



Resource List: *Issues of the Heart and how to have hope when life is hard!*

All the resources in this list speak to the general subject of overcoming sin and destructive behaviour by addressing our hearts in a way that accelerates life change for the glory of God. We have also categorized some books to help with specific issues.

Depression

1. Look and Live by Matt Papa
2. "Resource for Changing Lives" booklets by Ed Welch
3. Depression: Looking up from a Stubborn Darkness by Ed Welch
4. When the Darkness Won't Lift by John Piper
5. Christians Get Depressed Too by David Murray
6. Spurgeon's Sorrows by Zack Eswine
7. Spiritual Depression: Its Causes and Cures by Martyn Lloyd-Jones

Anxiety

1. Anxiety Attack by Kevin Weeks
2. When People are Big and God is Small by Ed Welch
3. A Small Book for the Anxious Heart by Ed Welch
4. Why is My Teenager Feeling Like This? A Guide to Helping Teens through Anxiety and Depression by David Murray
5. Victory over the Darkness by Neil Anderson

Fear and Worry

1. Letting go of Fear by Neil Anderson
2. When I am Afraid by Ed Welch
3. Worry: Pursuing a Better Path to Peace by David Powlison

Anger

1. Keep Your Cool by Lou Priolo
2. Good and Angry by David Powlison
3. Anger: Escaping the Maze by David Powlison

Relationships

1. Change your Relationships Paul David Tripp and Timothy Lane

Suffering

1. The Freedom of Self Forgetfulness by Timothy Keller
2. God's Grace in Your Suffering by David Powlison
3. Suffering and the Heart of God by Diane Langberg
4. Suffering and the Sovereignty of God by John Piper and Justin Taylor
5. A Place of Healing: Wrestling with the Mysteries of Suffering, Pain, and God's Sovereignty by Joni Erickson-Tada
6. Dark Clouds, Deep Mercy: Discovering the Grace of Lament by Mark Vroegop

Additional Resources

1. Instruments in the Redeemers Hands by Paul David Tripp and Timothy Lane
2. How People Change by Paul David Tripp and D Lane
3. The Dynamic Heart in Daily Life by Jeremy Pierre
4. Bondage Breaker by Neil Anderson
5. Walking in Freedom by Neil Anderson
6. How People Grow by Dr Henry Cloud and Dr John Townsend
7. Boundaries by Dr Henry Cloud and Dr John Townsend
8. Shame Interrupted by Ed Welch
9. Get out of your Head by Jennie Allen
10. Lost in the Middle by Paul Tripp
11. When I Don't Desire God by John Piper
12. The Joy of Fearing God by Jerry Bridges
13. Overcoming Sin and Temptation by John Owen
14. The Enemy Within: Straight Talk about the Power and Defeat of Sin by Kris Lundgaard
15. Addictions: A Banquet in the Grave by Ed Welch