

RECOMMENDED PARISH NURSE READING

BOOKS ON GRIEVING

Purposeful Grieving: Embracing God's Plan in the Midst of Loss by Dr. Stacy Hoehl

Purposeful Grieving provides 56 devotions that recognize the challenges of grief but also lift your eyes to the comforting cross of Christ. Psalm 13 outlines the daily messages. Each devotion concludes with a prayer and two journaling questions—one for further thought on the devotional topic and one for personal help as you face the future.

Out of the Depths: Devotions for People Who Grieve by Richard E. Lauersdorf

Out of the Depths: Devotions for People Who Grieve is a series of four different devotionals that brings the comfort of God's Word to those who are experiencing grief for a variety of reasons. There are 25 devotions in each of the four books in the series. These books assure us that no matter what happens in life, God is guiding and protecting us each step of the way. The books can be purchased as a set or individually.

God's Children Never Die: Words of Comfort as I Face the End of My Life

At different stages in our lives we may react to the thought of death in different ways—with a shrug of our shoulders, with a frown, with huge amounts of worry, with tears, or with fear and anger. No matter what our thoughts of death may be at the moment, God comes to us in his Word to embrace us with his promises, which alone hold us up during that most difficult part of life's journey.

With Tears in Our Eyes: God's Comfort as I Grieve the Death of My Loved One

The circumstances don't seem to matter. Whether it was the result of a sudden accident or a lingering illness, whether it was a child or a great grandmother, whether we had anticipated many more years together or had prayed that God would take them soon, the death of a loved one brings profound grief. Now what? In the darkest hours of mourning and loss, what a friend we have in Jesus!

When Jesus is There: Words of Comfort to Help Me Endure My Sorrows

God has enriched our lives with so many blessings. We enjoy his grace in countless ways, but because of sin, we also experience loss at times. Some of the more serious losses overwhelm our emotions and leave us feeling numb. Other times we feel angry, hurt, or confused. God's Word assures us that in our times of loss, he has not forsaken us. Because we have our Savior, we have everything.

Help Me, Lord: As I Prepare for My Loved Ones Death

Their pastor had seen these expressions before—helplessness alongside confusion, disbelief, fear, and anger. He had seen the same expressions on the faces of so many others whose family or friends were dying. There is probably no place where we feel more helpless than at the bedside of a dying loved one. The questions, fears, and emotions threaten to overwhelm us and leave us wondering where we should turn.

For Such a Time as This

Everywhere you turn you face bad news, whether it's the economy, threats of terrorism, natural disasters, violence, or another friend has just been diagnosed with cancer. Maybe you or someone you know just lost a loved one. We all struggle or grieve at one time or another and wonder where to turn for comfort. The three original volumes of *For Such a Time as This* are now combined into one all-encompassing volume. The three hundred devotions from *Meditations* are based on texts from the Old Testament, the gospels, and the epistles. All of the devotions emphasize gospel comfort, especially meaningful during times of struggle or grief.

BOOKS ON MENTAL ILLNESS

A Christian Guide to Mental Illness Set by Dr. Stephen M. Saunders

Did you know that one in five persons, including members of the church, will suffer from a mental illness in any given year? This means that many churches will have families who are affected. Written by Dr. Stephen M. Saunders, this two-volume set about mental illness helps you identify and understand mental illness so you can respond effectively and appropriately. The books can either be purchased as a set or individually.

A Christian Guide to Mental Illness: Recognizing Mental Illness in the Church &

School

Author Stephen Saunders explains what mental illness is and how common it is. He describes the mental illnesses in detail, including symptoms, risk factors, and how each mental illness affects the lives of patients and their loved ones. There are also chapters dedicated to child and elder abuse, domestic violence, and suicide. Saunders presents a scriptural understanding of sin and grace, law and gospel, the theology of the cross vs. the theology of glory, and how those with mental illness may feel that God has deserted them or doesn't care. Though intended primarily for church workers, the book will provide any reader with the tools to understand and help their loved ones experiencing a mental illness.

A Christian Guide to Mental Illness: Helping Christians Obtain Treatment for

Mental Illness

Author Stephen Saunders details how core ideas about mental illnesses and their treatments have changed over time. Author Dr. Stephen M. Saunders also offers guidance to pastors and church workers who wish to provide practical assistance to the people they serve. You will learn how to begin the conversation on mental illness, prepare for crisis management, recognize the need for professional treatment, assist the loved ones, and share with everyone impacted the spiritual comfort that only comes God's Word.

BOOKS FOR UNEXPECTED LIFE EVENTS

Never Forsaken: God's Mercy in the Midst of Miscarriage by Kathryn Ziegler Weber

Why my baby? Why? We ask it repeatedly. We seek answers and comfort, and we struggle to make sense of our sorrow. At the core of our questions is doubt. Does God really have our best interests at heart? If so, then . . . why? These stories of others who have suffered miscarriage and infant loss will encourage you to look to God's Word for

hope. His Word will guide you in your pilgrimage with grief, offering you the comfort and joy that only Christ can bring. Our heavenly Father remains present, merciful, faithful, and compassionate. You are never forsaken. God's mercy is yours through the work of Christ Jesus in your life . . . and in your baby's life.

And She Was A Christian: Why Do Believers Commit Suicide? by Pastor Peter Preus

In the book *And She Was A Christian*, the author—writing from a solid scriptural perspective—addresses the theological issues involved with this paradox. Taken directly from God's Word, this book offers a helpful perspective on past views that often emphasized the law more than the gospel when addressing the paradox of Christians committing suicide. *And She Was A Christian* is aimed at pastors and teachers of the church, as well as Christian counselors who face this challenging situation. At the same time, Christians who have wrestled with this issue themselves will also gain many benefits from reading this book.

How to Connect with Your Troubled Adult Children by Allison Bottke

What do you do when parenting gets painfully complicated? Are your adult child's mental, emotional, and physical health issues driving you to despair? Are you tempted to bail your son or daughter out of yet another impossible circumstance? What should your 'help' as a Christian parent look like once your child has reached their point of independence? This book is an in-depth guide to help you connect with your troubled adult child, and to build your confidence, knowledge, and hope in challenging situations such as drug addiction, mental and emotional disabilities, military trauma and PTSD, personality disorders, financial trouble, depression and bipolar, divorce, incarceration, and so much more. A great resource for anyone who is facing these problems for the first time or looking to learn more, take a step back, and develop effective Christian strategies to truly help your adult child.

It's Alzheimer's -- It's Time for Extraordinary Love

This booklet offers the people who are affected by Alzheimer's disease a starting point for understanding and adjusting to its challenging realities. Most importantly, it directs people to the hope and future that God promises through Jesus. Even with an Alzheimer's diagnosis, God's Word assures us: nothing "in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord." (Romans 8:39). Also available is a Bible study with a leader guide. The booklet and other resources are available from The Lutheran Home Association with only a charge for shipping.

Deep as the Sea: Letters to Survivors of Trauma by Timothy C. Bourman

A Christian pastor who experienced trauma and couldn't find spiritual resources that focused on God's Word and were Christ-centered produced this helpful devotional reading for people who have experienced trauma. The book contains twelve letters and a great deal of information for the survivor to understand God's love and sift through what happened to them.

BOOKS TO HELP WITH STRESS

Where in the World is God? by Harold L. Senkbeil

The list of problems that stress us out on a daily basis can be a mile long. Whether it's financial problems, health issues, job worries, the list can go on and on. Many of us have extremely full schedules, are pulled in so many different directions, and often feel overwhelmed and frustrated. But there is hope, because God is right there, fighting our daily battles with us. *Where in the World Is God?* is a book of 70 devotions written for anyone facing adversity, discouragement, or fear. Author Harold Senkbeil's meditations invite us into the presence of our loving God through his life-giving Word. Pastor Senkbeil doesn't presume to know all the answers, instead he directs us to God. These uplifting devotions proclaim God's Word with power and promise, letting the Bible answer our

questions about life with a mix of compassion and candor. If you've ever found yourself asking "Where in the World is God?" in your life, this devotional will help guide you to the answer.

Prayers for People Under Pressure by Donald Deffner

Only you and God fully know the troubles you face, the stress and pressures you live with every day. But God alone knows the plans he has for us. There are times when we plead for his grace to change a difficult situation, but some tough times will not change immediately, if ever at all. Then we ask for the strength to bear our crosses patiently. *Prayers for People Under Pressure* contains 97 prayers written for such times. It is through prayers such as these that you will draw close to God and receive the strength to persevere through all adversity.

A Pastor Looks At PTSD by WELS Military Services Chaplain Paul C. Zeimer

This article is available among the resources offered on the WELS Ministry to the Military website (wels.net/military). It describes Post Traumatic Stress Disorder as IEDs on the Road of Faith.

BOOKS ON CHRISTIAN MORALS

From Dirty to Dancing: God's Grace for Those Struggling with Pornography by Pastor Mike

Novotny

Has pornography dirtied your mind? Your soul? Your relationships? The way you look at other people? The way you look at God? Has pornography dirtied the life of someone you love? Your sibling? Your child? Your spouse? Your friend? How do you come clean? How can you help others do the same? *From Dirty to Dancing* is a Gospel-centered resource to support Christians who struggle with an addiction to pornography. This uplifting book has four goals to help readers move from despair in sexual sins to celebration in God's forgiveness: warn readers of the dangers of pornography, show readers that Jesus died for sexual sinners, encourage readers to confess their sins to others, formulate a practical plan for conquering their addiction. No matter how troubled a believer may be by this sin, *From Dirty to Dancing* assures that--through Christ--God has forgiven us and longs to help us conquer our sinful struggles.

Forgive Us Our Sins: Homosexuality in the Light of God's Truth by Scott L. Barefoot and Richard

D. Starr

In the book *Forgive Us Our Sins: Homosexuality in the Light of God's Truth*, the authors tackle the tough issue of homosexuality in a firm but loving way through the clear context of Scripture and retell Scott's exodus from the gay lifestyle back to Christ. The authors avoid judgment and stereotypes by delicately balancing biblical law and gospel to provide encouragement to all believers who struggle with any temptation, not just homosexuality. Ultimately, the book provides hope and support for those who, just as Scott did, seek to turn their lives back to Christ.

Rainbow Savior by William A. Monday

Over the past decade in ministry, Pastor Bill Monday has encountered many Christian people struggling with how to rightly address the issue of homosexuality. Out of love for his members and Christians beyond his congregation, Pastor Monday has set out to address this issue systematically in *Rainbow Savior* with a pastoral heart from a first-person perspective. His first audience in the opening half of the work is a Christian struggling with this issue. His second audience in the latter part of the book is a congregation distressed by this divisive issue because of our society at large.

BOOKS TO BUILD AND ENCOURAGE FAITH

364 Days of Thanksgiving: A Devotional Journal by Andrew C. Schroer

Live a life of thankfulness to God every day! This unique devotional--part book, part journal--will teach you what it means to be overwhelmingly thankful. In addition to the 26 uplifting devotions, you'll be encouraged to write down one thing you are grateful for each day of the year. In doing so, you will begin to recognize God's blessings in your life and can flip back to them whenever you need a reminder.

There's A Prayer for That

The Word encourages you to pray in every circumstance. Whether life leads you to bring thanks, praise, or troubles before God, he will listen. *There's a Prayer for That* guides you in this continual conversation with God. This collection contains over 450 prayers including some from *Meditations Daily Devotional*, for the people and situations in your life. Whether you are thinking about your family and friends, your future, or your faith, this book will guide you in prayer. God may not always respond in obvious or expected ways. Yet, the messages from Scripture included in *There's a Prayer for That* assure you that his answers are lovingly given for the good of your soul. No matter what tomorrow brings, there's a prayer for that, and there's a loving Father who wants you to talk to him.