

RESOURCES FOR COUPLES

If you're interested in working on your marriage, after you tie the knot or as you're preparing for your wedding day, the resources listed below are some good ones to check out! The counselor you see for your premarital counseling and/or the pastor who performs your ceremony can also recommend specific resources that he/she feels will help you as a couple – so if that's of interest, please ask those folks about that!

The Seven Principles to Making Marriage Work

This book, by John Gottman, comes highly recommended by Heartland's Couples' Ministry and by many of the professional counselors we work with in our care & counseling ministry. John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years – and this book is the culmination of his life's work.

Staying in Love

This four-part sermon series, by Andy Stanley of North Point Church in the Atlanta area, is a fun listen and contains some great info. We in particular loved and were challenged by the part about "Mr. & Mrs. Mug" – and we think you will be too! It's available for a small fee as an mp3 download (or as a DVD) and can be purchased through North Point's [online resource store](#).

The Meaning of Marriage

Using the Bible as his guide, in this book, Timothy Keller (& his wife of thirty-six years, Kathy) shows that God created marriage to bring us closer to God and to bring us more joy in our lives. This isn't a quick and easy read – but if you're a theology geek, this one is right up your alley. You theology geeks may also enjoy the handful of sermon series that Keller has done – available for a small fee through the [sermon store](#) of Redeemer Presbyterian Church in the NYC area.

The Five Love Languages / Love and Respect

These books (by Gary Chapman & Emerson Eggerichs, respectively) are great for the instances when it seems like you & your fiancée/spouse may be speaking two different languages. Chapman's book helps couples identify, understand, and speak their spouse's primary love language—quality time, words of affirmation, gifts, acts of service, or physical touch—and learn practical steps for truly loving each other. Eggerichs' book explores a truth that underlies the conflict many couples experience – the fact that unconditional respect is as powerful for men as unconditional love is for women.

Heartland's Care Team

The Care Team here at Heartland exists to provide care and counsel to those who need it – and if they can help you as you navigate married life, whether that's in the first few years or way down the line, they would love to hear from you. You don't need to wait until you're in crisis to give them a shout, either! Contact info and the latest on what the Care Team is offering can be found [here](#).

Questions or looking for additional resources?

Please email us at weddings@heartlandchurch.org