

Book Study Referrals-

Marriage: An Orthodox Perspective, by [John Meyendorff](#)

This excellent study on Christian marriage is a valuable resource for anyone seeking to understand the Orthodox perspective on marriage. In it John Meyendorff examines marriage in the Church from the contexts of Judaism and the New Testament, the early Church and Roman law, sacramental life, and contemporary society. Specific issues discussed include: second marriages, "mixed" marriages, divorce, abortion, family planning and responsible parenthood, married clergy, celibacy, and the monastic life. Essential reading for all pastors, it is also useful for parents, newlyweds and those preparing for the sacrament of marriage.

The Sacrament of Love, by [Paul Evdokimov](#)

For Paul Evdokimov, the conjugal union of man and woman in marriage is an image of God in Trinity - a relationship of persons united in love, thus realizing their one nature. But, since the Fall, only Christ can truly reconcile man and woman and bring about the harmony of Eros and the person. The sacrament of marriage regulates the communion between man and wife in all its sacramental fullness. True love is fruitful, but this fruitfulness is not only expressed through children; it can also be manifested through hospitality, through service, and sometimes through a common creation.

On Marriage and Family Life, by [Saint John Chrysostom](#)

Christian tradition often seems to give only grudging approval to the married life, particularly its sexual aspect. In these sermons of St John Chrysostom we find an important corrective to this view. Although himself a monk, Chrysostom had a profound understanding of the needs of his congregation. Inspired by the epistles to the Corinthians and Ephesians, he discusses the reasons God instituted marriage: primarily to promote holiness of the husband and wife, and only secondarily to produce children. Chrysostom goes on to discuss sexual relations, the mutual responsibilities of marriage, and parenting. While parts of Chrysostom's sermons may seem limited to his own time, the vast majority of his advice has timeless relevance for the Christian family.

[Mastering the Art of Marriage: Staying Together When the World Pulls You Apart,](#)

By Fr. Constantine Nasr (no summary online)

[The Five Love Languages](#), by Gary Chapman

Falling in love is easy. Staying in love—that's the challenge! How can you keep your relationship fresh and growing amid the demands, conflicts, and just plain boredom of everyday life?

In the #1 *New York Times* bestseller *The 5 Love Languages*, you'll discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner—starting today.

The 5 Love Languages is as practical as it is insightful. Updated to reflect the complexities of relationships today, this new edition reveals intrinsic truths and applies relevant, actionable wisdom in ways that work.

Includes the Couple's Personal Profile assessment so you can discover your love language and that of your loved one.

The Love Dare, by Stephen & Alex Kendrick with Lawrence Kimbroug

Unconditional love is eagerly promised at weddings, but rarely practiced in real life. As a result, romantic hopes are often replaced with disappointment in the home. But it doesn't have to stay that way.

The Love Dare, the *New York Times* No. 1 best seller that has sold five million copies and was major plot device in the popular movie *Fireproof*, is a 40-day challenge for husbands and wives to understand and practice unconditional love. Whether your marriage is hanging by a thread or healthy and strong, *The Love Dare* is a journey you need to take. It's time to learn the keys to finding true intimacy and developing a dynamic marriage.

This second edition also features a special link to a free online marriage evaluation, a new preface by Stephen and Alex Kendrick, minor text updates, and select testimonials from *The Love Dare* readers. Take the dare!

One Flesh: Salvation through Marriage in the Orthodox Church, by Lawrence Farley

Is the Church too negative about sex? Beginning with this provocative question, Fr. Lawrence Farley explores the history of the Church's attitude toward sex and marriage,

from the Old Testament through the Church Fathers. He persuasively makes the case both for traditional morality and for a positive acceptance of marriage as a viable path to theosis

Getting the Love You Want, by Harville Hendrix, Ph.D

Originally published in 1988, *Getting the Love You Want* has helped millions of couples attain more loving, supportive, and deeply satisfying relationships. The 20th anniversary edition contains extensive revisions to this groundbreaking book, with a new chapter, new exercises, and a foreword detailing Dr. Hendrix's updated philosophy for eliminating all negativity from couples' daily interactions, allowing readers of the 2008 edition to benefit from his ongoing discoveries during his last two decades of work.

Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again, by Michele Weiner-Davis

In this groundbreaking book, Michele Weiner-Davis gives straightforward, effective advice on preventing divorce and how couples can stay together instead of coming apart.

Using case histories to illustrate her marriage-enriching, divorce-preventing techniques, which can be used even if only one partner participates, Weiner-Davis shows readers:

- * How to leave the past behind and set attainable goals
- * Strategies for identifying problem-solving behavior that works—and how to make changes last
- * "Uncommon-sense" methods for breaking unproductive patterns

Hold Me Tight, Your Guide to the Most Successful Approach Building Loving Relationships, by Sue Johnson

Developed by Dr Sue Johnson over 20 years ago and practised all over the world, EFT has been heralded by Time magazine and the New York Times as the couple therapy with the highest rate of success. Couples who use EFT see a 75 per cent success rate. The therapy programme focuses on the emotional connection of every relationship by de-escalating conflict, creating a safe emotional connection, and strengthening bonds between partners. In *HOLD ME TIGHT*, EFT pioneer Dr Sue Johnson presents her highly effective therapy model to the general public for the first time. Through case studies from her practice, illuminating advice and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

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[Things I Wish I'd Known Before We Got Married, by Gary Chapman](#)

"Most people spend far more time in preparation for their vocation than they do in preparation for marriage," No wonder the divorce rate hovers around fifty percent.

Bestselling author and marriage counselor, Gary Chapman, hopes to change that with his newest book. Gary, with more than 35 years of counseling couples, believes that divorce is the lack of preparation for marriage and the failure to learn the skills of working together as intimate teammates.

So he put together this practical little book, packed with wisdom and tips that will help many develop the loving, supportive and mutually beneficial marriage men and women long for. It's the type of information Gary himself wished he had before he got married.

[Getting Ready for Marriage, by Jim Burns and Doug Fields](#)

Jim and Doug have seen it all. They have worked with many couples and have studied extensively to uncover the essential elements for making marriages thrive. This book is their early wedding gift to you: a comprehensive, easy-to-navigate road map for beginning your union.

Filled with premium fuel for the journey—including meaningful exercises, hard truths, and conversations starters—this book will nourish and guide your relationship for the long haul.

The 4 Seasons of Marriage: Secrets to a Lasting Marriage, by Gary Chapman

Spring, summer, winter, fall. Marriages are perpetually in a state of transition, continually moving from one season to another—perhaps not annually, as in nature, but just as certainly and consistently. Sometimes we find ourselves in winter—discouraged, detached, and dissatisfied; other times, we experience springtime with its openness, hope, and anticipation. On other occasions, we bask in the warmth of summer—comfortable, relaxed, enjoying life. And then comes fall with its uncertainty, negligence, and apprehension. The cycle repeats itself many times throughout the life of a marriage, just as the seasons repeat themselves in nature.

The seasons of marriage come and go. Each one holds the potential for emotional health

and happiness, and each one has its challenges. The purpose of this book is to describe these recurring seasons of marriage, help you and your spouse identify which season your marriage is in, and show you how to enhance your marriage in all four seasons.

This is a Great Mystery : Christian Marriage in the Orthodox Church, by Rev. Peter A. Chamberas

Written by a veteran priest and scholar of our Archdiocese, this book is useful to priests and lay people, alike. It contains the English and Greek text of the sacrament as well as extensive commentaries, explanations and catechetical materials for instruction classes. It is an excellent gift to those preparing for participation in the Orthodox Christian sacrament of Marriage.

Characteristics of an Orthodox Marriage, article by Fr. Timothy Pavlatos

<https://russianchurchoregon.files.wordpress.com/2012/09/mulino-marriage-talk.pdf>

Article and Webinar Resources :

Greek Orthodox Archdiocese of America - Family Care

<https://www.goarch.org/>