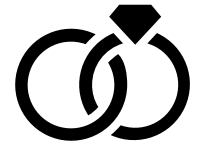


Intimacy RESOURCES



This list is not comprehensive but is meant to give you some ideas on where you can start to explore ways to strengthen intimacy in your marriage.

As mentioned in the program, be sure to contact medical doctors and/or professional counselors when facing sexual struggles beyond the scope of this program.

Counseling

If you cannot find a Christian counselor in your area or cannot afford one, consider these other options:

Local Churches: If your own church does not provide marriage counseling, consider calling other area churches to see if they have Christian counseling available.

Local College or University: Students working on their counseling degree may need to log a minimum number of hours doing counseling, which may be provided free or at a reduced rate.

Mature Christian Mentoring: Seek out mature Christian individuals and/or a couple to mentor you. *(If doing individual mentoring, husbands should seek male mentors and wives should seek female mentors).* Some key things to look for in a mentor include maturity, knowledge of the Scriptures and ability to keep conversations confidential.

Sex Therapy

Dr. Jessica McCleese is a licensed psychologist and certified sex therapist who counsels from a Christian perspective. She is familiar with counseling remotely via video conferencing software. You can find out more about her at <https://befullywell.com>.

You may also find a list of Christian sex therapists at <https://sexualwholeness.com> or <https://abcst.sexualwholeness.com/abcst-therapists-list/>

Women at the Well Intensive Workshops

Countless women have found renewed hope about intimacy at Shannon Ethridge's Women at the Well Intensive Workshops. Shannon has tremendous experience working closely with women, helping them find healthy sexual and emotional balance after experiencing past pain, abuse or skewed thinking about sex. Find out more at <https://www.shannonethridge.com/wowintensive/>



Healing from Infidelity

- **Rebuilding Trust** by Gary and Mona Shriver. The Shrivens also offer weekend retreats for couples looking to heal their marriage after infidelity. Their site is <https://www.hopeandhealing.us>
- **Beyond Ordinary** by Justin and Trisha Davis. The Davises also have a site at <https://refineus.org>

Healing from Sexual Abuse and/or Past Sexual Experiences

- **On the Threshold of Hope** by Dr. Diane Mandt Langberg
- **The Wounded Heart** by Dr. Dan Allender
- **Unwanted: How Sexual Brokenness Reveals Our Way to Healing** by Jay Stringer
- **Which Way: One Woman's Traumatic Journey and Her Daughter's Explanation of How to Turn Pain into Power** by Jann Simmons and Shari Simmons
- **The Invisible Bond: How to Break Free from Your Sexual Past** by Barbara Wilson
- **The Path to Sexual Healing** by Linda Cochrane
- **Sex and The Soul of a Woman: The Reality of Love and Romance in an Age of Casual Sex** by Paula Rinehart
- There are also many resources listed on Dr. Diane Langberg's site at this link <http://www.dianelangberg.com/resources/>



Overcoming Pornography

- **Unwanted: How Sexual Brokenness Reveals Our Way to Healing** by Jay Stringer
- **Clean: A Proven Plan for Men Committed to Sexual Integrity** by Dr. Douglas Weiss
- <https://undoneredone.com> by Traylor and Melody Lovvorn. The Lovvorns have an amazing story and offer a wide variety of programs and resources
- Covenant Eyes is an online platform that offers accountability. Find out more at <https://www.covenanteyes.com>
- Women struggling with pornography, may want to consider these websites: <https://beggarsdaughter.com> and <https://dgmcommunity.com>

Painful Sex

Consult with a gynecologist, urologist and/or general doctor to express concerns you have about painful sex. Some conditions include dyspareunia, vaginismus and/or vulvodynia. If doctors are not acknowledging your pain and working with you toward solutions, continue to search for resources and second opinions.

Song of Songs Studies

- **The Book of Romance** by Tommy Nelson
- **Songs in the Key of Solomon** by John and Anita Renfro

Overcoming Poor Body Image

- I have quite a few posts on my site regarding body image at this link: <https://intimacyinmarriage.com/resources/body-image-struggles/>
- **Unsqueeze: Springing Free from Skinny Jeans, Nose Jobs, Highlights and Stilettos** by Margo Starbuck

Sexual Positions

- <https://www.christianfriendlysexpositions.com> Great Christian site where you can get tips on different sex positions. Everything is presented using stick figures and appropriate illustrations.



Lingerie, Marital Aids, Sex Toys, Lubricants

- <https://www.honoringintimates.com> Christian-based company free of explicit photos. Shop safely for lingerie, lubricants and marital aids.
- <https://sliquid.com> This is a lubricant I highly recommend. I also did a review of lubricants on my site <https://www.IntimacyInMarriage.com>. You can find the posts by searching lubricants at the above link.
- Lelo is a quality brand of sex toys. You can find some options at <https://www.honoringintimates.com>, but for their complete line of products, you would need to go to <https://www.lelo.com>. I offer the disclaimer, though, that this is not a Christian site. While most of their products are displayed respectfully, there is some content that Christians may not find acceptable.

Posts on Orgasm and Oral Sex

- <https://intimacyinmarriage.com/resources/the-orgasm-page/> A collection of posts specifically on orgasm
- <https://intimacyinmarriage.com/resources/the-oral-sex-page/> A collection of posts specifically on oral sex

Christian Websites on Marriage Intimacy

- <https://intimacyinmarriage.com> by me, Julie Sibert
- <https://hotholyhumorous.com> by J Parker
- <https://forgivenwife.com> by Chris Taylor
- <https://www.oysterbed7.com> by Bonny Logsdon Burns
- <https://www.authenticintimacy.com> by Tom and Debi Walter
- <https://www.awaken-love.net> by Ruth Buezis
- <https://calmhealthysexy.com> by Gaye Groover Christmus
- <https://www.the-generous-wife.com> by Lori Byerly
- <https://www.the-generous-husband.com> by Paul Byerly
- <https://www.authenticintimacy.com> by Dr. Juli Slattery
- <https://www.shannonethridge.com> by Shannon Ethridge
- <https://www.engagedmarriage.com> by Dustin and Bethany Riechmann
- <https://oneextraordinarymarriage.com> by Tony and Alisa DiLorenzo
- <https://www.heavenmademarriage.com> by Scott Means
- <https://www.inverseministries.org> by Clint and Penny Bragg
- <https://www.lesandleslie.com> by Les and Leslie Parrott
- <http://www.garythomas.com> by Gary Thomas
- <http://delightyourmarriage.com> by Belah Ros



Books

Below is not a comprehensive list, but a substantial list nonetheless of intimacy books written by Christians. While you may not agree with everything in every book, these books do provide many great insights on building authentic sexual intimacy.

- **Pursuit of Passion: Discovering True Intimacy in Your Marriage** by Jeff and Glynis Murphy and Randall and Julie Sibert
- **Awaken Love** by Ruth Buezis
- **Hot, Holy and Humorous: Sex in Marriage by God's Design** by J. Parker
- **Intimacy Revealed: 52 Devotions to Enhance Sex in Marriage** by J. Parker
- **Pillow Talk: 40 Conversations about Sex for Married Couples** by J. Parker
- **The Sexually Confident Wife** by Shannon Ethridge
- **The Good Girl's Guide to Great Sex** by Sheila Wray Gregoire
- **The Five Love Languages** by Gary Chapman
- **Sheet Music** by Dr. Kevin Leman
- **When Two Become One** by Christopher and Rachel McCluskey
- **Cherishing Us** by Tom and Debi Walter
- **The 5 Sex Needs of Men and Women** by Dr. Gary and Barbara Rosberg
- **No Time for Sex: Finding the Time You Need for Getting the Love you Want** by David and Claudia Arp
- **52 Ways to Have Fun Fantastic Sex** by Dr. Clifford and Joyce Penner
- **25 Questions You're Afraid to Ask about Love, Sex and Intimacy** by Dr. Juli Slattery
- **No More Headaches: Enjoying Sex and Intimacy in Marriage** by Dr. Juli Slattery
- **The Married Guy's Guide to Great Sex** by Dr. Clifford and Joyce Penner



- **Lovemaking: 10 Secrets to Extravagant Intimacy in Marriage** by Dr. Dan and Linda Wilson
- **Pursuit of Passion: What Kind of Love are You Making** by Linda Dillow and Dr. Juli Slattery
- **Crazy Good Sex: Putting to Bed the Myths Men Have About Sex** by Dr. Les Parrott
- **XES: Why Church Girls Tend to Get it Backwards... and How to Get it Right** by Joy McMillan
- **Is There Really Sex After Kids** by Jill Savage
- **The Unveiled Wife: Embracing Intimacy with God and Your Husband** by Jennifer Smith
- **Is that All He Thinks About: How to Enjoy Great Sex with Your Husband** by Marla Taviano

