



Resource List: Marital Intimacy

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Webpages, Q&As, and Resource Lists](#)
[Referrals](#)

Books

Closer: Devotions to Draw Couples Together by Jim and Cathy Burns (2010) • 9780764208607 •

Fifty-two devotionals with Scripture and engaging stories inspire couples to draw closer to each other through quiet talks vital for intimacy in marriage.

Covenant Marriage by Dr. Gary Chapman (2003) • 9780805425765 •

"Building Communication and Intimacy"

Enjoy! by Joyce and Clifford Penner (2017) • 9781589978027 •

"The Gift of Sexual Pleasure for Women"

From This Day Forward by Craig and Amy Groeschel (2014) • 9780310333845 •

"Five Commitments to Fail-Proof Your Marriage"

Fully Alive by Dr. Larry Crabb (2014) • 9780801015335 •

"A Biblical Vision of Gender That Frees Men and Women to Live Beyond Stereotypes"

The Gift of Sex by Dr. Clifford and Joyce Penner (2003) • 9780849944154 •

This Christian guide to sexual fulfillment devotes significant attention to the physical dimension of marriage, including how to move past sexual barriers, resolve difficulties, and find help. The Penners also address pornography and sexual addictions.

Happy Habits for Every Couple: 21 Days to a Better Relationship by Roger and Kathi Lipp (2014) • 9780736955737

Find fun, simple ideas to help you and your spouse connect more deeply on everything from chores to sexual intimacy.

Hot Chocolate for Couples by Cindy Sigler Dagnan (2009) • 9780736927291 • (not currently available through Focus on the Family)

"Practical Ways to Sweeten Your Love Life"

How We Love: A Revolutionary Approach to Deeper Connections in Marriage by Milan and Kay Yerkovich (2008)

• 9780735290174 •

Learn how childhood experiences shape future expectations for relationships.

Intimate Allies by Dr. Dan Allender and Tremper Longman (1999) • 9780842318242 •

"Rediscovering God's Design for Marriage and Becoming Soul Mates for Life"

Intimate Issues: Conversations Woman-to-Woman by Linda Dillow and Lorraine Pintus (2009) • 9780307444943 •

With warmth, wisdom, and candor, Dillow and Pintus answer the most-asked questions Christian women have about sexual intimacy. Their biblical insights and creative ideas will guide married couples to deeper, more satisfying relationships.

Kiss Me Like You Mean It by Dr. David Clarke (2009) • 9780800733292 •

“Solomon’s Crazy-in-Love How-to Manual”

The Language of Sex by Dr. Gary Smalley and Pastor Ted Cunningham (2008) • 9780800725839 •

Understand emotional, physical, and spiritual truths about God’s design for the beauty of sexual expression in marriage.

Love Talk by Drs. Les and Leslie Parrott (2013) • 9780310330615 •

“Speak Each Other’s Language Like You Never Have Before”

A Marriage After God’s Own Heart by David Clarke, Ph.D. (2001) • 9781576737552 •

Learn how cultivating *spiritual* intimacy—recognizing God’s design for a relationship that’s passionate, fun, deeply intimate, and sacred—can lead to marriage as the Lord truly intended.

The Married Guy’s Guide to Great Sex by Clifford and Joyce Penner (2017) • 9781589979383 •

“Make sex meaningful to your wife, build desire, get past sexual problems, and enjoy guilt-free sex.”

Men and Women: Enjoying the Difference by Dr. Larry Crabb (2013) • 9780310336884 •

Crabb uses illustrations from Scripture and his counseling experience to discuss how to turn from selfishness and become “other-centered.”

No More Headaches by Dr. Julianna Slattery (2009) • 9781589975385 •

“Enjoying Sex and Intimacy in Marriage”

Passion Pursuit: What Kind of Love Are You Making? by Linda Dillow and Dr. Juli Slattery (2013) • 9780802406392 •

Dillow and Slattery explore the Song of Solomon to help wives embrace their God-given sexuality and use it to strengthen their marriage.

Red-Hot Monogamy: Making Your Marriage Sizzle by Bill and Pam Farrel (2006) • 9780736916080 •

God’s design for sex works best when there is complete intimacy—emotional, spiritual, *and* physical. The Farrels help put the sizzle back into your marriage with proven advice and techniques based on biblical truth.

Sacred Sex: Embracing Your Sexuality As God Designed It by Tony Evans (2014) • 9780802411556 •

For singles or those married, Evans takes a scriptural and scientific look at our God-given sexuality, the value of purity, and the importance of holding sex in a sacred light.

The Songs of Jesus by Timothy Keller (2015) • 9780525955146 •

“A Year of Daily Devotions in the Psalms”

Starved for Affection by Dr. Randy Carlson (2015) • 9780842381956 •

“Why We Crave It, How to Get It, and Why It’s So Important in Marriage”

The Way to Love Your Wife by Dr. Clifford and Joyce Penner (2007) • 9781604829235 •

“Creating Greater Love and Passion in the Bedroom”

When Two Become One by Christopher McCluskey (2006) • 9780800731151 •

“Enhancing Sexual Intimacy in Marriage”

Broadcasts

Adding Some Spice to Your Marriage (Pastor Ted Cunningham) • 235000009847 •

Cunningham combines humor with practical advice for enjoying more connection and intimacy in your marriage.

Building the Passion in Your Marriage (Dr. Clifford and Mrs. Joyce Penner) • 9781624710674 •

The Penners challenge attitudes, presuppositions, and mindsets about physical intimacy. As couples learn together, they can discover greater love, passion, and intimacy in marriage.

Building Your Marriage to Last a Lifetime (Dr. Gary Smalley, Pastor Ted Cunningham) • 9781624717543 •

For marriage to last a lifetime, commitment alone isn't enough. Smalley and Cunningham discuss the need to rediscover and nurture the passionate love and close companionship couples enjoyed in the early days of their relationship.

Communicating About Intimacy in Early Marriage (Bill and Pam Farrel) • 9781624715259 •

Focusing on the need for couples to understand each other's mind-set about sexual intimacy and the God-given characteristics of this aspect of marriage, the Farrels help husbands and wives learn to communicate about and prioritize intimacy.

Connecting Spiritually With Your Spouse (Dr. Greg and Mrs. Erin Smalley) • 9781624718762 •

The Smalleys talk about their struggles and joys in connecting with each other. They emphasize having a strong relationship with God, which creates true spiritual connection with your spouse.

Connecting Spiritually With Your Spouse Through the Psalms (Dr. Tim and Mrs. Kathy Keller) • 235000009441 •

The Kellers discuss the benefits of studying the biblical Psalms as a couple. They share how couples can strengthen their relationship through their approach to devotions, prayer, and God.

Connecting With Your Spouse and God (Dr. Scott Stanley) • 9781683320289 •

Stanley helps couples understand God's desire for their marriage and offers suggestions for developing deeper spiritual intimacy to persevere through life's trials.

Connecting With Your Spouse for a Lifetime (Pastor Craig Groeschel) • 9781624718922 •

Groeschel shares from his marriage of 20+ years and his role as a pastoral counselor. He tells what he's learned about the importance of seeking God as a couple, learning to fight fair, having fun, and staying pure.

Cultivating Spiritual Intimacy in Your Marriage (Dr. David Clarke) • 9781624710926 •

Marriage is more than just emotional and physical intimacy. *Spiritual* intimacy is the key ingredient to a healthy marriage—and Clarke shares thoughts about how to build unity in that area.

Developing a Deeper Connection With Your Spouse (Milan Yerkovich, Kay Yerkovich) • 9781624710728 •

Discover how your attachment style shapes your behavior, beliefs, and expectations within marriage. Learn to break free from negative patterns to create a deeper, richer relationship with your spouse.

Discovering Your Love Style (Milan and Kay Yerkovich) • 235000009434 •

The Yerkoviches offer helpful insights and steps you can take to create a deeper, richer marriage. Are you a pleaser, an avoider, a vacillator, a controller, or a secure connector?

Drawing Closer to God and Each Other (Gary Thomas) • 235000007270 •

Thomas discusses how couples can intentionally put away selfishness and pursue oneness in marriage by finding confidence in God and seeking first *His* Kingdom.

Embracing God's Design for Marital Intimacy (Linda Dillow, Lorraine Pintus) • 9781624713422 •

Dillow and Pintus talk about the beauty of intimate marriage relations as created by God—for procreation, emotional bonding, and pleasure.

Embracing the Unique Aspects of Male and Female (Dr. Larry Crabb) • 9781624719653 •

Crabb talks about how God created men and women as relational beings but that we often allow fear to prevent us from embracing authentic masculinity and femininity.

Enjoying Intimacy As a Newlywed (Dr. Juli Slattery) • 9781683320562 •

Slattery advises newlyweds on overcoming and avoiding common challenges to sexual intimacy.

Enjoying Intimacy in Your Marriage (Dr. Juli Slattery) • 9781624711770 •

Slattery talks about God's design for intimacy and unpacks common lies women believe about sex. Learn to work through past wounds and common barriers to find fulfillment in marital intimacy.

Enjoying Physical Intimacy As a Woman (Dr. Cliff and Mrs. Joyce Penner) • 235000011314 •

The Penners discuss God's design for sex, how to plan and prepare for times of intimacy, and how couples can overcome common blocks to intimacy.

Exploring the Depth of Intimacy in Marriage (Dr. Greg and Mrs. Erin Smalley) • 235000010379 •

The Smalleys examine different types of intimacy in marriage—physical, emotional, relational, and spiritual—and give advice for how couples can build closeness.

Growing Closer With Your Spouse (Jim Burns) • 9781624713057 •

Burns explains the benefit of spouses having regular devotional and prayer time together. Learn to avoid pitfalls and create a plan that works for you.

Keeping Romance in Marriage (Zig Ziglar) • 9781624712524 •

In this prerecorded message filled with humor and warmth, Ziglar shares insights about what makes a successful marriage.

Keeping the Romance Sizzling in Your Marriage (Bill and Pam Farrel) • 9781624713873 •

The Farrels offer advice for building marital romance and sexual intimacy from their book *Red Hot Monogamy*.

Kindling the Friendship in Your Marriage (Drs. Les and Leslie Parrott) • 9781624714344 •

The Parrotts share about the importance of friendship in marriage based on abiding and confident love for one another. They offer suggestions to strengthen that bond, including making time for each other and studying what makes each other laugh.

Leading Your Wife's Heart Toward Intimacy (Dr. Gary Chapman) • 9781624719103 •

Chapman explains how male-female differences can adversely affect intimacy, and he advises married couples about their behavior—such as emphasizing giving, not demanding; asking questions; and discovering your spouse's love language.

Learning Your Spouse's Love Language (Dr. Gary Chapman) • 9781624713262 •

Chapman describes five ways people generally communicate love: words of affirmation, gifts, physical touch, quality time, and acts of service.

Nurturing Affection in Your Marriage (Dr. Randy Carlson) • 9781624710742 •

Carlson discusses his book *Starved for Affection*. It's never too late to restore your marriage to one of renewed tenderness, intimate closeness, and intense passion.

Pursuing Passion in Your Marriage (Dr. Juli Slattery, Linda Dillow) • 9781624716812 •

Slattery and Dillow discuss their Bible study curriculum, *Passion Pursuit*. They share God's design for intimacy in marriage, how couples can prioritize and communicate about intimacy, and what to do in cases of addictions or a promiscuous past.

Putting the Sizzle Back in Your Marriage (Kathi Lipp, Erin MacPherson) • 9781624719790 •

Lipp and MacPherson encourage women to have a fun, flirty, and intimate marriage—even in the midst of the demands of parenting. Learn to make sexual intimacy a priority and overcome common struggles, including body image issues, exhaustion, and communication challenges.

Re-Investing in Your Marriage: The Key to a Stronger Family (Dr. Gary Smalley, Pastor Ted Cunningham) • 9781624713347 •

Smalley and Cunningham offer advice on re-building intimacy when couples have let kids become a higher priority than marriage.

Rekindling the Romance in Your Marriage (Dr. David Clarke) • 9781624713064 •

If you've allowed romance and intimacy to take a back seat to the demands of parenting or work, Clarke offers advice to reignite the spark in your marriage from his book *Kiss Me Like You Mean It*.

Sweetening the Romance With Your Spouse (Cindy Dagnan) • 9781624713200 •

Dagnan offers advice for cultivating romance in a discussion based on her book *Hot Chocolate for Couples: Practical Ways to Sweeten Your Love Life*.

Understanding God's Sacred Design for Sex (Dr. Tony Evans) • 9781624716546 •

Evans explains God's design for sex within marriage and addresses the cultural distortion of that plan. He also lifts up the sacredness of physical intimacy between a husband and wife, referencing God's Word as our guide.

Focus on the Family
Webpages, Q&As, and Resource Lists

Marriage—Sex and Intimacy

- focusonthefamily.com/marriage/sex_and_intimacy

Q&As

- focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement.

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
Find recommended resources and referrals listed by topic, including the following:

[Female Health](#) • RL056 •

[Marital Challenges](#) • RL038 •

[Marriage Materials](#) • RL016 •

Referrals

Focus on the Family Counseling Consultation Line

Focus on the Family offers a free phone counseling consultation with a licensed counselor. They're here to listen and pray with you, as well as provide initial guidance and resources to help you. Phone 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT) to arrange a call back.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

Passionate Commitment

200 East Del Mar Boulevard, Suite 126

Pasadena, CA 91105

626/449-2525

passionatecommitment.com

- Psychologist Dr. Cliff Penner, his wife, Joyce (a clinical nurse specialist), and other therapists offer counseling for a variety of individual, relational, and sexual issues.