

# A Leap of Faith: Healing after Betrayal



3 Ways to Find Peace and Rebuild Trust in  
Your Marriage, even if it Seems Impossible Now

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for

*Ashes Redeemed*

# THE MOMENT OF TRUTH HIT ME LIKE A FREIGHT TRAIN ON A CLEAR, WARM SUNDAY MORNING.

We were seated in our pastel-toned living room, sunlight streaming in through the half-drawn curtains. A regular Sunday, safe within the four walls we'd called home for over 15 years. But inside, a storm was brewing.

I can still remember the feeling of the soft, worn-out fabric of our family couch under my tense fingers. I remember the unease in my gut, an insidious feeling gnawing away at the edges of my conscience. Here I was, a mother of two at the time, a wife of 14 years, bracing myself for a revelation that would turn my world upside down.

"You're still using porn?" My voice, usually calm and composed, was shaky, barely above a whisper. My husband's nod felt like a physical blow.



Betrayal. Hurt. Anger. All welled up inside me, threatening to spill over. As Christians, we had committed to a life of fidelity and love, but this? This was a punch in the gut.

He had **promised** to stop when we were dating, and I had believed him, burying the truth deep down, never to resurface.

# BUT IT DID. OH, IT DID.

In a tidal wave that threatened to wash away our marriage, our family, our shared faith. And I... I was just coping, barely holding on.

Life became a blur. Between caring for our four beautiful kids, dealing with the loss of a pregnancy, fighting postpartum depression, and managing the stress of relocating and quitting my career, I was drowning. And the worst part? I had been blind to it.

"Enough!" I remember proclaiming one evening. That was my turning point. The night I decided to take control, to mend what was broken. Not just our marriage, but me.

Investing in myself - spiritually, emotionally, mentally - wasn't easy. It meant wrestling with painful memories, confronting my own self-sabotage, seeking and accepting help. It took time, patience, and a lot of prayer. It was messy, uncomfortable, and costly.

## BUT GUESS WHAT? IT WORKED.

Through God's grace and practical, scientific methods, I started understanding myself. I began to make sense of the turmoil within me. I found a way to address the pain, the anger, the betrayal, without rehashing it over and over. And as I healed, so did our relationship.

"Thank you," my husband said one day, the sincerity in his eyes almost making me cry. That was the moment I knew - we had overcome the storm together.





Now, I am a new woman. A woman of faith, strength, and healing.

Our marriage has been restored, intimacy revived, and trust rebuilt. But this journey of healing wasn't mine alone. Jennifer, my ministry partner who had walked a similar path, has become a kindred spirit as we minister to other women who are right now where we once were.

Together, we want to help you. You, the woman of faith who's been blindsided by betrayal, who's trying to pick up the pieces, who's wondering if there's light at the end of the tunnel.

Believe me, there is. And we can help you find it.

In addition to this guide, you can join our free, private Facebook Group - a sanctuary for healing, a place of support, a community of Christian women, just like you. Are you ready to take a leap of faith? To heal, to rebuild, to find peace in your marriage?

If so, let's begin. You're not alone in this journey. After all, a burden shared is a burden halved. So, are you with us?

IF SO, CLICK [HERE](#) TO JOIN.



## NOW LET'S GET TO THE 3 WAYS TO FIND PEACE AND REBUILD TRUST IN YOUR MARRIAGE, EVEN IF IT SEEMS IMPOSSIBLE NOW...

### #1 Braving the Storm: How Acknowledging the Problem is Your First Step to Healing

When you first learn about, or even suspect, husband's use of pornography, the instinct might be to look away, to ignore the elephant in the room. But here's the hard truth – ignoring it won't make it disappear.

Imagine you're in a boat, in the middle of a stormy sea. You see a leak in your boat. Would you ignore it? Pretend it's not there, and hope it fixes itself?

Of course not. You'd acknowledge it, work on it, and do everything in your power to fix that leak. Because ignoring it would only sink the boat.

That's life in a nutshell, isn't it? We can't ignore our problems and hope they'd magically go away.

Ignoring the problem isn't solving the problem.

Now, let's bring this back to our context. Your marriage is that boat. The stormy sea, the trials your marriage is going through. The leak? That's the pornography issue you suspect or know about.

I once knew a woman, let's call her Sarah. Sarah suspected her husband was using pornography, but she decided to turn a blind eye, hoping it was just a phase that would pass. But the problem didn't disappear. It just got worse, creating a gaping hole in their marriage, sinking it slowly.

But the moment Sarah decided to face it, to address it, and to talk about it with her husband, things started to change. It wasn't easy, no. He resisted, denied, and avoided. But eventually, he admitted. Together, they started working on healing, aiming for repentance, not perfection.

And guess what? Their boat didn't sink. It weathered the storm. Because they decided to fix the leak, rather than ignore it.

"Ignoring the problem isn't solving the problem." Remember that, the next time you feel the urge to ignore what you know is wrong.



## #2 Breaking Free: Debunking Misinformation and Embracing Empowerment in Marriage

Imagine if you bought a houseplant. And you're told to water it with soda, not water. Crazy, right?

But that's what you've been told, and you do it.

Soon, the plant withers, its leaves turning brown. Clearly, soda isn't what it needs.

You've been misinformed.

That's what misinformation does, right? It messes up the natural balance of things."

Truth sets things right.

We've all been fed some harmful beliefs, especially when it comes to our marriages. We're told by secular humanism that pornography is no big deal. Or from certain Christian books, a skewed idea of marital duties is pushed, making wives feel responsible for their husband's lack of purity.

I knew a woman, let's call her Jane. She bought into these beliefs, thinking she had to 'uphold her wifely duties' or else she was failing. She was told that her husband's temptation was somehow her fault. It was heartbreaking.

But then Jane started questioning these beliefs. She realized the misinformation she'd been fed. She acknowledged that a man's vice is not more powerful than him, nor is it her responsibility.

And with this newfound understanding, she began to empower her husband, not enabling his weakness but supporting his strength. She embodied a I Corinthians 10:13 mindset.

She realized, *"I can't free my husband from his sin. That was Jesus's job on the cross, not mine in the bedroom."*

And you know what? Her marriage transformed. It was no longer a battleground of guilt and blame, but a partnership of understanding and growth.

Truth sets things right. It's time to break free from the bonds of misinformation.



### #3 Sowing Seeds of Self-Care: Fostering Your Wellbeing Amidst Marital Struggles

Ever been stuck in traffic?

You're on the highway, your favorite song playing, and suddenly, everything stops. Cars aren't moving, and there's no way around it.

It's easy to panic, to honk the horn, to feel the desperation creep in. But will any of that make the traffic move? No.

Self-care is your traffic jam survival kit.

Life can throw traffic jams at us, too. Moments when things stop moving, like discovering your husband's betrayal. The urge to despair, to feel hopeless, or to rush for a solution is overwhelming.

One of my dear friends, let's call her Lisa, went through a similar trial. Her husband had fallen into the grip of pornography. She was tempted to sink into despair, to rush towards quick fixes. But then, she paused. She took a deep breath. She reminded herself to look after her own emotional, mental, and spiritual wellbeing.

*"Remember, this too shall pass,"* she'd whisper to herself, holding onto her faith.

While the Holy Spirit worked on her husband's heart, she took the time to care for herself. And that made all the difference.





Just like how having a good podcast, a snack, or a calm demeanor can make traffic jams more bearable, your self-care can get you through life's toughest trials.

So, next time you're stuck in life's traffic, don't forget to breathe, care for yourself, and trust in the journey ahead.

*"Nearly every couple whose marriage survived...credits the wife's response and her choices for redemptive hope as the critical turning point." - J. Condie*





## YOUR NEXT STEPS...

If you've found value in this guide and you're eager to continue your journey of healing and rebuilding, then let me warmly invite you to join our free and private [Facebook Community\\_group.](#)



This is for you, dear sister, if you want to transform the intimate betrayal in your marriage into a springboard for peace, growth, and renewed trust. Our community brings together courageous Christian wives just like you - those who have walked this path before and those who are taking their first brave steps.

With your membership, you're not just joining a group, but a family. You'll be part of Bible studies, regular motivation, and an entire community of kind-hearted, understanding women who have been where you are now. You're not alone on this journey.

And the best part?

Our community fills a gap that many churches and support systems leave wide open. The topic of pornography is seldom addressed in public spaces, leaving many women feeling alone and helpless in their healing. Our group breaks that silence.

Here, you're not just another face in the crowd - you're a cherished member of a nurturing community. A community that lifts you up when you're down, celebrates your victories, and walks with you every step of the way.

So, if you're ready to leap into a community that genuinely cares, understands, and supports your journey to healing and peace, click the link below and join our free private Facebook Community group.

Thank you for reading "A Leap of Faith: Healing after Betrayal". If you've found this guide helpful and are ready to continue your journey with an army of sisters at your side, we're waiting for you.

Join us. You are not alone. You are loved. And remember, healing is possible, even if it seems impossible now.



# FINAL THOUGHTS



Before I leave you, I want to share a bit of my own journey.

There was a time, not so long ago, when I found myself locked in a never-ending cycle of negative conversation.

My job? A position that required me to pass on information third-hand.

Instead of the growth and development these people were expecting during our calls, these meetings turned into venting sessions that drained everyone involved.



I remember one chilly autumn afternoon. The smell of the rain hitting open window beside me. I sat across from a client on Zoom, watching her despair and frustration spill out with no resolution. I could feel her hope draining away, replaced with bitterness.

And it hit me. I was failing her.

I realized I had to do something about it. And you know what's tempting at times like that? To do nothing. To accept the status quo and tell yourself that this is how things are. But people who take that leap of faith, who take action even when the path is uncertain...they're the ones who find the rewards waiting.

So, I decided to learn how to have productive conversations. Now I know it's called coaching.

I jumped in, heart-first, into the world of productive conversations and actionable solutions. It wasn't easy. I stumbled, I fell, I picked myself back up. But guess what? I loved it. I loved every minute of it.



There were days when I questioned my decision. Days when I thought of giving up. But I persisted. And because I took action, I was able to transform those draining venting sessions into empowering coaching conversations.

And that's my invitation to you today. Take that step. Join our free private Facebook group. Because just like me, you wouldn't be here, reading this, if you didn't believe in the possibility of change.

But even if you choose not to, remember this: You have the power to take action. You have the power to choose hope over despair, healing over pain, and faith over fear.

And as you navigate through your journey, remember to be kind to yourself. Healing isn't a race. It's a journey, and each step, no matter how small, is progress.

Thank you for being here. Thank you for taking that first step.

Take care, dear sister, and remember - you are not alone on this journey. We're here for you, cheering you on every step of the way.

Keep moving forward, even if it seems impossible now. Because trust me, it's not.

In Love,

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*Ashes Redeemed*

At Ashes Redeemed, our mission is to help Christian women who are living with the hurt of a betrayed heart and are seeking to regain their footing as they navigate life post-betrayal.

[ashesredeemed.com](https://ashesredeemed.com)