

# Issue 16 - When the Silence Breaks and Healing Can Begin

---

## Messy Story of the Week

She listened to the *Marriage, Mayhem & Mercy* podcast because something in her marriage hadn't felt right for months.

Not catastrophic — just *off*.

A distance she couldn't name.

A tension she couldn't explain.

A kind of emotional fog that made her wonder if she was imagining things or if something deeper was wrong.

When she heard **Chris Grimbals** describe the patterns of pornography use — the secrecy, the emotional withdrawal, the way it affects intimacy — her stomach tightened.

She didn't want this to be part of their marriage.

But something in her heart whispered:

**“Pay attention.”**

She prayed for courage and clarity. And after two days, she finally asked her husband the question that had been haunting her.

His hesitation told her the truth before he spoke.

When the confession came — years of hidden struggle, shame, and secrecy — the impact hit her all at once:

- betrayal
- anger
- humiliation
- grief

- confusion
- fear
- disorientation

She didn't minimize it.  
She didn't excuse it.  
And she didn't pretend she was fine.

Because **pornography is betrayal** — even when the husband never intended to betray her.

But she also remembered something Chris said on the podcast:  
*"There's a difference between a man caught in sin and a man repentant and seeking help."*

Still trembling from the conversation, she returned to the show notes. She clicked the link to **ProclaimLiberty.org** and downloaded Chris's free book — partly for her husband, partly for herself. She needed words for the pain. She needed understanding. She needed to know she wasn't alone and wasn't losing her mind.

The book helped her understand the addiction side of the story... but her own wounded heart needed support too.

So she took the next step.

She went to **FaithfulFamilyCoaching.com**, knowing that:

- she couldn't heal this by herself,
- he couldn't overcome this by willpower, and
- their marriage needed structured, biblical, compassionate support.

Coaching didn't erase the pain — but it gave them a beginning:

- honest conversations
- boundaries rooted in Scripture
- communication skills they had never been taught
- a path toward rebuilding trust step by step

It wasn't instant.  
It wasn't linear.  
But it was a movement toward healing instead of hiding.

**Disclaimer:** *This story is 100% fictional and created for the purpose of illustrating the themes addressed in the episode.*

---

## Faithful God Then and Now

In Luke 1, when Zechariah finally spoke again, his first words were praise. His long silence had been humbling, disorienting, and costly — yet it became the place where God reshaped him.

When pornography comes into the light within a marriage, the silence breaks in a similar way: painfully, abruptly, and often with shock... but also with the possibility of redemption.

As Chris shared in this episode, **confession is not the end — it's the beginning of healing**. God is close to the wounded, the repentant, and the brokenhearted. And He does His best work in the honest places we fear entering.

---

## What We Can Learn

- **Wives experience pornography as betrayal.** Their shock is real, valid, and emotionally complex.
  - **Confession disrupts the relationship, but it does not doom it.** It creates space for truth and healing to begin.
  - **Partners need support too.** The betrayed spouse cannot carry this alone and shouldn't try.
  - **Marriage healing requires both compassion and boundaries.** Grace does not mean ignoring pain; pain does not erase love.
  - **Hope grows where shame ends.** Healing takes time, discipleship, and guidance — but it *is* possible.
-

## Behind the Curtain

In coaching, I see many wives wrestling with betrayal trauma they never expected to face. Their emotions are not overreactions — they are the heart's honest response to broken trust.

I also see husbands who interpret their wife's hurt as condemnation instead of an invitation to rebuild trust. That misinterpretation often increases their shame and isolation.

But when couples learn to communicate honestly, understand one another's emotional experiences, and invite God into the process, healing becomes possible.

Softness returns slowly...

Connection rebuilds carefully...

And a new kind of intimacy forms — grounded in truth rather than secrecy.

---

## Faith Step for the Week

Pray for marriages in your family, church, or community that are carrying hidden pain. Ask God to bring truth gently, healing deeply, and hope unexpectedly.

---

## Bible Verse

**“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18**

---

## 2-Minute Practice

Sit with your hands open on your lap.

Imagine placing one burden — fear, confusion, anger, or uncertainty — into the hands of Jesus.

Say:

**“Lord, take what I cannot carry and teach me to walk in Your truth.”**

---