



Marriage in the Repair Shop is not a feel good marriage book it's a blueprint for restoration. Written with honesty, grit, and faith. It challenges couples to stop pretending everything is fine and start repairing what truly matters.

Marriage In the Repair Shop

By Darrick P. Thames

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MARRIAGE IN THE REPAIR SHOP

RESENTMENT
STATION

REASSEMBLY
STATION

BITTERNESS
STATION

DARRICK P. THAMES

Marriage in the Repair Shop
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Chapter One:

The Power of Engagement

Marriage is a great journey if you have the time to invest. A lot of people think marriage begins with the ceremony at the altar. Well, it does on the doctrinal side. However, marriage has a much deeper side to it. Your marriage actually started with the engagement. No, not the one knee, ring and big question. Think about that for a moment.

Engagement is where the relationship roots begin to grow in one another. The intimate conversations. The late-night laughter. The good times and the bad. These are the moments that, if you endured them together, made you both realize there might be something more, maybe even the potential for marriage.

Some synonyms for engage are enlist, enroll, bring on board, prearrange, reserve, and retain. So, when you engage someone, you accept their feelings, their way of thinking, their appearance and so much more. The engagement is what builds the bond. And without a bond,

there is no effectual fervent marriage. (That subject will come later.)

A Deeper Kind of Engagement

Think about when you and your spouse engage in intercourse. You surround him, and he fills you. Think about that engagement how it feels, how it's longed for again especially when it leaves you with a happy ending.

Now, the physical connection with emotion is involved here and that is a beautiful thing. But just as engaged as you are physically, there should also be emotional intercourse. Your spouse's heart and mind deserve that, too. You should make love to the mind and soul of your spouse. This involves less touching and undressing and more of the beautiful art of conversation.

Conversation: The Foundation of Creation

Did you know that conversations rule the nation and also marriage? The very first thing this world was designed around was conversation and communication. Genesis 1:3 – “God said, ‘Let there be light.’ Genesis 1:6 – “God

said, 'Let there be a firmament.' Genesis 1:9 – “God said, 'Let the waters under the heavens be gathered together unto one place.' Conversation is important to establishing things. It keeps us engaged with one another.

The Lost Art of Engaging

Have you ever been in a situation where your spouse comes home from work and you both are too busy to have a conversation? Just a quick “hi” and “hello”? I'm guilty.

Or let's keep it real: Have you and your spouse ever been upset with one another so much that the conversation shuts down? Some hurtful words were said, and now the silence hangs between you. I'm guilty of that too. These are the moments when engagement is lost but not forever. If you're not engaging with your spouse, then ask yourself: Who are you engaging with? Most times, it's our own mind and that can be dangerous. The battlefield of the mind is no joke.

It'll tell you things that can destroy the engagement:

- They don't love me.

- They're putting the kids between us.
- They're telling everyone our business.
- They're going to leave me.
- They're stubborn.
- They hate me, so I hate them.
- They're cheating on me.

These thoughts are engagement destroyers. If engagement breaks down, the marriage will not last. Engagement is what keeps the covenant relationship growing. It's the water and sunlight to the seed you planted back when you asked: "Will you marry me?"

Seeing the Big Picture

Stop allowing small matters to destroy the big picture. In the big picture of your marriage, you might not always see the imperfections but know that they are there, and they are coming. Those imperfections come to make you stronger together.

James 1:3–4 – “...because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

Don't fall prey to the predator of your own mind telling you to give it all up.

The Silent Separation

I'm often shocked when I hear couples who've been married for 25, 35, even 55 years say they're getting a divorce. Most of them have the same story: “We grew apart.”

But what caused the growing apart?

Let me tell you straight up: Unforgiveness plays a major role.

(We'll talk more about that in a later chapter.)

For now, remember this: Your engagement is your foundation. Protect it. Feed it. Water it. Return to it. The

strength of your engagement will determine the strength of your marriage.

Chapter Three:

Infidelity Breach

"Whoever has no rule over his own spirit is like a city broken down without walls." — Proverbs 25:28

Remember Samson? He failed to discipline himself when it came to controlling his desires. Infidelity hurts. After all, you gave your heart away, and now it feels like it's been crushed. But listen closely: infidelity doesn't happen because they don't like you. Let's be honest, if they truly didn't like you, they would have just left. The real issue is they truly don't like themselves and the validation they get when cheating, temporarily boost their self-esteem.

When I was younger, I used to look forward to reading the Sunday newspaper. There was a columnist named Dr. Ruth who wrote about relationships. One thing she said stuck with me:

"The most important six inches are the ones between the ears."

Infidelity isn't just a physical act. It's a mental and emotional decision that begins long before any betrayal happens. Those six inches between our ears and our mind govern our self-control, judgment, integrity, and respect for others, especially for our partners.

Infidelity is rarely an accident. It's a series of small mental justifications that eventually lead to crossing a line. It's about choosing momentary gratification over lasting commitment, and those decisions start in the mind. This is why part of the scripture in Rom 12:2 tells us to be transformed by the renewing of our minds. Renewing in this context means a spiritual transformation and a reprogramming of our thoughts, values and attitudes. It means making them new and aligned with God's truth instead of the world's patterns.

You renew your mind in various ways by asking God to renew your mind, control what you let into your ears and mind. Pornography is not your friend, that work wife is not your friend, that work husband is not your friend, that pastor that wants to counsel the opposite gender alone, over dinner is not your friend I think you get the picture.

Infidelity happens in marriages for many reasons, but at the root, it often stems from unmet needs, unspoken pain, deep insecurities, or unresolved issues. It's rarely just about sex. Most of the time, it's about connection or the lack of it. Some have witnessed infidelity from childhood into adulthood and thought, "If I saw it, I can do it too." They saw how cheaters were praised or admired. However, beneath that surface lies a much deeper root.

Let me say this clearly: the judgement humans put on you is nothing compared to the judgment God said he will put on you if you do not repent. If you're in this situation and want to break free, there is help and healing available. Seeking **wise** counsel is a great start.

Your Heart Is Fertile Ground

What you sow into it will grow from it. Be aware of the seeds:

- Sow bitterness, and you'll become bitter.
- Sow joy, and you'll become joyful.

- Sow confusion or neglect, and you'll become disorderly and untrusted.

It is your responsibility to guard your heart by not allowing your five senses to absorb just anything. Post-Infidelity Syndrome (PISD) is a form of trauma, and it is very real.

Grace and Redemption

Remember the woman caught in adultery in John 8? The crowd wanted to stone her, but Jesus said:

“Let any one of you who is without sin be the first to throw a stone at her.” John 8:7

A Prayer for the Reader

Father, I pray for the one reading this chapter who truly wants to escape the sin of infidelity but doesn't know how. I ask that you take them by the hand and lead them out of this situation. Be the loving God you are and give them direction. Maybe it started out as fun, but now it has become a regret or a burden because you are pricking their heart and calling them to a higher purpose. Lord, help

them back out of this situation. Break the spiritual soul tie they are caught in. For the one reading this who was traumatized and blindsided by infidelity, I ask You to heal their wounds and silence the memories that try to haunt them. Rebuke the pain that PTSD and abandonment have tried to place on their lives. Amen.

Let's Be Real

Adultery is a serious sin in the eyes of God. It breaks the covenant and damages the engagement in marriage. Jesus wants you to be free just like you want to be free yourself. He didn't give you the spirit of the adulterer or adulteress. He gave you gifts to prosper and lead you to an expected end. Yes, Matthew 19:9 gives grounds for divorce. However, there are more scriptures that give grounds for forgiveness. For example, Matthew 6:14-15. **14** For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins. The most important part about forgiveness is setting yourself free so you can move on purposefully in the life God has given you.

I encourage you to feel your emotions. Don't bottle up the sadness. If you suppress your emotions, it will be hard to experience the full joy of emotional freedom. Infidelity breaks trust and covenant, but through God's grace, forgiveness and restoration are possible.

When Infidelity Strikes, Marriage Needs the Repair Shop

You may feel sorrowful and trapped. You may fear the outcome. However, you have to deal with it at your own pace if you want to:

- Restore your marriage,
- Find peace within yourself,
- Inherit the Kingdom of Heaven.

How People Slip Into Infidelity

1. Emotional Disconnect

When couples stop truly communicating, emotional abandonment creeps in.

3. Unmet Needs

When emotional, physical, or spiritual needs go unmet, wandering begins mentally first, then physically.

4. Low Self-Worth

Some don't cheat because they want more, they cheat because they feel like less.

5. Lack of Boundaries

Flirty messages, late-night convos it all builds the platform. If you fail to set boundaries, don't be surprised when you cross them.

6. Retaliation

You hurt me, I'll hurt you. Understand this, retaliation never heals it just multiplies damage.

7. Life Pressures

Stress from work, parenting, trauma. When spouses stop pursuing each other, the spark dims.

9. Escape

Infidelity as escapism is like a drug. The crash comes and it doesn't feel good.

Infidelity doesn't happen in isolation. It grows from deeper issues. It's like a leaky pipe. By the time the ceiling collapses, water's been dripping for a while.

But Here's the Hope

Infidelity doesn't have to be the end. It can be the beginning of hard, necessary healing, if both people are willing.

- Forgiveness is possible.
- Restoration is possible.
- But accountability must come first.

You can't rebuild trust on top of lies. Everyone must be honest and in agreement.

My wife and I take sensitive conversations outside the house, maybe for dinner or a walk. Changing the environment changes the outcome.

You Are Not Alone

Whether you stepped out or were stepped out on know this: you're not alone. Healing from betrayal starts with self-reflection. I remember during a counseling session with my wife. I pointed out everything she did wrong. The counselor said, "Look at yourself." I was furious. That moment grew on me. I realized I held things in to protect her, but she needed my honesty.

Sometimes we are the spark that lights the fire. That doesn't mean we're to blame for everything, but there's value in self-awareness.

Reflection Questions

- Where has communication in your relationship gone silent, and what needs to be said?
- What personal needs are you not expressing?

- Are you giving your partner space to express theirs?
- Are there emotional boundaries you need to reinforce to protect your relationship?
- Have past wounds been properly addressed, or are they still bleeding beneath the surface?

A Spiritual Anchor

Trust God in this process. Do not try to control everything. Surrender your spirit to Him. Yes, it will hurt. Talk to someone you trust of the same gender, so vulnerability doesn't lead to confusion. If no one comes to mind, seek professional counseling. You need a safe space to unload.

Do this not just to "fix things," but to protect your soul from hopelessness.

There is hope. Healing will not be perfect, but it can be powerful. And it starts with you.



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