

Repairing the Breach

A Marriage Restoration Workbook
After Infidelity



Christopher Alan Darby

FREE CHAPTER ONE SAMPLE

Christopher Alan Darby

A FREE READER PREVIEW

REPAIRING THE BREACH

A Marriage Restoration Workbook After Infidelity

A compassionate, faith-based workbook for couples willing to face the truth, rebuild trust, and begin the demanding work of covenant restoration.

Inside this complimentary sample, you will receive the complete first chapter exactly as presented in the book.



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CHAPTER 1

The Altar Moment

Where Healing Begins



"The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."

- Psalm 51:17

The altar has always represented more than a piece of church furniture. Spiritually, the altar is a place of surrender. It is where pride is laid down, excuses lose their power, and a person becomes willing to tell God the truth.

When a married couple comes to the altar after adultery, there can be many emotions in the room: shame, anger, grief, fear, embarrassment, even uncertainty about whether the marriage can survive. Yet the presence of those emotions does not make the moment less sacred. The altar is not reserved for people who already have everything together. It is precisely where broken people bring what they cannot repair by themselves.

David understood this after his own moral failure. Psalm 51 is not the prayer of a man trying to protect his image. It is the prayer of a man who finally understands that the deepest problem is not merely what others know about him; it is what sin has done inside him. He asks God for a clean heart and a right spirit.

That posture matters in marital restoration. The offending spouse must move beyond regret that the affair was discovered, regret that consequences followed, or regret that

the spouse is angry. Repentance says, 'What I did was wrong. I have wounded my covenant. I need God to change me.'

The injured spouse also needs room at the altar. The betrayed partner may need to surrender rage, fear, the desire for revenge, or the pressure to know today what the future will look like. Surrender does not mean calling evil good. It means refusing to let pain become the only voice directing the next step.

An altar moment can therefore hold two truths at once: the breach was serious, and grace is still available. God does not ask us to deny sin in order to receive grace. He invites us to confess it.

Public emotion should never be confused with completed restoration. Tears at the altar may be sincere, but restoration will be tested at home. It will be tested in phones, schedules, conversations, boundaries, patience, and truthfulness. The altar is a beginning, not a finish line.

This is why the words spoken over a couple at the altar should offer both hope and responsibility. 'Today is not the end of your story - it is the beginning of your healing.' That declaration does not erase consequences. It announces that failure does not have to be final.

God receives the contrite heart. He gives grace to begin again. But beginning again means walking differently.

Workbook Lesson: What Am I Bringing to the Altar?

What brought me to this moment of honesty?

What have I been hiding, minimizing, excusing, or avoiding?

What do I believe God is asking me to surrender?

What does genuine repentance or genuine healing require from me next?

Couple Conversation

1. What does this altar moment mean to each of us?
2. Are we both willing to explore restoration, even if we are not yet certain how long healing will take?
3. What do we need from one another in order to continue this process safely and honestly?

4. What will keep this from becoming only an emotional moment?

Prayer at the Altar

Lord, we stand before You as people who need mercy, wisdom, and change. We lay down pride, excuses, fear, and the need to control every outcome. Give us courage to tell the truth and grace to hear the truth. Begin Your work in each of us. Let this altar mark not merely a moment of emotion, but a turning point toward integrity, healing, and renewed obedience. In Jesus' name, Amen.

Chapter Declaration

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