



The Healed Marriage

STARTER GUIDE

A compassionate, faith-based roadmap for couples navigating marriage crisis

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

TheHealedMarriage.com

Brothers and Sisters,

If you're reading this, your marriage may be in a place you never imagined it would be. Maybe trust has been broken. Maybe the distance feels insurmountable. Maybe you've been told it's time to move on — or you've already started imagining life apart.

☐ **You are not alone, and this is not the end of your story.**

Marriage crisis touches every part of your life — your identity, your family, your faith, your sense of security. The shame, the grief, the anger, the confusion are real and deserve to be acknowledged. But here is what we've seen, again and again: **marriages that everyone said were beyond repair have been healed.** Not because the couples were extraordinary, but because they were willing to take one more step — and invite God into the wreckage.

This guide is that next step. It will give you a framework for understanding where you are, what's really happening beneath the surface, and how to begin moving toward healing with renewed hope. *You picked this up for a reason. Let's begin.*

With hope for your marriage,

Ben & Rachele

The Healed Marriage



CHAPTER 1

Understanding Marriage Crisis

Before you can move toward healing, it helps to understand what's actually happening — and why.

What Marriage Crisis Usually Looks Like

A crisis is not simply a bad season or a rough patch — it's a moment when the **foundation of the relationship feels like it's cracking**. Recognizing the signs is the first step toward honest evaluation.

Broken Trust

Infidelity, deception, hidden addictions, or financial betrayal have fractured the covenant.

Emotional Disconnection

You feel like roommates, not partners. The warmth and closeness are simply gone.

Chronic Unresolved Conflict

The same fights cycle endlessly with no resolution in sight — only deeper wounds.

Contempt or Withdrawal

One or both of you have stopped trying — or worse, started tearing each other down.

Talk of Separation

The word "divorce" has been spoken, and it hangs heavy in the air between you.

Outside Pressure

Family, friends, or circumstances are pulling you apart rather than drawing you together.

What's Really Happening Beneath the Surface

Most marriage crises are not really about the presenting issue — the affair, the argument, the finances. Those are *symptoms*. Beneath the surface, you'll almost always find deeper roots.



Unhealed Wounds

Past hurts from childhood, previous relationships, or trauma that were brought into the marriage and never fully addressed.



Unspoken Expectations

Needs that were never communicated, slowly calcifying into deep resentment over months or years.



Self-Protection

Walls built to avoid being hurt again — walls that also block the very intimacy you both need.



Spiritual Disconnection

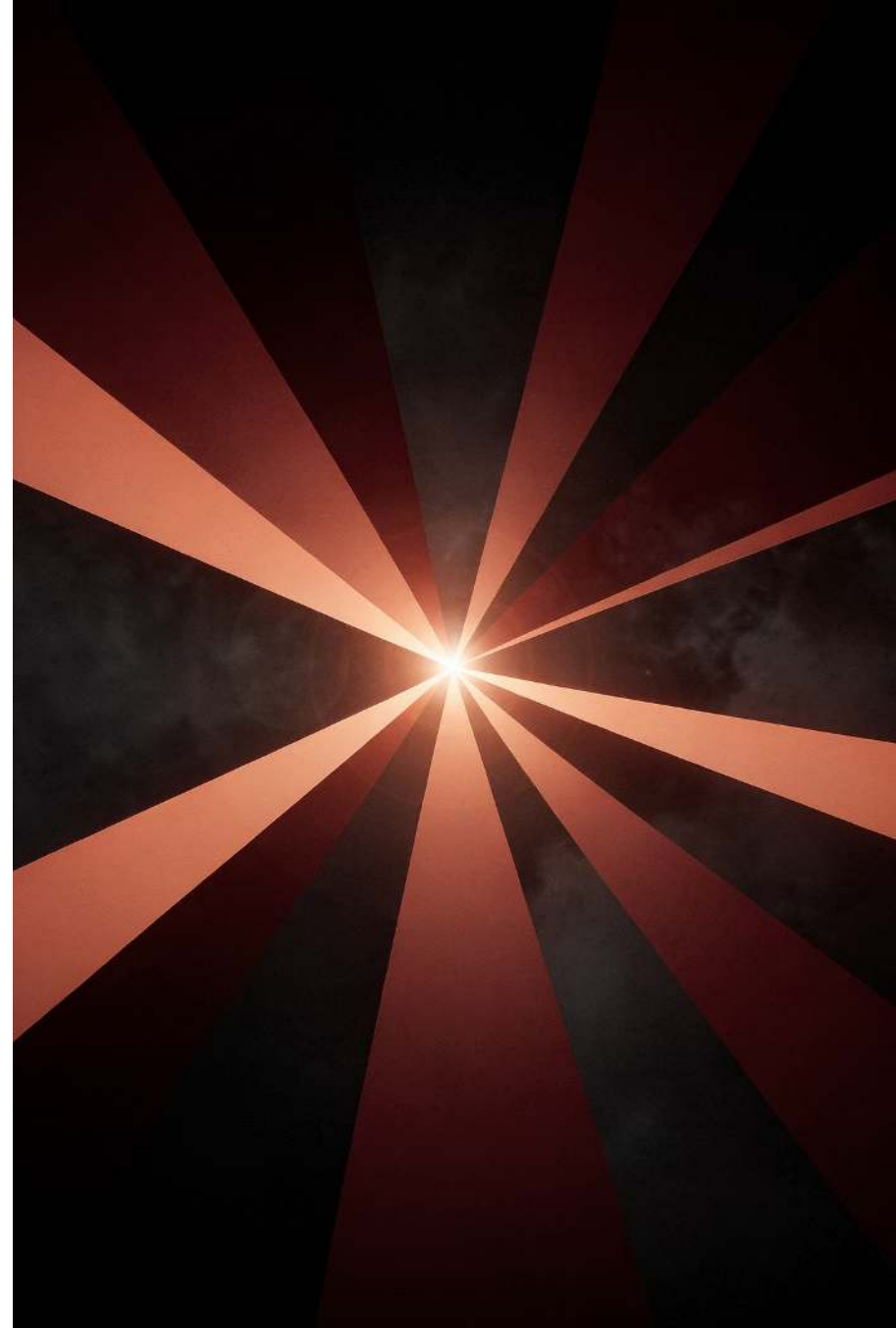
Trying to sustain a sacred covenant relationship on human strength alone, without inviting God in.

The good news: Understanding what's really happening is the first step toward healing. You don't have to have all the answers. You just have to be willing to look honestly at where you are.

CHAPTER 2

3 Truths Every Couple in Crisis Needs to Hear

When you're in the middle of a crisis, lies take root. They sound like your own voice — but they're not.



TRUTH #1

Your Marriage Is Not Beyond Repair

"Behold, I am making all things new."

— Revelation 21:5

❏ **The Lie:** "We have done too much damage. There is no coming back from this."

This is perhaps the most destructive lie a couple in crisis can believe, because it gives you permission to stop trying. But consider this: the God who spoke the universe into existence, who raised the dead, who makes all things new — is He unable to heal your marriage?

God specializes in resurrection. He doesn't look at your broken marriage and see a lost cause. He sees raw material for a miracle. Every week, couples who were on the brink of divorce — some who had already filed papers — discover that with God's help and the right guidance, their marriage can not only survive but **become stronger than it ever was before.**

TRUTH #2

You Cannot Do This Alone

"In an abundance of counselors there is safety."

— Proverbs 11:14

❏ **The Lie:** "We should be able to figure this out ourselves. Asking for help means we have failed."

There is no shame in needing help. In fact, the couples who heal are almost always the ones who had the courage to reach out. Just as you wouldn't try to set your own broken leg, you shouldn't try to repair a broken marriage without guidance.

God designed us for community. He gave us the church, wise counselors, and the gift of vulnerability for exactly these moments. Seeking coaching or counseling is not a sign of weakness — **it's an act of faith.** It says, "I believe this marriage is worth fighting for, and I'm willing to do whatever it takes."

TRUTH #3

Healing Starts with You

"Search me, O God, and know my heart."

— Psalm 139:23

📄 **The Lie:** "If my spouse would just change, our marriage would be fine."

This is one of the hardest truths to accept, especially if your spouse has caused significant pain. But here it is: **you are the only person in your marriage that you can change.**

Remarkably, when one person begins to change — when one person begins to respond differently, to break old patterns, to invite God into their own heart first — the entire dynamic of the relationship shifts. You can't control what your spouse does. But you can control how you respond, how you pray, how you show up. *And that's where transformation begins.*



Your First 5 Steps Toward Healing

Crisis demands action — but the right kind. Not frantic scrambling. Intentional, grace-filled steps in the right direction.

Pause, Then Look Within

Stop and Breathe — Create Space Before You React

In crisis, your nervous system is in overdrive. Every conversation feels loaded. Before making any major decisions, give yourself permission to pause — this is not avoidance, it's wisdom. Tell your spouse: *"I'm not giving up. I just need a moment to think clearly."* Ask God for clarity and peace before your next step.

Commit to making no permanent decisions in a temporary emotional state.

Get Honest with Yourself

Before you can heal your marriage, look honestly at yourself — not to assign blame, but to take ownership of your part. Ask: *What walls have I built? Where have I been selfish, fearful, or dishonest? What have I been unwilling to see?* This isn't about self-condemnation. It's about clearing the ground so God can build something new.

Pray Psalm 139:23–24 and ask God to reveal what He wants you to see.

Grace, Communication & Help

Choose Grace Over Scorekeeping

Scorekeeping is poison — it locks you into cycles of accusation and defense. **Grace means choosing to believe your spouse, like you, is a broken person in need of God's mercy.** It means responding with the same compassion God has shown you. Especially when it's hard.

Learn to Communicate, Not Just Talk

Listen with the sole goal of understanding — not responding, defending, or fixing. Then reflect back: *"What I'm hearing you say is..."* This single practice can transform the temperature of every conversation.

Seek Guided Help — Don't Walk This Road Alone

A guide is not a guide. You need a person — a coach, counselor, or mentor couple — who can walk alongside you with wisdom, accountability, and prayer. **This is the single most important step you can take.**



A Prayer for Your Marriage

If you don't know where to start, start here.

God, I come to you with a broken heart and a marriage that feels beyond my ability to fix. I am exhausted from trying to hold this together on my own. I am scared, angry, grieving, and I don't know what to do next.

But I believe that you are a God who heals — bigger than our mistakes, our pain, and our fear. Search my heart, Lord. Show me my part in this brokenness. Give me the courage to look honestly at myself and the humility to change.

Where there is bitterness, plant forgiveness. Where there is fear, grow faith. Where there is distance, build a bridge. Where there is despair, light a flame of hope that cannot be extinguished.

I don't need you to fix everything today. I just need you to show me the next step — and give me the courage to take it. In Jesus' name, Amen.

CHAPTER 4

Questions You Might Be Asking

Honest questions deserve honest answers. You are not the first to ask these — and you won't be the last.



Common Questions, Honest Answers

"What if my spouse won't try?"

You cannot force your spouse to engage — but you can change the environment. When you stop old patterns, respond with grace instead of anger, and genuinely pursue your own growth, it shifts the atmosphere. Many spouses who initially refused have come around after seeing real change in their partner. **Start with yourself. Pray. Don't lose hope.**

"Is it too late for us?"

If you're asking this question, the answer is almost certainly no. The fact that you're here means something in you still believes this marriage is worth fighting for. That spark of hope is not random — **it's God at work.** We have seen marriages restored after decades of pain, after affairs, after separation, after divorce papers were signed. It is never too late for God to move.

"Don't I deserve to be happy?"

Yes, you do. But lasting happiness rarely comes from escaping difficulty — it comes from walking through it with purpose. The deepest joy in marriage is found in a covenant where two imperfect people choose, day after day, to love each other with the love God gives them. **That kind of love doesn't just make you happy — it makes you whole.**

More Questions You Might Be Asking

"What if there's been an affair?"

Infidelity is devastating, and we fully acknowledge the depth of that pain. But an affair does not have to be the final chapter. Many of the strongest marriages we've seen were rebuilt after betrayal — not by minimizing what happened, but through honest confession, genuine repentance, deep forgiveness, and patient rebuilding of trust. **It takes time and professional guidance. But it is possible.**

"How is coaching different from counseling?"

Marriage coaching is forward-focused and action-oriented. While counseling often explores the past to understand root causes, coaching helps you build practical skills and create a specific plan for where you want your marriage to go. A good coach walks alongside you with empathy and accountability, helping you apply biblical principles to real-life situations. **Many couples find coaching gives them the structure and hope they need to make lasting change.**

Marriage Health Check-In

Take a few quiet minutes to honestly reflect on these questions. There are no right or wrong answers — this is just for you.

When was the last time my spouse and I had a **meaningful conversation** — not about logistics, but about *us*?

Do I feel **emotionally safe** with my spouse? Does my spouse feel emotionally safe with me?

What am I most **afraid of** in this marriage right now?

If I'm being completely honest, **what is my part** in the problems we're facing?

Have I been trying to **change my spouse** instead of allowing God to change me?

What would I want my marriage to look like **one year from now?**

Am I willing to do **whatever it takes** to get there — even if it's uncomfortable?

When was the last time I genuinely **prayed for my spouse** — not that God would change them, but that God would bless them?

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." — Jeremiah 29:11

Your Next Step

You've taken a brave step by reading this guide. You've acknowledged where you are, confronted some hard truths, and begun to imagine what healing could look like. **That matters more than you know.**

But a guide can only take you so far. Real transformation happens when you have someone walking alongside you — someone trained to help couples navigate exactly what you're facing, with compassion, biblical wisdom, and a proven process.

Book a Free Discovery Call

A safe, confidential conversation — no judgment, no pressure. Share your story and hear how coaching can create a clear path toward restoration.

Be Truly Heard

We'll listen carefully to where you are, offer an honest assessment of what's possible, and answer every question you have.

Receive a Clear Path

Leave the call with a clear explanation of how The Healed Marriage coaching process works and what your next steps look like.

Take the next step — schedule your free breakthrough session today.

[Book Your Marriage Breakthrough Session](#)

Keep Going

Every healed marriage started with one brave decision — the decision to try one more time.

You've already started. Keep going.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." — Galatians 6:9



About The Healed Marriage

We are Ben and Rachele — a husband-and-wife team called by God to serve couples navigating their deepest marital challenges. Our heart is to help you experience a marriage healed, restored, and flourishing — as God intended.

Individual Coaching

Each spouse is seen, heard, and equipped — not just the marriage as a unit.

Trauma-Informed

We approach your story with the care and sensitivity that deep wounds require.

Faith-Based Foundation

Biblical wisdom woven into every conversation, every strategy, every step.

☐ We believe that no marriage is beyond God's reach. We believe that healing is possible. And we believe the best days of your marriage can still be ahead of you.

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