**Theological: Suffering and Healing with Respect to God**

*When God Seems Gone*by Adam Mabry

By looking at Habakkuk, Job, David, Jesus, and his own experience, Adam Mabry examines the heart of lament - how to cry out to God in desperation from a place of faith and hope. This teaches how to hold on to faith, keep trusting, and rediscover joy when God seems silent, slow, unfair, different, or wrong.

*Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God*by Dr. Dan B. Allender

All emotion--whether positive or negative--can give us a glimpse of the true nature of God. God wants us to recognize our negative emotions as the cry of our soul to be made right with Him. Beginning with the Psalms, this book explores what Scripture says about our darker emotions and points us to ways of honoring God as we faithfully embrace the full range of our emotional life. Joni Eareckson Tada calls it "the best of guides.”

*Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*by Dane Ortland

Christians know that God loves them, but often think that he is perpetually disappointed and frustrated, maybe even close to giving up on them. But how does Jesus Christ actually feel about his people amid all their sins and failures? This book draws us to Matthew 11, where Jesus describes himself as "gentle and lowly in heart," longing for his people to find rest in him. His longing heart for sinners will comfort and sustain readers in their up-and-down lives.

*Surrender to Love: Discovering the Heart of Christian Spirituality*by David Benner

This book explores the twin themes of love and surrender as the heart of Christian spirituality. Through careful examination of Scripture and reflection on the Christian tradition, Benner shows how God bids us to trust fully in his perfect love. It includes meditative exercises to guide you into a greater experience of trust and spiritual transformation.

*The Problem of Pain*by C.S. Lewis

For centuries Christians have questioned why, if God is good and all-powerful, he allows us to suffer pain. C.S. Lewis sets out to disentangle this knotty issue, but adds that, in the end, no intellectual solution can avoid the need for faith.

*Good and Angry: Redeeming anger, irritation, complaining, and bitterness*by David Powlison

This book contends that anger is more than a problem to solve but is our complex human response to things we perceive as wrong. It looks at God’s anger and sets readers on a path toward a faithful and fruitful expression of anger, in which we return good for evil and redeem wrongs. It offers practical help for people who struggle with irritation, complaining, or bitterness and gives guidance for how to respond constructively when life goes wrong.

*Walking with God through Pain and Suffering*by Timothy Keller

This book explores how different cultures have approached suffering, gives a theological reason for why God allows suffering, and provides principles in working with God through personal suffering.

*Trusting God: Even When Life Hurts*by Jerry Bridges

This book can help you find the answers to some of your most heartfelt questions, such as, “Is God in control? Can I trust God? What is our responsibility when things are hard? How can I grow through adversity?” Explore the scope of God’s care and control over nations, nature, and the tiny details of your life. You’ll find yourself trusting Him more completely―even when life hurts.

*Embodied Hope: A Theological Meditation on Pain and Suffering*by Kelly M. Kapic

This book invites us to consider the example of our Lord Jesus to find hope from the depths of our own dark valleys of pain. As we look to Jesus, we are invited to participate not only in his sufferings, but also in the church, which calls us out of isolation and into the encouragement and consolation of the communal life of Christ. Drawing on his own family's experience with prolonged physical pain, the author reshapes our understanding of suffering into the image of Jesus and brings us to a renewed understanding of—and participation in—our embodied hope.

*Victory Over the Darkness: Realizing the Power of your Identity in Christ*by Neil T. Anderson

This book spells out practical and productive ways to experience Christian growth based on Christ's promise that we will know the truth and it will set us free. Realize the power of your identity in Christ and learn to apply the truths of Scripture as a base from which to renew your mind and become the person Christ empowers you to be.

**Christian Theologians Experience of Suffering and Healing**

*A Grief Observed*by C. S. Lewis

This book concerns the death of C. S. Lewis's wife. It probes the "mad midnight moments" of Lewis's mourning and loss, moments in which he questioned what he had previously believed about life and death, marriage, and even God. Lewis writes his statement of faith with precision, humor, and grace, while confessing his continuing doubts and his awareness of his own human frailty.

*The Confessions*by St. Augustine

The Confessions is a spiritual autobiography, covering the first 35 years of Augustine's life, with particular emphasis on Augustine's spiritual development and how he accepted Christianity. It is divided into 13 books which contain Augustine's life story, explore memory, and give detailed interpretations of the first chapter of Genesis.

**Helping Others**

*Connecting: Healing Ourselves and Our Relationship*by Larry Crabb

Using his lifelong experience as a psychotherapist and his biblical knowledge, Larry Crabb provides a simple approach to deep wounds we have: the need for intimate mini-communities in our lives and churches.

*Instruments in the Redeemer's Hands: People in Need of Change Helping People in Need of Change*by Paul David Tripp

God radically changes people, and he offers us the opportunity―and the ability, by his power―to be involved in that change. This practical book describes how we can live not just as grateful objects of his love but as effective instruments of his love in the lives of the people around us. The kingdom of God is near, and it makes ordinary people a part of God’s extraordinary plan for the world.

*Cross Talk: When life and Scripture Meet* by Michael R. Emlet

When those you know and love experience trouble, you don't want to hand out pat answers or religious platitudes. Instead, you want to offer real hope and help from God's Word. This books gives tools to connect the Bible to your life and to the lives of your family, friends, neighbors, and co-workers.

**Devotionals, Journals, and Self Driven Program**

*The Inner Voice of Love* by Henri Nouwen

This is Henri Nouwen's "secret journal." It was written during the most difficult period of his life, when he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even his hope in God. Although he experienced excruciating anguish and despair, he was still able to keep a journal in which he wrote a spiritual imperative to himself each day that emerged from his conversations with friends and supporters.

*A Painful Past: Healing and Moving Forward*by Lauren Whitman

Do you live with regret? Have others sinned terribly against you? God invites you to pour out your heart to him and to find comfort in his Word. In this 31-day devotional, complete with reflection questions and practical action steps, you will see how the gospel transforms your understanding of the past, your life in the present, and your hope for the future.

*Self Authoring*by Jordan Peterson

The Self-Authoring Suite is a series of online writing programs that collectively help you explore your past, present and future. Put your past to rest! Understand and improve your present personality! Design the future you want to live! Find at https://www.selfauthoring.com

**Past Trauma, Hurts, and Shame**

*Mending the Soul: Understanding and Healing Abuse*by Steven R. Tracy

This book is a comprehensive approach to understanding and treating every form of abuse for: ministry staff, small group leaders, youth workers, educators, and counselors. Healing of abuse doesn't come from ignoring or minimizing the problem but by fully understanding the nature and ramifications of abuse and allow God's grace to touch the heart's deep wounds. This can be an intense book and is suggested to be worked through with another for help in processing.

*Unwanted: How Sexual Brokenness Reveals Our Way to Healing*by Jay Stringer

This book addresses why broken sexuality, abandonment, trauma, violence and the sex industry create shame, undesirableness, guilt, and addictions. It teaches how to learn to love and care for yourself, healthy conflict resolution, and creating healthy boundaries. It is good for those seeking self-help or for those ministering to sexually broken people.

*The Body Keeps the Score*by Bessel Van Der Kolk

This book is not written by a Christian but provides useful information not concentrated in another Christian book. This book covers recent scientific studies that show how trauma reshapes both the body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. It then explores various treatments and life activities that can be done to recover from the trauma by reshaping the brain.

*Putting your Past in Its Place: Moving Forward in Freedom and Forgiveness*by Steve Viars

This book provides practical measures to understand the important place “the past” is given in Scripture to replace guilt and despair with forgiveness and hope and turn failures into stepping stones for growth. This motivating, compassionate resource is for anyone ready to review and release the past so that God can transform their behaviors, relationships, and their ability to hope in a future.

*Breaking Free from Body Shame*by Jess Connolly

It's one thing to know in your head that you were created in the image of God. Yet it's quite another to experience this belief in your body, against the cultural ideals of a woman's worth. The truest thing about you is that you are made and loved by God. And the truest thing about Him is that He cannot make bad things. This book will help you believe it with your whole self.

*Inside Out*by Larry Crabb

If you want a more vital union with God, a richer relationship with others, and a deeper sense of personal wholeness, learn how to look inside yourself and discover how God works real, liberating change when you live from the inside out.

**Forming Healthy Relationships**

*Changes that Heal*by Dr. Henry Cloud

As a precursor to his other book, Boundaries, Dr cloud talks about how bonding and boundaries work together to create healthy relationships, heal inner pain, and grow emotionally. He works through four development tasks: bonding to others, separating from others, integrating good and bad in our lives, and taking charge of our lives.

*Boundaries: When to Say Yes and How to Say No*by Dr. Henry Cloud, Dr. John Townsend

Do you feel like you should say yes to everyone’s requests, finding yourself taking responsibility for other’s feelings and problems? This books helps you learn when to say yes and how to say no in order to take control of your life and set healthy, biblical boundaries with all your relationships.

*Forgive: Why Should I and How Can I?*by Timothy Keller

Forgiving anyone in a meaningful way is one of the hardest things a person has to do. Forgiveness is an essential skill, a moral imperative, and a religious belief that cuts right to the core of what it means to be human. This book shows why it is so important and how to do it, explaining in detail the steps you need to take in order to move on without sacrificing justice or your humanity.

*How We Love: Discover Your Love Style, Enhance Your Marriage*by Milan & Kay Yerkovich

This book draws on the attachment theory to show how your early life experiences created an “intimacy imprint”–an underlying blueprint that shapes your behavior, beliefs, and expectations of all relationships, especially your marriage. They identify four types of injured imprints that combine in marriage to trap couples in a repetitive dance of pain and provide principles and practical, solution-focused tools to equip you to create a deeper, richer marriage.

*Attachments: Why you love, feel and act the way you do*by Dr. Tim Clinton & Dr. Gary Sibcy

This book includes not only helpful diagnostic info about attachment, but also practices to help overcome insecure attachment patterns in relationships with God and others.

*Life Skills for Adult Children*by Dr Janet G. Woititz

This book is not written by a Christian but provides useful information not concentrated in another Christian book. It includes practical and straightforward practices for overcoming the generational effects of growing up in a chaotic home due to dysfunction, abuse, and addictions.

*Good and Beautiful and Kind: Becoming Whole in a Fractured World*by Rich Villodas

We long for a good life, a beautiful life, a kind life. Only Jesus offers a way of being human that is both strong and tender enough to tear down the walls of hostility we experience daily. This book reveals how these three essentials are stolen by sin, powers and principalities, and trauma as well as how we can get goodness, beauty, and kindness back through contemplative prayer, humility, and the cultivation of calm presence.

**Personal Growth**

*Substance: Becoming Oaks of Righteousness in a World of Vapor* by Nicola Gibson

Worldliness isn't just a sin, but naturally changes us till we become shallow, vaporous, brittle, and miserable. In response to worldliness, Jesus calls for spiritual substance: courage, flexibility, and resilience through the process of 'discipleship'. This book teaches the why and how behind becoming disciples of substance in a vaporous world.

*The Common Rule: Habits and Purpose for an Age of Distraction*by Justin Whitmel Earley

Habits form us more than we form them. The modern world is a machine of 1,000 invisible habits, forming us into anxious, busy, and depressed people. We yearn for the freedom and peace of the gospel but remain addicted to our technology, shackled by our screens, and exhausted by our routines. This book offers four daily and four weekly habits, designed to form our lives to love God and neighbor.

**Fear and Anxiety**

*Managing Leadership Anxiety: Yours and Theirs*by Steve Cuss

Although the title implies this is just for leaders, this is helpful for most anxiety, especially relational anxiety. Steve Cuss provides tools to manage anxiety and develop the capacity to notice anxiety in yourself and in the relationships around you.

*Running Scared: Fear, Worry, and the God of Rest* by Edward T. Welch

This is an investigation of the roots of fear in the human soul and its grip of anxiety, worry, and dread. Welch encourages readers to turn to the Bible and God for the only cure of fear, which is found in Jesus Christ. This book follows the framework of thirty topical meditations, based on biblical theology, that show God speaks directly to our fears.

*Talking Back: A Monastic Handbook for Combating Demons*by Evagrius

How did the monks of the Egyptian desert fight against the demons that attacked them with tempting thoughts? This book contends that the monk should talk back to demons with relevant passages from the Bible. It lists over 500 thoughts or circumstances along with the biblical passages with which the monk should respond. From this book we gain a better understanding of Evagrius's eight primary demons: gluttony, fornication, love of money, sadness, anger, listlessness, vainglory, and pride.

**Addictions**

*Waiting for Heaven: Freedom from the Incurable Addiction to Self*by Larry Crabb

This book addresses the addictive nature in all of us, how we give into temptation and let it control our lives. Larry Crabb responds to this addictiveness with the lesson of waiting. Until we learn to eagerly await a heaven that will satisfy all our longings, we will be prone to satisfy those longings in other ways.

*Adult Children of Alcoholics*by Dr. Janet G. Woititz

This book is not written by a Christian but provides useful information not concentrated in another Christian book. This book provides wisdom and information for all adult children of dysfunctional families, but comes from a focus on alcoholic families. She explores the similar characteristics found across dysfunctional families and shares tips that have worked for others in similar places.

*Addiction and Grace: Love and Spirituality in the Healing of Addictions* by Gerald G May

This book is not written by a Christian but provides useful information not concentrated in another Christian book. In this book, May explores the “processes of attachment” that lead to addiction and describes the relationship between addiction and spiritual awareness. This covers a wide range of addictions, not only substances, but also addictions to work, intimacy, performance, and responsibility

**Psychology**

*Ancient Christian Wisdom and Aaron Beck’s Cognitive Therapy*by Alexis Trader

This is an interdisciplinary volume that covers a thorough introduction to the theory and practices of cognitive therapy along with the perennial teachings of ascetics and monks. This volume covers pastoral counseling, patristic studies, and the interface between psychology and theology.

*The Reciprocating Self: Human Development in Theological Perspective* by Jack O Balswick