to greater joy and delight in him. With thought-provoking words and inspiring imagery, Understanding and Trusting Our Great God will grow your faith in extraordinary ways.

Gilbert, Greg. *What Is the Gospel?*

What is the gospel? It seems like a simple question, yet it has been known to incite some heated responses, even in the church. How are we to formulate a clear, biblical understanding of the gospel? Tradition, reason, and experience all leave us ultimately disappointed. If we want answers, we must turn to the Word of God. Greg Gilbert does so in *What Is the Gospel?* Beginning with Paul's systematic presentation of the gospel in Romans and moving through the sermons in Acts, Gilbert argues that the central structure of the gospel consists of four main subjects: God, man, Christ, and a response.

Greear, J.D. *Gospel: Rediscovering the Power That Made Christianity Revolutionary*

Could the gospel be lost in evangelical churches? In this book, J.D. Greear shows how moralism and legalism have often eclipsed the gospel, even in conservative churches. Gospel cuts through the superficiality of religion and reacquaints you with the revolutionary truth of God's gracious acceptance of us in Christ. The gospel is the power of God, and the only true source of joy, freedom, radical generosity, and audacious faith. The gospel produces in us what religion never could: a heart that desires God.

Frame, John. *Systematic Theology: An Introduction to Christian Belief*

Systematic Theology is the culmination and creative synthesis of John Frame's writing on, teaching about, and studying of the Word of God. This magisterial opus at once biblical, clear, cogent, listenable, accessible, and practical summarizes the mature thought of one of the most important and original Reformed theologians of the last 100 years. It will enable you to see clearly how the Bible explains God's great, sweeping plan for humanity.

Grudem, Wayne. *Systematic Theology: An Introduction to Biblical Doctrine*

The Christian church has a long tradition of systematic theology, that is, of studying biblical teaching on centrally important doctrines such as the Word of God, redemption, and Jesus Christ. Wayne Grudem's bestselling *Systematic Theology* has several distinctive features: a strong emphasis on the scriptural basis for each doctrine; clear writing, with technical terms kept to a minimum; a contemporary approach, treating subjects of special interest to the church today; a friendly tone, appealing to the emotions and the spirit as well as the intellect; frequent application to life; and resources for worship within each chapter.

Lambert, Heath. *The Great Love of God: Encountering God's Heart for a Hostile World.*

In this grave hour, we long to experience the embrace of infinite love from our Father in heaven. The importance of this great need is owing to an avalanche of problems that are now confronting us. We are hateful, lonely, hurting, scared, and confused. The cruelty in our culture has reached a state of emergency. Our generation has experienced the painful revelations of widespread abuse

in leadership. At every turn we have come up short. No matter what we do the trouble persists and the fear remains. More connected than ever, but more divided, we cannot help but see a longing in ourselves and our neighbors for relationship, shared truth, and clarity of purpose. In the face of animosity, failure, isolation, and betrayal is a love that speaks to our greatest longings and heaviest needs, but have we taken God's love for granted? Now more than ever, and more than anything, people need to find their way into the compassionate embrace of their Father in heaven. The Great Love of God provides an accessible, passionate exploration of how the divine love casts out fear, provides ultimate hope, and never fails.

Murray, David. *The StoryChanger: How God Rewrites Our Story by Inviting Us Into His*

Each person's life tells a story. These stories have happy chapters, sad chapters, boring chapters, and exciting chapters. Some people seem to author their own stories, while others have the pens snatched from their hands. Some stories feel hopeless. Can our stories ever be rewritten? Will they have a happy ending? David Murray introduces readers to the StoryChanger, Jesus Christ—the only one who can rewrite human stories with his better Story. Both Christians and non-Christians will discover how God's Story can transform their own messy stories into stories worth telling.

Ortlund, Dane. *Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*

Gentle and Lowly, by Dane Ortlund, is a book every biblical counselor and every counselee—and every Christian—can greatly benefit from. If it's true that the most important thing about us is our view of God, then knowing the heart of Christ for sinners and sufferers is vital for everyone, and especially crucial for biblical counselors. If counselors are to counsel saints who sin and suffer, then we must know Christ's heart for sinners and sufferers. Read the book that biblical counselor Bob Kellemen calls "the best book of the 21st century."

Packer, J.I. *Knowing God*

For over 40 years, J.I. Packer's classic has been an important tool to help Christians around the world discover the wonder, the glory, and the joy of knowing God. Stemming from Packer's profound theological knowledge, *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 the person of Jesus Christ.

Sproul, R.C. *The Holiness of God*

Central to God's character is the quality of holiness. Yet, most people are hard-pressed to define what God's holiness precisely is. Many preachers today avoid the topic altogether because people today don't quite know what to do with words like "awe" or "fear." R.C. Sproul puts the holiness of God in its central place in the Christian life. He paints an awe-inspiring vision of God that encourages Christian to become holy just as God is holy.

Stott, John. *The Cross of Christ*

The work of a lifetime, from one of the world's most influential thinkers, about the heart of the Christian faith. With compelling honesty John Stott confronts this generation with the centrality of the cross in God's redemption of the world At the cross, Stott finds the majesty and love of God disclosed, the sin and bondage of the world exposed. More than a study of the atonement, this book brings Scripture into living dialogue with Christian theology. What emerges is a pattern for Christian life and worship, hope and mission.

Tripp, Paul. *Do You Believe? 12 Historic Doctrines to Change Your Everyday Life*

In *Do You Believe?*, pastor and best-selling author, Paul Tripp, takes a close look at 12 core doctrines and how they engage and transform the human heart and mind. According to Tripp, "true belief is always lived." To demonstrate this, he unpacks each doctrine and presents its relevance for the Christian life. As readers explore topics such as the doctrine of God, the holiness of God, and the doctrine of Scripture, they will be fueled to fall deeper in love with and stand in awe of their Creator and Father—putting the truths of God's Word on display for all the world to see.

Vincent, Milton. *A Gospel Primer for Christians: Learning to See the Glories of God's Love*

God did not give us His gospel just so we could embrace it and be converted. He offers it to us every day as a gift that keeps on giving us everything we need for life and godliness. Here is a valuable tool to preach the gospel to yourself daily to strengthen your faith and define what you believe and why.

Sufficiency of Scripture & Biblical Counseling

Arms, Donn, and Dave Swavely, Editors. *Whole Counsel: The Public and Private Ministries of the Word*

Jay Adams' landmark book *Competent to Counsel* was first published 50 years ago, and it was the first of over 100 books that he has written. The editors and contributors hope that this volume will be used by God to spark a resurgence of interest in Dr. Adams' teaching, and more importantly, a return to the timeless truths of Scripture on which it is based.

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. *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. *Soul Physicians: A Theology of Soul Care and Spiritual Direction*

Soul Physicians equips pastors, counselors, and one-another ministers to understand people, diagnose problems, and prescribe solutions—biblically. It is a twenty-first century theology manual for soul care, relating theology to counseling in the areas of: God's Word, the Trinity, Creation, Fall, Redemption, Glorification, and Sanctification.

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*

Biblical counselors believe that faithful counseling is impossible without the Bible. This book celebrates the modern biblical counseling movement's rich theological tradition and its commitment to Scripture by re-publishing a special edition of historic articles on the 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.

Theories of Counseling

Baker, Ernie. *Biblical Counseling and The Psychologies*

In this book, Ernie Baker's intention is to help the reader to understand how a counseling theory is constructed. In addition, this book serves as a reminder of the foundations and construction of a historic biblical-counseling approach to life issues. Baker hopes this will demonstrate the beauty of Scripture and help us grow in discernment as we hear the claims of other proposed models.

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.

Johnson, Eric, Editor. *Psychology & Christianity: Five Views*

How are we to understand our Christian beliefs about persons in relation to secular psychological beliefs? This revised edition presents five models for understanding the relationship between psychology and Christianity. All the essays and responses have been 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 and Paul Watson.

Jones, Robert, Kristin Kellen, and Rob Green. *The Gospel for Disordered Lives: An Introduction to Christ-Centered Biblical Counseling*

The gospel of Jesus Christ—the heartbeat of the Bible—brings life-changing hope and power to real people with real problems. Inspired by that conviction, *The Gospel for Disordered Lives* provides an introductory guide to the theory and practice of Christ-centered biblical counseling. Intended to serve as a foundational textbook for students in Christian colleges, universities, seminaries, and graduate schools, the book also provides a useful overview that working counselors can reference in their ministry contexts.

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Methodology of Biblical Counseling

Arms, Donn, and Dave Swavely, Editors. *Whole Counsel: The Public and Private Ministries of the Word*

Jay Adams' landmark book *Competent to Counsel* was first published 50 years ago, and it was the first of over 100 books that he has written. The editors and contributors hope that this volume will

be used by God to spark a resurgence of interest in Dr. Adams' teaching, and more importantly, a return to the timeless truths of Scripture on which it is based.

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?

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. 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 around the world.

Adams, Jay. *How to Help People Change: The Four Step Biblical Process*

Change is the essential goal of the counseling process. 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.

Baker, Amy, Editor. *Caring for the Souls of Children: A Biblical Counselor's Manual*

Caring for the Souls of Children equips counselors, parents, pastors, and other helpers who love children, to boldly trust in the sufficiency of Scripture for counseling. Edited by counselor and author, Amy Baker, this in-depth resource begins with an overview of foundational principles

for counseling children and addresses a different counseling topic in each subsequent chapter. Topics addressed include a wide variety of general and specific issues that children face including anxiety, anger, abuse, suicidal thoughts and actions, self-harm, shame, grief, disability, disease, sexual identity, and many others. Chapters are written by a wide range of biblical counselors, authors, and pastors who have worked with children for many years.

Crotts, John. *Graciousness: Tempering Truth with Love*

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.

Emlet, Mike. *Saints, Sufferers, and Sinners: Loving Others As God Loves Us*

A friend feels rejected. A counselee is angry. A church member's child is ill. You want to help, but where do you begin? Biblical counselor, Mike Emlet, outlines a model of one-another ministry based on how God sees and loves His people as saints, while bringing comfort to the sufferer, and faithfully speaking truth to the sinner. Filled with everyday illustrations as well as counseling examples, Emlet demonstrates what it looks like to approach fellow believers simultaneously as saints, sufferers, and sinners. Emlet unpacks Scripture and draws on his many years of counseling experience to help counselors, pastors, and friends love others wisely and well.

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, comprehendible 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.

Higbee, Garrett. *Helping a Hurting Friend: Bringing the Hope of Christ in Hard Times*

Biblical counselor Garret Higbee helps concerned friends embrace the idea of counseling in community and unpacks how members of the body of Christ can more effectively come alongside one another and carry each other's burdens. In *Helping a Hurting Friend*, he encourages us to develop the skills of patient listening and drawing out the heart before offering any words of guidance.

Higbee, Garrett. *Transformed Mutual Care: A Small Group Study of the One-Another Commands of Scripture*

Transformed Mutual Care is a six-level training series for every member and leader to be better equipped to speak the truth in love with compassion and skill. This series is designed to change the discipleship culture of the church—and the best place to start is with small groups.

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.

James, Joel. *Counsel with Confidence: A Quick Reference Guide for Biblical Counselors and Disciplers*

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.

Johnson, Dale. *The Church as a Culture of Care: Finding Hope in Biblical Community*

Pastors and lay leaders in the church often feel inadequate to address certain needs and are unsure of how to help. This book is designed to help erase the stigma of "mental health issues" in the church and to present the church as the primary haven for answers to deep-seated human problems. Readers will learn that God has designed every function of the church to be an integral part of soul care. God has provided the church with the necessary resources for us to care well for one another. Prayer, the Word, the work of the Holy Spirit, and Christian community are God's provisions to lead all of us to Christ—even those with the deepest struggles.

Jones, Robert, Kristin Kellen, and Rob Green. *The Gospel for Disordered Lives: An Introduction to Christ-Centered Biblical Counseling*

The gospel of Jesus Christ—the heartbeat of the Bible—brings life-changing hope and power to real people with real problems. Inspired by that conviction, *The Gospel for Disordered Lives* provides an introductory guide to the theory and practice of Christ-centered biblical counseling. Intended to serve as a foundational textbook for students in Christian colleges, universities, seminaries, and graduate schools, the book also provides a useful overview that working counselors can reference in their ministry contexts.

Kellemen, Bob. *Consider Your Counsel: Addressing Ten Mistakes in Our Biblical Counseling*

The modern biblical counseling movement was built upon the biblical commitment to helping one another to change through loving encouragement to grow in grace. *Consider Your Counsel* applies that principle of progressive sanctification *to the counselor and his or her counseling*. Experienced counselor and supervisor, Dr. Bob Kellemen, addresses ten common mistakes that we biblical counselors sometimes make. Reading *Consider Your Counsel* is like receiving biblical counseling supervision in writing. Read it, apply it, and then grow as a competent biblical counselor.

Kellemen, Bob. *Gospel-Centered Family Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Family counseling? Now you have a whole group of struggling folks gathered together in the same room. What is family counseling even supposed to look like? Do you just counsel the parents? Just the children? Everyone together? *Gospel-Centered Family Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical family counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Family Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical family counseling. *Gospel-Centered Family Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group. The first three chapters of *Gospel-Centered Family Counseling* provide a Christ-focused foundation for gospel-centered parenting—beneficial both for parents and those who counsel parents.

Kellemen, Bob. *Gospel-Centered Marriage Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Marriage counseling is even more complex. Now you have three sinners, saints, and sufferers in the same room—the wife, the husband, and the counselor! Where in the world do you start? *Gospel-Centered Marriage Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical marriage counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Marriage Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical marriage counseling. *Gospel-Centered Marriage Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group.

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 the best way to learn counseling is by doing it—by giving and receiving biblical counseling in the context of Christian community. *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 equip readers to develop twenty-two biblical counseling skills and relational competencies—the “how to” of caring like Christ.

Kellemen, Bob. *Spiritual Friends: A Methodology of Soul Care and Spiritual Direction*

Spiritual Friends is a biblically relevant training manual and a relationally practical workbook for relating God’s truth to human relationships. Whether you’re a lay person, a caring pastor, a competent professional Christian counselor, or a student-in-training, *Spiritual Friends* will equip you to master the personal ministry of the Word. Enrich your spiritual friendships with thousands of illustrative interactions and hundreds of skill-building exercises teaching you how to: 1) provide biblical sustaining so people know it’s normal to hurt, 2) provide biblical healing so people know it’s possible to hope, 3) provide biblical reconciling so people know it’s horrible to sin but wonderful to be forgiven, and 4) how to provide biblical guiding so people know it’s supernatural to mature.

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.

Kruis, John. *Quick Scripture Reference for Counseling*

This reference book helps counselors, pastors, and individual Christians with specific personal needs find 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.

Mack, Wayne. *A Practical Guide for Effective Biblical Counseling: Utilizing the 8 "I's" to Promote True Biblical Change*

This is a guide for biblical counselors on how to effectively help counselees overcome their struggles, practical and spiritual, and become true, faithful disciples of Jesus. This approach to biblical counseling can be broken down into eight essential steps, each rooted in biblical disciple-making principles. This guide clearly describes each step, how and where it is taught in Scripture, and why it is vital to strengthening discipleship.

Marshall, Cheryl, and Caroline Newheiser. *When Words Matter Most: Speaking Truth with Grace to Those You Love*

In *When Words Matter Most*, Cheryl Marshall and Caroline Newheiser help you discern spiritual needs and give biblical, heartfelt guidance. Through real-life stories and carefully chosen Scripture passages, they model what to say to those who are worried, weary, wayward, or weeping. You'll learn how to speak truth to others in your sphere of influence and strengthen the body of Christ as a whole.

Mehl, Scott, Rachel Cain, and Ann Goudzwaard. *Intro to Messy Care and Discipleship: A Companion Guide*

The *Intro to Messy Care and Discipleship* workbook is divided into eight separate lessons (with accompanying video teachings and roundtable discussions) designed to help you better understand how relationships work in the mess of life. You will discover and appreciate the beauty of God's design as He uses you in your relationships to transform His children into the image of His Son. You will consider some of the barriers that exist in one-another care as well as some of the opportunities. And you will see the kindness of God as He approaches His people gently.

Scott, Stuart, and Andrew Jin. *31 Ways to Be a One-Another Christian: Loving Others with the Love of Jesus*

By carefully examining the one-another commands in Scripture, the authors provide a Word-based understanding of what God intends for Christian relationships. They show not only what they look like, but also how to develop them.

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.

Whitman, Lauren. *A Biblical Counseling Process: Guidance for the Beginning, Middle, and End*

What makes counseling *biblical*? What does the biblical counseling process entail? What is the focus of each stage of the process? Lauren Whitman, an experienced CCEF counselor, addresses these questions and more in *A Biblical Counseling Process,* sharing a process from start to finish that will help guide counselors in reaching the hearts of their counselees and connecting them to Jesus, who brings hope and change.

Equipping Biblical Counselors

Baker, Amy, Editor. *Caring for the Souls of Children: A Biblical Counselor's Manual*

Caring for the Souls of Children equips counselors, parents, pastors, and other helpers who love children, to boldly trust in the sufficiency of Scripture for counseling. Edited by counselor and

author, Amy Baker, this in-depth resource begins with an overview of foundational principles for counseling children and addresses a different counseling topic in each subsequent chapter. Topics addressed include a wide variety of general and specific issues that children face including anxiety, anger, abuse, suicidal thoughts and actions, self-harm, shame, grief, disability, disease, sexual identity, and many others. Chapters are written by a wide range of biblical counselors, authors, and pastors who have worked with children for many years.

Eyrich, Howard. *Life Lessons from Ancient Prophets*

This volume is the outgrowth of Howard Eyrich's personal Bible studies. The resulting meditations frequently were exactly what was needed for a counseling situation on the very day they were experienced. As a result, he began sending them to his counseling staff, who also found them apropos for their counseling cases.

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.

Higbee, Garrett. *Helping a Hurting Friend: Bringing the Hope of Christ in Hard Times*

Biblical counselor Garret Higbee helps concerned friends embrace the idea of counseling in community and unpacks how members of the body of Christ can more effectively come alongside one another and carry each other's burdens. In *Helping a Hurting Friend*, he encourages us to develop the skills of patient listening and drawing out the heart before offering any words of guidance.

Hodges, Charles. *The Christian Counselor's Medical Desk Reference, 2nd Edition*

How do certain medical conditions impact counseling needs? Biblical counselors and pastors often have questions when a counselee is struggling with a mixture of physical, emotional, and spiritual difficulties. Dr. Charles Hodges and a team of contributing physicians set out to answer some of those questions and offer solid biblical principles for counseling those with medical issues. The Christian Counselor's Medical Desk Reference 2nd Edition contains up-to-date information on the medical conditions highlighted and medications currently used to treat them, helping counselors to look past the labels and give counselees biblical hope and help. In the first section, doctors and healthcare professionals with biblical counseling experience offer guidance for the extra challenges inherent with certain medical diagnoses. The second section examines some of the specific challenges associated with a variety of physical and mental conditions such as autoimmune disorders, PTSD, Alzheimer's, bipolar disorder, clinical depression, and more, helping counselors better understand the specific counseling needs that are often associated with

each condition. Readers will learn more about the basics of these disorders and conditions and how sufferers need specific reminders of gospel truth as they journey a long road. Counselors will also become better equipped to better encourage caregivers and loved ones also impacted by these diagnoses.

Holman Bible Publishers. *Life Counsel Bible: Practical Wisdom for All of Life*

In the midst of challenging seasons of life there is hope. The CSB Life Counsel Bible, developed in partnership with New Growth Press, is designed to equip readers with biblical truth and counsel on a wide range of topics and tough life issues related to relationships, marriage, parenting, and more. This Bible is full of useful tools and resources for life application and discipleship grounded in the truth of the gospel of grace. More than 150 full-length articles from respected Christian counselors and scholars, contributors include David Powlison, Edward T. Welch, Paul Tripp, Stephen Viars, Amy Baker, Michael Emlet, Elyse Fitzpatrick, Justin Holcomb, Bob Kellemen, Diane Langberg, Timothy S. Lane, Robert Jones, Marty Machowski, Deepak Reju, Joni Eareckson Tada, and many more.

Huie, Eliza. *How to Get the Most Out of Your Counseling*

We are not meant to face life on our own. Even with the best God-given resources, there are times when we find ourselves wrestling with the question of whether or not we should seek formal counseling. By exploring a biblical approach to care, experienced counselors Eliza Huie and Kyle Johnston capture a vision for counseling that gets to the heart of real change. If you have questions, or are wondering where to start, this booklet will help you to determine not only if counseling would be a helpful option, but also how to get the most out of the process every step of the way.

Johnson, Dale and Edward Wilde. *Legal Issues in Biblical Counseling: Direction and Help for Churches and Counselors*

Is the church vulnerable to the pressures of governmental regulations regarding moral issues in counseling? How should biblical counselors navigate their responsibilities before God and government requirements? And what exactly are those requirements? This book is for pastors and biblical counselors who are seeking to faithfully lead, mentor, and guide their flocks in a rapidly changing cultural landscape. They will find clear direction and guidance from a team of Christian lawyers as the authors, along with a host of experienced lawyers and biblical counselors, set out to encourage the church to engage responsibly in the ministry of biblical counseling while seeking to comply with governmental regulations. They explain the importance of involving legal counsel in creating ministry documents, setting up liability insurance, and counseling those involved in the legal system.

Johnson, Dale. *The Church as a Culture of Care: Finding Hope in Biblical Community*

Pastors and lay leaders in the church often feel inadequate to address certain needs and are unsure of how to help. This book is designed to help erase the stigma of "mental health issues" in the church and to present the church as the primary haven for answers to deep-seated human problems. Readers will learn that God has designed every function of the church to be an integral part of soul care. God has provided the church with the necessary resources for us to care well for one another. Prayer, the Word, the work of the Holy Spirit, and Christian community are God's provisions to lead all of us to Christ—even those with the deepest struggles.

Jones, Robert, Kristin Kellen, and Rob Green. *The Gospel for Disordered Lives: An Introduction to Christ-Centered Biblical Counseling*

The gospel of Jesus Christ—the heartbeat of the Bible—brings life-changing hope and power to real people with real problems. Inspired by that conviction, *The Gospel for Disordered Lives* provides an introductory guide to the theory and practice of Christ-centered biblical counseling. Intended to serve as a foundational textbook for students in Christian colleges, universities, seminaries, and graduate schools, the book also provides a useful overview that working counselors can reference in their ministry contexts.

Kellemen, Bob. *Consider Your Counsel: Addressing Ten Mistakes in Our Biblical Counseling*

The modern biblical counseling movement was built upon the biblical commitment to helping one another to change through loving encouragement to grow in grace. *Consider Your Counsel* applies that principle of progressive sanctification *to the counselor and his or her counseling*. Experienced counselor and supervisor, Dr. Bob Kellemen, addresses ten common mistakes that we biblical counselors sometimes make. Reading *Consider Your Counsel* is like receiving biblical counseling supervision in writing. Read it, apply it, and then grow as a competent biblical counselor.

Kellemen, Bob. *Equipping Biblical Counselors: A Guide to Discipling Believers for One-Another Ministry*

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. You'll find that user-friendly model in *Equipping Biblical Counselors*. 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-Centered Family Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Family counseling? Now you have a whole group of struggling folks gathered together in the same room. What is family counseling even supposed to look like? Do you just counsel the parents? Just the children? Everyone together? *Gospel-Centered Family Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical family counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Family Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical family counseling. *Gospel-Centered Family Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group. The first three chapters of *Gospel-Centered Family Counseling* provide a Christ-focused foundation for gospel-centered parenting—beneficial both for parents and those who counsel parents.

Kellemen, Bob. *Gospel-Centered Marriage Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Marriage counseling is even more complex. Now you have three sinners, saints, and sufferers in the same room—the wife, the husband, and the counselor! Where in the world do you start? *Gospel-Centered Marriage Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical marriage counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Marriage Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical marriage counseling. *Gospel-Centered Marriage Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group.

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 the best way to learn counseling is by doing

it—by giving and receiving biblical counseling in the context of Christian community. *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 equip readers to develop twenty-two biblical counseling skills and relational competencies—the "how to" of caring like Christ.

Kellemen, Bob. *Parakaleo and Noutheteo: Understanding and Applying Two Richly Practical Biblical Counseling Words*

Parakaleo and Noutheteo is Book 1 in Dr. Bob Kellemen's new series with the Association of Biblical Counselors, entitled, *Counsel the Word: Biblical Word Studies for Biblical Counselors*. Book 1 focuses on two of the most important New Testament words for biblical counseling, First, *parakaleo*, which is used over 100 times in the New Testament and has a wide range of meanings relevant for biblical counselors: comfort, console, encourage, sustain, empathize, equip, and much more. Second, *noutheteo*, which is used eleven times in the New Testament, and which, of course, is the word that Jay Adams focused on to develop the modern Nouthetic Counseling movement. As the subtitle suggests, this is much more than an academic word study. In this book you will learn how to apply these two richly practical biblical counseling words to your own life and to your ministry.

Kellemen, Bob. *Spiritual Friends: A Methodology of Soul Care and Spiritual Direction*

Spiritual Friends is a biblically relevant training manual and a relationally practical workbook for relating God's truth to human relationships. Whether you're a lay person, a caring pastor, a competent professional Christian counselor, or a student-in-training, *Spiritual Friends* will equip you to master the personal ministry of the Word. Enrich your spiritual friendships with thousands of illustrative interactions and hundreds of skill-building exercises that teach you how to: 1) provide biblical sustaining so people know it's normal to hurt, 2) provide biblical healing so people know it's possible to hope, 3) provide biblical reconciling so people know it's horrible to sin but wonderful to be forgiven, and 4) how to provide biblical guiding so people know it's supernatural to mature.

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.

Mack, Wayne. *A Practical Guide for Effective Biblical Counseling: Utilizing the 8 "I's" to Promote True Biblical Change*

This is a guide for biblical counselors on how to effectively help counselees overcome their struggles, practical and spiritual, and become true, faithful disciples of Jesus. This approach to biblical counseling can be broken down into eight essential steps, each rooted in biblical disciple-making principles. This guide clearly describes each step, how and where it is taught in Scripture, and why it is vital to strengthening discipleship.

Newheiser, Jim. *Opening Up Proverbs*

The Book of Proverbs has one central message (how to gain wisdom) and deals with an extensive array of practical topics including vocation, financial stewardship, moral purity, and how to have successful relationships. Here, Jim Newheiser guides the reader through all the main aspects of the teaching of Proverbs while also emphasizing how these great, life-transforming truths are rooted in the gospel of Jesus Christ. *Opening Up Proverbs* provides the biblical counselor with practical applications on a wide variety of topics.

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.

Viars, Steve. *Leadership: How to Guide Others with Integrity*

Pastor Steve Viars answers the big question: To what extent does my life model the character of God to those around me? He addresses 8 questions that relate Christlike character to church leadership. They are: Do people understand more of God's mercy because of the way I respond to their mistakes? Do people understand more of God's holiness because of my high ethical standards? Do people understand more of God's patience because of the time I give to grow and

develop? Do people understand more of God's truthfulness because of the way I communicate honestly? Do people understand more of God's faithfulness because they see me keep my promises? Do people understand more of God's kindness because of the tone of my voice? Do people understand more of God's love because I go out of my way to help and serve them as I lead? Do people understand more of God's grace because I avoid being harsh and unreasonably demanding?

Small Group Ministry & Biblical Counseling

Hambrick, Brad. *Mobilizing Church-Based Counseling: Models for Sustainable Church-Based Care*

Many churches would like to start a counseling ministry, but they don't know where to start. *Mobilizing Church-Based Counseling* offers direction to churches for creating a ministry built around lay-led counseling groups and mentoring.Based on proven models used in his own congregation, Brad Hambrick lays out a clear plan to launch a sustainable soul-care ministry that can be replicated in churches of any size. Hambrick brings clarity to common points of confusion about church-based counseling and provides guidance on how to provide oversight for lay-led counseling groups and mentoring relationships.Your church can minister the hope of the gospel to the struggles of life—both sin and suffering—without incurring unwise liability or going beyond the capacity of your members.

Higbee, Garrett. *Biblical Soul Care for the Local Church*

This eighteen-session video series provides training tools for disciple-makers, pastors, biblical counselors, and small group leaders. It equips leaders with solid and practical training in order to return the care of souls back to the local church.

Higbee, Garrett. *Helping a Hurting Friend: Bringing the Hope of Christ in Hard Times*

Biblical counselor Garret Higbee helps concerned friends embrace the idea of counseling in community and unpacks how members of the body of Christ can more effectively come alongside one another and carry each other's burdens. In *Helping a Hurting Friend*, he encourages us to develop the skills of patient listening and drawing out the heart before offering any words of guidance.

Higbee, Garrett. *Transformed Mutual Care: A Small Group Study of the One-Another Commands of Scripture*

Transformed Mutual Care is a six-level training series for every member and leader to be better equipped to speak the truth in love with compassion and skill. This series is designed to change the discipleship culture of the church—and the best place to start is with small groups.

Higbee, Garrett. *Uncommon Community for Small Groups*

This four-part video training equips small group leaders to provide soul care in the context of life-on-life relationships. Don't leave your leaders ill-equipped. The video series includes teaching and roleplays relating to what actually happens in small group life.

Joni and Friends. Joni & Friends. *The Gospel in Hard Times: Study Guide with Leader's Notes* / *The Gospel in Hard Times for Students Suffering and Trials*

The Gospel in Hard Times is a faith-bolstering small group resource that illustrates how suffering is a catalyst that can deepen our understanding of God's plan and strengthen our faith in Christianity. Through eight in-depth sessions, this resource points to Jesus Christ, our Good Shepherd, for answers to today's hard questions. It includes leader's notes, real-life stories for discussion, biblical application, suggested video clips, and action plans to demonstrate how Jesus identifies with our sorrow.

The Gospel in Hard Times for Students is a small group resource that explores how a loving faith community, one body with many parts, can not only meet our needs but also help us walk alongside others who are afflicted, disabled, and marginalized.

Kellemen, Bob, and Kevin Carson, Editors. *Biblical Counseling and the Church: God's Care Through God's People*

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.

History of Biblical Counseling, Pastoral Counseling, & Soul Care

The History of Biblical Counseling

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. 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.

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.

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 counseling 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, counselors 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.

Oden, Thomas. *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.

The History of Soul Care

Kellemen, Bob, and Karole Edwards. *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, and Susan Ellis. *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.

McNeil, John. *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.

Johnson, Dale. *The Church as a Culture of Care: Finding Hope in Biblical Community*

Pastors and lay leaders in the church often feel inadequate to address certain needs and are unsure of how to help. This book is designed to help erase the stigma of "mental health issues" in the church and to present the church as the primary haven for answers to deep-seated human problems. Readers will learn that God has designed every function of the church to be an integral part of soul care. God has provided the church with the necessary resources for us to care well for one another. Prayer, the Word, the work of the Holy Spirit, and Christian community are God's provisions to lead all of us to Christ—even those with the deepest struggles.

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.

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.

Powlison, David. *The Pastor as Counselor: The Call for Soul Care*

A pastor inhabits multiple roles—teacher, preacher, youth leader, and counselor. Yet many church leaders feel unprepared to counsel church members who are struggling with difficult, multifaceted problems. David Powlison reminds pastors of their unique role as the shepherds of God's people, equipping them to apply biblical wisdom to the thoughts, values, moods, expectations, and decisions of those under their care.

Senkbeil, Harold. *The Care of Souls: Cultivating a Pastor's Heart*

Preaching typically gets the most ink under the category of pastoral ministry, but there's far more to shepherding a congregation than writing and executing sermons—important as that work is. Harold Senkbeil has spent five decades preaching, but also shepherding the people of God, and *The Care of Souls* is a product of wisdom treasured up during his half-century in local church ministry. Having grown up on a dairy farm in the Midwest, Senkbeil builds this compelling manual for loving church members around insights gained taking care of animals and crops. The result is a well-written book on shepherding that gives equal time to the care of souls and the pastor's own pursuit of holiness.

Multicultural Counseling, Multiethnic Ministry, Racism, & 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 within this category 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.

Butterfield, Rosaria. *The Gospel Comes with a House Key: Practicing Radically Ordinary Hospitality in Our Post-Christian World*

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. Such hospitality sees our homes as not our own, but as God's tools for the furtherance of his kingdom as we welcome those who look, think, believe, and act differently from us into our everyday, sometimes messy lives—helping them see what true Christian faith looks like.

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.

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, and Karole Edwards. *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, and Susan Ellis. *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 Christ changes everything, from our hearts to our community to the world. 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.

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 experiences growing up in the South, John Piper 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.

Viars, Steve. *Loving Your Community: Proven Practices for Community-Based Outreach Ministry*

Is your church making a difference in your community? Are you meeting needs in a positive, proactive, and loving way? Too often when churches are presented with a need, they operate on the principle of “Say no unless you have to say yes.” Don’t want that to be your church’s legacy in your community? Drawing on more than 30 years of service to the community surrounding Faith Church, Steve Viars shows how to develop a dynamic, giving relationship with your community—one in which your natural response to needs is “Yes! How can we help?” No matter the size, location, demographics, or issues in your community, the approach found in this book

will help you improve people's lives, draw them into productive conversation about hope in Christ, and glorify God.

Vroegop, Mark. *Weep with Me: How Lament Opens a Door for Racial Reconciliation*

Equipped with the gospel, the evangelical church should be the catalyst for reconciliation, yet it continues to cultivate immense pain and division. *Weep with Me* by Mark Vroegop is a timely resource that presents lament as a bridge to racial reconciliation in the world today. In the Bible, lament is a prayer that leads to trust, which can be a starting point for the church to "weep with those who weep" (Romans 12:15).

Biblical Counseling Resources for Marriage & Marriage Counseling

Note: This listing of resources for marriage begins *chronologically*, moving from pre-marital counseling, to marriage counseling, to dating and pre-engagement, and then to the purpose/meaning of marriage. Then this section addresses married life *topically in an alphabetical listing*—addressing various issues related to marriage and marriage counseling.

Chronological Listing for Marriage & Marriage Counseling

Premarital Counseling

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.

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 are 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 Counseling

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.

Eyrich, Howard A. *Route 37 to Marital Joy*

Regular church attendees who also read the Bible and pray fare much better at maintaining a stable marriage. However, their lack of implementing the many resources that God provides in the Scriptures impairs their ability to grow in intimacy. Learn 37 strategies embedded in Scripture with which to unlock the joy and lock out the disappointment and the disillusionment that lead to a hurtful, and eventually fractured, relationship. As a plan, these strategies serve as a manual for marital joy. As tools, these strategies must be picked up individually and utilized appropriately in life situations.

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.

Kellemen, Bob. *Gospel-Centered Marriage Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Marriage counseling is even more complex. Now you have three sinners, saints, and sufferers in the same room—the wife, the husband, and the counselor! Where in the world do you start? *Gospel-Centered Marriage Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical marriage counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Marriage Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical marriage counseling. *Gospel-Centered Marriage Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group.

Mack, Wayne. *A Homework Manuel 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.

Singleness, Dating, & Pre-Engagement

Singleness, Dating, & Pre-Engagement: Booklets

Allberry, 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.

Clark, Jayne. *Struggling Through Singleness: Help for the Journey*

Author Jayne Clark shares her journey of discovering that singleness is not the cause of loneliness and that the real solution to loneliness does not lie in marriage or in any human relationship, but in our relationship with God. Through Christ we are reunited to God and this, in turn, leads to our union with one another. In the midst of this reality, Clark encourages readers to press into deeper relationship with the Lord and to wrestle honestly with him in the middle of disappointment and doubt, clinging to the one who is for us, loves us, and will never let us go.

DeWitt, Steve. *Loneliness: Don't Hate It or Waste It. Redeem It.*

For years, Steve DeWitt was the only never married megachurch pastor in the United States. This put him in proximity to thousands of people, yet he lived his daily life alone. Over some 8,000 days as an adult single, and now eleven years of marriage, Pastor Steve has a unique perspective on solitude and aloneness. *Loneliness* addresses this pervasive ache from his personal experience and pastoral viewpoint. DeWitt explores the invitation of Jesus when our hearts feel alone and isolated. Writing on topics that affect us and the ones we love—such as loneliness and the gospel, loneliness and singleness, loneliness and marriage, and loneliness and leadership—he shows us the way out of our pain and into relational flourishing with God and others.

Is there a sweetness or a blessing offered in the valley of loneliness? DeWitt has discovered that there absolutely is. Loneliness doesn't have to be our enemy. It can be the path God uses for our souls to experience the presence, promises, and power of Jesus Christ.

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.

Dykas, Ellen. *Your Dating Relationship and Your Sexual Past: How Much to Share*

You are in a serious, committed dating relationship, and you're thinking about marriage. But there's a weight in the back of your mind. You haven't shared your sexual past. Maybe you're even hiding a current sexual addiction. But you're also not sure if your boyfriend or girlfriend needs to know details of your sexual past or present. You wonder whether you need to share anything and, if yes, what you should share. Ellen Dykas explains that in order to start marriage on a healthy and solid footing, couples need to build a foundation of trust, vulnerability, and openness so they can make wise decisions about a lifetime of commitment. Weaving in the beauty and freedom of the grace of Jesus, Ellen gives principles that will guide readers in how to walk in honesty and

transparency with each other and encourage them to rest in the forgiveness of the Lord for their past.

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.

McKinley, Mike. *Engagement: Preparing for Marriage* (A 31-Day Devotional for Life)

Marriage has been created by God to demonstrate his love and character. In light of this, couples preparing for their wedding should begin to reflect on the ways that God's gospel love will be displayed in their marriage. Many couples enter into marriage with a largely "horizontal" focus, but in reality much of their relationship will depend on the "vertical" dimension. The devotional would aim to help the reader prepare his or her heart for the wonderful (and often sanctifying) calling to love another person in a way that manifests God's love for his people.

Powlison, David, and John Yenchko. *Pre-Engagement: Five Questions to Ask Yourselves*

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.

Swett, Jenilyn. *Singleness: Living Faithfully Christ (31-Day Devotionals for Life)*

Singleness is not a problem or a waiting period—it's a place where many of us live, and it offers unique blessings, challenges, and opportunities. Writing as a fellow traveler, Jenilyn Swett turns to Scripture to show how our identity in Christ, paired with a robust theology of singleness, gives us a vision for the single life, no matter how short or long it may be. Daily readings reflect on practical, emotional, and spiritual dimensions of faithful living as a single person. We are God's children above all else—we find in Him all the riches we need.

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, & 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: First Years of Marriage*

If you want to navigate the early years of your marriage in a way that glorifies Christ and honors his Word, this book will be a great resource for getting a conversation going. In a series of warm, short, practical letters, Sean Perron and Spencer Harmon, along with their wives, Jenny and Taylor,

guide you and your spouse through common “firsts”: major choices like deciding when to start a family, the everyday details of establishing holy household habits, and concerns raised by common sexual issues in marriage.

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 identity 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.

White, David. *God, You, & Sex: A Profound Mystery*

David White helps readers develop a Scripture-based perspective on human sexuality that goes beyond just wait until you're married. *God, You, & Sex* doesn't sidestep the sexual revolution that has come to bitter fruition in teen and young adult hookup culture. In the face of these messages and the pervasiveness of sexual temptation, White helps Christian men and women find compelling reasons to obey God with their sexuality. By establishing a positive theology of sex from Christian Scripture, White ultimately points to Jesus Christ as the Bridegroom and sheds light on broken sexuality, pornography, same-sex marriage, sex outside of marriage, and other relevant topics for young Christians.

Marriage: Biblical Purpose & Meaning

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.

Dixhoorn, Chad & Emily. *Gospel-Shaped Marriage: Grace for Sinners to Love Like Saints*

Married Christians, and those preparing for marriage, know that they're sinners—and that their sin threatens God's great purposes for their union, including mutual support, companionship, and intimacy. But how often do believers recognize that they are also saints, equipped through God's power to create a healthy, loving marriage? *Gospel-Shaped Marriage* encourages couples with how Christ calls and enables them to love their spouse. They give a brief assessment of the biblical design for marriage while offering practical, proven advice for husbands and wives. Drawing from Scripture and the writings of Puritan minister William Gouge, their advice also prepares churches, friends, and others to support married couples in their lives.

Kellemen, Bob. *Gospel-Centered Marriage Counseling: An Equipping Guide for Pastors and Counselors*

The first three chapters of *Gospel-Centered Marriage Counseling* highlight God's view of marriage—a theological primer for a biblical marriage. Then *Gospel-Centered Marriage Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical marriage counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Marriage Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical marriage counseling. *Gospel-Centered Marriage Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group.

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.

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, unfailing, 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.

Piper, John. *This Momentary Marriage: A Parable of Permanence*

The chasm between the biblical vision of marriage and the common human conception is gargantuan. Reflecting on over forty years of matrimony, 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 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.

Topical & Alphabetical Listing for Marriage & Marriage Counseling

Anger & 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.

Marriage Communication & Resolving Marital Conflicts

Note: See additional resources in the individual resource list under "Communication & Relationships."

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."

Desiring God. *Happily Ever After: 30 Devotions for Couples*

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 vision of marriage.

Flood, Rob. *With These Words: Five Communication Tools for Marriage and Life*

This practical marriage resource by pastor and author Rob Flood not only explores why couples should grow in communication, but it addresses the how of communication. In this Christian Scripture-based marriage book, you will learn that God is for you and on your side as you press toward helpful, biblical communication based on Christian values.

Hoppe, Steve. *Marriage Conflict: Talking as Teammates* (A 31-Day Devotional for Life)

How we communicate with one another matters—especially in a marriage. The Bible reminds us to use words that build up our spouses, not tear them down. Whether your marriage is a verbal war zone or just needs a little help in the communication arena, both you and your spouse will benefit from the encouragement in these pages. This devotional is not a program to *do* better; it unveils how God helps you to *be* better. As you read through it as a team, meditating on Scripture, praying, and using the practical questions and action steps, you will learn to communicate with Christlike love, grow in holiness, and glorify God with your words.

Lepine, Bob. *Build a Stronger Marriage: The Path to Oneness*

All marriages face seasons of distress and frustration—times when thanks to a variety of factors you don't feel as close as you once were. Bob Lepine helps you work through the challenges that emerge in every marriage, causing couples to become isolated and alienated. He helps you make the adjustments necessary to build the kind of marriage God intends for you to have and encourages you back on the path to oneness. Lepine maps out this path to oneness by first helping you and your spouse uncover how your motivations and expectations about marriage, childhood hardship or family of origin issues, guilt, shame, or unaddressed relational wounds can impact a marriage relationship. Seeing marriage from God's point of view is the path to oneness. You will be able to trade blame, dissatisfaction, and disappointment for a stronger, richer, and more rewarding relationship. Each chapter ends with a simple assignment that will help you get on and stay on the path to oneness.

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.

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."

Tada, Ken. *For Better or Worse: When Disability Challenges Your Marriage*

Disability has a way of trying even the best of marriages. The cumulative effects of daily routines that never vary, social isolation, financial pressures, unmet expectations, and a life that is vastly different from most couples can wear on the spirits of the strongest husband and wife. Without Christ firmly in the center of the suffering, a spouse can crack under the pressure that disability brings to the marriage. Ken Tada, husband to Joni Eareckson Tada, shares that disability does not have to be the defining word in your marriage. Instead disability is an invitation for you and your spouse to depend on Jesus in your weakness and grow closer to each other than you ever thought possible.

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.

Marriage, Separation, Divorce, & 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, 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.

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.

Marital Relationships

Hambrick, Brad. *Building a Marriage That Lasts: Five Essential Habits for Couples*

Counselor and pastor, Brad Hambrick, encourages couples at all stages to adopt five core practices to foster healthy, God-honoring rhythms of communication and care. Learning how to steward time, money, and community, practicing healthy self-care, avoiding criticism and defensiveness, seeking to know your spouse deeply, and expressing gratitude for the opportunity to grow are just some of the wisdom gifts from God that will help deepen your relationship and also call you into a deeper walk with Jesus.

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.

Perron Sean, and Spencer Harmon. *Letters to a Romantic: First Years of Marriage*

If you want to navigate the early years of your marriage in a way that glorifies Christ and honors his Word, this book will be a great resource for getting a conversation going. In a series of warm, short, practical letters, Sean Perron and Spencer Harmon, along with their wives, Jenny and Taylor, guide you and your spouse through common "firsts": major choices like deciding when to start a family, the everyday details of establishing holy household habits, and concerns raised by common sexual issues in marriage.

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 booklet, Paul Tripp shows how refocusing your dreams according to divine priorities can invigorate you and your marriage.

Tripp, Paul David. *Marriage: 6 Gospel Commitments Every Couple Needs to Make*

When you say "I do," you begin the journey of a lifetime— and you have dreams of that journey being perfect. But it won't take long for expectations of the perfect marriage to fade away in the struggles of everyday life. A long-term, vibrant marriage needs to be grounded in something sturdier than romance—it needs the life-changing power of the gospel. In this rebranded edition of What Did You Expect?, popular author and pastor Paul David Tripp encourages couples to make six biblical commitments to the Lord and to one another. These commitments, which include a lifestyle of confession and forgiveness, building trust, and appreciating differences, will equip couples to cultivate thriving, joy-filled marriages built on Christ.

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.

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* (A 31-Day Devotional for Life)

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

Daughtery, Jonathan. *Secrets: A Story of Addiction, Infidelity, and Second Chances*

In *Secrets*, Jonathan honestly and courageously shares his story of addiction to pornography and how he lost everything to it. But that's not how the story ends. While Jonathan struggled, someone else was at work—his heavenly Father. At the lowest possible moment of his life, God stepped in and brought him hope and healing. This is a story of both loss and redemption that gives hope to anyone who has ever experienced the power and struggle of addiction and its life-destroying effects. Addiction doesn't have the final say over Jonathan's life or in his marriage. The God who finds the lost, heals the sick, and brings life from death has the last, victorious word.

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.

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.

Roles in Marriage: Both Husbands & 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: Husbands, Men, & Men's Issues

Dunham, David & Krista. *Power Under: A Biblical and Practical Exploration of Leadership in the Home*

God gives men authority in the home and calls them to be leaders—but what does that look like in practical terms? Unfortunately, Christians today have many mistaken ideas based on scriptural misunderstandings, cultural baggage, or flawed examples. Many marriages struggle as a result. David and Krista Dunham—biblical counselors and spouses—have teamed up to write a guidebook to help husbands to use their power in the way God intended: to imitate Christ by empowering their wives and children. Learn how to provide support, safety, and stability in key areas of married life: from communication, decision-making, and sanctification to sexual intimacy, parenting, and household management. Providing questions for reflection, resources for further study, and the tools to create a shared family vision statement, the Dunhams equip you to make concrete, life-giving changes that will strengthen your marriage and parenting.

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.

Newton Bill. *Endure: A Christian Man's Guide to Finishing Strong*

Start, Stay, and Finish Strong. Too many Christian men start enthusiastically, then fall short. Falling short can be a public fall: Church-going husband has an affair. High-profile ministry leader gets caught in a scandal. Outspoken advocate is marred by hypocrisy. But for most men, falling short isn't a newsworthy spectacle. It's subtler. Closer to home. It's floundering in the faith. Stunted spiritual growth. It's entering the race God has called them to, then choosing to coast. ENDURE is a practical, Scripture-steeped guide to help men finish the race God has set before them.

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.

Stegeman, Daniel. *Help! I Want to Be a Loving Husband*

Marriage is tough. Many challenges in our world today make it difficult to be a godly, loving husband. But having a healthy, mutually satisfying, and happy marriage that honors God is possible. Working through the apostle Paul's teaching to husbands in Ephesians 5, this mini-book offers biblical and practical ways husbands can grow in showing love that is sacrificial, sanctifying, strengthening, and steadfast, to the happiness of their wives and the glory of God.

White, Aaron. *Man Up, Kneel Down: Shepherding Your Wife Toward Greater Joy in Jesus*

Man Up, Kneel Down: Shepherding Your Wife Toward Greater Joy in Jesus is a street-level, biblically saturated, gospel-centered guide for men who want to lead their families well by serving their wives. It is a call to husbands to exercise Christlikeness in their role as husbands.

Roles in Marriage: Wives, Women, & Women's Issues

Baker, Amy, and Daniel Wickert. *Menopause: Help for the "Hot and Bothered"*

Some call it "the change of life." It is certainly that, and not always a welcome one! Hot flashes, memory lapses, tiredness, emotional struggles—they may not all be equal in severity, but you're certainly experiencing the effects of growing older. Though the world often tries to convince us that aging represents a loss of value, Amy Baker and Daniel Wickert offer a more biblical view that focuses on knowing and trusting Christ. Putting your hope in God and in his love for you will result in growth and fruitfulness, as you see that he is constantly at work in every stage of life to make us more like him.

Baker, Amy, and Daniel Wicker. *PMS: When It's "That Time of the Month"*

Sometimes PMS is just a nuisance, but sometimes it stops you in your tracks. Headaches, cramping, bloating, mood swings, fatigue—you might experience any of these and more. Sometimes it just seems impossible to be patient, kind, and emotionally stable when it's "that time of the month." Amy Baker and Daniel Wickert walk with you through the experience of PMS and help you see how God can help you and change you, even during the most difficult time of the month. With an eye on both the physical and the spiritual aspects of your struggle, they offer helpful, practical advice, not just for managing your symptoms, but for growing in grace.

Enter, Barbara, and Gina Weinmann. *Who Needs a Friend When You Can Make a Disciple?*

If believers are not careful, church can be reduced to a mere social club. The authors demonstrate how to find a cherished friendship through the process of discipleship. They have often observed that when women come to a new church they seem to be on an endless search to "find a friend" so they can "feel connected." Often this leaves them discontent in their search. A more biblical and satisfying way is by developing discipleship relationships in the body of Christ. *Who Needs a Friend When You Can Make a Disciple?* defines and highlights some practical "how-tos" to help women implement biblical ways to practice and sustain discipleship relationships.

Fitzpatrick, Elyse. *Good News for Weary Women*

Are you exhausted? Women today really do feel the weight of the world on their shoulders. Every morning we are greeted with a long list of to-dos: get the kids up and out the door on time, have a meaningful quiet time, put in a full day at the office, spend an hour at the gym, prepare a healthy and delicious meal (organic and locally grown, of course), and make sure the sink sparkles before you go to bed. Oh, and don't forget to look great and smile while you're doing it. These are all good things to do, of course. But the bigger problem occurs when we start to feel as if our worth is measured by our to-do lists. And the messages we receive at church, on Facebook, and from the media only perpetuate these unrealistic expectations, creating a relentless cycle of exhaustion. As Elyse Fitzpatrick has good news for women everywhere: there is hope! God doesn't judge us by our to-do lists. Instead, He calls us to faith. Free yourself today from the endless stream of bad advice and discover the true rest God offers.

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, parenting, grief, caregiving, and much more.

Fitzpatrick, Elyse, and Eric Schumacher. *Worthy: Celebrating the Value of Women*

What does the Bible say about the value of women? Does the Bible teach that women are as valuable as men or does it portray them as somehow more flawed, more suspect, or weak and easily deceived? Beginning from Genesis and working all the way through the storyline of the Bible, *Worthy* demonstrates the significant and yes, even surprising, ways that God has used women to accomplish His kingdom goals. Because, like men, they are created in His image, their lives reflect and declare His worth. *Worthy* will enable and encourage both men and women to embrace this true and lofty vision of God's creation, plan, and their value in His eyes.

Garn, Elizabeth. *Freedom to Flourish: The Rest God Offers in the Purpose He Gives You*

Are you tired? Are you *weary*? So many Christian women are exhausted because we've come to believe that God's purpose for us is rooted in what we do—which means we're constantly striving to have somehow done enough. But there is hope! Elizabeth Garn takes us back to the gracious plan God laid out for us in Genesis: He created us to bear His image, He is inviting us to live out that purpose, and through Christ He frees us to flourish as those who are unconditionally loved.

Hill, Megan. *Partners in the Gospel: 50 Meditations for Pastors' and Elders' Wives*

Being the wife of a pastor or an elder is a joy—and a challenge. These devotional meditations encourage and equip wives of church leaders by pointing them to the Word of God for refreshment and counsel. Whether you are new to being a pastor's or elder's wife, or have been in that role for decades, the truths in these pages will speak to you amid the complexities of ministry life and testify that the Lord is unfailingly good.

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.

Hughes, Lisa. *Unmet Expectations*

Plain and simple, life doesn't always turn out the way we imagined. Yet, we can respond in God-glorifying ways even when circumstances fall short of our desired hopes and expectations. With practical, biblical counsel from the Scriptures, we have the tools we need to put away sinful responses and be women who smile at the future (Proverbs 31:25). In reshaping how we think about disappointments, trials, and delays, we can grow in contentment, trust, and hope in the unexpected parts of life. In each chapter we'll look to the Scriptures for the life-transforming help only God can give. This book is designed to be an aid to growth, which is why inductive Bible study questions accompany each chapter, providing even more treasures from God's Word for hope and encouragement.

Kellen, Kristin, and Julia Higgins, Editors. *The Whole Woman: Ministering to Her Heart, Soul, Mind, and Strength*

The Whole Woman looks at what it means to care for another woman holistically—heart, soul, mind and strength—as an extension of loving God. The book explores how we might care for the emotions, motivations, desires, thoughts, and relationships of ourselves and others. It also provides some action steps that you can immediately put into practice.

Kellen, Kristin. *Counseling Women: Biblical Wisdom for Life's Battles*

Counseling Women, by professor and counselor Kristin Kellen, is a biblically grounded resource addressing common struggles that women face. Chapters examine issues such as depression, anxiety, infertility, trauma, abuse, disordered eating, and much more. Undergirded by a strong theological foundation, Kellen interweaves many practices of mainstream therapy alongside Scripture's teachings to provide a wise and balanced approach. Accessible and deeply practical, Counseling Women will be useful for counselors in various settings and for students in training programs.

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.

Ortlund, Jani. *Help! I'm Married to My Pastor: Encouragement for Ministry Wives and Those Who Love Them*

Jani Ortlund invites pastors' wives and ministry leaders to drink from her deep well of biblical, practical wisdom. This book is a winsome reminder of why we must press on in our calling despite real hardships along the way. *Help! I'm Married to My Pastor* is written for ministry wives who feel alone, afraid, and stressed to the limit, reminding them that God will work out his good purposes through even the hardest moments of ministry and marriage.

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.

Sexual Relationship & Sexual Purity in Marriage

Note: See additional resources in the individual resource list under "Pornography, Sexual Addiction, Sexual Sin, & 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.

Solomon, Curtis. *Redeem Your Marriage: Hope for Husbands Who Have Hurt through Pornography*

For the husbands that are caught in the prison of pornography use. Solomon points you to Jesus who is powerful and the true source of change. This book will guide you through a process to help you understand the hurt pornography has caused and to lament the effects of your struggle on your marriage. But you will not be left without hope—Curtis will help you learn to believe in the forgiveness of sins and Jesus's power to help turn away from sin and live for God's glory instead of

momentary pleasure. You will see that true repentance and forgiveness will help both you and your wife move forward toward healing. This book and the companion resource for wives written by Curtis' wife Jenny Solomon, Reclaim Your Marriage: Grace for Wives Who Have Been Hurt by Pornography, can be used to bring hope and grace into a seemingly impossible situation.

Solomon, Jenny. *Reclaim Your Marriage: Grace for Wives Who Have Been Hurt by Pornography*

For the wives whose husbands struggle with pornography. There are so many resources to help him, but what about you? Where can you go with your grief, insecurities, fear, and even anger? Jenny Solomon comes alongside hurting wives and gently encourages them to bring their pain to God, who is able to reclaim their marriage. She understands that when the heavy burden of sorrow weighs down your soul, it is helpful to lean hard on a few solid truths about who God is and how he is calling you to respond. One of the most important is that although you may feel lonely right now, you are not alone. The author will encourage you to find a Christian community where you can seek a listening ear and find close friends who will come alongside you and pray for you in this battle. Fighting pornography is not something a couple can handle alone. This book and the companion resource for husbands written by Jenny's husband Curtis Solomon, Redeem Your Marriage: Hope for Husbands Who Hurt with Pornography, can be used to bring hope and grace into a seemingly impossible situation. These resources can be used in the context of mentoring, counseling, or accountability relationships to give biblical direction and hope in the midst of a difficult struggle.

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.

Widowhood

Nicewander Delaney, Sue. *Help! My Spouse Died*

Those who are newly widowed face huge adjustments in their lives as well as unspeakable grief and isolation. Here, Sue Nicewander Delaney tells her story, describing her pain, frustrations, exhaustion, aloneness, fears, and questions about God. She shares the comfort and encouragement God gave her, so that others might know that they, too, are not alone, that God hasn't left them, and that he can use even widowhood for His good purposes.

Biblical Counseling Resources for Parenting, Family Life, & Family Counseling

Note: This listing of parental and family resources begins *chronologically*, moving from family counseling, to counseling children and teens, to preparing for parenting, to gospel-centered principles of parenting, to parental evangelism, parenting young children, parenting adolescents, parenting adult children, grandparenting, and then to caring for an aging parent. Then this section addresses family life and family counseling *topically in an alphabetical listing*.

Chronological Listing for Parenting, Family Life, & Family Counseling

Family Counseling

Kellemen, Bob. *Gospel-Centered Family Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Family counseling? Now you have a whole group of struggling folks gathered together in the same room. What is family counseling even supposed to look like? Do you just counsel the parents? Just the children? Everyone together? *Gospel-Centered Family Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical family counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Family Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical family counseling. *Gospel-Centered Family Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group. The first three chapters of *Gospel-Centered Family Counseling* provide a Christ-focused foundation for gospel-centered parenting—beneficial both for parents and those who counsel parents.

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.

Counseling Children & Teens

Baker, Amy, Editor. *Caring for the Souls of Children: A Biblical Counselor's Manual*

Caring for the Souls of Children equips counselors, parents, pastors, and other helpers who love children, to boldly trust in the sufficiency of Scripture for counseling. Edited by counselor and author, Amy Baker, this in-depth resource begins with an overview of foundational principles for counseling children and addresses a different counseling topic in each subsequent chapter. Topics addressed include a wide variety of general and specific issues that children face including anxiety, anger, abuse, suicidal thoughts and actions, self-harm, shame, grief, disability, disease, sexual identity, and many others. Chapters are written by a wide range of biblical counselors, authors, and pastors who have worked with children for many years.

Holcomb, Justin, and Lindsey Holcomb. *Children and Trauma: Equipping Parents and Caregivers*

Children can experience trauma from a variety of experiences, including neglect, physical, sexual, or psychological abuse, death of a loved one, bullying, racial trauma, and more. Trauma occurs when children are exposed to an experience perceived as threatening or harmful and respond with intense fear that affects them physically, emotionally, and spiritually. Authors Justin and Lindsey Holcomb help parents and caregivers recognize the signs of trauma and guide them in stepping into children's lives and demonstrating Jesus' care and protection for them. The compassionate response of parents or caregivers can help children who have experienced trauma to access spiritual, emotional, and physical healing.

James, Scott. *God Cares for Me: Helping Children Trust God When They're Sick*

This timely book helps parents talk with children about illness and how to keep themselves and others safe when sick. Children will learn that although anyone can get sick, God is caring for them and will be with them through whatever they face. They will also learn how they can show God's love to their friends and family by helping to keep them safe. *God Cares for Me* is part of the *God Made Me* Series which equips parents to have important, impactful conversations with their children, helping them to grow in understanding of God, themselves, and others.

Kellemen, Bob. *Gospel-Centered Family Counseling: An Equipping Guide for Pastors and Counselors*

Counseling individuals is complex enough. Where do you start? What do you listen for? How do you compassionately speak truth in love? How do you relate God's eternal story to people's earthly story? Family counseling? Now you have a whole group of struggling folks gathered together in the

same room. What is family counseling even supposed to look like? Do you just counsel the parents? Just the children? Everyone together? *Gospel-Centered Family Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical family counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Family Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical family counseling. *Gospel-Centered Family Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group. The first three chapters of *Gospel-Centered Family Counseling* provide a Christ-focused foundation for gospel-centered parenting—beneficial both for parents and those who counsel parents.

Kwasny, John. *Pursuing a Heart of Wisdom: Counseling Teenagers Biblically*

Out of all the qualities and successes adults desire to see in the lives of teens, a wise and understanding heart should be at the top of the list. Grounded in the fear of the Lord, godly wisdom is essential to navigate the minefield of the teenage years. Sadly, many teens are left to themselves during these years, dealing with the temptations and the struggles of their hearts on their own. Yet, all through the Book of Proverbs, young people are taught to gain wisdom through listening to and obeying their parents and other wise adults. To put it in today's terms, all teens need biblical counseling in order to pursue a heart of wisdom.

Lowe, Julie. *Building Bridges: Biblical Counseling Activities for Children and Teens*

Knowing how to approach children and teens in counseling can be a challenge. Learning to enter into their world and draw them out can sometimes feel impossible. But with Julie Lowe's *Building Bridges*—a practical workbook of expressive activities to do with kids and teens in counseling—you will find the biblical tools you're looking for. Anyone who has ever heard a child say, "I don't know" in answer to a question about what they are thinking and feeling or about why they acted a certain way, will be thankful for these thoughtful, biblically wise, and creative ways to engage young people. Julie Lowe, drawing on decades of experience in counseling children has compiled helpful, practical ways to speak the gospel into children and teenager's lives. By building bridges with young people, we can build bridges with them to the Lord. With over fifteen years of counseling experience and by working as a registered play therapist supervisor, Julie Lowe understands there is a need to speak truth and hope into the lives of children and teens in a hands-on, meaningful way. That's why the activities and reproducible worksheets in *Building Bridges* can be used over and over in multiple contexts.

Welch, Ed. *Helping Children with Shame: Resting in God's Approval*

Shame is the experience of feeling unacceptable, less than others, or different. Children often experience the sting of this particular sense of failing to measure up. Whether this heavy feeling comes from internal or external pressures, children need help to understand what to do with their feelings of inadequacy and rejection. Counselor and author, Ed Welch, helps counselors and parents see how shame is addressed in Scripture and how the Lord looks on struggling children with compassion and acceptance. He demonstrates how to connect a child's story of shame to the themes of Scripture so that a child can put words to his or her experience and see that Jesus knows our name, clothes us with dignity, and gives us his reputation.

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 fresh 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.

Huie, Eliza. *Raising Emotionally Healthy Kids: Help for Parents*

The world in which children are growing up is full of uncertainties and challenges. Pressures from peers, pressure to perform or achieve, fears about their life, and stress about the future can trouble young minds. As parents, it can be hard to know how to help our children navigate their emotions in an unstable world, while still holding on to hope and truth. Through six helpful tips, Eliza Huie, experienced parent and Christian counselor, offers practical advice and biblical support for parents seeking to support their children through deep emotional waters. With care, gentleness, and compassion, Eliza explains how parents can give their children grace-filled responses that will point to God's faithfulness in all the emotional ups and downs of life.

Kellemen, Bob. *Gospel-Centered Family Counseling: An Equipping Guide for Pastors and Counselors*

The first three chapters of *Gospel-Centered Family Counseling* provide a Christ-focused foundation for gospel-centered parenting—beneficial both for parents and those who counsel parents. Then *Gospel-Centered Family Counseling* walks readers through *a step-by-step training manual* for developing their *skills and competencies* in biblical family counseling. In fact, "readers" is the wrong word. "Participants" is better. *Gospel-Centered Family Counseling* is a work-book, or "working-book," or "workout-book." Thus the sub-title: *An Equipping Guide for Pastors and Counselors*. Chapter-by-chapter, skill-by-skill, participants use the questions, exercises, role play directions, sample dialogues, and much more to develop their competency and increase their confidence in biblical family counseling. *Gospel-Centered Family Counseling* is designed to be used either individually or in a small group setting. It's ideal for the busy pastor or active biblical counselor to work through chapter-by-chapter. And, it's perfectly suited for groups, classes, or seminar participants to move through as a group.

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.

Nelson, Jill. *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.

Reju, Sarah. *Jesus Saves: The Gospel for Toddlers*

Jesus is calling your young children to trust in Him, but it can be difficult to teach the gospel to toddlers. How can you help them know the love of Jesus? In *Jesus Saves*, Sarah Reju helps parents to communicate to their children what it means to turn away from their sins and to trust in Jesus as their Savior.

Parental Teaching of Young Children

Allen, Joey. *Big Thoughts for Little Thinkers* (Series)

Even the youngest believers need a solid grasp of Christian doctrine. The most foundational teachings of the Christian faith are presented in the *Big Thoughts for Little Thinkers* series on a level that pre-school and elementary school-age children can understand. In simple but precise language, the series teaches God-centered theology. With their charming illustrations, the books make for a fun but educational read. The series includes: *The Gospel* (relates the good news of salvation), *The Mission* (presents God's worldwide plan to call people), *The Scripture* (demonstrates the reliability of God's Word), *The Trinity* (teaches about the Christian doctrine of the Trinity).

Clark, Jayne. *Tori Comes Out of Her Shell: When You Are Lonely*

Tori the turtle feels all alone. She has just moved to a new pond and a new school with her family and it seems like everyone has a friend except her. Her teacher notices she feels alone and helps her remember Jesus is always her friend and then along the way she makes some new friends. The last page contains information for Christian parents on how God, in his Word, helps us turn to Jesus when we are lonely. Together children and parents will be guided into meaningful conversations about living by faith in the details of everyday life. Also included is a tear-out page of Back Pocket Bible Verses that will give children a practical way to remember God's words when they feel all alone.

Cutrera, Melissa. *God's Great Plan*

God's Great Plan memorably recounts the greatest rescue story of all time. In concise rhyming narrative, it tells of creation, fall, redemption, sanctification, and glorification. This valuable resource equips parents, grandparents, aunts, uncles, ministers, and teachers to share the gospel with the children in their lives. It also equips those children to think about the gospel and to share it with their friends.

DeWitt, Dan. *The Friend Who Forgives: A True Story About How Peter Failed and Jesus Forgave*

Do you ever talk before you think? Mess up? Let others down? That's what Peter did, again and again and again, and it led him to abandoning his best friend, Jesus. Peter loved Jesus. He felt terrible when he pretended not to know him. He thought all was lost when Jesus died. But Jesus is not like our other friends. He wants to forgive us when we are really sorry, even when we mess up again and again and again. And because Jesus died and rose again he can. Jesus' death took the punishment for all of Peter's sins and all our sins, and his resurrection showed the penalty was lifted. After he rose from the dead, Jesus went and found Peter and forgave him, and he can do the same for us. Children know all about failing, but they don't always experience true forgiveness. This book points them to Jesus, the one who will forgive them again and again and again.

DeWitt, Dan. *Why God? Big Answers About God and Why We Believe in Him*

Thomas loves to think about silly questions. (*Are bats really mice with wings?)* But other questions are humdingers . . . like when Thomas wonders, *Why God? Why do we believe in him?* That's when he and his sister, Hope, must go in search of a humdinger of an answer. Come along as they discover the clues God has given us to help us know how real and wonderful he truly is.

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.

Gay Jr., Jerome. *Talking to Your Children about Race: A Biblical Framework for Honest Conversations*

Conversations about race and ethnicity can be uncomfortable. Often parents don't know what to say or how to say it. It might seem easier to duck a hard, confusing subject, but your children are already learning about race from the world around them. But are they hearing what God has to say in the Bible? Pastor Jerome Gay Jr. equips parents for conversations about race, helping you take an active role in ensuring that your children are given a biblically rooted and gospel-saturated view of race and ethnicity. Learn tips for discussing issues of injustice and biblical reconciliation, as well as proactively engaging and learning from others from different ethnic backgrounds. By not shying away from this topic, we will be equipping our children as kingdom citizens who reflect Jesus to a polarized world.

Gibson, Jonathan. *The Moon Is Always Round*

Even young children want answers to the hard questions about God and suffering. In *The Moon Is Always Round*, seminary professor and author Jonathan Gibson uses the vivid imagery of the moon to explain to children how God's goodness is always present, even when it might appear to be obscured by upsetting or difficult circumstances. In this beautiful, full-color illustrated book, he allows readers to eavesdrop on the conversations he had with his young son in response to his sister's death. Father and son share a simple liturgy together that reminds them that, just as the moon is always round despite its different phases, so also the goodness of God is always present throughout the different phases of life. A section in the back of the book offers further biblical help for parents and caregivers in explaining God's goodness to children.

Guthrie, Nancy. *What Every Child Should Know About Prayer*

Nancy Guthrie explains in child-friendly language what prayer is, how and why we should pray, and the things we can pray about. There is a Bible verse for each topic, and a prayer for children to make their own. This book will introduce children to the gift of prayer and will encourage them to enjoy speaking to their father God.

Hamilton, James. *The Bible's Big Story: Salvation History for Kids*

God created all that is. Therefore, all that is, is His. Adam and Eve wanted to be their own; Rebellion in their hearts was sown. With easily remembered rhymes and Bible verses, take your child through the span of Salvation History from Creation to the Fall, the Flood to the Exodus, the Exile to the Crucifixion, and beyond.

Heath-Whyte, Clare. *Everyone a Child Should Know*

It's never too early to introduce the next generation to heroes of faith. In this book, children will meet 52 Christian men and women (one for each week of the year) from all walks of life who wanted to live for their friend Jesus. There are missionaries, martyrs, writers, reformers, politicians, and poets. Their stories are exciting and inspiring and will show children that any of Jesus' friends can do remarkable things for him—even them.

Huie, Eliza. *Count Yourself Calm: Taking BIG Feelings to a BIG God*

This beautifully illustrated and empathetically written book walks children through a calming activity that focuses their attention on God and helps them manage their emotions. Through a combination of slow breathing, prayer, and focusing on five things about God and his good gifts, children will learn to count themselves calm. Children can practice this calming activity while you read them the book and then use it when they feel upset, sad, angry, worried, anxious, or scared.

Laferton, Carl. *The Garden, the Curtain, and the Cross*

This beautifully illustrated hardback book takes children on a journey from the garden of Eden to God's perfect new creation. Retelling the Easter story through a Bible overview, children will discover that "because of our sin, we can't go in" but because of Jesus' victory on the cross, an even better garden awaits us...

Lee, David & Iaconviciuc, Alina. *If You Ever Meet a Grown Up Bully…*

Every mom, dad and grandma needs this book to protect the children they love. This practical book warns your child about the dangers of child predators without educating them about sexual activities. It is both direct and sensitive. Conservative estimates state that 1 in 7 girls and 1 in 25 boys are sexually abused. This book can protect your child. It includes beautiful illustrations, stories your child can relate to and a "Grown-up's guide" with advice on how to speak with your child about sexuality and abuse, including what to do if they have been abused. It is targeted at children aged 4-10, but may be used at any age. It is written from an Evangelical Christian perspective. The Bible is referenced.

Lloyd-Jones, Sally. *Found: Psalm 23 (Jesus Storybook 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. *Loved: The Lord's Prayer (Jesus Storybook Bible)*

From the bestselling *Jesus Storybook Bible*, comes *Loved*, a board book retelling of the Lord's Prayer in very child-friendly language that helps little ones learn to pray. And the colorful, engaging contemporary illustrations that bring the words to life will hold your child's interest as you read together.

Machowski, Marty. *Don't Blame the Mud: Only Jesus Makes Us Clean*

Don't Blame the Mud gives a vivid way of helping children see where wrong choices come from and how to turn to Jesus for change from the inside out. This beautifully illustrated picture book teaches children how to recognize the lure of temptation and the truth that bad choices lead to bad consequences.

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.

MacKenzie, Carine. *God Has Power (Learn About God Board Book)*

In this board book, we learn that God has power. In an age where things are constantly changing, children can learn that God is always the same. This is one in the series of board books called *Learn about God*.

MacKenzie, Carine. *God Is Everywhere (Learn About God Board Book)*

Do you want to learn about God? Do you know that God is everywhere? Read this book with your children and learn about God's presence! This is one in the series of board books called *Learn about God.*

MacKenzie, Carine. *God Is Faithful (Learn About God Board Book)*

Do you want to learn about God? Do you know that you can really trust God? Read this book with your children and learn about how faithful God is! This is one in the series of board books called *Learn about God.*

MacKenzie, Carine. *God Knows Everything (Learn About God Board Book)*

Do you want to learn about God? Did you know that God knows everything? Read this book with your children and learn how amazing God is! This is one in the series of board books called *Learn about God*.

MacKenzie, Carine. *God Never Changes (Learn About God Board Book)*

Do you want to learn about God? Did you know that God never changes? Read this book with your children and learn that God is the same God always! This is one in the series of board books called *Learn about God*.

MacKenzie, Carine. *The Lost Coin (Board Book Stories Jesus Told)*

This is a story that Jesus told. A woman has ten valuable coins—but she has lost one. What will she do now? Can you spot the hidden coin in every picture? This is one in the series of board books called *Board Book Stories Jesus Told*.

MacKenzie, Carine. *The Runaway Son (Board Book Stories Jesus Told)*

Jesus told the story about a father who had two sons. The youngest son runs away. What will happen to him now and will the father take him back? Can you find the little bag in every picture. This is one in the series of board books called *Board Book Stories Jesus Told*.

Mitchell, Alison. *The Christmas Promise*

A captivating retelling of the Christmas story showing how God kept His promise to send a new King. Superb illustrations by Catalina Echeverri and faithful, Bible-centered story-telling by Alison Mitchell combine to make this a book that both parents and children will love. A long, long time ago so long that it's hard to imagine God promised a new King. He wasn't any ordinary king, like the ones we see on TV or in books. He would be different. He would be a new King; a rescuing King; a forever King! This book helps pre-school children discover exactly how God kept His Christmas promise.

Mitchell, Alison. *Jesus and the Lions' Den: A True Story About How Daniel Points Us to Jesus*

The story of Daniel and the Lions' Den teaches children many things. It teaches them about praying; about Daniel's faithfulness to God, and God's faithfulness to Daniel; and that God is the real king of everyone everywhere. But if you peel back another layer, you'll see that it also points to Jesus. This stunningly illustrated retelling of Daniel and the lions' den helps children to see Jesus in the story of Daniel. It challenges children to spot the Jesus moments by looking out for

the hidden lion symbols. It goes on to explain the parallels between Jesus and Daniel, so that children can see the gospel heart of the whole Bible.

Mitchell, Alison. *The One O' Clock Miracle: A True Story About Trusting the Words of Jesus*

Based on the healing of the official's son in John 4, this storybook will teach children about the power of the words of Jesus, and that they should trust Jesus because He is God's Son. This book is ideal for children ages 3-to-6.

Mitchell, Alison. *The Storm That Stopped: A True Story About Who Jesus Really Is*

Based on the account of Jesus calming the storm from Mark chapter 4, this dramatic storybook will teach children about who Jesus really is, as they witness His power over nature. This book is ideal for children ages 3-to-6.

Newbell, Trillia. *God's Very Good Idea: A True Story of God's Delightfully Different Family*

God's very good idea is to have lots of different people enjoying loving him and loving each other. This stunningly illustrated journey from the garden of Eden to God's heavenly throne room shows how despite our sinfulness, everyone can be a part of God's very good idea through the saving work of Christ. This book will help children see how people from all ethnic and social backgrounds are valuable to God and how Jesus came to rescue all kinds of people. It will also excite them about being part of church.

Powlison, David. *Gus Loses His Grip: When You Want Something Too Much*

Gus, a raccoon who loves all things sweet, learns what happens when you want something too much. After Gus gets caught taking candy from the store, Papa reminds him that temptation might be strong for us, but it's not too strong for Jesus. Both Gus and Papa can ask Jesus for help when they want something too much. The last page contains information for parents on how God, in his Word, helps us turn to Jesus when we are tempted. Together children and parents will be guided into meaningful conversations about living by faith in the details of everyday life. Also included is a tear-out page of Back Pocket Bible Verses that will give children a practical way to remember God's words when they want something too much.

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.

Powlison, David and Nan Powlison. *Buster Tries to Bail: When You Are Stressed*

Buster loves racing, but the more he thinks about the upcoming competition at the county fair for who will be the fastest animal in Mulberry meadow, the more stressed he gets. No matter how hard he trains, he can't eat or sleep, and eventually he decides he wants to quit running. Buster's parents talk with him about quieting the noise in his head so he can listen to Jesus instead of all his worries. Parents and children will learn concrete, grace-based ways to deal with stress. Based on David Powlison's mini-book *Stressed Out* and edited by Nan Powlison, *Buster Tries to Bail* ends with a special section that guides parents in teaching their children to respond with faith when worries take hold in their hearts.

Reju, Deepak, and Marty Machowski. *Build on Jesus: A Comprehensive Guide to Gospel-Based Children's Ministry*

Anyone who has tried it, even for a day, knows that children's ministry is challenging. Pastors Deepak Reju and Marty Machowski have been in your shoes and they want to help. Drawing on decades of family ministry experience, they have a passion to help children's ministry directors, pastors, and volunteers remember the "why" of children's ministry and gain a fresh vision for the "how" of effective discipleship and proactive nurturing of the next generation. Readers will learn about highlighting Bible-based content, recruiting church members, planning for emergencies, and partnering with parents. *Build on Jesus* equips ministry leaders with the right priorities, people, and practicalities needed for fruitful nurturing and care of the youngest disciples in our churches.

Reju, Sarah. *Coop Messes Up*

Coop Wheelie is the youngest in his family, and like many little ones, he has a problem obeying the rules—and there are a lot of them! When Coop runs out of gas, his sister, Lucy, tries to help him learn to follow the rules, but finds herself right in the middle of the trouble too. Through Coop's story, kids will discover that making mistakes can be an important way to learn about forgiveness

and the gospel. The first in The Wheelies series, written by Sarah Reju and illustrated by Tania Rex, *Coop Messes Up* will teach children ages 3–8 about God's unconditional love for us.

Reju, Sarah. *God Is Better Than Princesses*

Do you love princesses? Would you like to be one? Princesses are beautiful, rich, and important, but *God Is Better than Princesses*! From A–Z find out about the royal Announcements, Beautiful Balls, and regal Crowns. Then discover how God is better than all of that! Full color throughout and memory verses on each page.

Reju, Sarah. *God Is Better Than Trucks*

Do you love trucks? Trucks are powerful, big, and fun, but *God Is Better than Trucks*! From A–Z, find out about Ambulances, Bulldozers, and Car Carriers—and about how God is better than all of them. Full color throughout and memory verses on each page.

Snyder, Nancy. *Lions for Ajax*

If children question their gender, how can parents act with faith and love, rather than react with fear? Matthew experiences anguish over his God-given gender. Through reliance on the Holy Spirit, his parents, Joe and Lisa, are able to interact with Matthew without being overwhelmed by fear, instead encouraging him with wisdom and love. They inspire him to be the person he was created to be—an artist with an eye for beauty and attention to detail—and teach him to use these gifts as a man for God's glory. This story shines gospel light on a path that is both time-tested and timely, as Matthew learns that Christ's grace is more than sufficient for those who struggle with their gender.

Taylor, Kenneth. *Everything a Child Should Know About God*

Encourage your little ones to learn and grow with God with *Everything a Child Should Know About God*. Designed for parents to read aloud to children, this book features whimsical illustrations throughout. Each chapter has a brief explanation and a related question to pose to children. Dr. Taylor explains in child-friendly language the essential Bible truths you want your child to know.

Tripp, Paul. *Halle Takes a Stand: When You Want to Fit In*

Halle Hedgehog has a group of school friends she sits with at lunch and plays with at recess. One day, the whole group excludes another girl and decides to be mean to her. This bothers Halle, but she doesn't say anything because she doesn't want to be excluded, too. Halle's teacher Mr. Owl talks to her about who she really needs to fit in with, and how she can speak out against bullying because Jesus is with her. Parents and children will learn concrete, grace-based ways to deal with the pressures of fitting in. Edited by Paul David Tripp, *Halle Takes a Stand* ends with a special

section that guides parents in teaching their children to respond with faith when fear or the overwhelming desire to fit in takes hold in their hearts.

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.

Welch, Ed. *Caspian Crashes the Party: When You Are Jealous*

Caspian's brother, Jax, is having a birthday party, and Caspian is jealous of all the attention and presents Jax is getting. One thing leads to another until Caspian crashes into the tent his parents set up for Jax's birthday, bringing the whole party down with him. Caspian's parents talk with him about jealousy and its bad effects, and eventually peace is restored. Parents and children will learn concrete, grace-based ways to deal with jealousy. Edited by Ed Welch, *Caspian Crashes the Party* ends with a special section that guides parents in teaching their children to respond with faith when jealousy takes hold in their hearts.

Welch, Ed. *Gwen Tells Tales: When It's Hard to Tell the Truth*

Gwen Tells Tales, by Ed Welch, helps young readers see how God always forgives and accepts us when we confess sin and repent; and further, how He gives us the humility to speak the truth when it's hard. A special section at the end of the book guides parents in helping their children be truth-tellers. Also included is a tear-out page of Back Pocket Bible Verses to remind children and adults that God's forgiveness is always available to cleanse us from sin; and the Holy Spirit always gives strength to speak the truth.

Welch, Ed. *Henry Says Good-Bye: When You Are Sad*

Henry the hedgehog loves his pet ladybug. She keeps him company and entertains him, his family, and his friends with her flying tricks. But one day, he has to say good-bye to his ladybug. Henry and his whole family are sad, but they learn to go to Jesus with their sadness and ask him to comfort them. The last page contains information for parents on how God, in his Word, helps us turn to Jesus when we are sad. Together children and parents will be guided into meaningful conversations about living by faith in the details of everyday life. Also included is a tear-out page of Back Pocket Bible Verses that will give children a practical way to remember God's words when they are sad.

Welch, Ed. *Zoe's Time to Shine: When You Want to Hide*

Zoe Mouse loves to sing. She sings everywhere all the time. There is just one problem—she can't carry a tune. One day she tries out for the school musical and tells all her friends she will definitely get the lead role. But instead of getting a part, her drama teacher asks her to help with the lighting. Zoe wants to hide! Papa finds her in the closet hiding under her blanket and helps her remember that Jesus is with her and will be her protector and helper when she goes back to school. Zoe learns that when Jesus is near, you don't have to hide. You can face your friends and shine a light on them. Parents and caregivers are guided by editor Edward T. Welch in how to talk with their children about hiding and feeling ashamed and how to connect the Bible to their children's struggles. A special section at the end of the book includes a parent help page and the Bible verses referenced in the book are also available as a tear-out page. Children will learn to turn to Jesus and depend on him to cover them with his love and give them the strength to face others.

Whitman, Lauren. *Henry's Big Mistake: When You Feel Guilty*

When Halle gets new braces she has trouble saying some words. This irritates her brother Henry and one day he teases her in front of their friends and really hurts Halle's feelings. Now Henry has this nagging feeling inside that he can't make go away. He tries to just be nice to Halle, but that doesn't help anything. When he learns from Mrs. Bixby about guilt and what God wants us to do after we sin, he gains the courage to make things right with God and with Halle. Part of the Good News for Little Hearts series, Henry's Big Mistake offers concrete, grace-based help for understanding why we feel guilty and what to do when we feel it. Edited by Lauren Whitman, Henry's Big Mistake helps young readers learn that confessing your sins to God is the only way to make guilty feelings go away and stay away. A special section at the end of the book includes a parent help page and the Bible verses referenced in the book are also available as a tear-out page.

Williams, Steph. *The Best Thing to Do*

Jesus was coming to dinner, and Martha was busy, busy, busy. But Mary was not busy at all... This engaging retelling of Mary and Martha from Luke 10:38-42 teaches pre-school children that listening to Jesus is always the best thing to do!

Williams, Steph. *The Man Who Would Not Be Quiet*

Bartimaeus was sad. He could not see. His eyes did not work. But he could hear... This engaging retelling of blind Bartimaeus from Mark 10:46-52 teaches pre-school children that listening to Jesus can change their life forever!

Williams, Steph. *Never Too Little!*

Some boys and girls just like you came to see Jesus. But someone said, "You're too little! Jesus can't talk to you." Were they right? This engaging retelling of little children coming to Jesus from Mark 10:13-16 teaches pre-school children that you're never too little to be God's friend.

Wilson, Andrew. *And God Said…*

And God said and it happened. This is the story of the Bible. Whatever God says happens. This unique and cleverly illustrated Bible outline focuses on the power of God's words. It will help children know that God has always been in control as they read how his words brought life to the world, Jesus back to life, and still brings life in us today.

Children's Bibles

Gospel Project. *It's All About Jesus Bible Storybook*

Give kids the big picture of God's story with this innovative, interactive Bible storybook. One hundred stories take readers on a journey through the Bible, and the digital pop-ups (accessed with a free "augmented reality" app) bring the art and story remarkably to life with both sound and 3-D imagery.

Helm, David. *The Big Picture Story Bible*

Everyone loves a good story—especially children! But what we sometimes overlook is that the Bible is more than a collection of great stories. It is the real account of God's love for the world. *The Big Picture Story Bible* presents this remarkable true story. Simple words and striking illustrations unfold the storyline of God's Word from Genesis to Revelation. All ages will enjoy this exciting discovery of a God who keeps His big promise.

Kennedy, Jared. *The Beginner's Gospel Story Bible*

The Beginner's Gospel Story Bible is a gospel-centered, Bible storybook for toddlers and preschoolers with fifty-two Bible stories retold in a simple and compelling way. Kennedy traces through the stories of the Old and New Testament how God keeps His promises in surprising ways better than anyone could have ever thought or imagined! Each story highlights for young children God's story of redemption through Christ and the unexpected ways that God's grace is revealed throughout the Bible. Children hear the good news of God's love for them expressed in ways that will speak to their young hearts. Each story ends with a question that Christian parents can use to further reinforce the story.

Lloyd-Jones, Sally. *The Jesus Storybook Bible: Every Story Whispers His Name*

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. *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 Gospel Story Bible: Discovering Jesus in the Old and New Testaments*

This easy-to-read storybook introduces families to captivating people, places, and events in Christian history from both the Old and New Testaments, showing how each one ultimately points to Jesus Christ. As families share these Bible stories together, they will meet Jesus and learn a new, life-changing way of recognizing Christ as the hero of every story.

Parenting Adolescents: General

Chappell, Christine. *Help! My Teen Is Depressed*

If your teen is battling depression, you may be feeling helpless and hopeless. Perhaps you're slowly coming to the realization that you have no idea how to rescue your child from the darkness he or she is in. Christine Chappell knows from experience that there are no quick and easy solutions, but here she provides biblical wisdom and encouragement to offer hope for the hopeless teen and help for the helpless caregiver.

Collier, Kelly. *Help! I'm Doubting (LifeLine for Teens)*

Have you ever wondered how you can know for sure that you are really saved? Do you question if you said the right thing when you prayed? Or if you really believed? If so, then you are not alone. Many teens just like you struggle with uncertainty about salvation. Paralyzing doubt can keep you from progressing in your walk with God. Thankfully, God can help you lift your eyes off yourself and onto Jesus Christ, your great Savior!

Collier, Matt. *Help! I'm Lonely (LifeLine for Teens)*

In spite of being surrounded by people and continual access to social media, many teens like you feel lonelier than ever. Thankfully, God's Word speaks into your loneliness. Jesus suffered the ultimate loneliness so that you can experience the genuine belonging you crave so deeply. It turns out that your feelings of loneliness are actually an invitation from God Himself. Your journey of belonging awaits.

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.

Daniels, Michael J. *Becoming Mr. Right, A Young Man's Guide to God-Honoring Relationships*

How does a young man navigate the fragile network of relationships in our culture today? Before thinking about finding the right girl, he should consider how he can become the right guy. This book provides a clear roadmap for young men as they pursue God-honoring relationships. You will learn how to apply Scripture to your life, and realize the goal of Matthew 6:33: "But seek first His kingdom and His righteousness, and all these things will be given to you as well."

Hill, Drew. *When to Get My Kid a Phone: Navigating the Tensions*

Drew Hill encourages parents that instead of being controlled by fear and forbidding access to all electronic devices, moms and dads can use this question to propel them into deeper relationships with their children. As they navigate important questions of teaching responsibility and guarding against potential dangers, parents are invited to view phone usage as a gradual training process much like their child learning to drive a car. Ultimately, this journey of shepherding a child's personal phone usage is a picture of the overall goal of parenting—prayerfully preparing to one day release children into the adult world and trust that they have a good forever Father watching over them.

Horne, Rick. *Get Offa My Case!: Godly Parenting of an Angry Teen*

God can transform us, the way we parent, and the atmosphere of our home—even one with a defiant teen. Parents who are satisfied with God's glory first will be able to glorify God in their interaction with an angry teen. *Get Offa My Case!* will help parents learn how to hold their teen accountable with respect and sensitivity. Our prayer is that the parent may be God's tool to bring about change in a teen's heart. This book will help the parent to find the joy of the Lord and re-establish godly family leadership—even if the teen doesn't 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.

Kruger, Melissa. *Parenting with Hope: Raising Teens for Christ in a Secular Age*

As children mature, it's important for parents to prepare for the unique changes and challenges of adolescence. With so many cultural pressures and influences vying for teens' attention, parents need a secure foundation for creating an environment where faith can flourish. *Parenting with Hope* invites you to anchor your hopes and expectations in Christ—the true source of wisdom, strength, contentment, and fruitful parenting. Integrating sound biblical teaching, insights from developmental experts, and her own experiences as a teacher and mother, Melissa Kruger will wisely guide you through today's most common concerns. Emphasizing principles over prescriptions, Melissa will help you to understand how you can build up and bless your teens in God-honoring ways. When you recognize God as the ultimate parent, you'll begin to truly understand that he is presently at work in the hearts of both parents and teens. This encouraging and practical guide will equip you with the wisdom to cultivate a Christ-centered household, passing on a legacy of faithfulness to your teenage children.

Juliani, Barbara. *Dealing with Your Rebellious Teenager: Help for Worried Parents*

When your teenager is estranged from you and God and is making unwise (and perhaps downright awful) choices, it's natural to feel hopeless and helpless. Perhaps you have already done everything you know to do—you've talked with them at length, applied consequences, asked others for help, and prayed desperately, but still you see no change in your child. Barbara Juliani draws from her own experience of rebellion—and also from decades of ministry to families—to encourage weary parents that they can lean hard into the Lord for help in this difficult season.

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.

Lowe, Julie. *Teens and Suicide: Recognizing the Signs and Sharing Hope*

Many teenagers are not navigating adolescence successfully. Often, even though they have material things, the latest electronics, and spending money, they can be stressed, unhappy, and feel directionless. For an increasing number of teenagers, their struggle to manage pressures and

expectations leads them to consider suicide as their only means of escape. Family and children's counselor Julie Lowe takes a look at some of the reasons teenagers are increasingly vulnerable to suicide and what factors lead to it. She offers helpful advice for all those who work with teenagers to recognize suicide warning signs and shares ways to guard against hopelessness and help them find reasons to live.

Lutz, Susan. *How Do I Look? Important Questions in Every Girl's Life*

Sometimes you wonder who you really are. Susan Lutz helps you understand the bigger issues that drive your questions about appearance and shows you how trusting in Jesus for a new identity gives you the power to let go of anxiety and become your truest, best self—a dearly loved daughter of God.

Newcomer, Jim. *Help! I Need to Forgive (LifeLine for Teens)*

Forgiveness is one of the hardest things to do for the Christian teen. It is much easier to keep score and break friendships. Peter can definitely relate to this approach of being a scorekeeper of wrongs. And our Lord loves him and you too much to leave you there. Follow along as Jesus takes Peter on a much-needed hike into a biblical understanding of true forgiveness. The journey is recorded in Matthew 18. The destination will be freeing!

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.

Sorrell, Todd. *The College Choice: A Biblical Guide for Students and Parents*

Christian families struggle to make godly decisions about college education for their children. There are so many factors to consider, and faithful parents need to seek God's will and point their son or daughter in that direction. Here is a biblical and practical guide for parents and students to consider as they prepare for the most important four years of their lives. Endorsed by John MacArthur.

Thompson, Jessica. *How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears*

If your son or daughter is suffering from anxiety, you probably have more questions than answers: What is causing the anxiety? Is this normal teenage angst or something more serious? What can I do to help? Jessica Thompson, the mother of three teens, has seen kids struggle with anxiousness.

She wants you to understand the issues surrounding teenage anxiety and how our culture, the church, and perhaps even you may be contributing to the problem. But there is help and hope for you and your teenager. When you equip yourself with truth from God's Word, you can help your child to cope with anxiety, and your family can experience greater freedom and peace.

Tripp, Paul. *Age of Opportunity: A Biblical Guide to Parenting Teens* (Revised and Expanded)

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. Features a revised study guide and bonus chapter.

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, & 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 gives teens 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.

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.

Smith, Winston. *How to Talk to Your Kid About Sex: Honesty and Openness for a Sensitive Subject*

In a culture that glorifies casual sex, kids will only learn to think biblically about it when parents speak up. William Smith shares a practical, non-threatening model that will connect your child to God's perspective on sex and intimacy. As you initiate intentional conversations, you will create a safe and God-honoring space for your child to ask questions about sex and receive biblical answers.

Sparkman, Zach. *Help! I Want to Stay Pure (LifeLine for Teens)*

Christian families struggle to make godly decisions about college education for their children. There are so many factors to consider, and faithful parents need to seek God's will and point their son or daughter in that direction. Here is a biblical and practical guide for parents and students to consider as they prepare for the most important four years of their lives. Endorsed by John MacArthur.

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.

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. From his years of ministry on sexual issues, White equips you to help your child form a positive, biblical framework for their sexuality.

Parenting Adult Children

Clark, Gaye. *Loving Your Adult Children: The Heartache of Parenting and the Hope of the Gospel.*

As kids grow, so do the pains of parenthood. Patterns of miscommunication and resentment can cause damage over the years, leaving parents and adult children with a fractured relationship. Confused, hurt, and sometimes angry, moms and dads can struggle to know where to turn for help and where to look for hope. Encouraging readers to view themselves as image bearers of God first and parents second, Clark shifts readers' focus to their relationship with Christ while showing how the relationship between parent and child can be a catalyst for understanding the gospel. *Loving Your Adult Children* examines the fruit of the Spirit in relation to parenting adult children, offers study questions for reflection, and shows how walking with God is the best next step for struggling parents.

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.

Newheiser, Jim. *How to Love Difficult Parents: Wisdom for a Challenging Relationship*

Counselor Jim Newheiser understands the many types of challenges adults may face in their relationship with their parents, whether it be their parents' financial strain, a struggle to properly care for their home or their health, conflict related to care for the grandchildren, or destructive relational choices. Newheiser helps readers understand their responsibility to honor their parents, and to be prepared to help with their needs, but also to recognize their first responsibility to their relationship with the Lord and their own marriage and children. He also gives guidance on what offenses to graciously overlook and what offenses to handle with gentleness and love. Ultimately, there may be some bad situations that are out of your control, but you can always be a loving representative of the Lord in how you respond.

Tripp, Margy. *It's Not Too Late: Restoring Broken Relationships with Teenage and Adult Children*

It's Not Too Late identifies the most common reasons for broken parent/child relationships and brings gospel hope and direction to weary, bewildered parents. There is more than one explanation for broken relationships between parents and children. Sometimes the most diligent and careful parenting cannot curb the rebellious bent of a child's heart. But the most common reason for broken relationships between parents and children may surprise you. *It's Not Too Late* uses principles from the Scriptures to identify possible reasons for relationship meltdown, to

suggest necessary spiritual preparation for reconciliation, and to model practical biblical dialogue for approaching teens and adult children.

Grandparenting

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 (Proverbs 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!

Fowler, Larry. *Overcoming Grandparenting Barriers: How to Navigate Painful Problems with Grace and Truth*

Even under the best circumstances, it takes time and intention to disciple grandchildren and pass on a legacy of Christian faith. So how much harder is the assignment in a family experiencing fractures such as divorce, estrangement, or prodigals? How are grandparents to reach grandchildren for Christ? In *Overcoming Grandparenting Barriers*, Larry Fowler offers a helpful guide to influencing grandchildren's spiritual lives even in the most discouraging and hurtful situations, such as when an adult child is not following the Lord, when grandchildren are not being raised by the adult child and access to them is limited, and when grandparents are prohibited from addressing spiritual matters when they visit their grandchildren.

McCall, Larry. *Grandparenting with Grace: Living the Gospel with the Next Generation*

In this practical and biblical resource for grandparents, Larry McCall helps readers confidently carry out their mission of gospel-focused grandparenting. *Grandparenting with Grace* explores how to build a legacy of a life worth following and how to faithfully pray for grandchildren. What does God say about grandparents and grandchildren? Rather than relying on personal stories and ideas alone, *Grandparenting with Grace* seeks to explain from Scripture the what, why, who, and how of grandparenting.

Mulvihill, Josh. *Biblical Grandparenting: Exploring God's Design for Disciple-Making and Passing Faith to Future Generations*

Many powerful voices are influencing our grandchildren, from those at home and in their schools to those in the world of entertainment and media. What can you as a grandparent do to speak wisdom and godliness into their lives? *Biblical Grandparenting* is a full-length leadership book that places grandparenting ministry on a firm scriptural foundation. It is ideal for pastors and church leaders as well as for use in the classroom at seminaries.

Mulvihill, Josh. *Equipping Grandparents: Helping Your Church Reach and Disciple the Next Generation*

Equipping Grandparents is a brief book to teach pastors how to begin a grandparenting ministry in their church.

Mulvihill, Josh. *Grandparenting: Strengthening Your Family and Passing on Your Faith*

Grandparenting gives you a biblical foundation for investing spiritually in your grandkids, walking you through the principles of influencing them for Christ—from sharing with unbelieving grandkids to discipling them into a mature faith. This book is perfect for individual use, small groups, or Sunday school classes. A *Grandparenting* DVD is available that features eight family ministry experts with over five hours of video content.

Rice, Wayne. *Long-Distance Grandparenting: Nurturing the Faith of Your Grandchildren When You Can't Be There in Person*

Your heart aches for your grandchildren, even if you don't get many chances to see them in person. You deeply want them to know how much God loves them, to grow in their relationship with him, and to make wise, God-honoring decisions. The good news is, just because you can't spend as much time with them as you'd like, that doesn't mean you can't have a huge impact on their lives! In *Long-Distance Grandparenting*, you'll learn how to make the most of the opportunities you do have to connect with your grandchildren, including using technology to keep your relationship strong and taking advantage of the time you have together.

Caring for an Aging Parent

Dunlap, John. *Finding Grace in the Face of Dementia*

Experienced geriatrician, Dr. John Dunlop, wants to transform the way we view dementia, showing us how God can be honored through such a tragedy as we respect the inherent dignity of all humans made in the image of God. Sharing stories from decades of experience with dementia patients, Dunlop provides readers, particularly caregivers, with a biblical lens through which to understand the experience and challenge of this life-altering disease. *Finding Grace in the Face of Dementia* will help you see God's purposes as you love and care for those with dementia.

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.

Peters, Bryon. *Caring for an Aging Parent: Honoring as You Serve*

Caring for aging parents is complex and challenging even under the best of circumstances. How do we help them and remain sane when distance, dementia, depression, disaster, divorce, disintegrated relationships, deteriorating health, and discouragement set in? Thankfully, God's Word guides us in this important work, starting with the all-important truth that our parents, like us, are image bearers of God. Pastor Byron Peters shares that God's Word calls us to compassionate care for our parents as they age, and that God will be helping us as we seek to honor and help them. He also shares practical principles that can guide us while we seek to honor our parents as they transition from independence to dependence. In addition to financial planning and health care concerns, we are ultimately reminded that God is near to the brokenhearted and will provide a rich supply of grace to parents and caregivers alike in this challenging season.

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.

Topical & Alphabetical Listing for Parenting, Family Life, & Family Counseling

Addictions & 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.

Shaw, Mark. How Not to Raise an Addict: Biblical Prevention Strategies

No one can predict if a child will grow up to be an -addict- of some kind. This booklet gives an overview of the five basic mentalities of -addictive- thinking. There are dangerous mindsets that children can develop that will likely lead to addictive choices and behavior. Most often, parents acting in love for their children, don't realize how much they may be contributing to the mindsets described here.

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.

Alzheimer's Disease & the Family

Dunlap, John. *Finding Grace in the Face of Dementia*

Experienced geriatrician, Dr. John Dunlop, wants to transform the way we view dementia, showing us how God can be honored through such a tragedy as we respect the inherent dignity of all humans made in the image of God. Sharing stories from decades of experience with dementia patients, Dunlop provides readers, particularly caregivers, with a biblical lens through which to understand the experience and challenge of this life-altering disease. *Finding Grace in the Face of Dementia* will help you see God's purposes as you love and care for those with dementia.

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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.

Peters, Bryon. *Caring for an Aging Parent: Honoring as You Serve*

Caring for aging parents is complex and challenging even under the best of circumstances. How do we help them and remain sane when distance, dementia, depression, disaster, divorce, disintegrated relationships, deteriorating health, and discouragement set in? Thankfully, God's Word guides us in this important work, starting with the all-important truth that our parents, like us, are image bearers of God. Pastor Byron Peters shares that God's Word calls us to compassionate care for our parents as they age, and that God will be helping us as we seek to honor and help them. He also shares practical principles that can guide us while we seek to honor our parents as they transition from independence to dependence. In addition to financial planning and health care concerns, we are ultimately reminded that God is near to the brokenhearted and will provide a rich supply of grace to parents and caregivers alike in this challenging season.

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 & the Family

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.

Horne, Rick. *Get Offa My Case!: Godly Parenting of an Angry Teen*

God can transform us, the way we parent, and the atmosphere of our home—even one with a defiant teen. Parents who are satisfied with God's glory first will be able to glorify God in their interaction with an angry teen. *Get Offa My Case!* will help parents learn how to hold their teen accountable with respect and sensitivity. Our prayer is that the parent may be God's tool to bring about change in a teen's heart. This book will help the parent to find the joy of the Lord and re-establish godly family leadership—even if the teen doesn't 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.

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.

Anxiety & the Family

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.

Thompson, Jessica. *How to Help Your Anxious Teen: Discovering the Surprising Sources of Their Worries and Fears*

If your son or daughter is suffering from anxiety, you probably have more questions than answers: What is causing the anxiety? Is this normal teenage angst or something more serious? What can I do to help? Jessica Thompson, the mother of three teens, has seen kids struggle with anxiousness. She wants you to understand the issues surrounding teenage anxiety and how our culture, the church, and perhaps even you may be contributing to the problem. But there is help and hope for you and your teenager. When you equip yourself with truth from God's Word, you can help your child to cope with anxiety, and your family can experience greater freedom and peace.

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.

Depression & the Family

Chappell, Christine. *Help! My Teen Is Depressed*

If your teen is battling depression, you may be feeling helpless and hopeless. Perhaps you're slowly coming to the realization that you have no idea how to rescue your child from the darkness he or she is in. Christine Chappell knows from experience that there are no quick and easy solutions, but here she provides biblical wisdom and encouragement to offer hope for the hopeless teen and help for the helpless caregiver.

Disability, Special Needs, & the Family

Amick, Shaunna. *My Baby Has a Disability: Life-Giving Questions and Answers*

Your world has just been rocked with news that the baby you're expecting has been diagnosed with a significant disability. All of the hopes and plans you have for this baby are crumbling around you. Fears and questions are rising to take their place. *What will life look like with this child? How am I going to care for him or her?* Shauna Amick walks you through her own story of having a child prenatally diagnosed with Down syndrome. She recounts the enormous questions and fears she wrestled with and the process of how God showed her that each child has a one-of-a-kind purpose and has been uniquely formed in his image.

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 (Proverbs 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!

Deuel, Dave. *Help! My Sibling Has a Disability*

Having a sibling with a disability raises unique challenges. It can seem unfair, holding you back from doing the things other families are doing. Or perhaps you are required to step up in the absence of parents, and you feel overwhelmed by the responsibility. This mini-book, with its reminder that God makes no mistakes, seeks to come alongside you and offers biblical wisdom and practical suggestions for navigating through the different seasons of a sibling relationship.

Deuel, Dave, and Nancy Deuel. *Help! My Child Has a Disability*

Accepting that God has chosen you to have a child with a disability can be hard. Dave and Nancy Deuel tell their story and share the practical wisdom they have learned, highlighting the importance of supportive relationships with family, friends, and church, as well as the spiritual joys and blessings of this journey.

Deuel, Dave, and Nancy Deuel. *Help! Our Child Has Down Syndrome*

Finding out your child has Down syndrome may feel overwhelming. Perhaps you think, "I didn't sign up for this." Dave and Nancy Deuel gently suggest an alternative: "God signed me up for this, so I'm going to commit it to his wise and loving care and give it all I've got." Here they share the challenges but above all the joys unique to parenting a child who, by God's design, has a diagnosis of Down syndrome.

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, you want to know how best to encourage your child's strengths and support all weaknesses. 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. 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.

Horning, Krista. *Just the Way I Am: God's Good Design in Disability*

A beautifully produced coffee-table style book with inspirational verses and pictures of those who have a disability. You will see God's providence and sovereignty in lives affected and impacted by disability.

Hubach, Stephanie. *Parenting & Disabilities: Abiding in God's Presence (31-Day Devotionals for Life)*

Where is God in your journey of parenting a child with disabilities? Everywhere! Although parenting a child with exceptionalities can be an isolating experience, nothing can separate God's children from His loving presence. In thirty-one daily readings spanning cosmic realities and the nitty-gritty of daily life, Stephanie Hubach, a researcher in disability ministry and the mother of a son with Down syndrome, explores the many blessings that come to you and your child through the promise of Immanuel, "God with us."

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.

Joni and Friends. *God Made Me Unique: Helping Children See Value in Every Person*

God Made Me Unique helps Christian parents and caregivers teach children that God creates every person in the image of God and each individual has tremendous value, regardless of his or her appearance or abilities. The story is set in a classroom where a new student is introduced who has a disability and his classmates learn to ask questions and gain an understanding about their new

friend. *God Made Me Unique* will help eliminate fear and misconceptions about those who have special needs and emphasizes that every person deserves to be treated with kindness and respect.

Mason, Amy. *Bible Promises for Parents of Children with Special Needs*

Caring for someone with autism, Down syndrome, ADHD, emotional or behavioral disorders, or physical disabilities can be all-consuming. *Bible Promises for Parents of Children with Special Needs* can help you claim God's promises for your everyday life. You'll become more aware of God's passion for you and your child through this handy guide that speaks directly to the unique journey of special needs parenting. These promises are for your comfort. Claim them as your own. Pray them over your family and over your children. Let them guide you into the presence of Jesus and the security that only he can provide.

Tautges, Paul, with Joni Eareckson Tada. *When Disability Hits Home: How God Magnifies His Grace in Our Weakness and Suffering*

In disability, our hearts become tethered to pain, thereby providing an unusual opportunity for God's grace to be magnified and faith is trained to be dependent upon the Lord. In *When Disability Hits Home*, written with compassion and sensitivity, Paul Tautges and Joni Eareckson Tada draw upon key biblical principles to nurture faith.

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. *ADD: Addressing the Physical and Spiritual Struggle*

Distracted. Hyperactive. Impulsive. A diagnosis of Attention Deficit Disorder (ADD) can explain the challenges you and your child face, but it can't change the difficult behaviors. But there is hope for change. Ed Welch uncovers the truth about ADD, revealing its physical and spiritual dimensions and pointing those who struggle to the transforming power of Christ. Highlighting the often-overlooked spiritual side of ADD, Welch opens parents' eyes to the hope of the gospel to bring about change in the life of their child. With practical tips and biblical wisdom, Welch equips parents and all who struggle to respond effectively.

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.

Divorce & Children

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.

Family Communication & Conflict Resolution

Horne, Rick. *Get Offa My Case!: Godly Parenting of an Angry Teen*

God can transform us, the way we parent, and the atmosphere of our home—even one with a defiant teen. Parents who are satisfied with God's glory first will be able to glorify God in their interaction with an angry teen. *Get Offa My Case!* will help parents learn how to hold their teen accountable with respect and sensitivity. Our prayer is that the parent may be God's tool to bring

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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 pursue peace while helping others to do the same.

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.

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.

Newheiser, Jim. *How to Love Difficult Parents: Wisdom for a Challenging Relationship*

Counselor Jim Newheiser understands the many types of challenges adults may face in their relationship with their parents, whether it be their parents' financial strain, a struggle to properly care for their home or their health, conflict related to care for the grandchildren, or destructive relational choices. Newheiser helps readers understand their responsibility to honor their parents, and to be prepared to help with their needs, but also to recognize their first responsibility to their relationship with the Lord and their own marriage and children. He also gives guidance on what offenses to graciously overlook and what offenses to handle with gentleness and love. Ultimately, there may be some bad situations that are out of your control, but you can always be a loving representative of the Lord in how you respond.

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.

Family Worship & Devotions

Eyrich, Howard, and Shirley Crowder. *Hope for New Beginnings: 31 Devotions for the Adventure*.

Our hope, as Christ-followers, rests in knowing that we do not move forward in our own strength, but in the strength of our Savior and Lord, Jesus Christ. This thirty-one-day devotional prepares readers to learn from the Lord as He affirms His steadfast love that gives the strength and hope needed to walk boldly into whatever new beginning the Lord has in store for you.

Ferguson, Sinclair. *The Big Book of Questions and Answers: A Family Devotional Guide to the Christian Faith*

Excellent devotional book and ideal for family worship time with younger children. Lessons are brief and provide good opportunities for discussion. This material is ideal for those in grade school in terms of content and accessibility.

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.

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.

Huie, Eliza, Cyndi Logsdon, Brook Taylor, and Ashley Arey. *The World Rejoices: The Good News of Christmas Devotional.*

The World Rejoices is a practical resource for individuals and families, encouraging a slower December pace while counting down the days to Christmas. Each short daily reflection and Scripture reading from the first two chapters of the Gospel of Luke guides you toward a deeper connection with Jesus and a meaningful understanding of the Christmas story. Engaging activities interspersed throughout the book will give you a few minutes to unwind and enjoy the season. Authors Eliza Huie, Cyndi Logsdon, Brook Taylor, and Ashley Arey offer unique perspectives on the stories of God's faithfulness in a way that will focus your heart on Jesus and will encourage you to embrace a season of anticipation, reflection, and preparation for the celebration of Jesus's birth.

Hunt, Susan. *My ABC Bible Verses: Hiding God's Word in Little Hearts*

Presented in an easy-to-use story format that applies individual Bible verses to real-life situations, this illustrated book for 3-to-7-year-olds is perfect for reading to your children or grandchildren, and great for use in churches, Christian schools, Bible clubs, or home schools. It can also be easily adapted for family devotions with young children.

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 Providence: Making Him Known*

In this full-color guide to how God's providence works in the world, parents can stimulate a lively discussion with early elementary children about resting in God's sovereign care. Each chapter includes personal application and activities.

Michael, Sally. *God's Names: Making Him Known*

When you want to get to know someone, where do you start? How do you introduce yourself? Usually you start with someone's name. The Bible gives us many names for God and tells us what they all mean. And when we learn a new name for God, we learn something new about him, too! This book is for parents and children to read together. Every chapter includes questions for family discussion and an activity.

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. *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. *Jesus Is Most Special*

Sally Michael helps parents to share the story of Jesus' birth with young children, placing it in the larger biblical context of what comes before and after it. This book's large, full-color illustrated pages and suggestions for accompanying songs and visuals help children to learn the story by heart, and it further motivates children to teach the story to others.

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!

Mitchell, Alison. *Beginning with God at Christmas*

Beginning with God at Christmas helps parents with young children to explore the real Christmas story with their child. Eight Bible stories cover the events of the first Christmas, and an introduction to who Jesus is. This special Christmas edition differs slightly from the regular *Beginning with God* books. The left side of each page is the same as usual containing the "main course" which leads toddlers through that day's true story from the Bible. On the right side there is space for the sticker and also a picture to color in that illustrates the story you have been reading about. This coloring picture is in place of the usual Appetizer menu and Snack for the journey. This makes the book even easier to use and especially accessible for families who don't normally read the Bible together. This Christmas edition provides a simple way to start your child in a regular habit of reading God's Word and growing to know God, who loves them.

Mitchell, Alison. *Beginning with God: Book 1*

Beginning with God helps parents with young children explore the Bible with their child. This book provides a simple way to start your child in a regular habit of reading God's Word and growing to know God, who loves them. Along the way you will read about the beginning of everything; meet Abraham, who was called a "friend of God;" and be thrilled by the wonderful things said and done by God's perfect Son, Jesus. But most of all, we hope that reading God's special book, the Bible, will help your child to know God, who loves them.

Mitchell, Alison. *Beginning with God: Book 2*

Beginning with God helps parents with young children explore the Bible with their child. This book provides a simple way to start your child in a regular habit of reading God's Word and growing to know God, who loves them. Along the way you will meet Moses; read about God's special family the Israelites; and be thrilled by the wonderful things said and done by God's perfect Son, Jesus. But most of all, we hope that reading God's special book, the Bible, will help your child to know God, who loves them.

Mitchell, Alison. *Beginning with God: Book 3*

Beginning with God helps parents with young children explore the Bible with their child. This book provides a simple way to start your child in a regular habit of reading God's Word and growing to

know God, who loves them. Along the way you will meet King David; read about God's special messengers to his people in the Old Testament; and be thrilled by the wonderful things said and done by God's perfect Son, Jesus. But most of all, we hope that reading God's special book, the Bible, will help your child to know God, who loves them.

Murray, David. *Exploring the Bible: A Bible Reading Plan for Kids*

Reading the Bible is like taking a trip through God's story, setting out to explore and experience the beautiful views found within. But without a map, it's easy to get lost. *Exploring the Bible* leads kids ages 6-to-12 through the Bible one day at a time over the course of a year. For use alongside any Bible, this workbook will help them see the overarching story of God's Word and lay the foundation for a lifetime of discovering truths about God, humanity, and the gospel.

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.

Tripp, Paul. *New Morning Mercies for Teens: A Daily Gospel Devotional*

Mornings can be tough. Sometimes, a hearty breakfast and strong cup of coffee just aren't enough. Offering more than a rush of caffeine, best-selling author Paul David Tripp wants to energize you with the most potent encouragement imaginable: the gospel. Forget "behavior modification" or feel-good aphorisms. Tripp knows that what we really need is an encounter with the living God. Then we'll be prepared to trust in God's goodness, rely on his grace, and live for his glory each and every day.

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.

Wilson, Andrew. *Sophie and the Heidelberg Cat*

Sophie, a little girl upset after disobeying her parents, learns the basics of the gospel of grace from a neighborhood cat through a conversation based on the first question and answer of the Heidelberg Catechism: *What is your only comfort in life and in death? That I am not my own, but belong . . . to my faithful Savior, Jesus Christ.* Weaving accessible truths with whimsical illustrations and engaging rhymes, this book will help both you and your children understand grace in a fresh way.

Younts, Ruth. *Get Wisdom: 23 Lessons for Children About Living for Jesus*

Designed for parents or teachers to use with children from K-5-through-Grade 4, twenty-three lessons illustrate qualities of wisdom and godliness. Each lesson is presented in a simple format with illustrations to capture the attention of the child, and supplemented at the back of the book with suggestions for teaching the lesson.

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.

Fitzpatrick, Joel. *Between Us Guys: Life-Changing Conversations for Dads and Sons*

This easy-to-use, life-changing book for fathers and sons gives readers the tools to have important conversations with boys about life, faith, and being a man. With a conversational and captivating tone, Christian fathers and other caregivers are guided into having gospel-focused conversations with boys ages 6-to-10 about a wide range of topics from social justice and friendships to money, anger, and what it means to be a man.

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.

Grief/Suffering & Children

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 friends 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.

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.

Gibson, Jonathan. *The Moon Is Always Round*

Even young children want answers to the hard questions about God and suffering. In *The Moon Is Always Round*, Jonathan Gibson uses the imagery of the moon to explain to children how God's goodness is always present, even when it might appear to be obscured by upsetting or difficult circumstances. In this beautiful, full-color illustrated book, he allows readers to eavesdrop on the conversations he had with his young son in response to his sister's death. Father and son share a simple liturgy that reminds them that, just as the moon is always round despite its different phases, so also the goodness of God is always present throughout the different phases of life. A section in the back of the book offers further biblical help for parents and caregivers in explaining God's goodness to children.

James, Scott. *God Cares for Me: Helping Children Trust God When They're Sick*

This timely book helps parents talk with children about illness and how to keep themselves and others safe when sick. Children will learn that although anyone can get sick, God is caring for them and will be with them through whatever they face. They will also learn how they can show God's love to their friends and family by helping to keep them safe. *God Cares for Me* is part

of the *God Made Me* Series which equips parents to have important, impactful conversations with their children, helping them to grow in understanding of God, themselves, and others.

Kellemen, Bob. *Grief and Your Child: Sharing God's Comfort in Loss*

We often think about grief and adults, but what about teens and children struggling with grief? When they face life's losses, how do they find hope when they're hurting? Bob Kellemen, the author of several biblical counseling books on grief, applies biblical principles of loss and hope to the grief experience of children. *Grief and Your Child* focuses on helping parents and counselors to understand and empathize with a child's grieving heart. It equips parents and counselors to provide soul care to children and teens so they can find God's healing hope in the midst of life's painful losses.

Illness, Sickness, Care-Giving, and the Family

Delaney, Sue Nicewander. *Help! My Loved One Had a Stroke*

This mini-book is written with understanding on the practical challenges of living with a loved one who has experienced a stroke. If your loved one has had a stroke, your life may have been turned upside down. Facing these radical life changes can be physically and emotionally exhausting. But you are not alone. *Help! My Loved One Had a Stroke* suggests ways you can get the support you need for both your loved one and yourself for the long haul. Above all, it points you to God's loving purpose in suffering, and the hope and strength to be found in the gospel.

James, Scott. *God Cares for Me: Helping Children Trust God When They're Sick*

This timely book helps parents talk with children about illness and how to keep themselves and others safe when sick. Children will learn that although anyone can get sick, God is caring for them and will be with them through whatever they face. They will also learn how they can show God's love to their friends and family by helping to keep them safe. *God Cares for Me* is part of the *God Made Me* Series which equips parents to have important, impactful conversations with their children, helping them to grow in understanding of God, themselves, and others.

James, Scott. *When Your Child Is Ill: Nurturing Faith in Hard Times*

Walking with a child through health problems can be a frightening and painful process for both parents and their children, whether facing a sudden catastrophic diagnosis, a chronic condition, or even common childhood ailments. Children want to understand what is happening and why, and parents may face rising fear and anxiety when their children are in distress. How do you guide your child through this difficult experience? Pediatric infectious diseases physician Scott James come alongside struggling parents with guidance for walking through hard times with a hurting child. He will help you acknowledge the pain and difficulty of your child's illness, stand on the

solid ground of God's Word as you trust his promises to care for you in any circumstance, and receive the blessing of meaningful relationships as a member of the body of Christ. As you walk through this trial, you will find Jesus to be a faithful guide to a hard-fought hope.

Peters, Bryon. *Caring for an Aging Parent: Honoring as You Serve*

Caring for aging parents is complex and challenging even under the best of circumstances. How do we help them and remain sane when distance, dementia, depression, disaster, divorce, disintegrated relationships, deteriorating health, and discouragement set in? Thankfully, God's Word guides us in this important work, starting with the all-important truth that our parents, like us, are image bearers of God. Pastor Byron Peters shares that God's Word calls us to compassionate care for our parents as they age, and that God will be helping us as we seek to honor and help them. He also shares practical principles that can guide us while we seek to honor our parents as they transition from independence to dependence. In addition to financial planning and health care concerns, we are ultimately reminded that God is near to the brokenhearted and will provide a rich supply of grace to parents and caregivers alike in this challenging season.

Scott, Stuart. *Help! Someone I Love Suffers from Traumatic Brain Injury*

If someone you know or love has suffered from traumatic brain injury (TBI), you are likely receiving a flood of information about what has just happened. This mini-book will help you navigate this new trial. Writing from personal experience, the author explains what TBI is, points to the hope of the gospel, gives advice for how to obtain the practical and spiritual help you need, and demonstrates how even this situation can bring glory to Christ.

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.

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.

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.

Chappell, Christine. *Midnight Mercies: Walking with God Through Depression in Motherhood*

Are you a mother who feels stuck in depression? You're not the only Christian woman who knows what this darkness is like. When feelings of hopelessness, weariness, sadness, anger, anxiety, shame, and loneliness feel impossible to bear, it can seem like God is nowhere to be found. But there's more to the story than you can presently perceive. Biblical counselor Christine Chappell has walked these dark paths herself—and she wants to help you to see God's heart for you more clearly as you endure sorrow and pain. As Christine recounts her own midnight journey through depression and explores stories of desperate sufferers who experienced God's mercy in the Scriptures, she shows how God meets us in our despair and helps us toward his light—one step at a time. Each chapter concludes with immediate help in the form of simple next steps, a Scripture verse for contemplation and comfort, and questions for journaling.

Donohue, Trish. *Between Us Girls: Walks and Talks for Moms and Daughters*

Between Us Girls is more than a devotional; it's a conversation guide, and the twenty-six "chats" are just the beginning. Donohoe's book teaches mothers and daughters a new way to communicate and starts them on a wonderful, lifelong journey of getting to know one another better and learning to love their Savior more. Written by a busy mom for busy moms, so no prep time is needed! Just schedule some time with your daughter, grab this book, head to your destination of choice, and cherish every moment you share with your girl. *Between Us Girls* was written for mothers with daughters between the ages of 7-to-14.

Faris, Katie. *God Is Still Good: Gospel Hope and Comfort for the Unexpected Sorrows of Motherhood*

Each mother's story is unique. While motherhood brings joy and love, it can also bring pain and heartache. It's often different than expected and it can be hard to know where to turn when difficulty and loneliness rise up. *God Is Still Good* invites women to experience God's comfort and leads moms to put their hope in Christ, despite the unexpected trials of raising children. Katie Faris knows well the challenges of parenting. As a mother of 5, she has experienced the trials of motherhood but also knows the comfort of our Savior, Jesus. *God Is Still Good* offers a biblical context for suffering and hope, answers common questions, and addresses prevalent temptations and lies that mothers are likely to face.

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.

Miller, Donna. *Growing Little Women: Capturing Teachable Moments with Your Daughter*

Growing Little Women will provide you and your special girl with teachable moments from the Word of God. Filled with engaging stories, fun activities, and lessons on life, you will prepare her to become a godly woman and establish a bond with her that will smooth her passage to womanhood. In just one hour a week you can impact the future of that special young lady and nurture a friendship that will last forever.

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.

Wallace, Sara. *Created to Care: Truth for Anxious Moms*

If you struggle with anxiety as a mom, Sara Wallace wants you to know you're not alone. What's more, God's Word has specific, practical comfort that will help you to embrace this season with peace and confidence. Sara shows how we can learn to have peace in ten critical area—from our personal insecurities to the spiritual well-being of our children—and provides practical tips from moms.

Whitman, Lauren. *Mom Guilt*

Do you feel like you're failing as a mom? Are you plagued by a sense of inadequacy and feel like you're constantly missing the mark? These feelings describe mom guilt—a surprisingly common experience for modern moms. Counselor Lauren Whitman helps moms identify mom guilt and understand the common roots of it that contribute to a sense of deficiency that many mothers live with. She helps readers think biblically about how God helps us escape from mom guilt by accepting our limitations, rejecting worldly standards, and embracing the freedom of faithful living before God. Moms: God sees more than failure in you—and he wants you to see it too so you can be encouraged.

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.

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.

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.

Parental Teaching & 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 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.

Keeter, Tim. *Help! My Child Is Being Bullied*

Parenting a child who is being bullied is deeply challenging. We want good things for our children, so if they are bullied we feel a whole mix of emotions: anger, deep pain, anxiety, regret, and perhaps even annoyance. We may even be tempted to seek vengeance. In this mini-book, the author points to the help and hope God has provided for this trial, and gives wise counsel in how to navigate through it.

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.

Lowe, Julie. *Safeguards: Shielding Our Homes and Equipping Our Kids*

Because children are vulnerable, they need to be protected. After more than two decades as a family counselor, Julie Lowe has seen how important it is to help parents and caregivers think wisely and biblically about the dangers children face. Instead of living in fear or denial, parents and caregivers can equip children to assess people and situations and model for them how to live by faith in a world where evil exists. Lowe helps parents and caregivers teach the safety skills that will help protect their children from mistreatment, unsafe situations, violence, bullying, cyber-crimes, predatory behavior, sexting, abuse, and other kinds of danger that they might encounter. The safety skills that are needed at every stage—preschool, elementary-age, teens, and college-bound—are discussed and applied in an age-appropriate way. *Safeguards* provides tools, skills, and resources to help when faced with uncomfortable, challenging, or dangerous situations. Instead of growing more anxious, parents and caregivers can grow in a biblical understanding of the type of dangers and issues children and young people might face, learn how to instill confidence and conviction in responding to new or fearful situations, and distinguish safe vs. unsafe people and situations.

Machowski, Marty. *Teaching Your Child About Money: Biblical Stewardship for Beginners*

Guess who is watching you spend your money? Your children are not just hearing your words about spending; they are watching you do it. What lessons are your children learning about the

financial choices you make? Are they learning to trust God and prioritize his kingdom? Family pastor Marty Machowski helps parents to first consider how their spending reflects their hearts, and then to grow in being rich toward God and others. He weaves foundational, biblical principles about money, generosity, and Christ's lordship with simple illustrations to share with children.

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.

Nicholls, Andrew, and Helen Thorne. *Real Change for Students: Becoming More Like Jesus in Everyday Life*

Real Change for Students is based on the CCEF model of change from David Powlison's course, *Dynamics of Biblical Change*. In this six-session small group resource for students, participants have the opportunity to reflect on one particular area in their lives and then to learn more about how God changes us to become more like Jesus. All of us struggle to love God and those around us, but God has promised to keep working on us. And God always keeps his promises. The change his gospel produces will make your life and your relationships truly beautiful.

Nielson, Kathleen. *Prayers of a Parent for Adult Children*

Adult children face many struggles, both earthly and spiritual. Even fully grown, they need support as they forge a life of their own. But how can we help them on their journey as they become independent from us? Bring your love for them to the Lord in prayer. God, who knows and loves your child perfectly, will satisfy their every need. Let Kathleen Nielson's words guide your devotions as her prayer collection tackles the challenges of marriage, parenthood, careers, aging, and more. Each of the thirty one prayers included is accompanied by Scripture passages and short reflections for meditation. This volume offers prayers for adult children.

Nielson, Kathleen. *Prayers of a Parent for Teens*

Our children are precious to us. So how precious it is that we can lift up these dear ones in prayer to God our Father, who has shown His love to us in His own Son—and who gives us His Holy Spirit to help us to pray according to His Word. These poetic prayers bring praises and petitions to the

Lord who knows and loves our children perfectly. Covering their spiritual well-being, physical needs, and character growth, the prayers are accompanied by brief reflections from Kathleen Nielson as well as Scripture passages for meditation. This volume offers prayers for young children, from birth through the preteen years.

Nielson, Kathleen. *Prayers of a Parent for Young Adults*

Each of these thirty-one prayers explores a different aspect of your child's life—from bodily health and friendships to ambitions and creativity. Kathleen Nielson accompanies each prayer with Scripture passages and short reflections for meditation. Let Kathleen's words guide your prayers to God for your child's physical, emotional, and developmental needs that will prepare them for the path to adulthood that lies ahead. This volume offers prayers for young adults.

Nielson, Kathleen. *Prayers of a Parent for Young Children*

Short, poetic prayers bring petitions to the Lord who knows and loves our children perfectly. Covering their spiritual health, physical needs, and character growth, the prayers are accompanied by brief reflections from Kathleen Nielson as well as Scripture passages for meditation. This volume offers prayers for young children through to their preteen years.

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?

Reju, Deepak, and Marty Machowski. *Build on Jesus: A Comprehensive Guide to Gospel-Based Children's Ministry*

Anyone who has tried it, even for a day, knows that children's ministry is challenging. Pastors Deepak Reju and Marty Machowski have been in your shoes and they want to help. Drawing on decades of family ministry experience, they have a passion to help children's ministry directors, pastors, and volunteers remember the "why" of children's ministry and gain a fresh vision for the "how" of effective discipleship and proactive nurturing of the next generation. Readers will learn about highlighting Bible-based content, recruiting church members, planning for emergencies,

and partnering with parents. *Build on Jesus* equips ministry leaders with the right priorities, people, and practicalities needed for fruitful nurturing and care of the youngest disciples in our churches.

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.

Wallace, Jocelyn. *Helping Children with Body Image: Teaching Them to See What God Sees*

Children struggling with shame or discomfort about their bodies feel tremendous pain. They don't feel normal or accepted, and their world is often cruel and judgmental. Counselor Jocelyn Wallace helps parents and caregivers give comfort to children who are hurting and confused about the false messages they have believed about their bodies. By unpacking the truths of Scripture, parents can help children see and understand the character of their loving Creator God, who designed them with care and accepts them unconditionally. As they turn to Christ in their struggle, they can be comforted by His care and love and even learn to reach out in love to others who are struggling.

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.

Parenting Prodigal Children

Elliot, Shirley. *From Heartbroken to Hopeful: Gospel Hope for Parents with Prodigals*

As Christian parents we are called to faithfully train up our children in the love and discipline of the Lord. But what happens when our children grow into adulthood and make a conscious decision to live an opposite way from God's instructions given through their mom and dad? All too often, when this happens parents begin to believe they have failed God and their child. It can negatively impact relationships throughout the family. What parents fail to realize in their heartbroken state is that they are not responsible for the decisions and actions of their prodigal. Out of her own disappointment, Shirley Elliott helps you to peer into your own heart, and through the power of Jesus Christ find hope for the future. Brad Bigney, who wrote the Foreword for this book describes biblical hope as ". . . a confident expectation of a future blessing based on the character and promises of God that are centered around the person and work of Jesus Christ."

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 (3rd Ed)*

"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.

Stuart W. Scott. *Wayward Children: Finding Peace, Keeping Hope, 31-day devotional*

To parent a wayward or unbelieving child is one of the most difficult trials a Christian can face. Yet even if this is your experience, there is hope and comfort to be found in God's Word and God's character. This 31-day devotional provides daily readings to offer you encouragement, biblical direction, and practical action steps. You yourself are the perfect Father's child—let this devotional draw you to him, his wisdom, and his guidance every day.

Svensson, Craig. *The Painful Path of a Prodigal: Biblical Help and Hope for Those Who Love the Wayward and Rebellious*

Parents of prodigals struggle deeply with the challenges they face of relating to their wayward offspring. How do you live for Christ in the midst of such personal turmoil? How do you live with a grown child whose destructive choices have turned him into a person so much unlike the adorable offspring into whom you poured much of yourself? Ultimately, how do you bear the pain if that prodigal never returns? Craig Svensson sensitively, engagingly, and compassionately directs readers to Scripture as he helps create the biblical framework for addressing the trauma of having a prodigal in the family.

Parenting & 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. *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 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.

Machowski, Marty. *God Made Boys and Girls: Helping Children Understand the Gift of Gender*

God Made Boys and Girls helps children understand that their gender is a gift from the God who made them and loves them. In a world where there is so much confusion about gender and identity, Pastor Marty Machowski shares the simple, clear truth that all of us are made in God's image as either male or female and what God made is very good! Included at the back of the book is a special section just for parents and caregivers that gives biblical guidance and help as they have this important conversation with their children.

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.

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.

Parenting & Sexual Abuse Prevention & Healing

Sexual Abuse Prevention & Healing: Booklets

Holcomb, Justin, and Lindsey Holcomb. *Children and Trauma: Equipping Parents and Caregivers*

Children can experience trauma from a variety of experiences, including neglect, physical, sexual, or psychological abuse, death of a loved one, bullying, racial trauma, and more. Trauma occurs when children are exposed to an experience perceived as threatening or harmful and respond with intense fear that affects them physically, emotionally, and spiritually. Authors Justin and Lindsey Holcomb help parents and caregivers recognize the signs of trauma and guide them in stepping into children's lives and demonstrating Jesus' care and protection for them. The compassionate response of parents or caregivers can help children who have experienced trauma to access spiritual, emotional, and physical healing.

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.

Tchividjian, Basyle, and Justin Holcomb. *Caring for Survivors of Sexual Abuse*

How is your church ministering to children in your congregation who have experienced sexual abuse? Jesus told us that whoever received a child in his name received him (Matt. 18:5). Is this the guiding principle that informs how your congregation cares for its most vulnerable members? Is your church armed with compassion and a care plan for these survivors, or are you somehow communicating insignificance to them? Basyle Tchividjian and Justin Holcomb address the heartbreaking reality that the marginalization of child sexual abuse victims is all too common in the Christian community. They outline specific ways churches have tragically diminished the seriousness of abuse and caused further distress to survivors. Tchividjian and Holcomb skillfully advocate for ways Jesus calls his church to love and serve the wounded among them, so that congregations no longer consign survivors to suffer in silence.

Sexual Abuse Prevention & 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.

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.

Biblical Counseling Organizations, Biblical Counseling Bloggers, & Biblical Counseling Higher Education Institutions

Note: This section begins with the Biblical Counseling Coalition's Confessional Statement. It then summarizes information on how to find a biblical counselor. Then, we provide listings and links for biblical counseling organizations, bloggers, and higher education institutions.

The Biblical Counseling Coalition's Confessional Statement

Note: The *Biblical Counseling Coalition Confessional Statement* was nearly a year in the making, as over three dozen biblical counseling leaders collaborated to outline a dozen summary statements addressing "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."

Preamble: Speaking the Truth in Love—A Vision for the Entire Church

We are a fellowship of Christians committed to promoting excellence and unity in biblical counseling. Our goal is to foster collaborative relationships and to provide robust, relevant biblical resources that equip the Body of Christ to change lives with Christ's changeless truth. We desire to advance the biblical counseling movement in Christ-centered cooperation by relating in ways that are loving and wise, pursuing the unity of the Spirit in the bond of peace (Ephesians 4:3).

We pursue this purpose by organizing our thinking around one central question. "What does it mean to counsel in the grace and truth of Christ?" All that we do flows from our calling to equip people to love God and others in Christ-centered ways (Matthew 22:35-40).

More than counseling, our vision is for the entire church to speak the truth in love (Ephesians 4:11-16). We are dedicated to developing the theology and practice of the personal ministry of the Word, whether described as biblical counseling, pastoral counseling, personal discipleship, one-another ministry, small group ministry, cure of souls, soul care, spiritual friendship, or spiritual direction. We seek to promote the strengthening of these ministries in churches, para-church organizations, and educational institutions by ministering to people who offer care, people who are seeking care, and people who train care-givers.

Introduction: In Christ Alone

The goal of biblical counseling is spiritual, relational, and personal maturity as evidenced in desires, thoughts, motives, actions, and emotions that increasingly reflect Jesus (Ephesians 4:17-5:2). We believe that such personal change must be centered on the person of Christ. We are convinced that personal ministry centered on Christ and anchored in Scripture offers the only lasting hope and loving help to a fallen and broken world.

We confess that we have not arrived. We comfort and counsel others only as we continue to receive ongoing comfort and counsel from Christ and the Body of Christ (2 Corinthians 1:3-11). We admit that we struggle to apply consistently all that we believe. We who counsel live in process, just like those we counsel, so we want to learn and grow in the wisdom and mercies of Christ.

All Christian ministry arises from and is anchored in God's revelation—which is both the written Word (Scripture) and the living Word (Christ). This is true for the personal ministry of the Word (conversational and relational ministry which our culture calls "counseling") and for the various public ministries of the Word. In light of this core conviction about Christ-centered, Word-based ministry, we affirm the following central commitments as biblical counselors.

Biblical Counseling Must Be Anchored in Scripture

We believe that God's Word is authoritative, sufficient, and relevant (Isaiah 55:11; Matthew 4:4; Hebrews 4:12-13). The inspired and inerrant Scriptures, rightly interpreted and carefully applied, offer us God's comprehensive wisdom. We learn to understand who God is, who we are, the problems we face, how people change, and God's provision for that change in the Gospel (John 8:31-32; 10:10; 17:17). No other source of knowledge thoroughly equips us to counsel in ways that transform the human heart (Psalm 19:7-14; 2 Timothy 3:16-17; 2 Peter 1:3). Other systems of

counseling aim for other goals and assume a different dynamic of change. The wisdom given by God in His Word is distinctive and robust. He comprehensively addresses the sin and suffering of all people in all situations.

Wise counseling is an insightful application of God's all-embracing truth to our complex lives (Romans 15:4; 1 Corinthians 10:6; Philippians 1:9-11). It does not merely collect proof-texts from the Bible. Wise counseling requires ongoing practical theological labor in order to understand Scripture, people, and situations (2 Timothy 2:15). We must continually develop our personal character, case-wise understanding of people, and pastoral skills (Romans 15:14; Colossians 1:28-29).

When we say that Scripture is comprehensive in wisdom, we mean that the Bible makes sense of all things, not that it contains all the information people could ever know about all topics. God's common grace brings many good things to human life. However, common grace cannot save us from our struggles with sin or from the troubles that beset us. Common grace cannot sanctify or cure the soul of all that ails the human condition. We affirm that numerous sources (such as scientific research, organized observations about human behavior, those we counsel, reflection on our own life experience, literature, film, and history) can contribute to our knowledge of people, and many sources can contribute some relief for the troubles of life. However, none can constitute a comprehensive system of counseling principles and practices. When systems of thought and practice claim to prescribe a cure for the human condition, they compete with Christ (Colossians 2:1-15). Scripture alone teaches a perspective and way of looking at life by which we can think biblically about and critically evaluate information and actions from any source (Colossians 2:2-10; 2 Timothy 3:16-17).

Biblical Counseling Must Be Centered on Christ and the Gospel

We believe that wise counseling centers on Jesus Christ—His sinless life, death on the cross, burial, resurrection, present reign, and promised return. Through the Gospel, God reveals the depths of sin, the scope of suffering, and the breadth, length, height, and depth of grace. Wise counseling gets to the heart of personal and interpersonal problems by bringing to bear the truth, mercy, and power of Christ's grace (John 1:14). There is no true restoration of the soul and there are no truly God-honoring relationships without understanding the desperate condition we are in without Christ and apart from experiencing the joy of progressive deliverance from that condition through God's mercies.

We point people to a person, Jesus our Redeemer, and not to a program, theory, or experience. We place our trust in the transforming power of the Redeemer as the only hope to change people's hearts, not in any human system of change. People need a personal and dynamic relationship with Jesus, not a system of self-salvation, self-management, or self-actualization (John 14:6). Wise counselors seek to lead struggling, hurting, sinning, and confused people to the hope, resources, strength, and life that are available only in Christ.

Biblical Counseling Must Be Grounded in Sound Theology

We believe that biblical counseling is fundamentally a practical theological discipline because every aspect of life is related to God. God intends that we care for one another in ways that relate human struggles to His person, purposes, promises, and will. Wise counseling arises from a theological way of looking at life—a mindset, a worldview—that informs how we understand people, problems, and solutions. The best biblical counselors are wise, balanced, caring, experienced practical theologians (Philippians 1:9-11).

Biblical counselors relate the Scriptures relevantly to people's lives (Hebrews 3:12-19). All wise counseling understands particular passages and a person's unique life experience within the context of the Bible's larger storyline: God's creation, our fall into sin, His redemptive plan, and the consummation of all things. Thus we engage in person-specific conversations that flow naturally out of a comprehensive biblical theology of life.

Biblical Counseling Must Be Dependent upon the Holy Spirit and Prayer

We believe that both genuine change of heart and transformation of lifestyle depend upon the ministry of the Holy Spirit (John 14:15-16:16; 2 Corinthians 3:17-18). Biblical counselors know that it is impossible to speak wisely and lovingly to bring about true and lasting change apart from the decisive, compassionate, and convicting work of the Spirit in the counselor and the counselee. We acknowledge the Holy Spirit as the One who illuminates our understanding of the Word and empowers its application in everyday life.

Wise counselors serve in the truth that God reveals and by the strength that God supplies. By the Spirit's work, God receives glory in all the good that takes place in people's lives. Biblical counselors affirm the absolute necessity of the work of the Holy Spirit to guide and empower the counselor, the counselee, and the counseling relationship. Dependent prayer is essential to the work of biblical counseling (Ephesians 6:18-20). Wise counselors humbly request God's intervention and direction, praise God for His work in people's lives, and intercede for people that they would experience genuine life change to the glory of God (Philippians 4:6).

Biblical Counseling Must Be Directed Toward Sanctification

We believe that wise counseling should be transformative, change-oriented, and grounded in the doctrine of sanctification (2 Corinthians 3:16-18; Philippians 2:12-13). The lifelong change process begins at salvation (justification, regeneration, redemption, reconciliation) and continues until we see Jesus face-to-face (1 John 3:1-3). The aim of wise counseling is intentional and intensive discipleship. The fruit of wise counseling is spiritually mature people who increasingly reflect Christ (relationally, rationally, volitionally, and emotionally) by enjoying and exalting God and by loving others well and wisely (Galatians 5:22-6:10).

Wise counseling seeks to embrace the Bible's teaching regarding God's role and human responsibility in spiritual growth. God's strength and mercy call for our response of faith and obedience. A comprehensive theology of the spiritual life provides the basis for applying relevant biblical methods of spiritual growth. Biblical counseling helps believers to understand what it means to be in Christ (Romans 6:3-14). It equips them to apply the principles of progressive sanctification through renewing their minds and actions based on Scripture with a motive of love for God and others (Romans 12:1-2).

Biblical Counseling Must Be Rooted in the Life of the Church

We believe that we best reflect the Trinity as we live and grow in community (John 17; Ephesians 4). Sanctification is not a self-improvement project, but a process of learning to love and serve God and others. Wise counseling embeds personal change within God's community—the church—with all God's rich resources of corporate and interpersonal means of grace (1 Corinthians 12:12-27). We believe that the church should be both the center and the sender of Gospel-centered counseling (Romans 15:14).

By example and exhortation the New Testament commends the personal, face-to-face, one-another ministry of the Word—whether in one-to-one or small group relationships (Hebrews 3:12-19; 10:19-25). God calls the church to mutual wise counseling just as He calls the church to public ministries of the Word in preaching, teaching, worship, and observing the ordinances of baptism and the Lord's Supper. God desires His people to love and serve each other by speaking His truth in love to one another (Ephesians 4:15-16). The primary and fullest expression of counseling ministry is meant to occur in local church communities where pastors effectively shepherd souls while equipping and overseeing diverse forms of every-member ministry (Ephesians 4:11-14). Other like minded counseling institutions and organizations are beneficial insofar as they serve alongside the church, encourage Christians to counsel biblically, and purpose to impact the world for Christ.

Biblical Counseling Must Be Founded in Love

We believe that Christ's incarnation is not just the basis for care, but also the model for how we care (Hebrews 4:14-16; John 13:34-35). We seek to enter into a person's story, listening well, expressing thoughtful love, and engaging the person with compassion (1 Thessalonians 2:8). The wise and loving personal ministry of the Word takes many appropriate forms, from caring comfort to loving rebuke, from careful listening to relevant scriptural exploration, all while building trusting, authentic relationships (1 Thessalonians 5:14-15; 1 John 4:7-21).

Wise counseling takes into account all that people experience (desires, thoughts, goals, actions, words, emotions, struggles, situational pressure, physical suffering, abuse, injustice, etc.) All of human experience is the context for understanding how God's Word relates to life. Such awareness not only shapes the content of counseling, but also shapes the way counselors interact so that everything said is constructive, according to the need of the moment, that it may give

grace to the hearer (Ephesians 4:29).

Biblical Counseling Must Be Attentive to Heart Issues

We believe that human behavior is tied to thoughts, intentions, and affections of the heart. All our actions arise from hearts that are worshiping either God or something else, therefore we emphasize the importance of the heart and address the inner person. God fully understands and rightly weighs who we are, what we do, and why we do it. While we cannot completely understand a person's heart (even our own), God's Word reveals and penetrates the heart's core beliefs and intentions (Hebrews 4:12-13).

Wise counseling seeks to address both the inward and outward aspects of human life to bring thorough and lasting change into the image of Christ. The Bible is clear that human behavior is not mechanical, but grows out of a heart that desires, longs, thinks, chooses, and feels in ways that are oriented either toward or against Christ. Wise counsel appropriately focuses on the vertical and the horizontal dimensions, on the inner and the outer person, on observable behavior and underlying issues of the heart (Matthew 23:23-28). Biblical counselors work to help struggling people to learn wisdom; to love God with heart, soul, mind, and strength; to love one's neighbor as oneself; and to endure suffering in hope.

Biblical Counseling Must Be Comprehensive in Understanding

We believe that biblical counseling should focus on the full range of human nature created in the image of God (Genesis 1:26-28). A comprehensive biblical understanding sees human beings as relational (spiritual and social), rational, volitional, emotional, and physical. Wise counseling takes the whole person seriously in his or her whole life context. It helps people to embrace all of life face-to-face with Christ so they become more like Christ in their relationships, thoughts, motivations, behaviors, and emotions.

We recognize the complexity of the relationship between the body and soul (Genesis 2:7). Because of this, we seek to remain sensitive to physical factors and organic issues that affect people's lives. In our desire to help people comprehensively, we seek to apply God's Word to people's lives amid bodily strengths and weaknesses. We encourage a thorough assessment and sound treatment for any suspected physical problems.

We recognize the complexity of the connection between people and their social environment. Thus we seek to remain sensitive to the impact of suffering and of the great variety of significant social-cultural factors (1 Peter 3:8-22). In our desire to help people comprehensively, we seek to apply God's Word to people's lives amid both positive and negative social experiences. We encourage people to seek appropriate practical aid when their problems have a component that involves education, work life, finances, legal matters, criminality (either as a victim or a perpetrator), and other social matters.

Biblical Counseling Must Be Thorough in Care

We believe that God's Word is profitable for dealing thoroughly with the evils we suffer as well as with the sins we commit. Since struggling people usually experience some combination of besetting sin and personal suffering, wise counselors seek to discern the differences and connections between sin and suffering, and to minister appropriately to both (1 Thessalonians 5:14).

Biblical counseling addresses suffering and engages sufferers in many compassionate ways. It offers God's encouragement, comfort, and hope for the hurting (Romans 8:17-18; 2 Corinthians 1:3-8). It encourages mercy ministry (Acts 6:1-7) and seeks to promote justice. Biblical counseling addresses sin and engages sinners in numerous caring ways. It offers God's confrontation of sins, encourages repentance of sins, presents God's gracious forgiveness in Christ, and shares God's powerful path for progressive victory over sin (1 John 1:8-2:2; 2 Corinthians 2:5-11; Colossians 3:1-17; 2 Timothy 2:24-26).

Biblical Counseling Must Be Practical and Relevant

We believe that a commitment to the sufficiency of God's Word results in counseling that demonstrates the relevancy of God's Word. Biblical counseling offers a practical approach to daily life that is uniquely effective in the real world where people live and relate (1 John 3:11-24). By instruction and example, the Bible teaches foundational methodological principles for wise interaction and intervention (Acts 20:26-37; Galatians 6:1-5; Colossians 1:24-2:1).

Within the Bible's overall guidelines for the personal ministry of the Word, there is room for a variety of practical methods of change, all anchored in applying scriptural truth to people's lives and relationships. The Bible calls us to use wise methods that minister in Christ-centered ways to the unique life situations of specific people (Proverbs 15:23; 25:11). We are to speak what is helpful for building others up according to the need of the moment, that it may benefit those who listen (Ephesians 4:29).

Biblical Counseling Must Be Oriented Toward Outreach

We believe that Christianity is missionary-minded by its very nature. Biblical counseling should be a powerful evangelistic and apologetic force in our world. We want to bring the good news of Jesus and His Word to the world that only God can redeem. We seek to speak in relevant ways to Christians and non-Christians, to draw them to the Savior and the distinctive wisdom that comes only from His Word (Titus 2:10-15).

We want to present the claims, mercies, hope, and relevance of Christ in a positive, loving, Christ-like spirit (1 Peter 3:15). We seek to engage the broad spectrum of counseling models and approaches. We want to affirm what is biblical and wise. Where we believe models and methods

fall short of Christ's call, we want to critique clearly and charitably. When interacting with people with whom we differ, we want to communicate in ways that are respectful, firm, gracious, fair-minded, and clear. When we perceive error, we want to humbly point people forward toward the way of truth so that we all become truer, wiser, more loving counselors. We want to listen well to those who disagree with us, and learn from their critiques. Our mission to spread the truth and fame of Jesus Christ includes a desire that all counselors appreciate and embrace the beauty of a Christ-centered and Word-based approach to people, problems, and solutions.

Conclusion: Unity in Truth and Love

We are committed to generating a unified effort among God's people to glorify Christ and multiply disciples through the personal ministry of the Word (Matthew 28:18-20). We trust in Jesus Christ in whom grace and truth are perfectly joined (John 1:14). We cling to His Word, in which truth and love live in perfect union (Ephesians 4:15; Philippians 1:9; 1 Thessalonians 2:8). We love His Church—living and speaking the truth in love, growing up in Him who is the Head, and building itself up in love as each part does its work (Ephesians 4:15-16).

We desire to encourage this unity in truth and love through a fresh vision for biblical counseling. When people ask, "What makes biblical counseling truly biblical?" we unite to affirm:

> 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.

We invite you to join us on this journey of promoting excellence and unity in biblical counseling. Join us as we seek to equip one another to promote personal change, centered on the person of Christ through the personal ministry of the Word.

How to Find a Biblical Counselor Individual Counselors & Intensive/Residential Ministries

Where do you turn if you or someone you know needs to find a biblical counselor who will minister God's truth with Christ's love?

Guidelines for Evaluating a Potential Counselor or Counseling Ministry

Here are some guidelines for finding a biblical counselor, biblical counseling para-church group, or biblical counseling intensive, residential ministry:

- When you locate a counselor, take time to research the church, ministry, or individual.

- When you make contact with a biblical counselor, begin by asking relevant questions about the person or organization, about their counseling training/degrees, counseling experience, counseling theology/philosophy, counseling methods, and doctrinal views.

- Ask the person or organization about their alignment/agreement with the *Biblical Counseling Coalition Confessional Statement*.

- Ask the person or organization about their education and experience regarding the specific issue(s) for which you are seeking help.

- For guidance in the counselor selection process, consider the Association of Biblical Counselor's (ABC) resource: *Questions to Ask When Choosing a Counselor*. The bullet points below are adapted and developed from ABC's resource.

  - ✔ **Is God's Word the source of their counsel?** Is the Bible seen as being one truth among many truths, or is it the most reliable place for real help—the sufficiency and relevancy of Scripture? Find a counselor who is convinced that real truth from God's Word applied to real problems brings about real change. Lives are changed as the truth of God, as revealed in His word, is applied to the toughest problems.

  - ✔ **Is the counselor biblically sound?** Most counseling errors stem from the fact that the counselor has views of God, people, problems, and solutions/change, which are shaped more by culture than by God's Word. Sound theology should shape their counseling.

  - ✔ **Will the counselor lead me to wisdom found in God's Word, or tell me the answers are within me?** Most of the 250 commonly used approaches to counseling assume "…the answers are found within." Find a counselor who understands that the Bible teaches that we need outside counsel from God and His revealed truth.

  - ✔ **Is the counselor well-trained?** Find a counselor, church, counseling center, or ministry that is well-trained in biblical counseling.

  - ✔ **Does the counselor speak truth in love?** The Bible consistently links the character and soul care of the counselor to the sharing of God's Word. Does the counselor evidence compassion and care—like Paul, who shared not only the Scriptures but his very own soul because God's people were dear to him (1 Thessalonians 2:8).

  - ✔ **Does the counselor address issues comprehensively?** Is the counselor only or predominantly focused on sin issues? Only or predominantly on issues of suffering? Or, does the counselor understand that biblical counseling is defective unless it can deal thoroughly both with the evils we've suffered and the sins we've committed?

Finding an Individual Biblical Counselor

The following biblical counseling organizations provide assistance in locating biblical counselors.

Association of Biblical Counseling (ABC)

The ABC maintains a list of vetted biblical counselors that you can find at The Biblical Counseling Network.

Association of Certified Biblical Counselors (ACBC)

The ACBC maintains a list of certified biblical counselors: ACBC-Find-a-Counselor. Their list is searchable by zip code.

Biblical Counseling Coalition (BCC)

The BCC has a searchable list of BCC Partners. They state: "BCC Partners understand our passion for advancing biblical counseling and have made the commitment to help us accomplish that work through their financial support. All individuals and ministries listed on our website have stated in writing that they are in agreement with the BCC's Confessional Statement and Doctrinal Statement and we have accepted their statement in good faith. The BCC is not a certifying agency and our partners are not required to be certified biblical counselors to be listed on our directory. You are encouraged to verify the credentials of any individual or organization with whom you may seek counsel."

Christian Counseling and Educational Foundation (CCEF)

CCEF provides a map showing a list of CCEF graduates and organizations that express alignment with their vision of care. However, please note that while CCEF regularly trains counselors and pastors, they cannot answer for the development of the counseling theory and practice of the counselors that appear on this map. It is CCEF policy that we do not officially recommend any particular counselor outside of our own organization. You can also visit their Counseling Services Page for information about counseling through CCEF.

International Association of Biblical Counselors (IABC)

IABC maintains an updated list of Counselors and Training Centers at the Members Services Office available by request form.

Finding Biblical Counseling Intensive/Residential Ministries

Note: Use the guidelines from the previous section when seeking a biblical counseling intensive/residential ministry: *Guidelines for Evaluating a Potential Counselor or Counseling Ministry*.

The following listing is derived primarily from the Biblical Counseling Coalition's *Find a Biblical Counselor Page*. This list was accurate at the time of this writing. The BCC notes the following about these organizations:

> Sometimes life's struggles and besetting sins are so severe that a residential/inpatient treatment center is the best option. Listed below are links to residential/inpatient treatment centers that self-identify as practicing according to a biblical counseling philosophy. The information below is summarized from their own website. Please note that it is important for you to personally research the listed centers. Please exercise due diligence and contact them with pertinent questions. The *Biblical Counseling Coalition Confessional Statement* is a good starting place as you seek to find a qualified biblical counseling residential/inpatient center that matches your convictions and needs.

Christian Discipleship Center

The Christian Discipleship Center is a Bible-based recovery program for Native American Christians who want help and hope in overcoming addiction to alcohol and substance abuse. Their 90-day residential program offers sound spiritual principles for restoration, character rebuilding and life direction. Contact Information: Christian Discipleship Center, 24826 Road L, Cortez, CO 81321, 970-565-3290, cdc@fone.net.

Colony of Mercy

Colony of Mercy is a 120-day residential addiction recovery program for men. Men in the Colony of Mercy program participate in group and individual biblical counseling, Bible studies, work therapy, church-type services, and Scripture memory. Programs for the wives and children of the men in the Colony program are available. Contact Information: Colony of Mercy, 601 Route 530, Whiting, NJ 08759, 800-453-7942, victory@americaskeswick.org.

The Damascus House

The Damascus House, located in Bothell, WA, is a non-profit, gospel-centered drug and alcohol recovery ministry for men. Their heart-focused discipleship model teaches drug and alcohol dependent men how to truly live a Christ-like life that brings honor and glory to God. Residents leave the old self behind and grow in their dependence on Christ by incorporating the gospel into

the details of life. Over time, they cumulatively worship their way out of addiction through the practice of honoring God in everything they do. Contact Information: 360-710-4223, kevin.damascushouse@gmail.com.

Restoration Ministry Men's Residential Program

Restoration Ministry is a residential treatment ministry for men (18 and over) on a 100-acre property called Bethany Farms. This model allows men to get out of the environment and pressures they are experiencing for a period of time to focus on changing through the power of God's Word, and to have more accountability through this difficult season of change. Contact Information: 5526 State Road 26 East, Lafayette, IN 47905. Director: 765-449-3770. Email: restorationministry@faithlafayette.org.

The Father's Ranch Ministries

The Father's Ranch is a biblical counseling residential treatment center for women and teenage girls. It is a non-denominational, Christ-centered counseling ministry addressing issues related to sexual abuse, physical abuse, eating disorders, self-harm, drug and alcohol addiction, and unplanned pregnancies. Contact Information: The Father's Ranch Ministries, PO Box 1352, Tonasket, WA 98855, 509-486-8888, info@thefathersranch.com.

Harvest Church, Ontario, Intensive Retreats

Harvest Church Intensive Retreats offer compassionate listening to an entire life story, specific teaching, correction if needed, encouragement and hope in Christ, practice assignments, and prayer. They last 1-3 days and include advocates and are held at various locations. Contact information: 705-646-1108, info@myharvestchurch.ca.

His Step Ministries

His Steps Ministries is a Christian discipleship program that reaches out to men who are addicted to drugs and alcohol. They believe that only through Christ can a permanent solution be found—one that restores the man's heart, soul, and mind to allow him to love others and his family (Matthew 22:37-39). Contact Information: His Steps Ministries, 2011 Meadows Drive, Woodstock, GA 30188, 770-595-4294, timbrown@hisstepsministries.org.

The Mission House

The Mission House is a 6-month residential program that believes that addiction is a worship disorder. They follow a Bible-based, Christ-centered transformation program designed to establish a growing relationship with Christ. Contact Information: The Mission House, PMB 216, 3965 Bethel Rd., Ste. #1, Port Orchard, WA 98366, 360-871-4266. For email contact complete this form: http://www.faithmissionhouse.org/contact-us.

Pure Life Ministries

Pure Life Ministries exists to serve Christian individuals and organizations throughout the world dealing with sexual sin by providing biblically-based counseling, teaching resources, and a public speaking ministry with the goal of leading Christians to victory over sexual sin through a deeper life in God. The 7-to-9-month Live-In Program in rural Kentucky immerses men in a Christ-centered environment with biblical counseling and mutual accountability designed to promote lasting heart change. Contact Information**:** Pure Life Ministries, 14 School Street, Dry Ridge, KY 41035, 859-824-4444. For email contact complete the contact form here: http://purelifeministries.org/contact.

Redemption House

Redemption House is a gospel-centered residential biblical counseling ministry for men who struggle with drug and alcohol dependency. The discipleship model helps men to reorient their identity and to replace the selfish desires with a new affection for Jesus. Men turn away from themselves and grow in their dependence on Him by incorporating the gospel into the details of life. Over time, they worship their way out of addiction through honoring God in everything they do. Contact Information: Redemption House, 7590 Susan Lane, Minnetrista, MN 55364; 651-270-2358; John@RedemptionHouse.net.

Twelve Stones Ministries

Sometimes circumstances in life become too hard to handle alone, or even in weekly counseling sessions. In an effort to provide real answers, lasting wisdom, and spiritual encouragement, Twelve Stones Ministries provides three-day intensives in a retreat atmosphere that is Christ-centered and carefully tailored to each individual situation. Contact Information: Twelve Stones Ministries, PO Box 223, Helmsburg, IN 47435, 812-597-1212, tsoffice@twelvestones.org.

Vision of Hope

Vision of Hope recognizes the worth and sanctity of human life by ministering to young women, children, and families in a Christ-centered environment. They offer a faith-based residential treatment program for girls age 14 and above struggling with unplanned pregnancy, alcohol or drug abuse, eating disorders, or self-harm. Contact Information: Vision of Hope, 5652 Mercy Way, Lafayette, IN 47905, 765-447-5900, voh@vohlafayette.org.

National (United States) Biblical Counseling Organizations

Note: The following are leading national (United States) biblical counseling organizations. While launched in the United States, the following organizations have both a national and international impact.

The following information was accurate at the time of the release of this year's *Annual Guide*. Information of this type is subject to change—including links and leadership.

Association of Biblical Counseling (ABC)

Jeremy Lelek serves as the President 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. Here's the BCC's vision:

> The BCC focuses on promoting collaborative relationships and providing robust 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)

Alasdair Groves 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 biblically 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)

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. Faith Biblical Counseling Ministries continues today with a very similar mission: (1) provide excellent biblical counseling to anyone who wants it free of charge and (2) provide excellent training to help equip others to counsel those in their churches and communities.

You can read FBCM's blog here.

Institute for Biblical Counseling & Discipleship (IBCD)

Jim Newheiser is the IBCD 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)

Jeff Christianson serves as the president of 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 leads INS. Here's the overview of the 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)

Andrew Rogers and Wayne Vanderwier provide oversight for OIC. Here's OIC's vision:

> 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.

You can read the OIC blog here.

International Biblical Counseling Organizations

Note: The following are International Biblical Counseling Organizations—birthed outside the United States.

The following information was accurate at the time of the release of this year's *Annual Guide*. Information of this type is subject to change—including links and leadership.

Association of Brazilian 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. The ABCB's mission (translated):

> The ABCB is a religious non-profit organization that aims to: encourage, recognize, and standardize biblical counseling done by pastors, missionaries, and evangelical laity who are committed to the sufficiency and efficiency of the Holy Scriptures, as our only authority of faith and practice. It is our aim to offer courses, training, and materials that equip members to develop in-depth discipleship for all who seek solutions to their problems, leading them to conform to the image of Christ (Romans 8: 28-29).

Association of Certified Biblical Counselors Africa (ACBCA)

The ACBCA mission:

> ACBC Africa exists to encourage quality biblical counseling in Africa by training and certifying competent biblical counselors in local churches. The overarching vision of ACBC Africa is the establishment and improvement of the quality of counseling in biblically based churches in Africa. This will strengthen Christians' lives and influence in the communities and countries where these churches minister the Gospel.

Biblical Counseling Australia (BCA)

Karl Hood serves as BCA's Executive Director. Their mission/vision:

> Raising up and training a generation of Australian lay people, leaders, pastors, and parachurch counselors, who are passionate about Jesus transforming people and his church through the personal ministry of the Word, Spirit, and prayer.

Biblical Counseling Coalition of Mexico (BCCM)

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 BCCM's mission (translated):

> We exist to multiply the Biblical Counseling movement in Mexico and Latin America by strengthening churches, individuals, and institutions through unity and excellence in Biblical Counseling. We focus on building relational collaboration and on establishing robust resources that equip the biblical counselors who serve in the body of Christ, in order to provide them with information that will help them articulate the never-changing truth of Christ and use it for His glory in the personal ministry of the Word. We seek to do this by organizing our thinking around one central question: What does it mean and what does it look like to counsel based on the grace and truth of Christ, for His glory?

Biblical Counseling Trust of India (BCTI)

BCTI was founded in 2005. Their mission:

> BCTI is a movement established to support the Church in Hindi-speaking regions of North India to respond to the challenges of Christian living in the 21st century. We do this by building the capacity of the church to become a caring community through biblically-based training and resources on issues of everyday living. BCTI is focused on equipping pastors & church leaders in North India for the ministry of biblical counseling and pastoral care. We do this through our Training programs, Counseling services and Christian Books and resources.

Biblical Counseling UK (BCUK)

Steve Midgley is the Executive Director of BCUK. Here's the vision of BCUK:

> Biblical Counseling 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.

Canadian Biblical Counseling Coalition (CBCC)

To learn more about CBCC, listen to this Biblical Counseling Coalition video interview with Nathan Penny. CBCC outlines 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 counseling in Canada.
- To foster collaborative relationships among those practicing or interested in practicing biblical counseling in Canada.
- To promote biblical counseling resources.

International Biblical Counseling 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)

NBS provides training in biblical counseling in German-speaking Europe such as Germany, Switzerland, and Austria. To learn more about NBS, read this BCC interview with Michael Leister: What's New with Biblical Counseling in Germany? Their goal (translated):

> Our goal is to nurture relationships of mutual support and to provide reliable, hands-on biblical resources to the church of Christ to equip them for the task of changing people with the unchanging truth of Christ.

New Zealand Biblical Counseling Association (NZBCA) (New Zealand)

NZBCA is an association that supports biblical counselors in New Zealand by providing initial training to anyone interested in counseling biblically. We encourage the pursuit of formal training in Biblical Counseling. We support through supervision and resources. We offer continuing education for sharpening skills, knowledge and personal growth.

Overseas Instruction in Counseling (OIC)

Though OIC was started in the US, because of its international focus it deserves mention in this blog. Andrew Rogers and Wayne Vanderwier provide leadership oversight for OIC. 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. RECB summarizes 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 (SMTI) (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 Counseling 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.

The following information was accurate at the time of the release of this year's *Annual Guide*. Information of this type is subject to change—including links.

Biblical Counseling for Women

Julie Ganschow oversees the BC4Women blog site. She is 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."

Biblical Counselor.Com

This site collects/collates biblical counseling-related blog posts from around the Internet. As they state: "We are a one-stop place where you can peruse biblical counseling and related biblical

content from a variety of biblical counselors, Bible teachers, organizations, and institutions. This is the place where you can receive help and hope in Christ."

Truth & Love Blog/RPM Ministries

This is Bob Kellemen's blog and ministry site. He is a 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 Moles 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 and website. 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.

Good Mood, Bad Mood

This is the site for Dr. Charles Hodges. As a medical doctor and an experienced biblical counselor, Dr. Hodges blogs about the intersection of biblical counseling and current research into body/soul connections.

International Biblical Counseling Resources

Anne Dryburgh, who ministers in Belgium, oversees this site. She is a biblical counselor, author, trainer, and speaker. 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."

Christine M Chappell.com

This is the blog site and podcast site of Christine Chappell. Christine is a biblical counselor, author, speaker, and presently serves as the Outreach Director and *Hope + Help Podcast* Host for the Institute of Biblical Counseling and Discipleship. Her writing has been featured at Desiring God, The Gospel Coalition, Risen Motherhood, and other Christian platforms.

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 Carson 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 "Wisdom for Life in Christ Together." 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 Dunham 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.

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*.

Biblical Counseling Podcasts

Note: The following are biblical counseling podcasts about biblical counselors. This list was initially published in part by Robert Kelemen as a blog on RPM Ministries and is used with permission.

15:14 Podcast of the Biblical Counseling Coalition with Dr. Curtis Solomon

15:14 is a podcast from the Biblical Counseling Coalition with interviews and content to help you in your ministry.

Biblical Counseling in Action Podcast with Pastor Steve Viars

Dr. Steve Viars and his guests explore how biblical counseling intersects with their jobs, ministries, relationships, etc. by providing real life examples of biblical counseling in action – what it looks like in day-to-day living.

Biblical Counseling Ministries Podcast with Mike Hanson

Biblical Counseling Ministries (BCM) is an equipping and consulting ministry that helps churches develop a culture of biblical soul care for God's glory. Our hope is that through this podcast you would become more aware of the process to build a ministry and culture of biblical soul care for your church and in your own life. In this episode, we are introducing the concept of biblical soul care culture and how biblical counseling can build a more robust discipleship ministry and a healthier church body.

Biblical Counseling Today Podcast with Dr. John Kwasny of One Story Ministries

One Story Ministries (OSM) is a non-profit 501-C3 publishing ministry of Pear Orchard Presbyterian Church (PCA) located in Ridgeland, Mississippi. Our mission is to produce and disseminate Biblically-based curricula and materials which may be used for the education and edification of the church, home, and school.

Biblical Counseling Worldwide Podcast with Dr. Andrew Rogers and Overseas Instruction in Counseling

Biblical Counseling Worldwide podcast is a ministry of Overseas Instruction in Counseling (OIC). In 2 Timothy 2:2, Paul encourages those who lead to train others: “And what you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.” This is the heart of Overseas Instruction in Counseling (OIC)! OIC strives to bring the Word of Truth across cultures by training men and women in biblical-based soul restoration, so they can train others.

Brad Hambrick Podcasts with Brad Hambrick

The podcasts (yes, plural; more on that in just a moment) at bradhambrick.com are meant to make the resources available through my site as accessible as possible. I want the content of my site to be available in whatever format that best serve your learning style: written (text), auditory (podcast), or visual (videos). In order to clarify the purpose of various types of content available, we developed four podcasts: Gospel-Centered Marriage Podcast, Emotions Resources Podcast, Addiction Resources Podcast, and Counseling Resources Podcast.

Conversational Counseling Podcast with Alex Kocher and Brenda Payne of Known Ministries

Where counseling and discipleship meet. After decades of having these conversations in the counseling room and side by side over coffee with friends, we were compelled this year to create a podcast resource to inspire, equip, and train you to use your everyday conversations to connect others to the love of Christ.

Counsel for Life Podcast with Eliza Huie and Beth Broom

Engaging conversations about mental health and the Christian life with licensed and biblical counselors Eliza Huie and Beth Broom.

Counsel the Word Podcast with Dr. Keith Palmer

The Center for Biblical Counseling and Discipleship (CBCD) is a ministry of Grace Bible Church in Granbury, Texas. Grace has been training biblical counselors and disciplers since 2008 and providing free biblical counseling services to the community since 2009. Grace is a certified training center with the Association of Certified Biblical Counselors (ACBC).

Forsaken Body Podcast with Lainey Greer and Nicci Delis

On the Forsaken Body podcast, you'll learn that to treat your body well you must first learn to think well of your body. From medicine to fad diets, exercise and the Bible, we'll discuss why your body matters and talk about how to care for it.

Gospel Care Podcast with Jason Kovacs and the Gospel Care Collective

Join us as we explore a gospel-centered, clinically-informed approach to care. This podcast delves into topics of biblical counseling, the church, trauma, anxiety, abuse, spiritual disciplines, living in a spiritually healthy community, and how our faith can shape our mental health. Episodes feature conversations with biblical counselors, pastors, and lay people to discuss how to practically apply the wisdom of Scripture in everyday life.

Head and Heart Podcast with Jennifer Holmes

Do you secretly struggle with fear, anxiety, depression, or other mental illness? Are you wondering what your next steps are? What the Bible has to say about mental illness? If you should talk to someone or get help? Are you looking for another Christian who has been there and can help? You've come to the right place. Join me as we learn next steps together from God's Word. Jennifer Holmes is completing her Master's in Counseling from Westminster Theological Seminary.

Hope + Help Podcast with Christine Chappell and IBCD

IBCD (The Institute for Biblical Counseling & Discipleship) exists to strengthen churches in one another care. Hosted by Christine Chappell, the Hope + Help Podcast offers interviews with authors, ministry leaders, and seasoned biblical counselors on a wide-range of topics. Each episode explores a specific problem from a biblical perspective, and provides gospel-centered comfort and counsel to those navigating the issue at hand. Biblical conversations about life's challenging problems.

Institute for Nouthetic Studies Podcast with Jay Adams

Welcome to the Institute for Nouthetic Studies, founded by Jay Adams. INS provides training and resources for biblical counseling. The INS podcast with Dr. Jay Adams features a new (classic) message every Monday and Thursday.

Joyful Journey Podcast with Janet Aucoin and Jocelyn Wallace

Joyful Journey is a podcast to inspire and equip women to passionately pursue beautiful, biblical truth on their journeys as women of God. Join our host Janet Aucoin and our co-host Jocelyn Wallace and others as we see that when you choose truth, you're choosing joy!

Messy Podcast with Scott Mehl

Everyone's life is messy. There's no way of avoiding it. We live in a fallen world every day, and it creates a mess. We live with our fallen hearts every day, and they create a mess. But it's into this mess that Jesus Christ came bringing hope, reconciliation, and redemption for everything we do and experience. Jesus transforms the mess. In our modern world, the mess can feel increasingly complicated, and the immensity of the mess can leave us wondering if the good news of the Gospel is really the answer we need.

PeaceWorks Podcast with Chris Moles

Weekly podcast featuring teaching from Pastor Chris, interviews with experts, and stories from survivors of domestic abuse.

Safe to Hope Podcast with Ann Maree Goudzwaard of HelpHer

On the "Safe to Hope, Hope Renewed in Light of Eternity" podcast we help women in crisis tell their story with an eye for God's redemptive purposes. All suffering is loss, but God leaves nothing unused in his plans. We help women see his redemptive thread throughout their circumstances and then look for opportunities to join with God in his transforming work. Safe to Hope is a production of HelpHer.

The Soul Care Podcast with Dr. Warren Lamb, Jinda Reinig and Kimberly Willess

Welcome to The Soul Care Podcast, where we talk about authentic biblical soul care, what it means, what it looks like, and the very real help it offers. In each episode of The Soul Care Podcast, we dive into a topic related to biblical soul care, and we talk about some of the common challenges we face as humans and how we can overcome them with God's grace and truth. We will also share stories of hope and encouragement from people who have experienced the power of biblical soul care in their own lives.

Speak the Truth Podcast with Michael and Shauna Van Dyke and Jeremy Lelek

Speak the Truth is a podcast devoted to giving biblical truth for educating, encouraging, and equipping the individual and church for counseling and discipleship.

Straight to the Heart Podcast with Rush Witt and New Growth Press

Welcome to "Straight to the Heart," a podcast from New Growth Press hosted by Rush Witt. Each episode includes thought-provoking conversations with leading Christian writers and thinkers. We hear who they are, what they believe, how they approach their work and ministry, and the moments and people who have changed their lives. In "Straight to the Heart," we go beyond the books to connect with the remarkable people behind them.

This Vs. That Podcast with Anchored Hope

A podcast where we have conversations that explore what we think and why we think it. Anchored Hope practically helps those hurting by anchoring their hope in Jesus and gaining a better understanding of his promises. Anchored Hope: Christ-centered virtual counseling that offers a refuge of hope for the hurting. Biblically Grounded, Clinically Informed Virtual Counseling.

Transformed Podcast with Greg Gifford

Transformed with Dr. Greg Gifford is the podcast where anxiety, loneliness, depression, and fear, meet the Bible. You won't want to miss Dr. Gifford apply the Bible to emotional issues that will help YOU and help you to help others.

Truth in Love Podcast with Dr. Dale Johnson and the ACBC

Truth in Love is a podcast providing biblical solutions for the problems people face. This podcast is a resource from the Association of Certified Biblical Counselors. For more information about ACBC visit https://biblicalcounseling.com.

Where Life and Scripture Meet: A Biblical Counseling Podcast with Alasdair Groves and CCEF

Why do we have a biblical counseling podcast? Well, the reason why we're doing a podcast specifically on life and Scripture meeting is simple. At times, we all struggle with how real life and Scripture actually meet. However, as Christians, we have the privilege and challenge of exploring how the Bible gives words of life and perspective for the complexities of our current day. From dealing with extreme trauma, all the way to growing in the skill of daily rest, I hope you'll join me, Alasdair Groves, in musing about how Scripture really does meet us in day-to-day life, and that it

will be as energizing to your walk with the Lord as it has been to mine. Welcome to the CCEF Podcast: Where Life and Scripture Meet.

Women's Hope Podcast with Dr. Shelbi Cullen and Kimberly Cummings

Join Dr. Shelbi Cullen and Kimberly Cummings as they bring hope and encouragement through 25 years of combined experience in biblical discipleship and counseling as ACBC counselors. Shelbi and Kimberly provide biblical and practical wisdom by coming alongside women with the teaching and resources necessary to grow in the grace and the knowledge of their Lord and Savior, Jesus Christ.

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 self-described as committed to biblical counseling and would affirm the Biblical Counseling Coalition's Confessional Statement.

The following information was accurate at the time of the release of this year's *Annual Guide*. Information of this type is subject to change—including links and leadership—and even institutions—in this age of higher education mergers and changes.

Baptist Bible College and Theological Seminary (MO)

BBC/TS offers 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 (BTS)

BTS offers an MA in Biblical Counseling (63 SH) and a D.Min. in Biblical Counseling (40 SH).

Central Baptist Theological Seminary (CBTS)

CBTS in Plymouth, Minnesota offers an MA in Biblical Counseling (52 SH).

Christ's Theological Seminary (CTS)

Located in Ormond Beach, FL, CTS offers an MA in Biblical Counseling (60 SH).

College of Biblical Studies (CBS)

Located in Houston and Indianapolis (after an acquisition/merger with Crossroads Bible College), CBS offers a BS with a Major in Biblical Counseling (120 SH).

Faith Bible Seminary (FBS)

FBS is located in Lafayette, IN. FBS offers a blended (online and onsite modular classes) MA in Biblical Counseling (36 SH), along with an M.Div. with a Biblical Counseling emphasis (86 SH).

The Log College & Seminary

The Log College & Seminary (formally The North American Reformed Seminary (TNARS) TNARS offers a self-paced, independent study Th.M in Nouthetic Counseling (30 SH), a Th.D in Nouthetic Counseling (53 SH), and a D.Min. in Nouthetic 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 International University of Divinity (MIUD)

Headquartered in Evansville, IN, MIUD offers the following online degrees: BA in Biblical Counseling (122 (SH), MA in Biblical Counseling (42 SH), DBS in Biblical Counseling (33 SH), and a Ph.D. in Biblical Counseling (42 SH).

The Master's University/Seminary/Graduate School (TMU, TMS)

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).

Metro Baltimore Seminary (MBS)

MBS offers a BA in Theology and an M.Div. Each degree includes a 360-hour practicum component available in 5 tracks, including Biblical Counseling.

Mid-America Baptist Theological Seminary (MABTS)

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 (MWBTS)

Spurgeon College offers a BA in Biblical Counseling. MWBTS offers an MA in Biblical Counseling (60 SH), an MTS in Biblical Counseling (45 SH), an M.Div. in Biblical Counseling (90 SH), a D.Min. with a Biblical Counseling Emphasis (36 SH), and a Ph.D. with a Biblical Counseling Emphasis (52 SH).

Montana Bible College (MBC)

MBC offers a BA in Biblical Studies with a Biblical Counseling Concentration (120 SH).

Reformed Presbyterian Theological Seminary (RPTS)

Located in Pittsburg, RPTS offers biblical counseling concentrations in their M.Div., MTS, and D.Min. programs.

Reformed Theological Seminary Charlotte (RTSC)

RTS Charlotte offers Certificates in Christian Counseling (13 and 11 SH), an MA in Christian Counseling (66 SH), along with an M.Div. with a Counseling Emphasis (106 SH).

Southeastern Baptist Theological Seminary (SEBTS)

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)

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), a Doctor of Educational Ministry in Biblical Counseling (46 SH), and a Ph.D. in Biblical Counseling (71 SH). Boyce College offers a BS in Biblical Counseling (129 SH).

Southwestern Baptist Theological Seminary (SWBTS)

SWBTS offers an MA in Biblical Counseling (65 SH) and a Ph.D. in Biblical Counseling (52 SH).

Westminster Theological Seminary (WTS)

WTS offers an MA in Counseling (60 SH) along with a D.Min. with a Concentration in Counseling.

Note: If you are associated with any of the listed schools and see information that you would like us to update, please feel free to contact us. Also, if you are associated with a higher education institution in the US that self-identifies as a biblical counseling school and your program publicly affirms the Biblical Counseling Coalition's Confessional Statement, feel free to contact us requesting that your school be added in future editions.

International Higher Education Institutions with Biblical Counseling Degree Programs

Note: This list highlights schools outside the US that teach biblical counseling. In most cases, only schools that have full degree programs in biblical counseling have been included. However, some schools have been included that currently only have individual biblical counseling courses but have a vision to develop a biblical counseling degree program.

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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)

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 (DBS)

DBS, in conjunction with Overseas instruction in Counseling (OIC), offers an MABC. You can learn more about 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.

Heritage Seminary (HS) (English-Speaking Canada)

Heritage Seminary offers academic equipping in biblical counseling via a graduate-level certificate with five courses in Biblical Care and Counseling. Their summary statement: "The Graduate Certificate in Biblical Care and Counselling applies theology practically in the lives of broken and hurting people. This certificate is designed to: 1.) Equip God's people to minister to one another through biblical counsel. 2.) Encourage students to grow in Christ-like character as God's people relate with one another. 3.) Encourage students to grow in practical experience dealing with difficult and challenging problems. 4.) Encourage students in the role of the Holy Spirit, who is our great Counsellor. Additionally, this graduate certificate will be of special interest to active church leaders looking to provide wisdom, care, hope, and love, trusting God's Word by His Spirit. The five courses are designed to be sufficient and relevant, equipping you to encourage deep, meaningful, and lasting change."

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 (16 countries listed, select countries not listed due to security concerns, please contact TMAI for further information).

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 (BTCGC) (Egypt, Jordan, Kenya, Lebanon)

Headquartered in Lexington, North Carolina, NTCGC offers a Masters of Biblical Studies with a concentration in Biblical Counseling in partnership with Overseas Instruction in Counseling (in various countries in the Middle East).

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 Counseling 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. Andrew Rogers and 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*.

Presbyterian Theological Seminary's College & Advanced Studies (PTS-CAS) (Philippines)

PTS-CAS, in partnership with Overseas Instruction in Counseling, offers a Master of Arts in Biblical Counseling degree program. PTS-CAS is located on the island of Luzon, in the city of Cavite, in the Philippines.

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."

Note: If you are associated with any of the listed schools and see information that you would like us to update, please feel free to contact us. Also, if you are associated with a higher education institution outside the US that self-identifies as a biblical counseling school and your program publicly affirms the Biblical Counseling Coalition's Confessional Statement, feel free to contact us requesting that your school be added in future editions.