

## Resources for Married Couples

### **WEBSITES**

**MarriageToday.com** not only has articles but also 7-10 minute videos on an array of topics.

**Focus on the family** has scores of articles on the following topics at [focusonthefamily.com/marriage](http://focusonthefamily.com/marriage)

- Dating your Spouse
- God's Design for Marriage
- Growing Together Spiritually
- Preparing for Marriage
- The Early Years
- Daily Living
- Communication and Conflict
- Sex and Intimacy
- Money and Finances
- Strengthening your Marriage
- Marriage Challenges
- Facing Crisis
- Divorce and Infidelity
- Other Miscellaneous Topics

### **BOOKS**

#### **You and Me Forever, by Frances Chan**

Setting aside typical topics on marriage, Francis and Lisa dive into Scripture to understand what it means to have a relationship that satisfies the deepest parts of our souls. *You and Me Forever: Marriage in Light of Eternity* will radically shift the way we see one of our most important earthly relationships: marriage. Jesus was right. We have it all backwards. The way to have a great marriage is to not focus on marriage. Whether you are single, dating, or married, this book will help you discover the adventure that you were made for and learn how to thrive in it.

#### **Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend**

Only when a husband and wife know and respect each other's needs, choices, and freedom can they give themselves freely and lovingly to one another. Drs. Henry Cloud and John Townsend, counselors and authors of the award-winning bestseller *Boundaries*, help husbands and wives understand the friction points or serious hurts and betrayals in their marriage—and move beyond them to the mutual care, respect, affirmation, and intimacy they both long for.

#### **Sacred Marriage by Gary Thomas**

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.

**Marriage on the Rock, by Jimmy Evans**

Helps you build a solid foundation from communication to money to sex. Marriage on the Rock clearly deals with all the major issues a couple will encounter. Leading marriage authority Jimmy Evans discusses practical real-life challenges and offers easy to understand solutions even if you are the only one willing to work on the relationship.

**Pointman, by Steve Farrar**

Most men would die for their families, but will they live for them?

This book challenges men to take their God-given positions on the front lines of the battle to fight for their family's health and survival. Pointman is a roadmap through parenthood, the seasons of marriage, and personal temptation, to forge a life of faith in the midst a corrupt culture.

**From Bondage to Bonding: Escaping Co-dependency, Embracing Love, by Nancy Groom**

Most teachings on codependency Focus only on how to break free from unhealthy relationships and establish independence and self-esteem. But the freedom that moves us toward intimacy is not merely freedom from codependency, with its fear and loneliness, it's also the freedom to love, without control and manipulation. In this thorough non-technical guide to recovery, takes you beyond simply escaping codependency to find intimacy authenticity and spiritual vitality.

**Love and Respect by Emerson Eggeriches**

A wife has one driving need—to feel loved. When that need is met, she is happy. A husband has one driving need—to feel respected. When that need is met, he is happy. When either of these needs isn't met, things get crazy. *Love and Respect* reveals why spouses react negatively to each other, and how they can deal with such conflict quickly, easily, and biblically.

**Healing Your Marriage When Trust is Broken by Cindy and Chris Beal**

A few days after an ordinary Valentine's Day, Cindy Beall's life changed forever. She listened with disbelief to her husband, Chris, a respected pastor, confess to pornography addiction, numerous affairs, and the startling news that a woman was pregnant with his child.

With raw honesty and intimate knowledge of pain and of God's power to resurrect something new out of the debris of betrayal, Cindy reveals how to seek guidance, counseling, and prayer support when deceptions surface; help the family heal from the grief and humiliation; rebuild trust after porn, sex, and other addictions undermine a relationship; protect a marriage from lies and unfaithfulness; rely on God to pursue forgiveness and move forward in new promises. Cindy's compassion, grasp of God's Word, and the Bealls' remarkable story will help wives and husbands trust God with their broken hearts and follow His leading, hope, and redemption.

**Sheet MusicBy: Dr. Kevin Leman**

All it takes is practice...and the right attitude, says Dr. Leman. Sex is about the quality of your entire love life, not just the alignment of your bodies. So if you're willing to forge ahead for the sake of the best marriage you can imagine, this book is for you. It will expand and challenge your thinking, help you start your marriage off right, or go from humdrum to exciting if you're already married.