Resource List:
Marriage Materials

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
DVDs
Websites, Q&As, and Resource Lists
Referrals

Books

31 Days to a Happy Husband by Arlene Pellicane (2012) • 9780736946322
Learn how to care for your husband and provide for his greatest needs: domestic tranquility, respect, eros, attraction, and mutual activities.

31 Days to Becoming a Happy Wife by Arlene Pellicane (2014) • 9780736958066
Pellicane offers scriptural and practical insights to help you build on five character traits: hopefulness, adaptability, positivity, purposefulness, and yieldedness.

The Antelope in the Living Room: The Real Story of Two People Sharing One Life by Melanie Shankle (2014) • 9781414385549
Shankle offers an inspiring and humor-filled look at the joys and challenges of marriage.

The Best Advice I Ever Got on Marriage: Transforming Insights From Respected Husbands & Wives compiled by Jim Daly (2011) • 9781613752913
Les and Leslie Parrott, Phil and Heather Joel, Frank Pastore, Joni Eareckson Tada, and other well-known Christians share their joys, fears, triumphs, and failures in marriage—all to help you and your spouse deepen your relationship and embrace your lifelong commitment with renewed love and hope.

The Best Year of Your Marriage: 52 Devotions to Bring You Closer edited by Jim and Jean Daly (2014) • 9781624051364
Find scriptural encouragement, personal stories, and insights from Focus on the Family counselors to help you talk about and practice communicating, showing affection, resolving conflict, praying together, and more.

The Birth Order Book by Dr. Kevin Leman (2015) • 9780800723842
Leman offers key insights into how birth order can affect personality, marriage, parenting styles, career choices, and raising children. Learn to understand yourself, get along better with others, and overcome harmful tendencies.

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend (2002) • 9780310243144
Cloud and Townsend address the complex balance between becoming one in marriage and retaining healthy individual boundaries. Learn to respect each other’s needs, choices, and freedoms.

Capture the Heart of Your Spouse by Lysa TerKeurst

Capture Her Heart (2002) • 9780802440419
Capture His Heart (2002) • 9780802440402
A Couple’s Journey With God by Bill Farrel and Pam Farrel (2012) • 9780736945424

The Farrels offer practical, meaningful ways to join your love with God’s wisdom in order to strengthen your marriage. Learn to build a strong foundation for your lifelong journey as husband and wife.

Crazy Little Thing Called Marriage: 12 Secrets for a Lifelong Romance by Greg and Erin Smalley (2016) • 9781589978508

Drawn from research of thousands of couples across the country, this book explores twelve biblically based essentials for a strong marriage.

The DNA of Relationships: Discover How You Are Designed for Satisfying Relationships by Dr. Gary Smalley (2007) • 9780842355322

Smalley shares five biblically based ways to enhance your relationships and multiply that knowledge in others’ lives.

Each for the Other: Marriage As It’s Meant to Be by Bryan and Kathy Chapell (2006) • 9780801066016

The Chapells provide insights on marriage and unconditional love. Using foundational truths, couples can learn to equip themselves for sacrificial, selfless harmony.

Essentials of Marriage Series (2009) by Focus on the Family

This series features relationship experts who share practical wisdom, honest confessions, and decades of experience. Each study stands independently:

Handle With Care: Emotions, Finance, Sexuality • 9781589975613

Higher Love: Discovering God’s Design for Your Marriage • 9781589975637

Who Did You Really Marry? Love Languages, Personality Types, Communication • 9781589975962

The 5 Love Languages: The Secret to Love That Lasts by Gary Chapman (2010) • 9780802412706

Healthy communication is fostered by quality time, acts of service, affirming words, physical touch, and gifts. Chapman explains how to discover your primary personal style and use it to strengthen the bond with your spouse.

The First Five Years of Marriage: Launching a Lifelong, Successful Relationship edited by Wilford Wooten and Phillip Swihart (2006) • 9781589970410

Focus on the Family’s counseling staff answers your marriage questions.

Focus on the Family Marriage Series (2014)

This Bible study series gives couples a better understanding of God’s plan for marriage. The flexibility of each study allows for small group settings, Sunday school, and more.

The Abundant Marriage • 9780764216589

The Blended Marriage • 9780764216626

The Covenant Marriage • 9780764216671

The Fighting Marriage • 9780764216725

The Giving Marriage • 9780764216794

The Masterpiece Marriage • 9780764216824

The Model Marriage • 9780764216848

Fun Loving You by Ted Cunningham (2013) • 9781434704566

Cunningham shows you how to breathe new joy into your relationship—to laugh more often, to enjoy richer physical and emotional intimacy, to learn to fight for instead of against each other, and more!

Happily Ever After by Gary Chapman (2011) • 9781414364445

Chapman helps couples handle common problems: fighting fair, negotiating change, managing money, raising kids, maintaining a healthy sex life, and getting along with in-laws.

Happily Ever Laughter edited by Ken Davis (2010) • 9781589975804

Christian humorists share their real-life stories about marriage—and how the grace of God can become all the more real as we learn to joyfully embrace the ups and downs of living as one.

Happy Habits for Every Couple by Roger and Kathi Lipp (2014) • 9780736955737

Take 21 days to build habits that can refresh your marriage with love and laughter.

His Brain, Her Brain by Walt Larimore, M.D., and Barb Larimore (2008) • 9780310240280

Society tries to convince us that men and women are equal in every way, but we know it isn’t true. The Larimores combine brain research and their experiences in marriage and counseling to help explain why God’s design is best.
The Language of Love & Respect: Cracking the Communication Code With Your Mate by Dr. Emerson Eggerichs (2009)
  ● 9780849948077
  Communication is one of the main stress points of marriage. Decipher the confusion with this follow-up to Love & Respect. You’ll begin to understand your spouse’s unique language and build strong, godly bonds.

  Find biblical wisdom and practical tips to help you improve all aspects of your relationship.

Love & Respect by Dr. Emerson Eggerichs (2004) ● 9781591451877
  Eggerichs introduces the message of biblical respect from Ephesians 5:33 that can help revive and energize your marriage.

The Love Dare by Stephen Kendrick and Alex Kendrick (2013) ● 9781433679599
  This 40-day challenge helps husbands and wives understand and practice unconditional love. Learn the keys to developing true intimacy and a dynamic marriage.

Marriage Matters by Tony Evans (2014) ● 9780802411549
  Evans explores Scripture to help couples understand the marriage covenant: its origin (who came up with it), its order (what’s the chain of command), and its operation (how it’s supposed to function).

The Meaning of Marriage by Timothy Keller (2011) ● 97815954631870
  Drawing from his sermons, Keller discusses difficulties couples often experience and shows how God’s Word can provide a blueprint for a healthy, loving, lifelong relationship.

Pray Big for Your Marriage: The Power of Praying God’s Promises for Your Relationship by Will Davis (2008) ● 9780800732455
  Davis shows men and women how to pray for their mate—for emotional and spiritual intimacy, for the spiritual growth of their spouse, for protection from temptation, and more.

Sacred Marriage by Gary Thomas (2002) ● 9780310337379
  Chapter by chapter, discover how marriage works to develop Christ-like character—forgiveness, love, respect, perseverance—in each of you.

The Secret Language of Successful Couples by Bill Farrel and Pam Farrel (2014) ● 9780736955874
  The Farrels offer scriptural principles, practical ideas, and plenty of humor to help you and your spouse connect heart-to-heart—to have more fun together, solve problems more efficiently, and more.

  You don’t need to spend a fortune to have a great date! Learn to make memories and strengthen your relationship with dozens of ideas for free and low-cost dates and getaways.

The Surprising Secrets of Highly Happy Marriages: The Little Things That Make a Big Difference by Shaunti Feldhahn (2013)
  ● 9781601421210
  Feldhahn offers research and helpful tips to help you develop a strong, joyful marriage.

Take the Date Night Challenge by Dr. Greg Smalley and Erin Smalley (2013) ● 9781624053238
  For couples of all ages and stages, including a chapter for engaged couples, the Smalleys help you use everyday activities to intentionally and proactively strengthen your marriage.

Teach Your Children About Marriage—Part I and Part II ● Focus on the Family online booklet
  This guide provides biblical foundations and tangible suggestions to help you understand marriage from God’s perspective, and it offers creative ideas for talking about marriage to children at different ages.

The Top 10 Most Outrageous Couples of the Bible by David Clarke, Ph.D. (2014) ● 9781628366532
  Exploring Scripture and drawing from his counseling expertise, Clarke helps you identify how to work together for a strong, vibrant marriage.

You and Me Forever: Marriage in Light of Eternity by Francis and Lisa Chan (2014) ● 9780990351405
  The Chans explore the truth that “Love, laughter, and intimacy were all created to be enjoyed. So there is a way to love family deeply without ignoring heaven.”

Uncommon Marriage: Learning About Lasting Love and Overcoming Life’s Obstacles Together by Tony and Lauren Dungy (2014) ● 9781414383699
  The Dungys share how to strengthen the marriage bond and find joy together—during the good and hard times.
The Attitudes That Strengthen Your Marriage (Pastor Mark Gungor) • 9781624719684
With his humorous style, Gungor encourages spouses to adopt nine positive attitudes essential to a good marriage: be nice, honest, content, connected, prepared, proactive, clear, patient, and selfless.

Becoming Friends With Your In-Laws (Dr. Gary Chapman) • 9781624719172
Chapman explains several principles to help you build and strengthen your connection with your spouse’s parents and siblings.

Building a Dream Marriage During the Parenting Years (Arlene Pellicane) • 9781624719004
Pellicane offers thoughts from her book 31 Days to Becoming a Happy Wife to talk about how a wife can prioritize her husband in the midst of balancing multiple tasks.

Building a Marriage That Lasts (Tony and Lauren Dungy) • 9781624716379
The Dungys share a candid glimpse of their personal life and how their marriage of 30-plus years survived Tony’s NFL career as well as parenting, adoption, and all the joys and hardships along the way.

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.

Cherishing the Differences in Your Spouse (Dr. Greg and Mrs. Erin Smalley) • 9781624718144
The Smalleys offer a light-hearted look at common gender differences—and how those have played out in their marriage. They urge husbands and wives to focus on what’s good about their spouse and embrace differences.

The Christian Family (Dr. Tony Evans) • 9781624715716
Using Psalm 128:1-4, Evans discusses a husband’s expectations, the attitude of servanthood needed by husbands, a wife’s responsibility to make family a priority, the importance of raising children in a good atmosphere, the man’s responsibility to take his family to church, and the blessing of the Lord.

Connecting As a Couple Despite Your Differences (Jim and Jean Daly) • 9781624718090
The Dalys share the differences they experienced early in their relationship. They offer how they’ve learned to make time for one another—and the importance of praying and studying Scripture as a couple.

Cracking the Code to Your Spouse’s Heart (Bill and Pam Farrel) • 9781624711299
The Farrels help couples understand two basic needs: success for husbands and security for wives. Learning to live selflessly and look out for the other’s best interests can lead to the true oneness God designed for marriage.

Dating Your Mate: Overcoming the Challenges (Dr. Greg and Mrs. Erin Smalley) • 9781624719646
The Smalleys offer helpful suggestions and encouragement for couples to regularly reconnect away from home and kids in order to revitalize their marriage.

Drawing Closer to God and Each Other (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 Desire for Your Marriage - I, II (Gary Thomas) • 9781683320326
Thomas describes covenant, committed marriage. Husbands and wives can experience ever-increasing joy when they’re able to view their marriage as an act of worship to the Lord.

Energizing Your Marriage With Love and Respect (Dr. Emerson and Sarah Eggerichs) • 9781624715730
One of a wife’s deepest needs is love, and one of a husband’s deepest needs is respect. Eggerichs and his wife offer insight and practical advice in a discussion based on his book Love & Respect.

Establishing Healthy Boundaries With Your In-Laws (Dr. Henry Cloud, Dr. John Townsend) • 9781624714733
Cloud and Townsend offer insights to help couples value their in-laws and build strong relationships with them while also establishing their own family identity.

Filling Your Love Tanks (Dr. Dennis Swanberg) • 9781624711749
With his trademark mix of impressions, stories, and homespun wisdom, Swanberg delivers a touching and humorous message about recognizing what encourages our family so we can love them better.
Finding Strength in Each Other’s Differences – I, II (Bill and Pam Farrel) ● 9781624719783 ●
Men tend to compartmentalize their lives while women integrate every facet of theirs. How do these approaches to life affect a marriage? How can spouses understand one another’s differences and learn to delight in them?

For Better or Worse, in Laughter or in Loss (Rick Burgess and Bill “Bubba” Bussey) ● 9781624711107 ●
Marriage isn’t perfect. But with humor and vulnerability, Rick and Bubba encourage husbands to remember God’s calling: love their wives, be the spiritual leaders of their homes—and always rinse the dishes before putting them in the dishwasher!

Friendship or Flirtation: Danger Signs for Couples – I, II (Pastor Dave Carder) ● 9781624718786 ●
Learn the danger signs of friendships that could easily blossom into affairs—a particular problem given the increasing use of online social media. Carder shares how to become aware of inappropriate intimacy in “close-call” friendships.

Fun Ways to Pep Up Your Marriage (Kathi Lipp) ● 9781624718304 ●
Lipp offers practical, fun ways married couples can improve their relationship and prioritize time together.

God’s Blueprint for a Healthy Marriage (Dr. Timothy and Mrs. Kathy Keller) ● 9781624710759 ●
Keller and his wife outline God’s design for marriage. They offer stories from their marriage and remind listeners that marriage is intended to shape and mold each spouse and bring about their sanctification.

His and Her Brains: The Humorous Side of Marriage – I, II (Mark Gungor, Yvette Maher) ● 9781624713316 ●
Gungor humorously illustrates how men and women think differently, and he encourages husbands and wives to strengthen their marriage by accepting their differences.

How Your Differences Strengthen Your Marriage (Dr. Walt and Mrs. Barb Larimore) ● 9781624712883 ●
With anecdotes of how their own idiosyncrasies have caused some frustrations, the Larimores emphasize that learning to understand how men and women think and communicate can help you appreciate the unique design of your spouse.

Improving the Climate of Your Marriage (Dr. Tim Muehlhoff) ● 9781624713996 ●
Muehlhoff talks about four areas of marriage as they relate to the communication climate of marriage—acknowledgement, trust, expectations, and commitment—so couples can work through conflict and love each other and God better.

Injecting Fun Into Your Marriage (Dr. Greg Smalley) ● 9781624711152 ●
Smalley encourages husbands and wives to be aware of differing expectations in marriage, and he offers ideas to help them maintain a strong connection by prioritizing their relationship through date nights.

The Joys and Challenges of Marrying Your Opposite (Melanie Shankle) ● 9781624716676 ●
With humor and compassion, Shankle discusses the differences between men and women—and how she and her husband have worked through issues like in-law relationships and illness.

Learning Your Spouse’s Love Language (Dr. Gary Chapman) ● 9781624713262 ●
Chapman describes the five love languages: words of affirmation, gifts, physical touch, quality time, and acts of service.

Listeners Share Their Best Advice on Marriage (Call-In) ● 9781624712593 ●
Listeners share their stories and offer advice about how to build and maintain a strong marriage. Hear practical tips for communication, conflict management, spiritual growth, intimacy, and more.

Living Your Marriage in View of Eternity (Francis and Lisa Chan) ● 9781624719370 ●
The Chans share an eternal perspective on how to maximize marriage to glorify God, positively impact others, and discover a joy that’s deeper than any temporary pleasure on earth.

Making Marriage a Joyful Journey (Dr. Adrian Rogers) ● 9781624711695 ●
Rogers talks about the 3 C’s of a lifelong marriage: lasting commitment, loving communication, and loyal confrontation.

Making Win-Win Decisions in Marriage (Dr. Greg and Mrs. Erin Smalley) ● 9781624715754 ●
The Smalleys have learned in their marriage to reach decisions they both feel good about. They share their methods and how to work as a team to agree on decisions affecting their marriage and family.

Making Your Marriage Happy Now and Later – I, II (Drs. Les and Leslie Parrott) ● 9781624718038 ●
The Parrots offer practical suggestions to help listeners draw closer to their spouse and increase their level of happiness, no matter how long they’ve been married.

Practical Advice for Protecting Your Marriage (Jerry Jenkins) ● 9781624716959 ●
Jenkins explains how couples can guard against infidelity in a discussion based on his book Hedges: Loving Your Marriage Enough to Protect It.
Promoting a Positive View of Marriage (Pastor Ted Cunningham) • 9781624714696 •
Cunningham talks about why Christians need to present marriage as a positive, God-designed relationship that’s normative for most people. We must acknowledge that marriage can be challenging—but with the Lord’s loving guidance, we can build a joyful, lifelong relationship.

Reclaiming Time to Connect With Your Spouse (Dr. Greg Smalley) • 9781624711244 •
Just a few intentional minutes throughout the day—have coffee, go on a date, express gratitude, and pray for each other—can reawaken the passion in your relationship.

Rediscovering the Marriage of Your Dreams (Dr. Greg and Erin Smalley) • 9781624717161 •
The Smalleys explain how they found renewed joy and fulfillment after being “stuck” in a seemingly endless cycle of unhealthy conflict.

The Robisons: Fifty Years of Love (James and Betty Robison) • 9781624719066 •
The Robisons share about their 50-plus-year journey in marriage and ministry to describe how God grew them together—and to talk about the importance of commitment, communication, trust, and humility.

Saving Marriages Before They Start (Roger and Diane Ingolia) • 9781624717840 •
The Ingolias pass along wisdom they’ve learned from 37 years of marriage, and they talk about the value of helping other marriages thrive by investing in young couples.

25 Years and Still in Love (Reverend Bob Kraning) • 9781624712487 •
Kraning shares from Ephesians 4:25-32 to underscore principles that have helped him and his wife develop a strong marriage: speak the truth, work through anger, agree to disagree, give time to your spouse and family, allow your spouse to be an individual, be sensitive in handling money, be trustworthy, guard your tongue, and be kind and forgiving.

Uncovering the Secrets to a Happy Marriage (Shaunti Feldhahn) • 9781624716607 •
Feldhahn researched the secrets to a happy marriage, and she outlines practical ways to move toward a more Christ-like relationship with your spouse.

Understanding How Birth Order Impacts Your Marriage (Dr. Kevin Leman) • 9781624718458 •
Leman explains how birth order plays a role in the way you interact as a married couple, and he shares advice on how to manage challenges that often stem from placement in families of origin.

What You Can Learn From the Bible’s Couples (Dr. David Clarke) • 9781624718601 •
Clarke believes couples from the Bible can teach lessons about marriage today. Adam and Eve failed to work together as a team to fight temptation and sin; Abraham and Sarah acted selfishly toward each other; and Isaac and Rebekah focused more on their children than their marriage. But with God’s help, we can be committed to each other, much like Joseph and Mary.

DVDs

The Family Project™: A Divine Reflection (Focus on the Family) • 2350000000486 •
This small group curriculum explores the theological, philosophical, and cultural foundation for the family through 12 sessions with topics ranging from marriage and sexuality to family relationships and how families can serve God. Visit The Family Project website to learn more.

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

Marriage

- focusonthefamily.com/marriage

This area of our website offers articles and resources on topics such as marriage, intimacy, relationships, spiritual growth, and emotional health.
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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 Early Years of Marriage • RL069 •
  - Marriage in the Second Half of Life • RL037 •
  - Marital Challenges • RL038 •
  - Marital Intimacy • RL039 •
  - Marriage Resources for Churches • RL016A •
  - Premarital Materials • RL033 •

Focus on the Family Counseling Consultation Line
  If you are experiencing challenges, 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].

Hope Restored® marriage intensives—a ministry of Focus on the Family
2175 Sunset Inn Road
Branson, MO 65616
866/875-2915
hoperestored.com
  - Our intensive programs are held in a retreat setting and are designed to rebuild and restore marriages experiencing significant hurt.

Love and Respect Ministries
770 Kenmooor Avenue Southeast, Suite 101
Grand Rapids, MI 49546
loveandrespect.com
  - This ministry offers materials, articles, and conferences designed to help those already married to enrich their relationship and to prepare those considering marriage for the journey.

PREPARE/ENRICH
2660 Arthur Street
Roseville, MN 55113
800/331-1661
prepare-enrich.com
  - This online relationship inventory and skill-building program is uniquely tailored to each couple, whether dating, engaged, or married.

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