

Resources

5 Love Languages:

The 5 Love Languages by Gary Chapman

The 5 Love Languages®

What if you could say or do just the right thing guaranteed to make that special someone feel loved? The secret is learning the right love language! Millions of couples have learned the simple way to express their feelings and bring joy back into marriage: *The 5 Love Languages*, Dr. Gary Chapman's New York Times bestseller!

- **Words of Affirmation**

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

- **Quality Time**

In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

- **Receiving Gifts**

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

- **Acts of Service**

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness,

broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

- **Physical Touch**

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

5 Love Languages Assessment:

<http://www.5lovelanguages.com/assessments/love/>

Boundaries:

Boundaries by Cloud & Townsend

Boundaries, by Dr. Henry Cloud and Dr. John Townsend, addresses specific issues that confront today's Christians.

Issues such as:

- Living a life out of control
- Having people take advantage of us
- Having trouble saying no
- Being disappointed with God because of unanswered prayers...and many more vital issues.

A boundary is a personal property line that marks those things for which we are responsible. In other words, boundaries define who we are and who we are not. They impact all areas of our lives:

Physical boundaries help us determine who may touch us and under what circumstances.

Mental boundaries give us the freedom to have our own thoughts and opinions.

Emotional boundaries help us deal with our own emotions and disengage from the harmful, manipulative emotions of others.

Spiritual boundaries help us to distinguish God's will from our own and give us renewed awe for

our Creator.

Having clear boundaries is essential to a healthy, balanced lifestyle, isn't it? Often, Christians focus so much on being loving and unselfish that they forget their own limits and limitations.

When confronted with their lack of boundaries they ask:

- Can I set limits and still be a loving person?
- What are legitimate boundaries?
- What if someone is upset or hurt by my boundaries?
- How do I answer someone who wants my time, love, energy, or money?
- Aren't boundaries selfish?
- Why do I feel guilty or afraid when I consider setting boundaries?

Changes That Heal by Cloud & Townsend

Changes That Heal How to understand your past to ensure a healthier future.

Christians are suffering from a whole range of emotional problems: anxiety, loneliness, grief over broken relationships, resentment, and feelings of inadequacy.

Often they have been struggling with those problems for years. They are people in 'Changes That Heal' teaches that there are biblical solutions for your struggles with depression, anxiety, panic, addictions, and guilt, and that these solutions lie in your understanding certain basic developmental tasks. These tasks involve growing up into the 'likeness' of the one who created you.

Dr. Cloud in this book has identified four aspects of the personality of God that, if we would cultivate them, would greatly improve our day-to-day functioning. God is able to do four things that we, his children, have difficulty doing:

- Bond with others.
- Separate from others.
- Sort out issues of good and bad
- Take charge as an adult.

Dr. Cloud goes on to say that because we live in a fallen world, we all have deficits in all four areas. Transforming the effects of the fall and growing in the image of God is not an easy task. But God has promised that the 'good work' he began in us, He will carry 'on to completion until the day of Christ Jesus' (Phil. 1:6).

Safe People by Cloud & Townsend

How to find relationships that are good for you and avoid those that aren't.

Countless individuals have invested themselves into people who've shipwrecked their lives in return. They've been abandoned or taken advantage of, and left with little to show for what they've given. They've lost the sense of security and personal value in the process. If you're one who has chosen the wrong people to get involved with or makes the same mistakes about relationships over and over again, then the Safe People book offers you a remedy.

Dr. Cloud and Dr. Townsend walk you through frank, soul-searching questions into active changes and practical steps for growth.

Safe People gives you solid guidance that will help you:

- Correct things within yourself that jeopardize your relational security
- Learn the twenty traits of 'unsafe' people
- Recognize what makes people trustworthy
- Avoid unhealthy relationships
- Form positive relationships

Safe People, Drs. Cloud and Townsend offer solid guidance for making safe choices in relationships, from friendships to romance. They help identify the nurturing people we all need in our lives, as well as ones we need to learn to avoid.

Boundaries with Kids by Cloud & Townsend

When to say Yes, when to say No; to help your children gain control of their lives.

Boundaries with Kids by Dr. Henry Cloud and Dr. John Townsend, addresses the critical issues involved in learning when to say "Yes and when to say No" to help your children gain control of their lives.

For anyone in a parenting or teaching role, helping children learn responsibility is a key issue. From temper tantrums and attitude problems, to drugs and sex, learning limits and becoming responsible is a major part of growing up.

Kids who haven't learned these skills often struggle in:

Relationships
School
Conduct
Work
Spirituality
Morality

As any parent knows, simply telling kids to "do the right thing" isn't enough And 'making them mind' is often futile. Boundaries With Kids helps grown-ups teach children how to become stewards of their lives, behavior, and values by establishing healthy boundaries with them. As parents learn to set appropriate boundaries and consequences with children, the kids begin developing:

- ownership of their lives
- discipline and self-control
- respect for others
- love and freedom

Based on some of the same biblical principles found in the best-selling Boundaries, Boundaries With Kids will help your child learn responsibility by teaching you how to:

Recognize the boundary issues underlying child behavior problems Set boundaries and appropriate consequences with kids.

Get out of the 'nagging' trap.

Stop controlling your child and start helping your child develop self-control.

Apply the ten laws of boundaries to parenting

Take six practical steps for implementing boundaries with your kids.

How People Grow by Cloud & Townsend

What the Bible reveals about personal growth.

"This is one of the best books on spiritual growth I've ever read"

-Rick Warren, author of The Purpose-Driven Life.

Does Christianity really work? Why do many sincere Christians fail to make progress in some area of their lives even though they work hard to apply the spiritual solutions they have been taught? They learn about God's love, yet continue to feel depressed. They understand the crucified life, but still struggle with problems in their relationships.

They focus on their security in Christ, but continue to overeat. Spiritual interventions are not working for them. To solve this dilemma, authors Henry Cloud and John Townsend examined the processes and paths that actually help people grow and made a discovery. They went to the Bible and found that the true processes that make people grow are all there. Not only is the Bible true, but what is true is in the Bible.

The problem, they contend, is that many systems of growth leave out much of what the Bible teaches. In this foundational work, Cloud and Townsend describe the principles they use in their

private practice, in their teaching and seminars, and in their writing of books like *Boundaries*, *Changes That Heal*, and *Safe People*. Their practical approach to helping people grow really works and has such transforming power in people's lives because their principles are grounded in both orthodox Christian faith and a keen understanding of human nature.

This book will be useful both to those who are helping people grow spiritually, as well as to those who are seeking growth themselves.

Hiding From Love by Cloud & Townsend

How to change the withdrawal patterns that isolate and imprison you.

Hiding From Love discusses:
our "two biggest problems related to love"
"helpful and harmful types of hiding"
"Hope for those in hiding"

When you experience emotional injury, fear, shame, or pride, your first impulse is to hide the hurting parts of yourself from God, others, and even yourself.

Often, you've learned these hiding patterns during childhood to protect yourself in a threatening environment. The problem is that when you hide your injuries and frailties, you isolate yourself from the very things you need in order to heal and mature. What served as protection for a child becomes a prison to an adult.

In *Hiding From Love*, Dr. John Townsend helps you to explore thoroughly the hiding pattern you've developed and guides you toward the healing grace and truth that God has built into safe, connected relationships with Himself and others.

You'll discover:

- The difference between "good" and "bad" hiding

- Why you hide the broken parts of your soul from the God who can heal them

- How to be free to make mistakes without fear of exposing your failures and imperfections

- How to obtain the joy and wholeness God intends you to have through healthy bonding with others

www.cloudtownsend.com

Financial:

Your Money Map by Howard Dayton

A financial plan and learning how to manage money God's way.

www.crown.org

Business by the Book by Larry Burkett

The complete guide of Biblical principles for the workplace.

www.crown.org

Financial Peace by Dave Ramsey

If you will live like no one else, later you can LIVE like no one else! A financial plan and learn to give like no one else.

www.fpu.com

The Total Money Makeover by Dave Ramsey

A proven plan for financial fitness

EntreLeadership by Dave Ramsey

Everything you ever wanted to know about building and growing a business but didn't know who to ask.

www.daveramsey.com

Finding God:

Finding God by Dr. Larry Crabb

In today's world we are more preoccupied with solving our problems than with finding God. We've got things backward, says Dr. Larry Crabb. Instead of using God to solve our problems, we need to use our problems to find God.

The Live You've Always Wanted, by John Ortberg

Spiritual disciplines for ordinary people

If You Want to Walk on Water, You've Got to Get Out of the Boat, by John Ortberg

John Ortberg invites you to consider the incredible potential that awaits you outside your comfort zone.

When the Game is Over It All Goes Back in the Box, by John Ortberg

A fantastic career. A new house. A plush 401k and a secure retirement. Good, all good – but is that what it's all about? No matter how skillfully you play it or how many tokens you acquire, a time arrives when the game of life comes to an end. Now what?

Everybody's Normal Till You Get to Know Them, by John Ortberg

Normal? Who's normal?

Love & Respect:

Love & Respect by Dr. Emerson Eggerichs

Touted by leaders as a "classic" among marriage books, award-winning *Love & Respect* has sold over a million copies! *Love & Respect* reveals why spouses react negatively to each other, and how they can deal with such conflict quickly, easily and biblically.

A Simple Message

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.

A Message That Works

Based on over three decades of counseling, as well as scientific and biblical research, Dr.

Emerson Eggerichs and his wife, Sarah, have already taken the Love and Respect message across America and are changing the way couples talk to, think about, and treat each other.

What do you want for your marriage? Want some peace? Want to feel close? Want to feel valued? Want to experience marriage the way God intended? Then why not try some Love and Respect.

www.loveandrespect.com

Step Families

The Smart Step-Family by Ron L. Deal

Ron Deal explodes the myth of the "blended" family as he provides practical, realistic solutions to the issues that *stepfamilies face*. *He helps remarried and soon-to-be married couples:*

- Recognize the unique personality and place of each family member
- Solve the everyday puzzles of step parenting and stepchildren relationships
- Learn communication skills to deal with ex-spouses
- Honor families of origin while developing new traditions
- Invest the time to grow their stepfamily slowly rather than look for instant results

The Smart Stepdad, by Ron L. Deal

The Smart Stepmom, by Ron L. Deal

www.smartstepfamilies.com

Kingdom Man

Kingdom Man by Tony Evans

When a man follows the principles of biblical manhood, those around him benefit from his leadership and care. Kingdom Man challenges and equips men to fully understand their position under God as well as their position over what God has given them.

Men, it's time to raise the standard and remind ourselves of manhood as God intended it to be. Join Tony Evans and other men around the world on a journey of rediscovering what it means to be a Kingdom Man.

www.tonyevans.org

I Want to Stay Married, But How?: Empowering Christian Women in Marriage

By Kathy Schoenborn, MS LPC

Is your heart crying, "I want to stay married, but how?" You're not alone. Every week, thousands of women sit in church, silently agonizing over their crumbling marriages. Seriously hurting marriages are not a popular topic in the church, and few specifically designed resources have been available to help save the fifty percent of marriages in the church that end in divorce-until now. Written by a professional counselor whose marriage once nearly ended, *I Want to Stay Married, But How?* will:

- Assure you that you are not alone.
- Restore your hope.
- Challenge you to become more fully who God made you to be.
- Change the way you think about and do relationships.
- Convince you that one healthy person-you-can change a marriage. As you learn to "LIVE STRONG" and grow into the person God intended, you will:
- Learn from courageous women who have grown and fought for their families.
- Be educated and empowered to break old, unhealthy habits.
- Be challenged to examine truths about relationship dynamics.
- Learn to speak the truth and challenge relational problems.
- Develop skills for working smarter, not harder, in relationships.
- Move past denial to reclaim your life and power.

Kathy Schoenborn, a licensed professional counselor, has experienced the pain and shame of being a desperately hurting woman. Tottering near divorce, Kathy refused to give up on God's desire to save her marriage. Material that she developed and has passionately taught to other women for eight years formed the basis of this book and resulted in continued healing of her own marriage. God is so good. Kathy has also taught Bible studies and trained groups for short-term missions. She lives in southeast Wisconsin with her husband, Phil, and they have two grown sons and two grandsons.

www.iwanttostaymarriedbuthow.com