

讲员推介 Speaker's recommendation:

(1) What Did You Expect?: Redeeming the Realities of Marriage by Paul Tripp

Dr. Paul Tripp provides a biblical framework for understanding the marriage relationship. He contrasts the expectations of couples for marriage with the actualities of marriage between two people with their own insecurities, sinfulness and desires. A God-centered perspective helps us to understand the purpose of marriage, and leads to practical suggestions of ways to honor God within the context of marriage. He shows how the blessings of marriage proceed from the pursuit of God within the marriage, rather than the direct pursuit of the blessings themselves. This book is broadly helpful to couples considering marriage, to those already married who desire to better understand the God's design for marriage.

(2) Shepherding a Child's Heart by Tedd Tripp (brother of the above author)

Dr. Tedd Tripp lays out the foundation of the parent-child relationship, and the purpose of parenting, which is to address not the symptoms of a sinful heart, but the underlying issue of the self-oriented heart. He suggests shepherding techniques for various stages of the child's life: infancy, childhood and the teen years. When our family struggles through a particularly difficult period of discipline, this book is one that we return to in order to remind us of what we are striving to accomplish with our children.

(3) www.ccef.org is the website for the Christian Counseling and Educational Foundation. CCEF is associated with Westminster Seminary, and has a wealth of online resources including videos, articles and references to other books and journals that address a wide range of counseling situations.

朱牧师推介 Pastor Chu's recommendation:

(1) Changed into His image : God's plan for transforming your life by Jim Berg

对我来说, 基督徒的辅导, 实质就是我们成圣生活. 当我们与神有密切关系, 我们生活上的困难 也会解决. 所以我推荐 Jim Berg 的 Changed Into His Image.

这本书我自己读过五次以上, 期间与不少弟兄姊妹一同查考.

这本书是根据基督徒成圣生活而写成, 分开三个环节: (1) 治死你的肉体; (2) 心意更新; (3) 活出基督.

Jim Berg 是 Bob Jones University 的学生院长. 他认为他没有任何遗产可以留给他三个女儿, 所以他把他人生最宝贵的东西: 他的神, 与他的女儿们分享. 最后变成这本书.

这本书有很多生活例子, 无论在夫妻生活上, 家庭生活上, 人际关系上, 教导孩子上例子, 都能帮助我们.

The essence of Christian counseling is our sanctification. When we have a close relationship with God, the difficulties in our life will be solved. So I recommend Jim Berg's Change into His

Image. This book I read more than five times and I have studied it with many brothers and sisters in 3CW.

According to sanctification, this book is divided into 3 sections: (1) Put off your old self; (2) Renew your mind; (3) Put on Christ.

Jim Berg is the dean of students at Bob Jones University. He believed he will not have any inheritance for his three daughters, so he decided to share to them the most precious thing in his life: his God. Eventually, it became this book.

This book has a lot of daily examples: marriage, family, interpersonal relationships, parenting, etc. And this book can certainly help us.

(2) 上帝与人间的苦难 作者: 温伟耀

温伟耀博士是香港资深的传道人。他从英国牛津大学哲学博士毕业后，事奉主超过30年。这本书回答一个问题：

上帝在苦难发生的时候，去了哪里？温伟耀博士曾经面对苦难说：

「当我遇上丧妻之痛，经历女儿严重智障的折磨，再面对她26岁病逝的伤痛，我也不止一次的反问自己：究竟我仍旧相信一位有大能又慈爱的上帝，只是因为自己出于对信仰的顽固？还是真正有根有据的去继续坚持？我决定要为我自己，也为许许多多真诚的寻道者，写一本认真去面对因为人间苦难质疑上帝的书，作一个诚实的交代。」

这本小书不但让我爱不释手，更让我在困难中爱神更深。

因温伟耀博士回答了苦难这问题时，不但用圣经，而且用了他的生命作答。

(3) Spiritual Depression by Martin Lloyd-Jones 灵性低潮作者: 鍾马田

I read this book when I was 15 and at that time I didn't appreciate it. But now I find very helpful. Martin Lloyd-Jones is one of my favorite writers who is able to exposit the Bible and help me to reflect.

Martin Lloyd-Jones believes the foundational reason for spiritual depression is unbelief.

当我15岁时，我读过这本书，当时我并不喜欢这本书。但现在我觉得很有帮助。鍾马田（Martin Lloyd-Jones）是我最喜欢的作家之一，他能够讲解圣经，帮助我反思。鍾马田相信灵性低潮的基本原因是不信。

朱师母推介 Audrey Chu's recommendation:

(1) 《姊妹辅导姊妹——人生难题的圣经答案》 [美]伊丽丝·菲茨派克（Elyse Fitzpatrick）著

<http://rtf-usa.com/media/main/book/add/WomenCounselingWomen.pdf>

很多女性每天都有不好的习惯和嗜好，例如愤怒和抑郁等各种情绪，各种孤独感，以及作为母亲，妻子或单身女人经历的其他困难。

这是一个丰富的辅导资源，仅仅从圣经中，就足以应付我们的每一个需要。作者 Elyse Fitzpatrick 和其他几位作者都是有经验的圣经辅导员，熟练掌握了上帝话语的完美智慧，且衷心的同情和关心那些需要帮助的人。其中的主题是...

- 情绪，忧虑和抑郁
- 饮食失调和习惯性的斗争和罪恶
- 口头虐待和色情
- 单身，婚姻和育儿
- 悲伤和关心

这本书是可以自用和辅导他人的，“姊妹辅导姊妹”鼓励我们和帮助我们去克服困难，因为上帝的话语是永恒的，充满了女性面临的问题的智慧。

(2) “Six Things Submission Is Not” Article by John Piper

<http://www.desiringgod.org/articles/six-things-submission-is-not>

“What is submission not, according to 1 Peter 3:16? ...If you bring to the Bible your preconceptions, you might just throw the baby out with the bathwater, and say, “If that’s what submission means, then I’m out of here.” That would be very sad. You may be right, you may be wrong, but it would be sad. I wrote down six things submission to a husband in marriage is not. I really want you to see them in the text. E.g.1. Submission is not agreeing on everything 2. Submission does not mean leaving your brain at the altar...”

(3) The Excellent Wife: A Biblical Perspective by Martha Peace

"Martha Peace, a nouthetic counselor of women, has written an Excellent Volume. Not only does it explain what God "requires" of a Christian wife, but it explains clearly how to obey God's commandments in order to become that wife. Get it, read it and profit from it."

"The Excellent Wife" is an absolute must for women today. This book is a welcomed first because it is a Scripturally based, systematic and practical work for today's women. Within its pages is a detailed portrait of a godly wife. Not only is the standard high and godly, but Martha demonstrates that by God's grace, it is attainable..."

Also comes with a companion study guide written and designed to provide reinforcement of the principles presented in the popular book. This is an excellent format for group study. A separate teacher's guide is available, and both have convenient spiral bindings.

黄传道推介 Simon Huang's recommendation:

(1) Tripp, Paul. "Parenting Is Gospel Ministry." *TGC - The Gospel Coalition*. 26 May 2017. Web. 07 July 2017. <<https://www.thegospelcoalition.org/article/parenting-is-gospel-ministry>>

This is a one hour workshop from Paul Tripp that is worth your time to listen to. The premise is that Godly parenting is not a natural thing, and we need God to change our hearts to be parents who can bring our children to God. His book "Parenting: 14 Gospel Principles That Can Radically Change Your Family" may be a useful resource also. I also enjoy this daily devotion from him, "*New Morning Mercies*"

Parenting is much more than controlling the behavior of your children. Parenting is actually about heart exposure and heart change. We know only Jesus Christ can create the kind of lasting change in the human heart that will transform behavior. In this workshop, Paul Tripp (author of *Parenting: 14 Gospel Principles That Can Radically Change Your Family*) speaks on how to let the gospel shape what you say and do with the children who have been entrusted to your care.

(2) Keller, Timothy. *Counterfeit Gods: The Empty Promises of Money, Sex, and Power, and the Only Hope That Matters*. New York: Penguin Books, 2009.

Not a book specifically about family, but deals with things that we pursue. These idols of money, sex, and power rob life of meaning and takes us away from God. As a result we lead our families astray. The book is easy for all to understand. If you like this book, another book by the same author but focuses on the area of job and career is worth reading *Every Good Endeavor: Connecting Your Work to God's Work*.

(3) Chediak, Alex. *Preparing Your Teens for College: Faith, Friends, Finances, and Much More*. Carol Stream, IL: Tyndale House, 2014.

Here is what I wrote about this book on Amazon Book Review.

While in Seminary, a professor gave me advice that would forge my youth ministry philosophy, "Youth ministry is ministering to parents." This book by Dr. Chediak is an answer to prayer as a youth worker. Now, I have a tool that is theologically sound and immensely practical which I can give to our parents to help them prepare their teens for college. (By the way, do not wait until your teens are in their Junior or Senior year of high school to start the conversations found in this book. Start earlier if possible.)

This book is basically 11 conversations covering areas of character, faith, relationships, finance, academics and "the college decision." In many ways, college is more than an educational milestone in today's society. It is a rite of passage. For the first time, teens are not under their parents' roof and have the freedom to make their own decisions. So preparing teens for college is really preparing your children for adulthood. This is a daunting task for parents without the added pressure of paying for college and helping children choose the right school and major. Dr. Chediak covers in this book both the general problem of raising children to become adults as well as addressing the specifics of being ready for college life.

We had Alex speak in a conference here a few years ago about this book and his previous book "*Thriving at College*" addressed to college age students. His latest book "*Beating the College Debt Trap*" is less spiritual in nature, but may be helpful for parents looking at college expenses.

黃传道太太推介 Tiff Huang's recommendation:

Tiff's recommendations (descriptions all copied and pasted unless otherwise noted....but I have read all these books and feel they are worthwhile reads and valuable resources)

(1) *How People Change*, by Timothy S Lane and Paul David Tripp

What does it take for lasting change to take root in your life? If you've ever tried, failed, and wondered why, you need *How People Change*. This book explains the biblical pattern for change in a clear, practical way you can apply to the challenges of daily life. But change involves more than a biblical formula: you will see how God is at work to make you the person you were created to be. That powerful, loving, redemptive relationship is at the heart of all positive change you experience. (copied from Amazon)

A changed heart is the bright promise of the gospel. When the Bible talks about the gift of a new heart, it doesn't mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus' work on the cross targets our hearts---our core desires and motivations---and when our hearts change, our behavior changes. It's amazing to watch people who once seemed stuck in a pattern of words, choices, and behaviors start living in a new way as Christ changes their hearts. (copied from Christianbook.com)

(2) *Instructing a Child's Heart*, by Tedd & Margy Tripp (a follow-up to *Shepherding a Child's Heart*)

Picking up where *Shepherding a Child's Heart* left off, Tedd and Margy Tripp's new book, *Instructing a Child's Heart*, helps parents give instruction to their children that will persuade them of God's wisdom. Instead of focusing solely on behavior issues, the authors look at the heart of your child. Point your child toward the happiness they will find from doing things God's way! (copied from Christianbook.com)

From interaction with their peers to the instruction and correction that they receive at home, children interpret their experience from a worldview that seeks to answer their fundamental questions: Who am I? What do I exist for? Where can I find joy? We need to provide our children with a consistent, persuasive, biblical framework for understanding the world God has made and their place in it. *Instructing a Child's Heart* is essential to *Shepherding a Child's Heart*. The instruction that you provide for them not only informs their mind; it is directed to persuading their hearts of the wisdom and truthfulness of God's ways. Impress truth on the hearts of your children, not to control or manage them, but to point them to the greatest joy and happiness that they can experience delighting in God and the goodness of his ways. (copied from Amazon)

(3) *Age of Opportunity*, by Paul David Tripp

From the very beginning of the book, Tripp addressed the notion we often hear or think; parents of teens are just trying to survive those teenage years. Instead of viewing these years as a quest for survival, it should be seen as "a time for engagement, interaction, discussion, and committed relationship." (23) Even for those of us who do not have children yet or those who have younger children, it is easy to get trapped into thinking that once our children become teenagers, they become even more rebellious, sulky, moody and draw away from their parents. Society would have us believe that this is primarily biological, even normal and how things should be.

Imagine how different society could be if parents, even Christian parents regarded parenting as Tripp says we should view this time. The role of a parent is special because God entrusts the parent to raise a child to understand who they are as God's image-bearer. Someone whose purpose is to worship and love God, love others and love God's creations. If parents saw their role as one of the most important jobs they would ever hold during their lifetime, they would put in the effort and time to doing the best that they could and not shy away from or lose hope when rough spots arise.

The teenage years are to be used to help our children focus on the spiritual struggle of daily living. In order to do this, parents need to help their kids see the "spiritual implications in everything they do and in every situation they are in." (115) But, how can parents do this if they themselves aren't practiced or good at applying God's Word in their everyday lives?" If we expect our children to be able to apply God's Word to daily situations, then parents must realize and be able to do and see this too. That means parents must be equipped in their own lives to live out the precepts they are teaching to their children and want them to exhibit.

It is a necessary reminder to parents that the ultimate goal should be helping our children develop a heart for God. Doing well in school, finding a good job and marrying a wonderful spouse are all good and worthy dreams and hopes for our children. However, they should not be the driving force behind why parents do anything for their children. To know you have helped cultivate a heart for God in your child is to know you have helped give them the most important thing they need to live in this fallen and sinful world of ours.

曾欣灵姊妹推介 Jean Tsen's recommendation:

(1) *War of Words*, by Paul Tripp (Jean's recommendation)

Until I read this book, I did not realize how much my words expose my heart of sin. Sinful speech is something we tend to easily excuse or dismiss as insignificant since it takes little effort to sin with our tongue. However, our words hold weight to God, for "out of the abundance [or poverty] of heart the mouth speaks" (Matthew 12:34). The ability to use words is something God gave us as a way to reflect and share in His image. However, sin distorts this beautiful gift into a means for destruction. Writing transparently from his own struggle with sinful speech, Paul Tripp draws the readers into a deeper sensitivity of sin and sorrow at our sin, an awe of God's grace to forgive and transform sinners, and a sweeter intimacy with God. This book is not just for those who are struggling with relational conflicts but deals with any kind of sinful motives behind all the words we speak. Anyone who does not speak or use words with an other-oriented heart (selfless mindfulness of others) can benefit greatly from this book.

(2) *The Peacemaker*, by Ken Sande (Jean's recommendation)

Written by a lawyer, this book is full of biblical wisdom and practical insights on how to be a peacemaker in moments of relational crisis. From personal to complex applications, Ken Sande demonstrates the all-sufficiency of Scripture to handle the worst conflict. Peacemaking is an unnatural skill that needs cultivation by the help of the Spirit and the Word. Peacemaking therefore cannot be attained passively but must be actively pursued and labored for. Some personal ways the book opened my eyes was the principle of taking the log out of my own eye in

confrontation and what true, God-reflective forgiveness looks like. This book will show not just how to better love others but also how we have been loved by God. It is this wonder and amazement at God's love, patience, mercy, forgiveness, and peacemaking with us that stirs the desire in our hearts to be a reflection of Him, the ultimate Peacemaker.

(3) *Uprooting Anger*, by Robert D. Jones (Jean's recommendation)

Most of our anger is sinful and unrighteous. Jesus' example shows us that righteous anger: 1) reacts against actual sin, 2) is God- and other-centered, not self-centered, and 3) is accompanied by other godly traits or is expressed in godly ways. If there is anyone who deserves the right to be angry, it is God. Yet, He is slow to anger, loves, forgives, and then releases all grudges that He could rightfully hold against us. It is the worship of this beautiful, holy God that melts and frees a bitter and angry person into one who forgives, blesses and serves others. To give you a taste of the book, Jones writes, "the Lord showed me how little sense I had of his presence. His keen ears heard my sarcastic words....His searching eyes saw my stern face. My unloving treatment of my wife ascended to the Almighty One's throne" (90). A high view of God and the sight of His beauty exposes the hidden ugliness of our sinful hearts, awakens us to how unlike Him we are, and motivates us to change by desiring to be like Him.