

Pre-Marriage Mentoring Helps & Resources

“Love & Respect” by Dr. Emerson Eggerich

The Love She Most Desires, the Respect He Desperately Needs, is based on the biblical passage from Ephesians 5:33 (*But every husband must love his wife as he loves himself, and wives should respect their husbands* - GODS WORD® translation). His premise is that communication between a husband and wife is often frustrated because of the vastly different ways in which men and women perceive love. Women are wired to need unconditional love and men need to feel unconditionally respected. Revitalize the love in your marriage! *A Focus on the Family Recommendation*; hardcover

“Sheet Music” by Dr Kevin Lehman

With his characteristic warmth and humor, Dr. Kevin Leman offers a practical guide to sex according to God's plan. This frank and practical book is a perfect resource for married and engaged couples. Available in softcover.

“The Five Love Languages” by Gary Chapman

Are you and your spouse speaking the same language? While love is a ‘many splendored thing’, it is sometimes a very confusing thing, too. And as people come in all varieties, shapes, and sizes, so do their choices of personal expressions of love. But more often than not, the giver and the receiver express love in two different ways. This can lead to misunderstanding, quarrels, and even divorce. ‘Quality Time’, ‘Words of Affirmation’, ‘Gifts’, ‘Acts of Service’, and ‘Physical Touch,’ Dr. Gary Chapman identifies these five basic languages of love and then guides couples towards a better understanding of their unique languages of love. Learn to speak and understand your mate's love language, and in no time, you will be able to effectively love and truly feel loved in return. Skillful communication is within your grasp!

Les & Leslie Parrott- www.lesandleslie.com

This is the website of the authors of our SYMBIS Pre-Marriage Materials and Assessment and has numerous books and short videos that will help you in your relationship, family, and parenting.

Marriage Builders- marriagebuilders.com

Willard F. Farley Jr. is author of “His Needs Her Needs”. He hosts “Marriage Builders Weekend” conferences designed for marital recovery which kicks off a 1-year home study program. (*see website for details & info*)

CedarCreek Counseling Referral List

Because life can be difficult and sometimes overwhelming, CedarCreek has put together a listing of Christian counselors to help you with some of these challenges. If you need this list, contact your PMM leaders, call the church office, stop by Guest Services on the weekend, or copy this address. <https://creekhelp.com/wp-content/uploads/CounselingReferralBW-7.pdf>