

FROM STRUGGLE TO STRENGTH: HOW TO RECLAIM YOUR MARRIAGE



4 C'S TO WINNING BACK YOUR HUSBAND

lw
LEE-ANN WERNER

W E L C O M E

Before I became the coach I am today, I was a woman much like you—thriving in my career yet struggling in my marriage. Wondering where I went wrong, what was wrong with my husband, if he could just change this one thing we would be happy.

For the first 25 years of my marriage, I was married to an unbeliever. I poured myself into my work, finding success there, but at home, I felt the weight of disconnection, frustration, and loneliness. The tension between my faith and my husband's unbelief often left me questioning if true harmony in marriage was even possible. Quite frankly it left me contemplating walking away on some days!

But God had other plans. Through His grace and relentless love, He gave me the strength to persevere and the wisdom to seek His guidance. I discovered powerful, faith-based strategies that transformed my perspective, my marriage, and my life. Slowly but surely, I began to see change—not just in my husband, but in me.

Today, after 33 years of marriage, my husband is not only my *hunk of spunk* but also my partner in faith. Our marriage is a testimony of God's faithfulness and the power of applying His principles in the most challenging circumstances.

W E L C O M E

That's why I do what I do. I know what it feels like to balance a thriving career with the longing for a Christ-centered marriage. And I also know what it takes to bridge that gap.

As a certified Christian Marriage Coach through the Coach of Life Success and Radiant Leader, I've mentored hundreds of women to overcome marital challenges.

I serve Christian wives who are experiencing spiritual misalignment in their marriages to rediscover hope by:

- H.** Helping her uncover her identity in Christ
- O.** Offering tools and divine strategies
- P.** Partnering with her to nurture her spiritual and relational journey
- E.** Empowering her to dream and live out a restored marital vision

Blessings,



LEE-ANN WERNER

1

Commitment - Make the Choice

"Therefore what God has joined together, let no one separate."

Mark 10:9

This verse underscores the sanctity of marriage and the importance of honoring the commitment made before God. Rebuilding a marriage starts with a decision to stay committed, even when it's hard.

It is important to burn the bridge to divorce. What do I mean by that? Let the "D" word not be part of your vocabulary. Commit to yourself today, "THAT word will not pass my lips".

Let go of divorce as an option and resolve to work on your marriage wholeheartedly. Reflect on your vows and what they mean to you today.

Practical Tips

Set your priorities in order: God, husband, children, business and parents. This maybe hard at first because you may be struggling with resentment and rejection. Ask God to help you in this area. God needs to be your "go to" man.

Decide to win back you husband and you start the work.

2

Centralize Your Spouse - Make Your Husband a Priority

"Let each one of you love his wife as himself, and let the wife see that she respects her husband." – Ephesians 5:33

After God, your spouse should hold the most important place in your life. Prioritizing your husband strengthens the foundation of your marriage and shows him he is valued and loved.

In today's fast-paced world, it's easy to get caught up in the demands of work, children, and extended family. However, for a marriage to thrive, your husband needs to feel like he is central in your life. When he senses that he is prioritized, it builds trust, fosters deeper connection, and creates space for intimacy. When it senses he is not, then this has the opposite effect.

This doesn't mean ignoring other responsibilities but rather being intentional about making time and effort for him. I know what you saying right now "But what about my needs? What about him showing me love and grace?" Trust me when I tell you from personal experience doing these things will allow him to see changes and therefore start changing himself. It starts with us ladies!!!



Practical Tips

Set aside at least 15–20 minutes each day to talk and check in with your husband.

Commit to showing your husband he is valued—small daily actions matter. An idea you can use - I started journalling each day 3 things I appreciate about him. I wrote these as a letter starting with “Dear.....”. This was not only therapeutic but also helped me see my husband in a different light and appreciate the things I started noticing more and more of. I gifted this journal to my husband on his next birthday. It has now become a treasured possession to him.

3

Community - Build Your Village

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Ecclesiastes 4:9-10

A well-known proverb says it takes a village to raise a child, but I believe it takes that same village to build a thriving marriage. Marriage is not just about you and your spouse, it is about family, extended family and community.

Very early in my difficult marriage journey a good friend told me of the importance of honouring my husband and not share his or my shortcomings to every Martha, Sue and Mary (Tom, Dick and Harry...lol!). Instead find one or two trusted friends (please not your mum...I have another story around this!). Friends who you can be your authentic self with. Friends who are not going to judge you when you are not been a "perfect" Christian. Friends who know that you have your moments, but those moments do not define who you are.

Practical Tips

- > Join a Christian support or accountability group for wives.
- > Share your journey with a trusted mentor or friend who will pray with you.
- > Avoid isolating yourself by leaning on your church or faith community.

4

Christ - The Cornerstone of Marriage (THE MOST IMPORTANT)

*"Unless the Lord builds the house, the builders labor in vain." –
Psalm 127:1*

Actions you can take to create a strong marriage, but they must rest firmly on Christ as the cornerstone. He isn't just a part of the process—He IS the foundation upon which everything else depends.

By aligning your marriage with Him, the changes you make in your actions, priorities, and relationships will be rooted in divine wisdom, leading to lasting peace and fulfilment.

Marriage is a spiritual relationship designed by God, and it cannot thrive without Him at the centre.

Practical Tips

- › Begin each day in prayer for your husband and your marriage.
- › Read and meditate on scriptures about marriage, such as Ephesians 5:21-33.
- › Trust Christ to lead and heal your relationship, surrendering control to Him.

BONUS

Journaling Prompts to Help You Reflect

- o What does commitment look like in my marriage today?
- o How can I make my husband feel like a priority?
- o Who in my life can I ask for support and prayer?
- o How can I invite Christ more fully into my marriage?

If you are needing extra support and ready to apply these principles and other important keys to create a Christ-centred marriage, let's talk. I would love to tell you more. Schedule a free consultation and start your journey today.

An Invitation to Work with Me

Transform Your Marriage Through Biblical Wisdom

You've been praying for guidance. You've been seeking answers. Now it's time for action. Our 12-week Biblical Marriage Transformation Program takes you beyond surface-level advice to deep, lasting change rooted in God's Word.

What awaits you:

- Biblical strategies to navigate marriage challenges with grace and wisdom
- Weekly live coaching sessions focused on practical application
- A private prayer circle of women walking the same path
- Scripture-based tools to strengthen your role as a wife
- Personal mentoring to help you apply Proverbs 31 principles

This isn't just another marriage program. This is your opportunity to step into the marriage God designed for you, supported by a community of faithful women who understand your journey.

Invest in your marriage. Invest in God's plan for your life.

BOOK YOUR COMPLIMENTARY CALL TODAY



LEE-ANN WERNER