

Mentoring Resource Recommendations

Resource Disclaimer

The following resources are recommended as helpful tools for mentoring and personal growth. They are provided for educational and practical purposes and should not be interpreted as endorsements by FamilyLife.

Some of these resources are authored by Christians, while others are not. In the spirit of Saint Augustine's observation that "all truth is God's truth," these recommendations reflect the belief that valuable insights can come from a variety of sources. However, neither the mentors nor FamilyLife necessarily endorse every idea, opinion, link, or author represented in these resources.

As with any resource outside of Scripture, **readers are encouraged to exercise biblical discernment when evaluating content and deciding what to share with mentees.** Because culture and available resources continue to change over time, this list should be viewed as a helpful starting point rather than a comprehensive or timeless collection.

ABORTION

Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion by Sydna Masse & Joan Phillips

Because nearly a quarter of American women have experienced abortion¹, it's likely you could encounter their pain and possibly post-abortion syndrome (PAS). This is the resource | (Cindy) have used to help women find a way to God's healing.

¹<https://www.guttmacher.org/news-release/2017/abortion-common-experience-us-women-despite-dramatic-declines-rates>

ABUSE WITHIN MARRIAGE (emotional, spiritual, sexual, & physical)

Boundaries in Marriage: Understanding the Choices that Make or Break Loving Relationships by Dr. Henry Cloud & Dr. John Townsend

In mentoring, we have found many couples don't understand healthy boundaries. This book helps mentees understand how to practice freedom and responsibility within the commitment of marriage.

Intimate Issues: Twenty-One Questions Christian Women Ask About Sex by Linda Dillow & Lorraine Pintus

From this book: [What's Not Okay in Bed](#)

The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope by Leslie Vernick

Emotional and spiritual abuse is a hot topic in the Christian community today. And it's often hard to know when behavior is damaging. The quiz offered in this book helps a

mentee self-identify whether their marriage is difficult or damaging through self-assessment.

ADDICTION

Grace-Based Recovery: A Safe Place to Heal and Grow by Jonathan Daugherty
This small-group study is designed to help those suffering from addiction, as well as help those close to them understand why God's grace is the only road to true freedom.

No Stones: Women Redeemed from Sexual Addiction by Marnie Ferree
Ferree offers her own story of God's power but also distills her clinical expertise on female sexual addiction in ways doable and tender, providing a much-needed resource for women struggling with any degree of relational or sexual addiction.

CelebrateRecovery.com

A Christ-centered, 12-step recovery program for anyone struggling with hurt, hang-ups, and habits of any kind—and a safe place to find community and freedom from the issues controlling a mentee's life.

CONFLICT & COMMUNICATION

Resolving Everyday Conflict: A Biblical Guide to Peacemaking in Everyday Life by Ken Sande & Kevin Johnson

Before the Last Resort: 3 questions to rescue your marriage by George Kenworthy

Fight Fair: Winning at conflict without losing at love by Tim and Joy Downs

COUNSELING / INTENSIVES

focusonthefamily.com/christian-counselors-network/

Focus on the Family provides this resource to help you locate a Christian counselor in your area, as well as topical help.

HopeRestored.FocusOnTheFamily.com/

Biblically based, Christian marriage counseling intensives help couples facing a crisis moment in their marriage or suffering from years of disconnection and relationship decay. Licensed Christian counselors are trained to work with couples with deep hurts and long-term problems.

RelationalCare.org

The Center for Relational Care (CRC) offers biblically based therapy and intensives.

WinShape Marriage

WinShape Marriage is a Christ-centered ministry that helps couples strengthen their relationships through marriage retreats, premarital experiences, discipleship training, intensives, and practical resources. Its programs combine biblical wisdom with research-informed tools, offering couples intentional opportunities to reconnect, grow together, and invest in a thriving marriage.

EMOTIONAL/SPIRITUAL HEALTH

Changes that Heal by Dr. Henry Cloud

Changes that Heal offers a “down-to-earth plan to help us recover from the wounds of the past and grow more and more into the image of God.”

Emotionally Healthy Spirituality by Peter Scazzero

Scazzero proposes the concept that we must treat our emotions as a discipleship issue; that “it’s impossible to be spiritually mature, while remaining emotionally immature.” This book’s a game changer for those unfamiliar with emotional intelligence and its connection to spiritual growth.

The Language of Letting Go: Daily Meditations for Codependents by Melody Beattie

These secular, daily meditations offer growth and renewal and prevent us from feeling overly responsible for what we can’t control in others’ lives.

Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up in Order to Move Forward by Dr. Henry Cloud

At times, ending relationships allows us to correct what’s bad and broken in our lives. But handling endings badly—or avoiding them—can lead to cycles of misery and lost opportunities. Personally, we refer to this book to help someone identify when and how to end a dysfunctional relationship.

When to Walk Away: Finding Freedom from Toxic People by Gary Thomas

Similarly, this resource helps both mentors and mentees understand when a difficult relationship becomes harmful, unloving, and unwise to continue.

EXTRAMARITAL AFFAIRS

Anatomy of an Affair: How Affairs, Attractions, and Addictions Develop, and How to Guard Your Marriage Against Them by Dave Carder

Eye-opening stories, clinical insights, and up-to-date data reveal what adulterers learned the hard way. Carder discusses

How attractions can lead to affairs.

Ways your mentee may be vulnerable to affairs.

The common ingredients of adultery.

*How to restore intimacy to a marriage.
How to make wise, protective decisions.*

Hope After Betrayal: When Sexual Addiction Invades Your Marriage by Meg Wilson
Mentees can find reassuring counsel, compassionate insight, and wise direction after a spouse's sexual addiction. Includes a chapter by Meg's husband that sheds further light on the difficult road to healing from sexual addiction, and an appendix addresses the effect sexual addiction has on children in the home.

FINANCES

DaveRamsey.com

Ramsey Solutions seeks to provide biblically based, commonsense education and empowerment on finances, to give hope to everyone in every walk of life.

FUN & ADVENTURE

Building A Fun Marriage by Ted Cunningham

Gottman.com *Enriching Your Marriage by Creating Shared Meaning*

GRIEF

A Grace Disguised: How the Soul Grows Through Loss by Jerry Sittser
Written from the perspective of an author who lost his wife, mother, and daughter in a single auto accident, the excellent 25th anniversary edition also offers an additional chapter providing help for pastors and counselors.

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse by Susan J. Zonnebelt-Smeenge, R.N., Ed.D. & Robert C. De Vries, D.Min., Ph.D.
Empathy, valuable psychological insights, biblical observations, and male and female perspectives help mentees experience their grief in the healthiest and most complete way so they can move forward to embrace the new life waiting on the other side.

Grieving a Suicide by Albert Y. Hsu
Amidst confusing emotions and questions, this book gently guides toward healing through the shock and trauma of suicide.

IN-LAWS / FAMILY HISTORY

Boundaries in Marriage by Henry Cloud and John Townsend

Helpful framework for understanding boundaries as protection rather than punishment.

LGBTQ+

Guiding Families of LGBTQ Loved Ones by Posture Shift Ministries

This is one of our favorite resources that helps you understand the experiences of your LGBTQ loved one and offers practical steps to navigate challenging situations.

FamilyLife and Guiding Families are fully aligned regarding the definition of marriage and the place of all sexual activity being reserved for marriage. Though there may not be full organizational alignment between Guiding Families and FamilyLife on some specific nuances regarding LGBTQ topics, we still wanted you to be aware of this insightful resource.

[CenterforFaith.com](https://www.centerforfaith.com)

The Center for Faith, Sexuality, and Gender helps leaders cultivate a more robust biblical ethic of marriage, sexuality and gender. They also help Christians create a safe and compassionate environment for LGBT+ people, their families, and anyone wrestling with their sexuality or gender identity.

[GuidingFamilies.com/direct-care](https://www.guidingfamilies.com/direct-care)

Provides a safe, caring place for LGBT+ people of all ages as well as parents and family members of LGBT+ loved ones. Acts as an extra, informal source for their support and encouragement.

MARRIAGE

Divorce and Remarriage: A Redemptive Theology by Dr. Rubel Shelly

Divorce isn't something we'd wish on those we'd love. But is it sometimes necessary?

Dr. Rubel Shelly writes that "in our sincere efforts to follow the words of God, we may have abandoned the heart of God for his people." This book offers a redemptive theology answering questions of divorce and remarriage.

The Meaning of Marriage: Facing the Complexities of Commitment with the Wisdom of God by Timothy and Kathy Keller

Pastor Tim Keller offers wisdom and insights on marriage—offering a wonderful foundation for marriage mentoring.

Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy? by Gary Thomas

Thomas helps mentees uncover ways that marriage can become a doorway to a closer

walk with God and each other.

Marriage: Its Foundation, Theology, and Mission in a Changing World by Curt Hammer, John Trent, Rebekah J. Byrd, Eric L. Johnson, & Erik Thoennes
A variety of theologians discuss issues surrounding modern marriage from a biblical Perspective.

FamilyLife.com

Find help with family and marriage topics (see topics in the menu) and remarried couples and stepfamilies (see the FamilyLife Blended page).

gretchenrubin.com/four-tendencies/

We've found this (secular, non-scientific) assessment helpful to unpack mentees' ways of approaching life.

5LoveLanguages.com/profile/

Mentees' relationships may benefit from this online assessment of Gary Chapman's 5 Love Languages®.

Prepare-Enrich.com

This well-established marriage assessment tool also provides further developmental training of mentors.

PROQOL.org

The Professional Quality of Life Assessment (ProQOL) evaluates those in ministry who may be experiencing "compassion fatigue," or feeling overly concerned or responsible.

MENTAL HEALTH

APlaceOfHope.com

In-house treatment for a variety of emotional and mental disorders (depression, anxiety, eating disorders, PTSD, OCD, Addictions, etc.) We've used this for staff and it's been helpful.

CCEF.org

The Christian Counseling & Education Foundation's "Resources" page offers biblically based tools on mental and emotional health issues.

LeslieVernick.com/the-emotionally-destructive-marriage/assessment/

This online assessment from therapist Leslie Vernick helps mentees evaluate for themselves whether they're in an emotionally destructive marriage.

MENTORING

Organic Mentoring: A Mentor's Guide to Relationships with Next Generation

Women by Sue Edwards & Barbara Neumann

Some beloved mentoring methods for mentoring aren't as effective for a new generation. This book walks through the values, preferences, ideas, and problems shaping the next generation, and how they'll impact your mentoring.

Instruments in the Redeemers Hands: People in need of change helping people in need of change

Paul David Tripp

PARENTING

Axis.org

This non-denominational organization brings help and hope to parents and mentors guiding teens through real-time culture, and into conversation around Jesus.

FamilyLife.com

Find help with family and marriage topics (see topics in the menu) and remarried couples and stepfamilies (see the FamilyLife Blended page).

PORNOGRAPHY

Fight for Love: How to Take Your Marriage Back from Porn by Rosie Makinney

Makinney explores the science behind porn addiction, how to help a spouse get and stay porn-free, and how to best protect kids and oneself from porn.

FightTheNewDrug.org

Science, facts, and personal accounts help spread the message about the harmful effects of pornography.

Women

Beggar's Daughter: From the Rags of Pornography to the Riches of Grace by

Jessica Harris

Offers a candid glimpse into the heart, mind, and struggle of a female porn addict.

Men

Wired for Intimacy: How Pornography Hijacks the Male Brain by William M. Struthers

Many users of pornography struggle with its addictive power and the limited access to accountability, because porn can alter the way the brain functions, including how we form memories and make attachments. This book is targeted specifically at men, but offers hope and help for anyone addicted to porn.

Finally Free: Fighting for Purity with the Power of Grace by Heath Lambert

Is your mentee ready to move from a life of struggle to a life of sexual integrity? Help them toward true hope and freedom from pornography as they lean on Christ's strength.

Children

Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids by Kristen A. Jenson

The question is not if your kids will be exposed to pornography, but when. Equip parents to initiate preventative conversations about pornography, explaining to kids the science behind pornography's effect on the brain and empowering them to resist pornography's powerful draw.

PRODIGALS

You are Not Alone by Dena Yohe

Most parents would do anything for their child. And when that child becomes a prodigal, parents feel isolated and alone. This book helps the parents handle the situation in a way that honors God by finding ways to stay spiritually and emotionally healthy themselves.

SEXUALITY

Celebration of Sex and Celebration of Sex after 50 by Dr. Douglas E. Rosenau & Dr. Jim and Carolyn Childerston

These scripturally based books answer a myriad of questions on sexuality in a direct, honest, and respectful way.

The Good Girl's Guide to Great Sex: Creating a Marriage That's Both Holy and Hot by Sheila Wray Gregoire

Empower mentees to bring greater satisfaction to their marriage in every way—emotionally, spiritually, and physically—whether preparing for their honeymoon or in the empty nest as they search for a new spark.

Intimate Issues: Twenty-One Questions Christian Women Ask About Sex by Linda Dillow & Lorraine Pintus

Through solid teaching, warm testimonials, scriptural insights, and experts' advice, mentees can find resolution for questions and fears around sex, surprising insights about

God's perspective on sex, and a variety of practical and creative ideas for enhancing their marital physical relationship.

From this book: [What's Not Okay in Bed](#)

Rethinking Sexuality: God's Design and Why It Matters, by Dr. Juli Slattery

As a mentor, the better equipped you are to address relevant issues around sexuality, the more you're equipped to help others in often deeply personal issues. This book describes how to find sexual wholeness amidst a world of sexual brokenness, addiction, and confusion.

God, Sex, and Your Marriage by Dr. Juli Slattery

Dr. Juli Slattery challenges the common assumptions couples have about sexuality and presents the richer biblical narrative of sex as a metaphor of God's covenant love.

Secrets of Sex and Marriage by Shauti Feldhahn and Dr Michael Sytsma

SEXUAL ABUSE

Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation by Dr. Dan B. Allender

This book is key in understanding sexual abuse personally as well as for the sexually broken all around us: "With great compassion, Allender offers hope for victims of rape, date rape, incest, molestation, sexting, sexual bullying, unwanted advances, pornography, and more, exposing the raw wounds that are left behind and clearing the path toward wholeness and healing. Never minimizing victims' pain or offering pat spiritual answers that don't truly address the problem, he instead calls evil evil and lights the way to renewed joy."

Sexual Sanity for Women: Healing from Sexual and Relational Brokenness by

Harvest USA and Ellen Dykas, editor

Twenty lessons guide mentees to understand God's good design for sexuality, the underlying reasons they struggle with sexual brokenness, and how the grace and truth of Jesus can be applied to their struggles.

Hush: Moving from Silence to Healing after Childhood Sexual Abuse by Nicole

Braddock Bromley

We've found this resource helpful when Healing the Wounded Heart is just a bit too much. This is a more entry-level resource on sexual abuse.

Intimate Issues: Twenty-One Questions Christian Women Ask About Sex by Linda

Dillow & Lorraine Pintus

From this book: [What's Not Okay in Bed](#)

SHARING YOUR FAITH / THE GOSPEL

God Tools app / godtoolsapp.com

This app exists to help you have conversations about Jesus with the people you care about. Everyone has the ability to share the message of Jesus. Lots of us just need a little help.

Knowing God Personally - Teach Me to Share

Whether it's the first time or the 20th time, we know that sharing your faith can bring feelings of uncertainty and anxiety. As you go through Teach Me to Share, you'll learn how to get started in having these important conversations.

The FOUR

The four symbols represent the central message of the Bible.

25 Family-Focused Spiritual Conversation Starters Fumbling for the right words to talk about the hope that's changed your life? These "wondering" questions help you begin talking with others about what they long for—not unlike Jesus did.