

MPC Care Ministry Resource List

**These resources do not represent the views or theology of MPC; some are secular resources, and all should be read prayerfully and discerningly*

Addiction

- Addiction and Grace: Love and Spirituality in the Healing of Addictions by Gerald G. May
- Addictions: A Banquet in the Grave: Finding Hope in the Power of the Gospel by Edward T. Welch
- Dopamine Nation: Finding the Balance In the Age of Indulgence by Anna Lembke
- Holy Hunger: A Woman's Journey from Food Addiction to Spiritual Fulfillment by Margaret Bullitt-Jonas
- In the Realm of Hungry Ghosts: Close Encounters with Addiction by Gabor Mate`
- The Last Addiction: Own Your Desire, Live Beyond Recovery, Find Lasting Freedom by Sharon Hersh
- The Soul of Desire: Discovering the Neuroscience of Longing, Beauty, and Community by Curt Thompson

Aging

- A Good Old Age: An A-Z of Loving and Following the Lord Jesus in Later Years by Derek Prime

Anxiety

- Anxiety: Finding the Better Story by Liz Edrington
- Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness by Jonathan Haidt
- Knowing God's Peace by Paul Tautges
- Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind by Judson Brewer
- The Worry-Free Parent: Living In Confidence So Your Kids Can Too by Sissy Goff

Attachment

- The Connected Child: Bring Hope and Healing to Your Adoptive Family by Karen Purvis
- How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage by Milan & Kay Yerkovich
- Make Sense of Your Story: Why Engaging Your Past with Kindness Changes Everything by Adam Young
- The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired by Daniel J. Siegel and Tina Payne Bryson
- Secure Love: Create A Relationship That Lasts a Lifetime (on attachment in relationships - secular) by Julie Mennano
- The Soul of Desire: Discovering the Neuroscience of Longing, Beauty, and Community by Curt Thompson
- Try Softer (on attachment and trauma): A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy by Aundi Kolber

Bodies/Humanity

- Embodied: Living as a Whole People in a Fractured World by Gregg R. Allison
- Love Thy Body: Answering Hard Questions about Life and Sexuality by Nancy Pearcey
- No Cure for Being Human: (And Other Truths I Need to Hear) by Kate Bowler
- The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living by Hillary McBride

- To Be Made Well: An Invitation to Wholeness, Healing, and Hope by Amy Julia Becker
- You're Only Human: How Your Limits Reflect God's Design and Why That's Good News by Kelly Kopic
- You Were Never Meant to Do It All: A 40-Day Devotional on the Goodness of Being Human (Embrace Your Limits and Live Authentically) by Kelly Kopic
- What God Has to Say about Our Bodies: How the Gospel Is Good News for Our Physical Selves by Sam Allberry

Boundaries

- Boundaries: When to Say Yes, How to Say No To Take Control of Your Life by Henry Cloud and John Townsend
- Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melanie Beattie
- From Bondage to Bonding: Escaping Codependency, Embracing Biblical Love (God's Design for the Family) by Nancy Groom
- Navigating Destructive Relationships: 9 Steps toward Healing (Church-Based Counseling) by Brad Hambrick

Chronic Pain/Illness/Cancer

- Cancer Now What? Taking Action, Finding Hope, and Navigating the Journey Ahead by Kenneth C. Haugk
- ["Growing My Faith in the Face of Death"](#) (The Atlantic – 3/7/21) by Timothy Keller
- He Will Hold Me Fast: A Journey with Grace through Cancer by Connie Dever
- Lessons from a Hospital Bed by John Piper
- On My Way to Heaven: Facing Death with Christ by Mark Ashton
- This Too Shall Last: Finding Grace When Suffering Lingers by K.J. Ramsey
- Walking Through Fire: A Memoir of Loss and Redemption by Vaneetha Risner

Depression/Darkness

- Darkness Is My Only Companion: A Christian Response to Mental Illness by Kathryn Greene-McCreight
- Dark Night of the Soul: A Deep Dive into the Shadow Side of Spirituality, Embracing Disorientation, Doubt, and Despair for Authentic Spiritual Growth and Wholeness by Gerald May
- Depression: Looking Up from the Stubborn Darkness by Edward T. Welch
- Treasures in the Dark: 90 Reflections on Finding Bright Hope Hidden in the Hurting by Katherine Wolf
- When the Darkness Will Not Lift: Doing What We Can While We Wait for God and Joy by John Piper

Disability

- Accessible Church by Sandra Peoples
- A Good and Perfect Gift: Faith, Expectations, and a Little Girl Named Penny by Amy Julia Becker
- Joni: An Unforgettable Story by Joni Erickson Tada

Eating Disorders

- A New Name: Grace and Healing for Anorexia by Emma Scrivener
- 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) by Carolyn Costin and Gwen Schubert Grabb
- Holy Hunger: A Woman's Journey from Food Addiction to Spiritual Fulfillment by Margaret Bullitt-Jonas

Emotions

- Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships by Curt Thompson
- Emotions: Mirrors of the Heart by Catherine Haddow
- Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature by Peter Scazzero
- Feel: The Power of Listening to Your Heart by Matthew Elliott
- Jesus' Emotions in the Gospels by Stephen Voorwinde
- Untangling Emotions by J. Alisdair Groves & Winston T. Smith
- The Voice of the Heart: A Call To Full Living by Chip Dodd

Gender

- Does God Care about Gender Identity? (TGC Hard Questions) by Samuel D. Ferguson
- Embodied: Living as a Whole People in a Fractured World by Gregg R. Allison
- Embodied: Transgender Identities, the Church, and What the Bible Has to Say by Preston Sprinkle
- Emerging Gender Identities: Understanding the Diverse Experiences of Today's Youth by Mark Yarhouse and Julia Sadusky
- God and the Transgender Debate: What Does the Bible Actually Say about Gender Identity? by Andrew T. Walker
- Understanding Sexual Identity: A Resource for Youth Ministry by Mark Yarhouse

Grief

- Beyond the Darkness: A Gentle Guide for Living with Grief and Thriving after Loss by Clarissa Moll
- Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop
- For All Who Grieve: Navigating the Valley of Sorrow and Loss by Colin S. Smith
- Hearing Jesus Speak into Your Sorrow by Nancy Guthrie
- Holding On to Hope: A Pathway through Suffering to the Heart of God by Nancy Guthrie
- Prayer in the Night: For Those Who Work or Watch or Weep by Tish Harrison Warren
- The Deepest Place: Suffering and the Formation of Hope by Curt Thompson
- Treasures in the Dark: 90 Reflections on Finding Bright Hope Hidden in the Hurting by Katherine Wolf
- What Grieving People Wish You Knew about What Really Helps (and What Really Hurts): about what really helps (and what really hurts) by Nancy Guthrie
- When Your Family's Lost a Loved One: Finding Hope Together (Focus on the Family Books) by David and Nancy Guthrie

Infertility

- Every Bitter Thing Is Sweet: Tasting the Goodness of God in All Things by Sarah Hagerty & Katie Davis
- Held: 31 Biblical Reflections on God's Comfort and Care in the Sorrow of Miscarriage (Meditations on Psalm 139 help women suffering the heartbreak of pregnancy loss and still birth) by Abby Wedgeworth

Marriage

- How We Love by: Discover Your Love Style, Enhance Your Marriage Milan and Kay Yerkovich
- Marriage: 6 Gospel Commitments Every Couple Needs to Make by Paul David Tripp
- The Deep-Rooted Marriage: Cultivating Intimacy, Healing, and Delight by Dan B. Allender and Steve Call

- The Marriage Builder; Creating True Oneness to Transform Your Marriage by Dr. Larry Crabb
- The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God by Timothy Keller & Kathy Keller
- The Mystery of Marriage: Meditations on the Miracle by Mike Mason
- The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert by John M. Gottman and Nan Silver

Miscarriage

- Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop
- Held: 31 Biblical Reflections on God's Comfort and Care in the Sorrow of Miscarriage (Meditations on Psalm 139 help women suffering the heartbreak of pregnancy loss and still birth) by Abby Wedgeworth
- Prayer in the Night: For Those Who Work or Watch or Weep by Tish Harrison Warren

Narcissism

- Bold Love by Dan B. Allender
- Bully Pulpit: Confronting the Problem of Spiritual Abuse in the Church by Michael J. Kruger
- A Church Called Tov: Forming a Goodness Culture That Resists Abuses of Power and Promotes Healing by Scot McKnight and Laura McKnight Barringer
- Redeeming Power: Understanding Authority and Abuse in the Church by Diane Langberg
- Something's Not Right: Decoding the Hidden Tactics of Abuse - and Freeing Yourself from Its Power by Wade Mullen
- Toughest People to Love: How to Understand, Lead, and Love the Difficult People in Your Life - Including Yourself by Chuck DeGroat
- When Narcissism Comes to Church: Healing Your Community From Emotional and Spiritual Abuse by Chuck DeGroat

Physical Abuse

- Caring for Families Caught in Domestic Abuse: A Guide toward Protection, Refuge, and Hope by Chris Moles
- The Heart of Domestic Abuse: Gospel Solutions for Men Who Use Control and Violence in the Home by Chris Moles
- Is It Abuse? A Biblical Guide to Identifying Domestic Abuse and Helping Victims by Darby A. Strickland
- Is It My Fault? Hope and Healing for Those Suffering Domestic Violence by Justin S. Holcomb and Lindsey A. Holcomb

Relating to Adult Children

- Doing Life with Your Adult Children: Keep Your Mouth Shut and the Welcome Mat Out by Jim Burns

Same-Sex Attraction

- Born Again this Way by Rachel Gilson
- Gay Girl, Good God: The Story of Who I Was, and Who God Has Always Been by Jackie Hill Perry
- Holy Sexuality and the Gospel: Sex, Desire, and Relationships Shaped by God's Grand Story by Christopher Yuan
- Is God Anti-Gay? And Other Questions About Jesus, the Bible, and Same-Sex Sexuality by Sam Allberry
- Mere Sexuality: Rediscovering the Christian Vision of Sexuality by Todd Wilson

- Messy Grace: How a Pastor with Gay Parents Learned to Love Others Without Sacrificing Conviction by Caleb Kaltenbach
- Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality by Wesley Hill

Self-Harm

- ["The Hide and Seek of Coping Mechanisms"](#) (Rooted – 11/29/18) by Liz Edrington
- ["Understanding Self-Injury"](#) (Rooted – 11/30/18) by Liz Edrington

Sexual Abuse

- On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse by Diane Mandt Langberg
- Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault by Justin S. Holcomb and Lindsey A. Holcomb
- Strong like Water: Finding the Freedom, Safety, and Compassion to Move through Hard Things -and Experience True Flourishing by Aundi Kolber
- The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dan B. Allender
- Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy by Aundi Kolber

Sex and Sexuality

- 7 Myths about Singleness by Sam Allberry
- A Celebration of Sex: A Guide to Enjoying God's Gift of Sexual Intimacy by Douglas E. Rosenau
- Desire: The Longings Inside Us and the New Science of How We Love, Heal, and Grow by Jay Stringer
- Faithful: A Theology of Sex (Ordinary Theology) by Beth Felker Jones
- God Loves Sex: An Honest Conversation about Sexual Desire and Holiness by Dan B. Allender and Tremper Longman III
- Intimate Allies: Rediscovering God's Design for Marriage and Becoming Soul Mates for Life by Dan B. Allender and Tremper Longman III
- Mom, Sex Is No Big Deal! Becoming Your Daughter's Ally in Developing a Healthy Sexual Identity by Sharon Hersh
- More to the Story: Deep Answers to Real Questions on Attraction, Identity, and Relationships by Jennifer M. Kvamme
- Talking Back to Purity Culture: Rediscovering Faithful Christian Sexuality by Rachel Joy Welcher
- The Good Girl's Guide to Great Sex by Sheila Wray Gregoire & Dr. Keith Gregoire
- The Good Guy's Guide to Great Sex by Sheila Wray Gregoire and Dr. Keith Gregoire
- The Sex Talk You Never Got: Reclaiming the Heart of Masculine Sexuality by Sam Jolman
- The Soul of Desire: Discovering the Neuroscience of Longing, Beauty, and Community by Curt Thompson
- Things Your Mother Never Told You: A Woman's Guide to Sexuality by Kim Gaines Eckert

Sexual Addiction

- The Death of Porn: Men of Integrity Building a World of Nobility by Ray Ortland
- Unwanted: How Sexual Brokenness Reveals Our Way to Healing by Jay Stringer

Shame

- Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown
- I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough" by Brene Brown
- Shame: Being Known and Loved by Esther Liu
- Shame Interrupted: How God Lifts the Pain of Worthlessness and Rejection by Edward T. Welch
- The Soul of Shame: Retelling the Stories We Believe About Ourselves by Curt Thompson
- Unashamed: Healing Our Brokenness and Finding Freedom from Shame by Heather Davis Nelson

Singleness

- 7 Myths About Singleness by Sam Allberry
- The Allure of Hope: God's Pursuit of a Woman's Heart by Jane Meyers
- Not Yet Married: The Pursuit of Joy in Singleness and Dating by Marshall Segal
- Singleness: Living Faithfully by Jenilyn Swett
- Washed and Waiting: Reflections on Christian Faithfulness and Homosexuality by Wesley Hill

Single Parenthood

- God's Grace for Every Family: Biblical Encouragement for Single-Parent Families and the Churches That Seek to Love Them Well by Anna Meade Harris

Spiritual Abuse

- A Church Called Tov: Forming a Goodness Culture That Resists Abuses of Power and Promotes Healing by Scot McKnight and Laura Barringer
- Bully Pulpit: Confronting the Problem of Spiritual Abuse in the Church by Michael J. Kruger
- Pivot: The Priorities, Practices, and Powers That Can Transform Your Church into a Tov Culture by Scot McKnight and Laura Barringer
- Redeeming Power: Understanding Authority and Abuse in the Church by Diane Langberg
- Something's Not Right: Decoding the Hidden Tactics of Abuse--and Freeing Yourself from Its Power by Wade Mullen
- The Lord Is My Courage: Stepping Through the Shadows of Fear Toward the Voice of Love by K.J. Ramsey
- When the Church Harms God's People: Becoming Faith Communities That Resist Abuse, Pursue Truth, and Care for the Wounded by Diane Langberg

Suffering

- Broken Hallelujahs: Learning to Grieve the Big and Small Losses of Life by Beth Allen Slevcove
- Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop
- The Deepest Place by Curt Thompson
- Embodied Hope: A Theological Meditation on Pain and Suffering by Kelly M. Kapic
- Every Bitter Thing Is Sweet: Tasting the Goodness of God in All Things by Sarah Hagerty
- Prayer in the Night: For Those Who Work or Watch or Weep by Tish Harrison Warren
- Suffering and the Heart of God: How Trauma Destroys and Christ Restores by Diane Langberg
- The Dark Night of the Soul: A Deep Dive into the Shadow Side of Spirituality, Embracing Disorientation, Doubt, and Despair for Authentic Spiritual Growth and Wholeness by Gerald G. May

- Therefore I Have Hope: 12 Truths That Comfort, Sustain, and Redeem in Tragedy by Cameron Cole
- Treasures in the Dark: 90 Reflections on Finding Bright Hope Hidden in the Hurting by Katherine Wolf
- Walking with God Through Pain and Suffering by Timothy Keller

Teen Struggles (Identity, Eating Disorders, Perfectionism, Racism, etc.)

- 10 Questions Every Teen Should Ask (and Answer) about Christianity by Rebecca McLaughlin
- Anxiety: Finding the Better Story (31-Day Devotionals for Teenagers) by Liz Edrington
- Body Image: Valuing God's Good Gift (31-Day Devotionals for Teenagers) by Andrea Lee
- Discover: Questioning Your Way to Faith by Mike McGarry
- Grounded in Grace: Helping Kids Build Their Identity in Christ by Jonathan Holmes
- The Jesus I Wish I Knew in High School edited by Cameron Cole and Charlotte Getz
- More to the Story: Deep Answers to Real Questions on Attraction, Identity, and Relationships by Jennifer M. Kvamme

Trauma

- Suffering and the Heart of God: How Trauma Destroys and Christ Restores by Diane Langberg
- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk
- The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook - What Traumatized Children Can Teach Us About Loss, Love, and Healing by Bruce D. Perry and Maia Szalavitz
- Trauma Aware: A Christian's Guide to Providing Help and Care by Eliza Huie
- Trauma Is Really Strange (graphic novel) by Steve Haines and Sophie Standing
- Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode--and into a Life of Connection and Joy by Andi Kolber
- What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey
- The Wisdom of Your Body: Finding Healing, Wholeness, and Connection through Embodied Living by Hillary L. McBride

Understanding Yourself and Your Story

- Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships by Curt Thompson
- How People Change by Timothy Lane and Paul David Tripp
- Inside Out by Larry Crabb
- Make Sense of Your Story: Why Engaging Your Past with Kindness Changes Everything by Adam Young
- Redeeming Heartache: How Past Suffering Reveals Our True Calling by Dan B. Allender and Cathy Loerzel
- Shattered Dreams: God's Unexpected Path to Joy by Larry Crabb
- To Be Told: God Invites You to Coauthor Your Future by Dan B. Allender

For Courage and Blessing

- All My Knotted-Up Life: A Memoir by Beth Moore
- Every Moment Holy, Volume I by Douglas Kaine McKelvey and Ned Bustard
- Gentle and Lowly: The Heart of Christ for Sinners and Sufferers by Dane Ortlund
- How to Stay Married: The Most Insane Love Story Ever Told by Harrison Scott Key
- In the Name of Jesus: Reflections on Christian Leadership by Henri J. M. Nouwen
- The Book of Common Courage: Prayers and Poems to Find Strength in Small Moments by K.J. Ramsey
- The Inner Voice of Love: A Journey Through Anguish to Freedom by Henri J. M. Nouwen
- Life of the Beloved: Spiritual Living in a Secular World by Henri J.M. Nouwen
- The Lives We Actually Have: 100 Blessings for Imperfect Days by Kate Bowler

People:

Adam Young's podcast (The Place We Find Ourselves) on bite-sized therapeutic information and invitations

Amy Julia Becker on disability (especially from the viewpoint of parent of a child with disability)

Dr. Christine Baker – somatic work and trauma healing

Chuck DeGroat on spiritual abuse and narcissism in the church

Clarissa Moll on loss (early/unexpected loss of a husband)

Dan Allender & Curt Thompson on the integration of psychology & theology

Diane Langberg on narcissism in the church and toxic systems

Diane Langberg and Dan Allender on sexual abuse

Joni Erickson Tada on suffering and disability

Kate Bowler on dealing with suffering and being human (cancer survivor)

Katherine & Jay Wolfe on disability (especially as young adult with loss of prior ability)

Sissy Goff & David Thomas on childhood development and developmentally appropriate spirituality