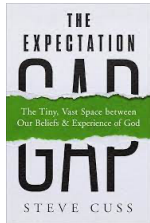
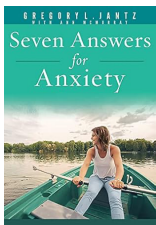


Recommended RESOURCES



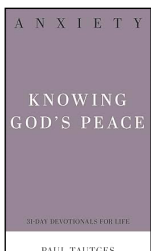
***The Expectation Gap* by Steve Cuss**

Many of us struggle with a gap between what we believe about God and how we encounter him in our everyday lives. We don't want our faith to be merely conceptual and yet we often come up against one or more of these major gaps: 1) I believe God loves me, but I don't feel it, 2) I believe God is with me but I don't see Him, 3) I thought I'd be further along spiritually by now. If you've talked to the Wrights recently, you've probably heard about this book.



***Seven Answers for Anxiety* by Gregory Jantz, PhD**

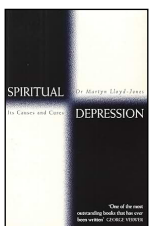
Anxiety disorders are the most common mental illness in the country, affecting 40 million adults in the United States, according to a study by the National Institute of Mental Health. Using real-life stories, biblical suggestions, proven tips, and practical steps that you can take today, Dr. Gregory Jantz will help you shut down oncoming anxiety before it starts. Recommended by Amy Wade



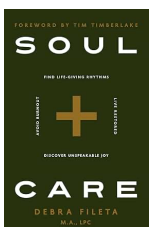
***Anxiety: Knowing God's Peace* by Paul Tautges**

Anxiety can feel like a daily battle—at times bringing great suffering to both the body and the soul. Whether you experience nagging worry or debilitating panic, God's Word offers hope and help. In this 31-day devotional, pastor and biblical counselor Paul Tautges delves deeply, but gently, into the heart of fear and unbelief, using daily readings, reflection questions, and practical application to fuel the faith that strengthens inner security and peace.

Recommended by Martha Clarke

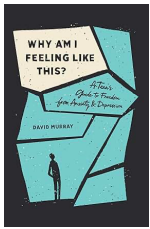


One of the great classics of the modern Church, ***Spiritual Depression*** by Dr. Martin Lloyd-Jones, diagnoses the causes of the unhappiness that many Christians experience and prescribes the practical care to lift your spirits and bring you freedom, power, and joy. This resource is ideal for: Any believer struggling with depression; church leaders ministering to their flock; friends and family members of loved ones who are going through a bleak period in their lives; anyone who wants to tap into the profound encouragement in God's Word. Currently being read by FBC Elders.



In ***Soul Care***, licensed counselor Debra Fileta shows you how Jesus' own life rhythms can guide you to true health and rest, teaching you how to live full rather than empty. Rooted in Scripture and expertly informed by clinical psychology, Soul Care identifies six life-giving practices from the life of Jesus that address your whole person—mind, body, and spirit. Recommended by Pastor Darrin.





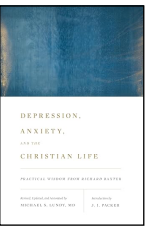
Why Am I Feeling Like This: A Teen's Guide to Freedom from Anxiety & Depression

In this companion guide to his book for parents *Why Is My Teenager Feeling Like This?*, pastor and counselor **David Murray** introduces you to the personal accounts of eighteen teens who have struggled with different types of anxiety or depression. This guide will help you discover not only the common causes but also the keys to unlock their chains. By utilizing God-given truths and tactics, you can experience new liberty, peace, and joy in your life. Recommended by Gretchen Wright.



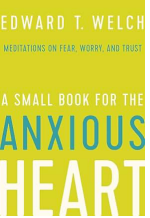
Why Is My Teenager Feeling Like This?: A Guide for Helping Teens Through Anxiety & Depression

In this companion guide to his book for teens *Why Am I Feeling Like This?*, pastor and counselor **David Murray** offers spiritual encouragement and practical direction for parents and other adults who want to help but don't know where to start. Murray provides tips for having open conversations with teens, discussion questions, Bible verses for memorization, and prayers. Recommended by Gretchen Wright.

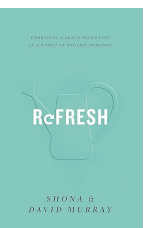


***Depression, Anxiety, and the Christian Life* by Richard Baxter, M. Lundy**

Practical wisdom for dealing with depression from Puritan pastor **Richard Baxter** who spent most of his ministry caring for depressed and discouraged souls, and his timeless counsel still speaks to us today. Updated and annotated by **Michael S. Lundy, MD**. In this book, psychiatrist Michael S. Lundy and theologian J. I. Packer present Baxter's writings to comfort, instruct, and strengthen. Recommended by Pastor Darrin.

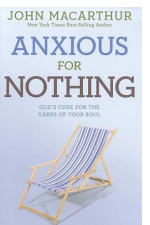


A Small Book for the Anxious Heart by **Edward Welch** is a small but powerful devotional to remind men and women of the encouraging, beautiful words in Scripture to anxious people. This devotional reaches deep into Scripture, making the Word of God accessible. Don't put a Band-Aid on your fear and anxiety; rather, learn to bring your fear to Jesus, relying on his Word. Recommended by Pastor Darrin.



***Refresh: Embracing a Grace-Paced Life in a World Full of Demands* by Shonda & David Murray**

Many women don't realize they're running at an unsustainable pace until it hurts them physically, emotionally, and spiritually. The Murrays want to help you slow down to a more grace-paced life—enabling you to avoid the pitfall of burnout, cultivate sustainable habits for the future, and experience the rest of body and soul that God intends for you. Recommended by Gretchen Wright & given as a Mother's Day book to FBC ladies in 2018.



***Anxious for Nothing: God's Cure for the Cares of Your Soul* by John MacArthur**

Stress has become part of our daily lives. We worry about our jobs, our relationships, and our families. Drawing from a rich legacy of teaching and ministry, MacArthur puts aside cultural cures to uncover the source of our anxiety and stress. Based on solid Biblical insights, *Anxious for Nothing* shares how we can overcome uncertainty, defeat doubt, and be truly worry-free. Recommended by Pastor Darrin.

