

Recommended Resources

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042307

Marriage and Family

General

- Adams, Jay E. *Christian Living in the Home*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1972. (Provides one of the best, most biblically oriented approaches to marriage and the roles of each spouse. Excellent chapter on communication.)
- Adams, Jay E. *Solving Marriage Problems*. Grand Rapids: Zondervan, 1983. (A helpful guide for those working with troubled marriages. Explores unbiblical concepts of marriage, sinful living patterns, problem relationships outside the marriage, etc.)
- Ashbrook, John. *Family Fundamentals*. Mentor, Ohio: Here I Stand Books. (Concise and biblical look at the roles and responsibilities of a godly marriage.)
- Barnett, John S. *The Joy of a Word Filled Family*. Tulsa: Mullerhaus Publishing, 2004. (Scriptural and practical advise from a pastor and loving father of eight children.)
- Chappel, Bryan. *Each for the Other*. Grand Rapids: Baker Books, 1998 (Scripturally sound help for establishing a God-honoring marriage.)
- Eggerichs, Emerson. *Love and Respect*. Nashville: Integrity Publishers, 2004. (Especially helpful in trouble-shooting sour marriages, but helpful for every marriage.)
- Fremont, Walter and Trudy. *Formula for Family Unity*. Greenville, SC: Bob Jones University Press, 1980. (Practical wisdom about marriage and the family from a couple with years of experience in counseling and family seminars.)
- Lloyd-Jones, Martin. *Life in the Spirit: Marriage, Home and Work*. Grand Rapids: Baker, 1973. (Wonderful insight into Paul's teaching on marriage and the home in Ephesians 5.)
- Mack, Wayne. *Strengthening Your Marriage*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1977. (Workbook approach for the couple seriously wanting to study God's Word and make biblical applications to their marriage and family life. Great tool for counseling assignments.)
- Mack, Wayne. *Your Family, God's Way*. Phillipsburg, NJ: Presbyterian and Reformed Publishing Co., 1991. (Expansion of many of the truths in *Strengthening Your Marriage* but not in workbook form. Much help for the family.)

Video Resources

- Berg, Jim. *Premarital Counseling—PS525*. Bob Jones University Extended Education Department. (Twelve hours of instruction on marriage. Useful for newlyweds-to-be or for couples who need a refresher course on the basics of the roles of marriage, marital communication, finances, as well as help for dealing with problems with in-laws and with the physical relationship. Includes 125 page syllabus.)

Fremont, Walter and Trudy. *Making Your Marriage a Masterpiece*. Bob Jones University Press. (Six-part video series with study guides.)

Audio Resources

Strohbehn, Ben. "Concerning This House Which Thou Art Building" (Available through Audio Services).

Strohbehn, Ben. "When You Marry" (Available through Audio Services)

Especially for Men

Hughes, R. Kent. *Disciplines of a Godly Man*. Portland, OR: Multnomah Press, 1990.

Lancaster, Philip. *Family Man, Family Leader*. San Antonio, TX: Vision Forum, 2003.

Nair, Ken. *Discovering the Mind of a Woman*. Nashville: Thomas Nelson, 1995. (Especially helpful for a man who has failed in his leadership and needs to rebuild his testimony and respect with his wife.)

Phillips, Michael E. *To Be a Father Like the Father*. Camp Hill, PA: Christian Publications, 1992.

MacDonald, Gordan. *The Effective Father*. Wheaton: Tyndale House Publishers, 1977.

Priolo, Lou. *The Complete Husband*. Amityville, NY: Calvary Press, 1999.

Parenting

Fitzpatrick, Elyse, Dr. Laura Hendrickson, and Jim Newheiser. *When Good Kids Make Bad Choices: Help and Hope for Hurting Parents*. Eugene, OR: Harvest House, 2005. 255 pages. (Excellent counsel for parents who have a child going the wrong direction.)

Fugate, J. Richard. *What the Bible Says About Child Training*. Tempe, AZ: Aletheia Division of Alpha Omega Publications, 1980.

Jones, Bob, III. *Who Says So?!: A Biblical View of Authority*. Greenville, SC: Bob Jones University Press, 1996.

Ray, Bruce A. *Withhold Not Correction*. Phillipsburg, NJ: Presbyterian and Reformed, 1978.

Sorenson, David. *Training Your Child to Turn Out Right*. Independence, MO: American Association of Christian Schools, 1995.

Stormer, John A. *Growing Up God's Way*. Florissant, MO: Liberty Bell Press, 1984.

Tripp, Paul David. *Age of Opportunity: A Biblical Guide to Parenting Teens*. Phillipsburg, NJ: Presbyterian and Reformed, 1997.

Tripp, Tedd. *Shepherding a Child's Heart*. Wapwallopen, PA: Shepherd Press, 1995.

Video Resources

Berg, Jim. *Marital Counseling—PS526*. Bob Jones University Extended Education Department. (Twelve hours of instruction on marital counseling with an emphasis upon dealing with the personal and marital factors involved in teenage rebellion. A plan for “restoring a rebel” is

outlined in considerable detail. Includes 100 page syllabus.)

Fremont, Walter. *Biblical Character Training in the home*. (Discusses four general guidelines for training your children.)

Jones, Beneth Peters. *Child Rearing in the Christian Home*. (Covers discipline, communication, and love with a special emphasis for those in Christian service.)

Family Finances

Blue, Ron. *Master Your Money*. Nashville, TN: Thomas Nelson Publishers, 1986.

Burkett, Larry. *The Complete Financial Guide for Young Couples*. Wheaton: Victor Books, 1989.

Burkett, Larry. *Your Finances in Changing Times*. Chicago: Moody, 1982.

Bowman, George. *Here's How to Succeed With Your Money*. Chicago: Moody, 1960.

MacGregor, Malcolm. *Your Money Matters*. Minneapolis, MN: Bethany Fellowship, Inc., 1977.

Physical Relationship in Marriage

Wheat, Ed. *Intended for Pleasure*. Tarrytown, NJ: Revell, 1977.

Miles, Herbert J. *Sexual Happiness in Marriage*. Grand Rapids: Zondervan, 1967.

Note: We cannot recommend *The Act of Marriage* by Tim LaHaye or *The Power of Sexual Surrender* by Maria Robinson because of the mixture of contemporary psychological views of man with the biblical view of man and their prevailing “give-to-get” focus.

Christian Growth and Discipleship

- Adams, Jay E. *A Thirst for Wholeness: How to Gain Wisdom from the Book of James*. Woodruff, SC: Timeless Texts, 1988. 142 pages.
- Adams, Jay E. *From Forgiven to Forgiving*. Amityville, NY: Calvary Press, 1994. 175 pages.
- Berg, James A. *Changed into His Image*. Greenville, SC: Bob Jones University Press, 1999. 372 pages.
- Berg, James A. *Created for His Glory*. Greenville, SC: Bob Jones University Press, 2002. 338 pages.
- Berg, James A. *When Trouble Comes*. Greenville, SC: Bob Jones University Press, 2002, 85 pages.
- Bridges, Jerry. *The Pursuit of Holiness*, 1978; *The Practice of Godliness*, 1983; *Trusting God*, 1988; *Transforming Grace*, 1991; *The Discipline of Grace*, 1994. NavPress. I highly recommend using the study guides for these books except for the one written for *The Discipline of Grace*. These must be purchased separately from the book itself.
- DeHaan, Dan. *The God You Can Know*. Chicago: Moody Press, 1982. 133 pages.
- Hughes, Kent. *Disciplines of a Godly Man*. Wheaton: Crossway Books, 1991. 273 pages.
- Jones, Bob, Sr. *Things I Have Learned*. Greenville, SC: Bob Jones University Press. 224 pages.
- Keller, Phillip. *A Shepherd Looks at Psalm 23*. Grand Rapids: Zondervan, 1970. 142 pages.
- Lewis, C. S. *Mere Christianity*. New York: Macmillan Publishing Co., 1943. 190 pages.
- Lutzer, Erwin. *Winning the Inner War* (formerly, *How to Say No to a Stubborn Habit*). Wheaton: Victor Books, 1979. 143 pages.
- Lutzer, Erwin. *How in This World Can I Be Holy?* Chicago: Moody Press, 1974. 173 pages.
- Packer, J. I. *Knowing God*. Downers Grove, Illinois: InterVarsity Press, 1973. 254 pages.
- Ryrie, Charles Caldwell. *Balancing the Christian Life*. Chicago: Moody Press, 1969. 191 pages.
- Taylor, Richard S. *The Disciplined Life*. Minneapolis: Bethany House, 1962. 127 pages.
- Tozer, A. W. *The Attributes of God*. Camp Hill, Pa: Christian Publications, 1997. 196 pages.
- Tozer, A. W. *The Pursuit of God*. Camp Hill, Pa.: Christian Publications, 1993 (published first in 1949). 119 pages.
- Vaughan, Harold, and T.P. Johnston. *Forgiveness*: Vinton, VA: Christ Life Pub., 1992. 103 pages.

Christian Living Issues

Music

- Blanchard, John and Dan Lucarini. *Can We Rock the Gospel?: Rock Music's Impact on Worship and Evangelism*. Webster, NY: Evangelical Press, 2006.

Fisher, Tim. *The Battle for Christian Music, Second Edition*. Greenville, SC: Sacred Music Services, 2004.

Lucarini, Dan. *Why I Left the Christian Contemporary Movement: Confessions of a Former Worship Leader*. Auburn, MA: Evangelical Press, 2002.

Mukujina, John. *Measuring the Music: Another Look at the Contemporary Christian Music Debate*. Salem, OH: Schmul Publishing Co., 2000.

Pop Culture and Entertainment

Gaebelein, Frank E. *The Christian, The Arts, and Truth*. Portland, OR: Multnomah Press, 1985. (Masterful discussion of the entire sweep of the arts by an educator and Christian thinker.) 261 pages.

Masters, Peter. *Should Christians Drink?: The Case for Total Abstinence*. London: The Wakeman Trust, 1992. 110 pages.

Myers, Kenneth A. *All God's Children and Blue Suede Shoes: Christians and Popular Culture*. Westchester, IL: Good News Publishers, 1989.

Postman, Neil. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. New York: Penguin Books, 1985. (Though not written from a Christian viewpoint, this book does present the major shifts in our culture as a result of television and media.) 184 pages.

Rookmaker, H. R. *Modern Art and the Death of a Culture*. Wheaton: Crossway Books, 1970. (Great introduction to art and its impact on the modern era from an associate of Francis Schaeffer.) 256 pages.

Schaeffer, Francis A. *How Should We Then Live? The Rise and Decline of Western Thought and Culture*. Wheaton: Crossway Books, 1976. (This book is the place to start when studying the roots of the current popular culture.)

Wilson, Wayne A. *Wordly Amusements: Restoring the Lordship of Christ to Our Entertainment Choices*. Enumclaw, WA: WinePress Publishing, 1999. (A must read for every Christian!)

Moral Purity

Harris, Joshua. *Sex is not the Problem (Lust Is)*. Sisters, OR: Multnomah Press, 2003. (Formerly entitled *Not Even a Hint*.) (A great read for young men high school age and above.) 184 pages.

Heimbach, Daniel R. *True Sexual Morality: Recovering Biblical Standards for a Culture in Crisis*. Wheaton: Crossway Books, 2004. (Most thorough and entirely biblical discussion of moral issues available. Deals with the decline of morality in western culture and addresses every sexual issue covered in the Bible, including homosexuality, polygamy, etc.) 525 pages.

Hummel, Rand. *Lest You Fall: Meditations to Fight Moral Impurity*. Greenville, SC: Bob Jones University Press, 2005. (18 scriptural meditations for those struggling with moral purity.) 133 pages.

Piper, John and Justin Taylor, ed. *Sex and the Supremacy of Christ*. Wheaton: Crossway Books, 2005. (Excellent presentation of current issues with a solid biblical foundation.) 283 pages.

Leadership

Eims, Leroy. *Be the Leader You Were Meant to Be*.

Hull, Bill. *Jesus Christ: Disciple-Maker*. Grand Rapids: Fleming H. Revell, 1984. 238 pages.

Petersen, Jim. *Lifestyle Discipleship*. Colorado Springs: NavPress, 1993.

Sanders, J. Oswald. *Spiritual Leadership*. Chicago: Moody Press, 1967. 179 pages.

Counseling

General

Adams, Jay E. *The Christian Counselor's Manual*. Grand Rapids: Baker Book House, 1973. 463 pages.

Adams, Jay E. *How to Help People Change*. Grand Rapids: Zondervan, 1986. 203 pages.

Berg, James A. *Quieting a Noisy Soul*. Greenville, SC: Bob Jones University Press, 2005. (See www.QuietingANoisySoul.com for details about this personal counseling/discipleship interactive program.)

Bulkley, Ed. *Why Christians Can't Trust Psychology*. Eugene, Oregon: Harvest House, 1993. 364 pages.

Addictions

Welch, Edward T. *Addictions: A Banquet in the Grave*. Phillipsburg, NJ: Puritan and Reformed Publishing, 2001. 298 pages. (Most thorough and biblical discussion of addictions available.)

Anxiety Issues

Berg, James A. *Quieting a Noisy Soul*. Greenville, SC: Bob Jones University Press, 2005. (Go to the www.QuietingANoisySoul.com website, click on the "QuickStart" tab, then on the "Panic Attacks and Anxiety Issues" or the "Obsessive Thoughts and Compulsive Behavior" links to view video clips about using *QANS* when dealing with these issues.)

Fitzpatrick, Elyse. *Overcoming Fear, Worry, and Anxiety*. Eugene, OR: Harvest House Publishers, 2001. 224 pages. (Though targeted for women the book offers help for everyone.)

Depression

Berg, James A. *Quieting a Noisy Soul*. Greenville, SC: Bob Jones University Press, 2005. (Go to the www.QuietingANoisySoul.com website, click on the "QuickStart" tab, then on the "Depression and Despair" link to view a video clip about using *QANS* when dealing with depression.)

Welch, Edward T. *Depression: A Stubborn Darkness*. Winston-Salem: Punch Press, 2004. 280 pages. (Another great work by Ed Welch. Compassionate and scriptural.)

Eating Disorders

Berg, James A. www.QuietingANoisySoul.com website. Click on the “QuickStart” tab then on “Anorexia and Bulimia” link for two hours of audio lecture and downloadable syllabus outlining the counseling issues and biblical strategies for counseling eating disorders.

Elyse Fitpatrick, *Love to Eat—Hate to Eat: Breaking the Bondage of Destructive Eating Habits*. Eugene, OR: Harvest House, 1999. (Best book available on eating disorders.)

Psychiatric Medication and Medical Issues

Breggin, Peter R., M.D. and David Cohen, Ph.D. *Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications*. Cambridge, MA: Perseus Publishing. 271 pages. (Written for the layman to use in connection with his physician to come off psychiatric medications.)

Note: Dr. Breggin, a secular psychiatrist, leads a movement within the American Psychiatric Association calling psychiatrists to return to “talk therapy” and abandon “drug therapy.” He is fostering the growth of clinics across the US that are successfully treating all forms of psychiatric disorders—including psychosis and schizophrenia—without drugs. His motto is: “People need people, not pills.”

Breggin, Peter R., M.D. *Toxic Psychiatry: Why Therapy, Empathy, and Love Must Replace the Drugs, Electroshock, and Biochemical Theories of the “New Psychiatry.”* New York: St. Martin’s Press, 1991. 463 pages. (This book provides the more serious student with the background studies to support his position against psychiatric medication.)

Fitzpatrick, Elyse and Laura Hendrickson, M.D. *Will Medicine Stop the Pain?: Finding God’s Healing for Depression, Anxiety, and Other Troubling Emotions*. Chicago: Moody Press, 2006. 234 pages (Dr. Hendrickson, formerly a psychiatrist, has been a biblical counselor for over 10 years. Her medical expertise, biblical perspective, and personal experience blended with Elyse Fitpatrick’s biblical insight provide great hope for the counselee.)

Halla, James, M.D. *Pain: The Plight of Fallen Man*. Stanley, NC: Timeless Texts, 2002. 204 pages. (Dr. Halla is a board-certified rheumatologist and biblical counselor whose practice treating patients with chronic and acute soft tissue diseases and disorders has given him much experience in helping patients see God in their pain and understand how their own contentedness is often a key component in their personal experience of pain.)

McMullen, Glen, M.D. *Prozac Backlash*. New York: Touchstone, 2001. 383 pages. (Thorough discussion of the dangers of SSRIs and the flawed research behind them from a secular clinical instructor in psychiatry at Harvard Medical School.)

Smith, Robert D., M.D. *The Christian Counselor’s Medical Desk Reference*. Stanley, NC: Timeless Texts, 2000. 481 pages. (A thorough examination of a multitude of medical issues from the standpoint of a medical practitioner and biblical counselor. A must have reference for Christian counselors.)

Welch, Edward T. *Blame It on the Brain?: Distinguishing Chemical Imbalances, Brain Disorders, and Disobedience*. Phillipsburg, NJ: Puritan and Reformed Publishing, 1998. 204 pages. (Very thoughtful direction from a biblical counselor whose doctoral work was in pharmacology and brain science.)

Sexual Abuse

Berg, James A. *Ps523: Crisis Counseling I video course*. (Available from Extended Education at Bob Jones University. This 12 hour counseling course includes a 10-hour segment on “Understanding and Overcoming Childhood Sexual Abuse.” Can be used both as a training tool for the counselor and as a primary intervention for the abused individual.)

Jones, Beneth Peters. *Mount Up with Wounded Wings*. Greenville, SC: Bob Jones University Press, 1994. (For women from hurtful home backgrounds.)

Counseling Journals

The Journal of Biblical Counseling, Laverock, PA: Christian Counseling and Educational Foundation (www.ccef.org). The *Journal* is a quarterly printed publication, but it’s most helpful format is the CD-Rom version which makes the entire *Journal* electronically searchable. Another must have resource for the biblical counselor.

The Journal of Modern Ministry, edited by Jay E. Adams and published as a ministry of Timeless Texts. Begun in 2004 this quarterly journal expands the biblical ministry of Dr. Adams.