Resource List:

Marital Intimacy

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included

Books
Broadcasts
Websites, 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: Building Communication and Intimacy by Dr. Gary Chapman (2003) • 9780805425765
Chapman provides principles for a covenant marriage, including handling conflict and developing communication that can build intimacy and lead to ministry.

From This Day Forward: Five Commitments to Fail-Proof Your Marriage by Craig and Amy Groeschel (2014) • 9780310333845
The Groeschels share from their own struggles and successes to help you learn how to build a godly marriage.

Fully Alive: A Biblical Vision of Gender That Frees Men and Women to Live Beyond Stereotypes by Dr. Larry Crabb (2014) • 9780801015335
Explore a biblical understanding of God-given femininity and masculinity.

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.

How We Love: A Revolutionary Approach to Deeper Connections in Marriage by Milan and Kay Yerkovich (2008) • 9781400072996
Are you tired of arguing with your spouse over the same old issues? Learn how your childhood experiences shaped your future expectations for relationships, and what you can do to develop a more intimate and passionate marriage.

Intimate Allies by Dr. Dan Allender and Tremper Longman (1999) • 9780842318242
Allender and Longman discuss how to address unresolved conflict, challenging husbands and wives to move their relationship out of the mundane and into the fulfilling experience God intends.

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.
If marriage is to last a lifetime, commitment alone isn’t enough. Smalley and Cunningham discuss the need to rediscover and discover greater love, passion, and intimacy in marriage. The Penners explore the Song of Solomon to help wives embrace their God-designed intimacy and to understand how to meet his wife’s needs. Carlson explains how and why couples need to nurture this vital element. Slayter addresses men’s and women’s different needs to help a wife and her husband enjoy the satisfying sex life God intends. Dillow and Slayter explore the Song of Solomon to help wives embrace their God-given sexuality and use it to strengthen their marriage. The Way to Love Your Wife: Creating Greater Love and Passion in the Bedroom by Dr. Clifford and Joyce Penner (2007) • 9781604829235
Discover greater intimacy in married sex by breaking down myths, taking pressure off of both spouses, and giving a husband the confidence to understand how to meet his wife’s needs.

Building the Passion in Your Marriage – I, II (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
If marriage is 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 enables true spiritual connection with your spouse.

Connecting With Your Spouse for a Lifetime – I, II (Pastor Craig Groeschel) • 9781624718922 •
Groeschel shares from his marriage of 20+ years and his role as a pastoral counselor. He tells what he has 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 – I, II (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 – I, II (Milan Yerkovich, Kay Yerkovich) • 9781624710728 •
Discover how your attachment style shapes your behavior, beliefs, and expectations within marriage—and learn to break free from negative patterns to create a richer relationship with your spouse.

Drawing Closer to God and Each Other – I, II (Gary Thomas) • 9781624718007 •
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 – I, II (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 – I, II (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 as we fulfill God’s purpose in our lives.

Enjoying Intimacy in Your Marriage – I, II (Dr. Juli Slattery) • 9781624717770 •
Slattery talks about God’s design for intimacy and unpacks common lies that women believe about sex. Learn to work through past wounds and common barriers to find fulfillment in marital intimacy.

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 implement a plan that works for you.

Keeping Romance in Marriage – I, II (Zig Ziglar) • 9781624712524 •
Although he passed away in 2012, Zig Ziglar will never be forgotten. And in this prerecorded message filled with humor and warmth, he shares insights about what makes a successful marriage.

Keeping the Romance Sizzling in Your Marriage – I, II (Bill and Pam Farrel) • 9781624713873 •
The Farrels offer advice for building marital romance and sexual intimacy from their book Red Hot Monogamy: Making Your Marriage Sizzle.

Kindling the Friendship in Your Marriage (Drs. Les and Leslie Parrott) • 9781624714344 •
The Parrots 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 – I, II (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 “love languages,” or general ways people 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 and shares that it’s never too late to restore your marriage to one of renewed tenderness, intimate closeness, and intense passion.

Pursuing Passion in Your Marriage – I, II (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 – I, II (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 – I, II (Dr. Gary Smalley, Pastor Ted Cunningham) • 9781624713347 •
Smalley and Cunningham offer advice on re-building intimacy when couples have let their kids become a higher priority than their marriage.

Rekindling the Romance in Your Marriage – I, II (Dr. David Clarke) • 9781624713064 •
If you have 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: Solomon’s Crazy in Love How-To Manual.

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
Websites, Q&As, and Resource Lists

Marriage—Sex and Intimacy
• focusonthefamily.com/marriage/sex_and_intimacy

Pure Intimacy
• pureintimacy.org
This site offers various articles for couples struggling with intimacy due to challenges such as addictions, pornography, and changes of life.

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:

Female Health • RL056 •
Marital Challenges • RL038 •
Marriage Materials • RL016 •

Focus on the Family Counseling Consultation Line
If you need someone to talk to, Focus on the Family offers a free phone counseling consultation with a licensed counselor. Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you. You can also search our directory for a licensed Christian counselor in your area [https://ccn.thedirectorywidget.com].
**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.