



MARRIAGE EMERGENCY KIT

WHAT TO DO WHEN YOUR MARRIAGE

Feels Like It's Falling Apart



QUICK HELP. BIBLICAL TRUTH. PRACTICAL STEPS. HOPE.

10 EMERGENCIES. ONE PURPOSE.

Biblical guidance for the moments
that matter most.

- 1 We Just Had a Huge Fight
- 2 I Feel Like Giving Up
- 3 My Spouse Won't Talk to Me
- 4 We're Sleeping Angry
- 5 I Can't Forgive
- 6 We Keep Fighting About the Same Thing
- 7 Financial Stress Is Hurting Our Marriage
- 8 Pornography Has Entered Our Marriage
- 9 Trust Has Been Broken
- 10 I Feel Completely Alone



LOVE
BEARS ALL
THINGS,
BELIEVES
ALL THINGS,
HOPES ALL
THINGS,
ENDURES
ALL THINGS.

1 CORINTHIANS 13:7

BIBLICAL
TRUTH FOR
REAL
CRISES.



Clear steps, Scripture, prayers, and action
plans to help you navigate the toughest
moments and choose healing over heartbreak.



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Unless otherwise indicated, Scripture references are paraphrased summaries of passages from the Holy Bible and are not direct quotations from any single translation.

This resource is intended for general educational and spiritual encouragement purposes only. It is not a substitute for professional marriage counseling, therapy, medical care, or legal advice. If you or your children are in immediate danger, please contact emergency services in your area right away.

A companion volume to *How to Build a Lasting Marriage with Biblical Truth* and the *21-Day Marriage Devotional*, by the same author.

BEFORE YOU BEGIN

How to Use This Kit



This is not a book meant to be read from cover to cover before it can help you. It is meant to be opened in the middle of the actual moment you are facing — tonight, mid-argument, or at three in the morning when you cannot sleep and do not know what to do next.

Find the page that matches what you are facing right now. Each Emergency follows the same simple structure, so you always know exactly where to look:

- **What Is Happening?** — a short, honest naming of the moment, so you know you are not alone in it.
- **Biblical Truth** — the specific truth Scripture offers for this exact situation.
- **What NOT to Do** and **What TO Do Today** — clear, practical guardrails for the next few hours, not a long-term strategy.
- **Prayer** — words you can pray as they are, even if it is all you can manage right now.
- **Scriptures to Stand On** — a short list of references to return to.
- **Action Step** — one small, doable thing to actually do today.

This kit is meant to help you get through the next hour or the next day — not to replace the deeper work of counseling, community, and ongoing spiritual growth. Several pages point you toward that deeper help directly, because reaching for it is wisdom, not failure.

READ THIS FIRST

When to Seek Immediate Help

This kit is designed for the ordinary, painful crises every marriage faces. Some situations need more than these pages can safely offer. Please read this before you turn to the Emergencies ahead.

SEEK HELP RIGHT AWAY IF:

- You or your children are experiencing physical violence, threats, or are afraid for your safety.
- There is ongoing addiction that is endangering your family's safety or wellbeing.
- You are having thoughts of suicide or self-harm, or your spouse has expressed these thoughts.
- A pattern of betrayal, deception, or abuse continues without any genuine repentance or change.

WHO TO CONTACT:

- In the United States, call or text **988** for the Suicide & Crisis Lifeline, available 24/7.
- If you are in immediate danger, call **911** (or your local emergency number) or go to the nearest emergency room.
- For domestic violence support, the National Domestic Violence Hotline is **1-800-799-7233**.
- Reach out to a licensed counselor, therapist, or a trusted pastor trained in crisis care.

Seeking this kind of help is not a failure of faith. It is wisdom — and it is often the most loving, courageous next step you can take, for yourself, your spouse, and your family.

We Just Had a Huge Fight

WHAT IS HAPPENING?

Voices got louder than either of you intended. Something was said that cannot be fully unsaid. Right now your body is flooded with adrenaline, and every instinct is telling you to either keep fighting or completely shut down. This is one of the most common emergencies in marriage, and it does not mean your marriage is failing. It means you are two exhausted, hurt people who need the next thirty minutes handled wisely.

BIBLICAL TRUTH

Proverbs 15:1 & James 1:19

A gentle answer turns away wrath, while a harsh word stirs up anger. Be quick to listen, slow to speak, and slow to become angry.

The tone of the next thirty minutes matters as much as anything either of you says. You do not need to resolve everything right now. You need to keep this moment from becoming a deeper wound than it already is.

THE NEXT 30 MINUTES

DON'T

- Bring up old, unrelated grievances
- Walk out without saying when you'll return
- Text friends or family trashing your spouse
- Make any big decision while flooded

DO RIGHT NOW

- Say plainly: "I need 20 minutes, then I'll come back"
- Breathe slowly and pray, even just one sentence
- Write down what you actually want to say
- Return at the time you promised

PRAYER

Lord, my heart is racing and my words are not gentle right now. Slow me down. Give me a gentle answer instead of a harsh one, and help us both come back to this conversation calmer than we left it. Amen.

SCRIPTURES TO STAND ON

Proverbs 15:1

James 1:19

Proverbs 29:11

ACTION STEP

Set a timer for 20 minutes apart, right now. When it ends, return to the conversation — even if it's just to say, "I'm ready to listen."

I Feel Like Giving Up

WHAT IS HAPPENING?

You are exhausted in a way that sleep does not seem to fix. The thought of staying in this marriage feels heavier than the thought of leaving it. If this exhaustion has turned into thoughts of harming yourself, please stop and turn to the safety page at the front of this kit right now — reach out to 988 or emergency services before reading further. If this is marital exhaustion and hopelessness, know that this feeling, however real, is not a reliable narrator of what is actually possible for your marriage.

BIBLICAL TRUTH

Galatians 6:9

Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Weariness is not the same as failure, and it is not evidence that you married the wrong person. Covenant love was never designed to run only on feeling. On the days feeling runs out, the covenant is still there to stand on.

TODAY

DON'T

- Make a permanent decision from a temporary low
- Isolate yourself from trusted people
- Announce "I'm done" as a repeated threat

DO RIGHT NOW

- Tell one trusted person exactly how tired you are
- Name the exhaustion honestly to God, unedited
- Take one small step, not a grand gesture

PRAYER

Lord, I am more tired than I know how to say. I don't have the strength to fix this today, and I'm not asking You to fix it all today either. I'm asking You to help me not give up in this exact moment. Amen.

SCRIPTURES TO STAND ON

Galatians 6:9

Isaiah 40:31

Lamentations 3:22–23

ACTION STEP

Reach out to a counselor, pastor, or trusted friend today — not to make a final decision, just to say the exhaustion out loud to another person.

My Spouse Won't Talk to Me

WHAT IS HAPPENING?

You've asked, waited, and asked again, and you are met with silence, short answers, or a closed door. Withdrawal is one of the most painful conflict patterns because it can feel like being shut out of your own marriage. Often, silence is not proof your spouse has stopped caring — it is frequently a sign they feel overwhelmed and do not know how to engage without it going badly.

BIBLICAL TRUTH

Proverbs 25:15

Through patience a ruler can be persuaded, and a gentle tongue can break a bone — patient, gentle persistence accomplishes what force cannot.

Chasing silence with pressure usually deepens it. Patient, low-pressure pursuit — without disappearing yourself — tends to open what force closes further.

TODAY

DON'T

- Chase and demand an immediate response
- Threaten or issue ultimatums to force a reply
- Assume silence proves the very worst

DO RIGHT NOW

- Give brief space with a clear plan to reconnect
- Send a short, calm note naming what you need
- Ask what they're afraid will happen if they talk

PRAYER

Lord, the silence between us feels unbearable right now. Give me patience instead of pressure, and give my spouse courage to open back up. Help me stay present without demanding more than they can give this minute. Amen.

SCRIPTURES TO STAND ON

Proverbs 25:15

1 Peter 3:8-9

Ecclesiastes 3:7

ACTION STEP

Write a short, non-accusatory note or text asking to reconnect at a specific time today — a real time, not "whenever."

We're Sleeping Angry

WHAT IS HAPPENING?

It's late, nothing is resolved, and you are both too tired to keep talking in circles. You may have heard that going to bed angry is forbidden, and now feel a second layer of guilt stacked on top of the original conflict. Some nights, genuine resolution simply is not possible before sleep — and that does not mean you have failed.

BIBLICAL TRUTH

Ephesians 4:26

In your anger, do not sin; do not let the sun go down while you are still angry — dealt with honestly, not left to fester unaddressed.

This verse is not a demand that every disagreement be fully solved by lights-out. It is a warning against letting anger curdle into silent contempt. You can go to bed with an issue still open, as long as you are not going to bed in cold war.

TONIGHT

DON'T

- Fake a resolution just to be able to sleep
- Rehash everything again at 1 a.m., exhausted
- Give the silent treatment as a punishment

DO RIGHT NOW

- Say one sentence affirming you're still "us"
- Agree on a specific time tomorrow to continue
- Offer a small physical touch, if it feels safe to

PRAYER

Lord, we are not finished working through this, and we are too tired to finish it tonight. Keep our hearts from hardening toward each other while we sleep. Let us wake up ready to keep trying, not further apart. Amen.

SCRIPTURES TO STAND ON

Ephesians 4:26

Psalms 4:4

Colossians 3:13

ACTION STEP

Before the light goes out, say out loud: "This isn't solved yet, but we're okay, and I want to keep working on it tomorrow at [name a time]."

I Can't Forgive

WHAT IS HAPPENING?

You have tried to let it go, and it keeps resurfacing. Maybe you have even said the words "I forgive you" out loud while your heart has not caught up yet. Real hurt does not dissolve just because forgiveness is commanded. It is worth naming honestly: right now, forgiveness feels impossible, not just difficult.

BIBLICAL TRUTH

Colossians 3:13

Bear with one another and forgive one another; forgive as the Lord has forgiven you — a decision extended before it is fully felt.

Forgiveness is primarily a decision, not a feeling that arrives on command. It also does not mean trust is instantly restored — that is usually rebuilt slowly, over time, through changed behavior. You can begin choosing to forgive today without pretending the wound never happened.

TODAY

DON'T

- Pretend you've forgiven when you genuinely haven't
- Use the old wound as ammunition in new arguments
- Wait for the feeling before making the decision

DO RIGHT NOW

- Name the specific hurt honestly, to God first
- Ask God for willingness, even before the feeling
- Consider counseling if the wound runs deep

PRAYER

Lord, I don't feel ready to forgive, but I am willing to become willing. Help me release this before You, even in pieces. Where trust also needs to be rebuilt, give us patience for that slower process too. Amen.

SCRIPTURES TO STAND ON

Colossians 3:13

Matthew 6:14-15

Ephesians 4:31-32

ACTION STEP

Write the specific hurt down in a short, honest prayer to God, and read it aloud as your first step toward releasing it.

We Keep Fighting About the Same Thing

WHAT IS HAPPENING?

It surfaces again — the same argument, almost word for word, as if you are both reading from a script you've each memorized. Recurring conflict usually means the real issue underneath has never actually been named, only its surface symptom, again and again.

BIBLICAL TRUTH

Proverbs 20:5

The purposes of a person's heart are deep waters, but one who has insight draws them out — the real issue often lies beneath what is visible.

Fighting harder about the surface issue rarely resolves a recurring pattern. What usually helps is pausing to draw out what is actually underneath it — a fear, an unmet expectation, an old wound this new argument keeps brushing up against.

THIS WEEK

DON'T

- Rehearse the same argument hoping for a new result
- Avoid the topic forever to keep the peace
- Assume your spouse's motive without asking

DO RIGHT NOW

- Name the pattern out loud: "we're having this fight again"
- Ask what's really at stake underneath the surface issue
- Consider a counselor if you're genuinely stuck

PRAYER

Lord, we are tired of circling the same argument. Help us see what's actually underneath it, and give us the courage to name it honestly instead of fighting about the surface again. Amen.

SCRIPTURES TO STAND ON

Proverbs 20:5

Proverbs 18:13

James 1:19

ACTION STEP

Schedule one calm conversation this week with a single goal: naming the real issue underneath the recurring fight, not resolving it yet.

Financial Stress Is Destroying Our Marriage

WHAT IS HAPPENING?

The numbers do not add up, the bills keep coming, and money has stopped being a logistics conversation and started being where all your worst fights happen. Financial stress is one of the most common pressures on a marriage, and it rarely stays contained to the budget — it bleeds into tone, trust, and how safe you feel with each other.

BIBLICAL TRUTH

Philippians 4:19 & Matthew 6:33

God will meet all your needs according to His riches; seek first His kingdom, and these things will be provided for you.

This is not a promise that difficulty disappears. It is an invitation to face the numbers honestly together, under God's provision, rather than letting fear and secrecy make financial decisions for you separately.

THIS WEEK

DON'T

- Make major financial decisions in anger or panic
- Hide spending, debt, or accounts from your spouse
- Let money become a tool of control

DO RIGHT NOW

- Have one honest conversation with real numbers
- Build one simple shared plan together
- Consider a financial counselor if you're stuck

PRAYER

Lord, our finances feel out of control and it is straining us. Give us honesty with each other about the real numbers, and peace that does not depend on the account balance. Provide for us, and give us wisdom to plan well. Amen.

SCRIPTURES TO STAND ON

Philippians 4:19

Matthew 6:33

Proverbs 21:5

ACTION STEP

Sit down together this week, list every debt and income source honestly on paper, and agree on one shared next step.

Pornography Has Entered Our Marriage

WHAT IS HAPPENING?

Something has been discovered, or finally confessed, and it has shaken the ground under your marriage. For the hurt spouse, this can feel like a betrayal of trust and safety. For the spouse who has been struggling, shame can feel paralyzing. Both experiences are real, and both deserve honest attention rather than silence.

BIBLICAL TRUTH

Psalms 51:10 & 1 Corinthians 10:13

Create in me a pure heart, O God; God is faithful and will provide a way out from every temptation, so that you can endure it.

Scripture takes this struggle seriously without treating it as unforgivable or unbeatable. Real change is possible, but it is rarely won through willpower and shame alone — it typically requires honesty, accountability, and often professional support.

TODAY

DON'T

- Minimize it as "not a big deal"
- Let shame spiral without any path forward
- Try to handle it in total isolation

DO RIGHT NOW

- Acknowledge the wound and the struggle honestly
- Seek a counselor or pastor trained in this area
- Agree together on concrete accountability steps

PRAYER

Lord, this has shaken us. Create clean hearts in both of us — honesty where there has been secrecy, and grace where there is shame. Show us the way out You have promised, and give us courage to seek real help. Amen.

SCRIPTURES TO STAND ON

Psalms 51:10

1 Corinthians 10:13

Matthew 5:28

ACTION STEP

Schedule an appointment with a licensed counselor or pastor trained in this area within the next week — for one or both of you.

If this involves ongoing secrecy, deception, or you feel unsafe in any way, please also review the safety page at the front of this kit.

Trust Has Been Broken

WHAT IS HAPPENING?

Something has happened — a lie uncovered, a betrayal, a broken promise — and the safety you once took for granted in your marriage is gone. Ordinary life now feels strange, because it is happening on top of a wound that has not begun to heal. This is genuinely disorienting, and it takes real time.

BIBLICAL TRUTH

Psalms 34:18 & 2 Corinthians 5:17

The Lord is close to the brokenhearted; anyone in Christ is a new creation — the old has gone, the new has come.

Trust, once broken, is almost never rebuilt instantly or through willpower alone. It is rebuilt slowly, through sustained honesty and changed behavior over time — usually with real, professional support alongside it.

THIS SEASON

DON'T

- Demand trust be restored on your own timeline
- Make major life decisions in the first raw days
- Try to rebuild alone without any outside support

DO RIGHT NOW

- Reach out to a licensed marriage counselor
- Agree on concrete, honest transparency steps
- Allow healing to be slow and non-linear

PRAYER

Lord, be close to us in this brokenhearted place. We don't know yet what rebuilding will look like, but we ask for Your presence in the slow work ahead, and wisdom to seek the help we actually need. Amen.

SCRIPTURES TO STAND ON

Psalms 34:18

Psalms 147:3

2 Corinthians 5:17

ACTION STEP

Reach out to a licensed marriage counselor this week. Trust is rarely rebuilt through willpower alone — skilled support genuinely helps.

If this breach involves any danger, abuse, or ongoing deception without repentance, please review the safety page at the front of this kit.

I Feel Completely Alone

WHAT IS HAPPENING?

You are lying next to your spouse, or sitting across the table from them, and you feel entirely alone anyway. This particular loneliness is a distinct kind of pain — the ache of unmet closeness inside a relationship that is supposed to be your closest one. If this loneliness has moved into thoughts of harming yourself, please turn to the safety page at the front of this kit right now.

BIBLICAL TRUTH

Psalms 68:6 & Hebrews 13:5

God sets the lonely in families; He has said, "I will never leave you nor forsake you."

You were never designed to carry a marriage's loneliness in total isolation — neither from God nor from other people. Community and honest connection are not luxuries for a struggling marriage; they are part of how it heals.

TODAY

DON'T

- Withdraw further from friends or community
- Assume loneliness means the marriage can't heal
- Carry this in total silence indefinitely

DO RIGHT NOW

- Reach out to one trusted friend or small group
- Name the loneliness honestly to your spouse, if safe
- Consider counseling if it feels chronic or heavy

PRAYER

Lord, I feel so alone right now, even here. Thank You that You have promised never to leave me. Bring people around me who can help carry this, and help me find real closeness with my spouse again, one honest step at a time. Amen.

SCRIPTURES TO STAND ON

Psalms 68:6

Hebrews 13:5

Ecclesiastes 4:9-12

ACTION STEP

Reach out to one trusted person today and tell them honestly how you're really doing — not the polished version.

If you are having thoughts of suicide or self-harm, please contact 988 (US) or emergency services right now.

A WORD AS YOU CLOSE THIS KIT

You Are Not Meant to Carry This Alone

Whatever emergency brought you to this kit today, take a breath: reaching for help in a hard moment is not a sign your marriage is failing. It is a sign you are still fighting for it. These pages are meant to steady you through the next hour or the next day — but they are not the whole journey.

For the deeper theological foundation behind these truths, return to *How to Build a Lasting Marriage with Biblical Truth*. For a daily rhythm of practicing them, walk through the *21-Day Marriage Devotional*. And for the moments too heavy for any book alone, reach for a licensed counselor, a trusted pastor, or a wise, safe community — every one of them a genuine gift, not a last resort.

About the Author

Andrés Morantes holds a bachelor's degree in Theology and Leadership and is a certified life coach with a specialization in ministry management. His work centers on helping people connect sound biblical teaching with practical, everyday tools for emotional, relational, and spiritual health. Through writing, coaching, and ministry leadership, he is committed to helping couples build marriages that are honest, sustainable, and rooted in truth.