

Bibles and Brew: Resource List

I'm often asked to recommend good Catholic resources for men to study. These are some of the best that we've used in Bibles and Brew, either in full or in excerpt. Although we spend half of our time focusing on basic catechetics, those listed here focus on the other half, masculinity in general, such as chastity, fatherhood, initiative, etc.

Books

The Courage to be Chaste (Fr. Benedict Groeschel)

One of the best resources I've found dealing with the nitty-gritty of chastity from a Catholic perspective. It is written mostly for those living as single persons, but much applies to those dating or married as well too.

Its success will depend on your group. It's a great book for leading into sharing about purity; so if most of the guys know and trust each other, it'd be a good book to start. [link](#)

Be a Man (Fr. Larry Richards)

An excellent work that equally deals with masculinity issues, in particular chastity, but is also very evangelistic. I recommend this as a good "first book" for starting a Bibles and Brew group. [link](#)

Sexaholics Anonymous (uncredited)

This is perhaps one of the most practical and comprehensive resources for achieving freedom from sexual compulsions, or "sobriety". One needs to be cautious when looking for resources from sexual support or 12 step groups, as many do not conform to the Churches teaching. *Sexaholics Anonymous* however, appears to be very Catholic both it's perspective and in conformance with Catholic teaching.

Their program requires a lot of sharing from the heart. If your men are comfortable with this, or need to become more so, this is the book. [link](#)

"The Game Plan" - Joe Dallas

A protestant book that lacks the rigor and insight of the Catholicism on morality and chastity, but nonetheless provides a very practical and explicit plan for living a life of chastity that many will find helpful. A more thorough and realistic guide towards recovery is *Sexaholics Anonymous* (above), but most of their methods are represented here in abbreviated form. Many men I know have found this book helpful, and the protestant errors (including a wavering viewpoint on masturbation) can be pointed out. I wouldn't recommend it though if your leader can't point out the necessary corrections. [link](#)

Delivered: True Stories of Men and Women who turned away from porn (edited by Matt Fradd)

You can discuss the theory and theology of chastity all you want; yet without concrete examples to follow, most men will have a hard time living it. This book is an excellent collection of those kinds of stories, that offer plenty of insight into the devastation porn can cause and how individuals turned away from it.

Published by the very Catholic folks at [Catholic Answers](#)

The Privilege of Being a Woman (Alice von Hildebrandt)

This book is actually directed at women, but has proven very insightful to us men learning to understand women! Whether you are single, married or religious, you'll be interacting with women your entire life, and understanding their "genius" will only enhance your relationships with them.

Dearly Beloved (Catherine Doherty)

Catherine Doherty was the foundress of Madonna House, a lay apostolate of men, women and priests that live together in community. Though their members take promises of chastity, her advice and exhortations hold equal wisdom for the unavowed. [link](#)

Volume 1

p. 132, p. 141 – giving correction, p. 263 – the “family spirit”, p. 348 - chastity in general

Volume 2

p. 8 - the psychology of relationships between man and woman, p. 137 – giving correction, p. 142 – giving correction, p. 165, p. 218

Casti Connubii (Pope John Paul II)

“a papal encyclical promulgated by Pope Pius XI on 31 December 1930 in response to the Lambeth Conference of the Anglican church. It stressed the sanctity of marriage, prohibited Catholics from using any form of artificial birth control, and reaffirmed the prohibition on abortion.” ([Wikipedia](#)) [link](#)

How to Get a Date Worth Keeping (Henry Cloud)

A protestant book with practical advice on healthy friendships and relationships with the opposite sex. Though not dealing directly with chastity, the wisdom contained in this book forms the foundation of chastity – that of seeing the opposite sex as a true human being.

Relatively solid work that appears to be mostly in line with Catholic teaching. Associated with Focus on the Family. [link](#)

Letter to Women (Pope John Paul II)

“a pastoral letter written by Pope John Paul II to all women, and deals most essentially with the rights and dignity of women, the many challenges that women in the modern era had to face, and ways in which the cause of woman could be forwarded in the world.” ([Wikipedia](#)) [link](#)

Mere Christianity (C.S. Lewis)

If one were to only read one book on Christianity, this is the book that I would recommend. Lewis illustrates the beauty and logic of Christianity as no other can. [link](#)

Mulieris Dignitatum (Pope John Paul II)

“...an apostolic letter by Pope John Paul II on the dignity of women, published on 15 August 1988. The letter advocates Christian complementarianism, a view of the complementary roles of men and women in line with the philosophy of new feminism.” ([Wikipedia](#)) [link](#)