

Category: Biblical Counseling

ISBN: 978-1-62995-734-0

Price: \$9.99

Pages: 104

Binding: Paper (5.5" x 8.5")

Dewey Decimal: 204

Available: 4/7/2021

BISAC: REL012100

Toxic Relationships: Taking Refuge in Christ

ELLEN MARY DYKAS

Does your happiness depend on someone else's affection and presence in your life? Are your thoughts consumed by another person? If so, the relationship has become skewed—get help before it becomes a prison! Through thirty-one daily readings with reflection questions and practical action steps, Ellen Mary Dykas helps you to strengthen your relationship with Christ—embracing him as your true refuge—and to cultivate godly relationships with others from a place of confidence and peace.

Ellen Mary Dykas (MA, Covenant Theological Seminary) is the women's ministry director at Harvest USA and the author of *Sexual Sanity for Women* as well as several mini-books.

Endorsements

"With a counselor's wisdom and a friend's sympathy, Dykas brings readers to passages of Scripture that . . . point again and again to the gracious comfort that can be found in Christ alone."

—**Megan Hill**, *Author, A Place to Belong*

"Ellen speaks hopeful biblical truths to people who desire to be deeply known and loved yet find themselves hurt and empty in their relationships. Each devotional is filled with tender wisdom."

—**Darby A. Strickland**, *Author, Is It Abuse?*

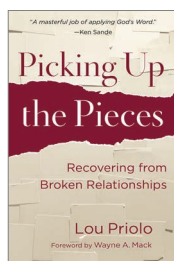
"For those who have been hurt, trapped, and betrayed by toxic relationships, Ellen gives way to neither despair nor dismissal but, like a gentle friend, guides us along a path of healing and restoration."

—**Jonathan D. Holmes**, *Founder and Executive Director, Fieldstone Counseling*

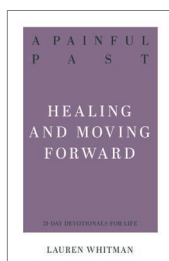
"A must-read . . . for anyone engaged in ministry and discipleship. . . I am very grateful for such a biblically rich, helpful resource on such an important topic."

—**Hunter Beless**, *Host, Journeywomen podcast*

Related Titles



Picking Up the Pieces,
978-1-59638-380-7,
\$14.99



A Painful Past,
978-1-62995-746-3,
\$9.99