

Marriage Resources

Your Best Us: Marriage Is Easier Than You Think, by Ted Lowe

No matter where you currently find your US, you can experience more moments of awesome and fewer moments of awful. And it's easier than you think. Your US can become more. Not some cookiecutter, cloned version of someone else's marriage, but the best version of your US. Through humor, transparency, biblical wisdom, research, and a massive amount of practicality, Ted Lowe guides you through four, doable, easy-to-understand habits that will help you become your best us. Ted Lowe is a speaker, an author, and the director of MarriedPeople, the marriage division at The reThink Group (also known as Orange).

The 5 Love Languages: The Secret to Love that Lasts, by Gary Chapman

Falling in love is easy. Staying in love—that's the challenge. How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life? Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today. *The 5 Love Languages* is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work. Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

10 Great Dates: Connecting Faith, Love, & Marriage, by Heather & Peter Larson and Dave & Claudia Arp

To help you jump-start deeper connections, four marriage experts have come up with 10 creative date ideas, each centered on a spiritual theme, including appreciating your differences, experiencing God together, facing the storms of life, connecting through prayer. With the planning taken care of—including flexible suggestions for before, during, and after the date—you and your spouse can simply enjoy the time sharing what's important in life.

10 Great Dates to Energize Your Marriage, by David & Claudia Arp

Remember back to your dating days—the excitement you felt? Now you can reclaim that same spark, connection, and creativity in your marriage through ten intentional, memory-making dates. This proven approach to relationship growth is low-key, purposeful, effective, easy, and fun, and will help you communicate better, ut the sizzle back in sex, process anger and resolve conflicts, develop spiritual and sexual intimacy, appreciate your differences, balance busy lifestyles, and much more! Enjoy your dates alone as a couple or start your own 10 Great Dates group in your church or community with the 10 Great Dates DVD Curriculum.

10 Great Dates for Empty Nesters, by David & Claudia Arp

A simple dating plan that is sure to revive romance and rejuvenate the fun quotient in your empty-nest marriage. It's just the two of you again and it's time to renew your relationship. You can reconnect and reclaim that same spark, excitement, and creativity you experienced before you had kids through ten innovative, fun dates guaranteed to spice up your marriage. Specially crafted for empty-nesters, these dates are based on marriage-enriching themes, such as becoming a couple again, rediscovering intimate talk, revitalizing your love life, growing together spiritually, relating to adult children, and becoming best friends. 10 Great Dates for Empty Nesters will fill your empty nest with fun, friendship, and romance.

The Necessary Nine: How to Stay Happily Married for Life!, by Dan Seaborn & Peter Newhouse, et al.

Indeed, these are the “must do’s” for anyone who has said, “I do.” This book teaches couples how to: (1) Establish Cherishing Attitudes, (2) Pursue Financial Security, (3) Discover Sexual Satisfaction, (4) Spend Time Together, (5) Develop Genuine Friendship, (6) Value Physical Attraction, (7) Cultivate Emotional Oneness, (8) Guard Home Harmony, and (9) Build Spiritual Fusion. Although the list may look simple enough, Seaborn and Newhouse make sure readers understand the “how-to” part every step of the way. Based on their popular marriage seminar of the same name, *The Necessary Nine* is written for men and women and is appropriate for couples in any season of marriage.

Two Hearts Praying as One, by Dennis & Barbara Rainey

Dennis and Barbara Rainey, founders of FamilyLife, help couples establish the important daily habit of praying together, offering personal stories and answering questions about the dynamics of prayer. Daily entries -- including a short devotion, questions for reflection, and a prayer -- take husband and wife through topics related to prayer, spiritual growth, and key marital issues. In the press of daily living, preserving a private moment to pray with *and for* your life-partner can be tough. Yet joining hearts before God is the single most transforming, intimate experience in marriage—a simple act that will fill your life, your relationship, and your home with wondrous love. Dennis and Barbara Rainey tell how a decision to pray together daily strengthened their understanding of one another, reduced conflict, and knit their hearts together in a deep, spiritual bond.

The Mingling of Souls: God's Design for Love, Marriage, Sex, and Redemption, by Matt Chandler

The Song of Solomon offers strikingly candid - and timeless - insights on romance, dating, marriage, and sex. We need it. Because emotions rise and fall with a single glance, touch, kiss, or word. And we are inundated with songs, movies, and advice that contradicts 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: Attraction, Courtship, Marriage... even Arguing. *The Mingling of Souls* will forever change how you view and approach love.

A Lifelong Love: What If Marriage Is About More Than Staying Together, by Gary Thomas

Couples often settle for too little when it comes to marriage. We fail to understand how deeply God cares about our spouse. We diminish our need to not only understand what biblical love really is, but also to become a people who excel at it. We let ourselves drift apart instead of making the daily choices to grow closer together. Whether your marriage needs a complete makeover, a touch-up, or just a new purpose, *A Lifelong Love* promises to set your relationship on an entirely new dimension. You will never look at worship or your spouse in the same way again. You will understand how living for that day will so radically transform the decisions you make this day. This book will guide you through the power shifts and seasonal mine fields that blow up so many marriages so that you can grow in love instead of in disappointment.

Married for God: Making Your Marriage the Best It Can Be, by Christopher Ash

A good marriage begins with God. It is our natural 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. By realigning our hopes, expectations, and goals for marriage according to the Bible, we will discover the deep joy and lasting fulfillment that comes from a God-centered marriage.

Boundaries in Marriage, by Dr. Henry Cloud & Dr. John Townsend

Learn when to say yes and when to say no to your spouse to make the most of your marriage. Only when you and your mate know and respect each other's needs, choices, and freedom can you give yourselves freely and lovingly to one another. Boundaries are the "property lines" that define and protect husbands and wives as individuals. Once they are in place, a good marriage can become better, and a less-than-satisfying one can even be saved. Drs. Henry Cloud and John Townsend show couples how to apply the 10 laws of boundaries that can make a real difference in relationships. They 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.

For Men Only: A Straightforward Guide to the Inner Lives of Women, by Shaunti & Jeff Feldham

If you're like most men, you've burned up lots of energy trying to figure out what a woman wants, what makes her tick, and how to make her happy. The good news: success is simpler than you thought. In their groundbreaking classic, *For Men Only*, Shaunti and Jeff Feldhahn reveal the eye-opening truths and simple acts that will radically

improve your relationship with the woman you love. Now updated with the latest scientific research to explain the fabulous female brain plus an all-new chapter that shows how to decode her most baffling behavior.

***For Women Only: What You Need to Know About the Inner Lives of Men*, by Shaunti Feldham**

In *For Women Only*, Shaunti Feldhahn reveals what every woman needs to know. Based on rigorous research with thousands of men, Shaunti delivers one eye-opening revelation after another, about love, respect, sex, being a provider, and more. Now, in this expanded and updated edition, you'll find insights from the latest brain research plus an all-new chapter that shows what's really going on when he seems to "check out." Discover how to love your man for who he really is - not who you think he is.

***Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage*, by Ed Wheat, MD, David Colacci, et al.**

A classic for 30 years, *Intended for Pleasure* is a reference book that combines biblical teaching on love and marriage with the latest medical information on sex and sexuality. This popular resource gently encourages married couples to make their sexual relationship the fulfilling experience it was meant to be. This is a complete sex manual, with basic facts and frank discussion of all facets of human sexuality. A perfect gift for newlyweds and a source book for pastors and marriage counselors, this book has helped more than a million people understand and enjoy the gift God intended for pleasure.

***Sexual Intimacy in Marriage*, by William Cutrer, MD, and Sandra Glahn**

Updated and revised, this highly acclaimed, medically and biblically accurate book covers all the bases about sex in marriage with a sensitivity and frankness that married couples will appreciate.