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 devotional 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) • 9780899441544

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.
Communicating About Intimacy in Early Marriage

Building Your Marriage to Last a Lifetime

Building the Passion in Your Marriage

Starved for Affection

Sacred Sex: Embracing Your Sexuality As God Designed It

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Passion Pursuit: What Kind of Love Are You Making?

No More Headaches: Enjoying Sex and Intimacy in Marriage

Men and Women: Enjoying the Difference

A Marriage After God’s Own Heart

Love Talk

The Language of Sex


Blending humor and practical advice, Clarke offers answers from the Song of Solomon on how married couples can overcome obstacles that might derail their desire.

The Language of Sex

Understanding emotional, physical, and spiritual truths about God’s design for sexual expression in marriage can help you and your spouse establish the honor and security necessary for sexual intimacy to flourish.

Love Talk

Identify your security needs and determine your personal communication style to more deeply connect with your spouse.

A Marriage After God’s Own Heart

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.

Men and Women: Enjoying the Difference

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

No More Headaches: Enjoying Sex and Intimacy in Marriage

Are you afflicted by bouts of “I’m not in the mood”? With warmth and understanding, Slattery addresses men’s and women’s different needs to help a wife and her husband enjoy the satisfying sex life God intends.

Passion Pursuit: What Kind of Love Are You Making?

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

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

For singles or those married, Evans takes a scriptural and scientific look at our God-given design for a relationship that’s passionate, fun, deeply intimate, and sacred.

Starved for Affection

Affection is the ingredient that adds flavor and texture to the marital bond. Carlson explains how and why couples need to nurture this vital element.

The Way to Love Your Wife: Creating Greater Love and Passion in the Bedroom

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.


The Language of Sex by Dr. Gary Smalley and Pastor Ted Cunningham (2008) • 9780800725846

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

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

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

No More Headaches: Enjoying Sex and Intimacy in Marriage by Dr. Julianna Slattery (2009) • 9781589975385


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

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

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

The Way to Love Your Wife: Creating Greater Love and Passion in the Bedroom by Dr. Clifford and Joyce Penner (2007) • 9781604829235

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

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

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

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

The Penners challenge attitudes, presuppositions, and mindsets about marriage. They point out how and why couples need to rediscover and develop greater love, passion, and intimacy in marriage.

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.
Putting the Sizzle Back in Your Marriage

Nurturing Affection in Your Marriage

Leading Your Wife

Kindling the Friendship in Your Marriage

Keeping the Romance Sizzling in Your Marriage

Growing Closer With Your Spouse

Embracing God’s Design for Marital Intimacy

Embracing the Unique Aspects of Male and Female

Enjoying Intimacy in Your Marriage

Growing Closer 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 deeper, 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 importance of friendship in marriage based on abiding and confident love for one another. They share about God’s design for intimacy in marriage, and unpacks common lies that women believe about sex. Learn to work through past wounds and common barriers to find fulfillment in marital intimacy.

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) • 9781624711770

Slattery talks about God’s design for intimacy and upacks 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.
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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 Webpage: Marriage—Sex and Intimacy
• focusonthefamily.com/marriage/sex_and_intimacy

Focus on the Family Website: 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.

Focus on the Family Q&As
• family.custhelp.com
Browse our Q&As for advice and encouragement.

Focus on the Family Resource Lists
• family.custhelp.com/app/answers/detail/a_id/26500
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’re struggling and 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.

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