

Christian Resource List

Scriptures that help us see that our pain is understood and there can be deliverance from the hard seasons.

Jeremiah 29; Psalms 34; Psalms 147; Revelation 21:4; 1 Peter 4; 1 Peter 2:19; Isaiah 53:4-6; Matthew 26-27; Jeremiah 15:18-20; 1 Kings 19:4-14; Lamentations.

Websites:

www.calminggrace.com has coping skills that are Christ-centered for adults.

Abide App:

"Abide is the #1 Christian app that helps you sleep better and stress less. Find deep rest with our bedtime stories, as you listen to stories based on the Bible. Wake up with our daily thoughts that will fuel your mind for the day ahead.

Parenting children through hard emotions:

This quick read can help you feel equipped to parent difficult moments with clear direction.

<https://parentswithconfidence.com/wp-content/uploads/2020/01/CalmKidsGuideToEmotionalRegulation-ByAngelaPruess.pdf>

Great reads for anxiety and depression from creditable sources.

[The Goodness of God](#) by Randy Alcorn

[Trusting God](#) by Jerry Bridges

[The Practice of the Presence of Jesus](#) by Joni Eareckson Tada

[A Place of Healing](#) by Joni Eareckson Tada

[Songs of Suffering: 25 Hymns and Devotions for Weary Souls](#) by Joni Eareckson Tada

[Suffer Strong: How to Survive Anything by Redefining Everything](#) by Katherine Wolf

[Dark Cloud Deep Mercy](#) by Mark Broegroe

[The Choice](#) by Dr. Edith Eva Eger

[Hope Is the First Dose](#) by W. Lee Warren MD.

Podcasts:

Dr. Lee Warren: [Neuroscience: Faith, Doubt, Hope](#) (Top Pick)

Katherine Wolf podcast: [Good Hard Story](#)

Joni Eareckson Tada: [Sharing Hope](#)