

## RECOMMENDED READING

### Anger

- When Anger Hits Home: Gary Oliver & H. Norman Wright

### Anxiety

- Calm My Anxious Heart: Linda Dillow
- Worry-Free Living: F. Minirth, M.D., P. Meier, M.D., & D. Hawkins, Th.M.

### Bitterness

- Betrayal's Baby - Turning the Bitter to Sweet: P.B. Wilson

### Dating

- Boundaries in Dating: Henry Cloud, John Townsend

### Depression

- The Depression Workbook: Mary Ellen Copeland, Matthew McKay
- Dark Clouds-Silver Linings: Dr. A. Hart
- Depression Hits Every Family: Grace Ketterman, M.D.
- Happiness is a Choice-A manual on the Symptoms, Causes, and Cures of Depression: Dr. Minirth & Dr. Meier

### Doubt

- When Faith is Not Enough: Kelly James Clark
- Disappointment with God: Philip Yancy

### Eating Disorders

- Hope, Help and Healing for Eating Disorders: Gregory L. Jantz
- Starving for Salvation: Michelle Mary Leiwica

### Family

- Boundaries: Henry Cloud, John Townsend
- Making Peace with Your Father: David Stoop

### Forgiveness

- Forgive and Forget: Lewis Smedes
- Forgiveness: Charles Stanley
- Forgiving our Parents, Forgiving ourselves: Dr. Stoop and Dr. J. Masteller

### Grief

- Shattered Dreams: Larry Crabb
- A Grief Observed: C.S. Lewis
- Recovering from the Losses of Life: H. Norm Wright
- The Last Thing We Talk About: Joseph Bayly

## Obsession

- We are Driven: Hemfelt, Minirth, & Meier

## Pornography

- Every Young Man's Battle: Stephen Arterburn

## Relationships

- Into Abba's Arms: Sandra Wilson
- Finding the Love of Your Life: Neil Warren, Ph. D.
- Fit to be Tied: Bill Hybels
- Too Close, Too Soon: J. Talley & B. Reed
- The Two Sides of Love: G. Smalley and J. Trent, Ph.D.
- Why Wait-What You Need to Know About Teen Sexuality Crisis by: Josh McDowell & Dick Day

## Sexual Abuse

- On the Threshold of Hope: Diane Langberg
- A Door of Hope: Jan Frank
- Please Don't Say You Need Me: Jan Silvious
- Released from Shame: Sandra Wilson
- The Wounded Heart: Dan Allender

## HELPFUL VERSES

### Anger

#### **Psalms 145:8**

The Lord is gracious and compassionate, slow to anger, and rich in love.

#### **James 1:19, 20**

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

#### **Ephesians 4:31, 32**

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

#### **Proverbs 15:1**

A gentle answer turns away wrath, but a harsh word stirs up anger.

## Anxiety

### Phillipians 4:6

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

## Belief

### John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

### Acts. 16:31

I have come into the world as a light, so that no one who believes in me should stay in darkness.

### John 6:47

I tell you the truth, he who believes has everlasting life.

## Blessings

### Numbers 6:24

The Lord bless you and keep you; the Lord make his face shine upon you; the Lord turn his face toward you and give you peace.

### Psalms 2:12

Blessed are all who take refuge in him.

### Psalm 115:15

May you be blessed by the Lord the Maker of heaven and earth.

## Care

### Psalm 91:11

For he will command his angels concerning you to guard you in all your ways.

### Isaiah 30:19

How gracious he will be when you cry for help.

### Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

### Matthew 6:8

Your Father knows what you need before you ask him.

### 1 Peter 5:7

Cast all your anxiety on him because he cares for you.

## Comfort

### **Psalms 46:1-3**

God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

### **Psalms 18:2**

The Lord is my rock, my fortress and my deliverer; my God is my rock in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

### **Psalms 27:14**

Wait for the Lord; be strong and take heart and wait for the Lord.

### **John 16:33**

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

## Faith/Faithfulness

### **Josua 1:9**

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

### **Joshua 1:5**

As I was with Moses, so I will be with you; I will never leave you nor forsake you.

### **Psalms 18:2**

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

### **Proverbs 3:5,6**

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your path straight.

### **Lamentations 3:22, 23**

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

### **Hebrew 10:23**

Let us hold unwaveringly to the hope we profess, for he who promised is faithful.

## Friendship

### **John 15:13**

Greater love has no one than this, that he lay down his life for his friends.

### **Genesis 31:49**

May the Lord keep watch between you and me when we are away from each other.

## Guidance

### **Isaiah 42:16**

I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake the.

### **Proverbs 16:9**

In his heart a man plans his course, but the Lord determines his steps.

### **Psalms 32:8**

I will instruct you and teach you in the way you should go; I will counsel you and watch over you.

### **Isaiah 30:21**

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

## Help in Trouble

### **Psalms 32:7**

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

### **Psalms 71:20**

Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.

### **Psalms 73:26**

My flesh and my heart may fail, but God is the strength of my heart and my portion.

### **Psalms 138:7**

Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

## Loving God

### **Deuteronomy 7:9**

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.

### **Proverbs 8:17**

I love those who love me, and those who seek me find me.

### **Psalms 37:4**

Delight yourself in the Lord and he will give you the desires of your heart.

## Peace

### **Colossians 3:15**

Let the peace of God rule in your hearts, since as members of one body you were called to peace. And be thankful.

**Isaiah 32:17**

The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence.

**John 14:27**

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**LINKS****Daily Devotionals**

Our Daily Bread: <http://www.rbc.org/odb/odb.shtml>

Promises: <http://www.todayspromise.com>

GCN Devotions: <http://www.gospelcom.net>

**Christian Living**

Institute of Christian Leadership: <http://www.iclnet.org>

Campus Crusade for Christ: <http://www.cci.org>

Focus on the Family: <http://www.family.org/>