

# He Makes a Way

## *A Marriage Healing Testimony*



THE ABUNDANT CATHOLIC

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A NOTE FROM THE FOUNDERS

# A typical married couple just like you.

This is a story of hope for those struggling with broken relationships, a broken marriage, or a broken past. Whether it be disordered behaviors, addictions, emotional instability, past traumas, etc., Christ wants nothing more than for us to be healed by His Love and to experience the freedom in which He gives us through his life, death, and resurrection.

The Abundant Catholic was created as an invitation for the intentional Catholic to enter into the deep, journeying towards freedom through Christ alone. We are not merely another online platform to provide services; we exist as a means to bring the nourishing living hope of God to his hungry people. We firmly believe God has given us



all the gifts we need to counter the effects of sin through His mercy and love. With various tools, like coaching, mentorship, our inner healing ministry, blog posts, videos, and more- we strive to foster a greater sense of self: as image-bearers of the divine Creator. We are made for so much more! Come join us on the journey towards freedom so that you too may live The Abundant Catholic life for which you were made!

- *Melissa & Anthony*



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## INTRODUCTION

# A word of encouragement.

## A piece of evidence

We should probably formally introduce ourselves! We are Anthony and Melissa Krupp. We have been married for 10 years and have 5 children. We live in Rockford, MI where we home-educate and run a small family business. Anthony is a tradesman and wood worker at heart. Melissa stays home raising and educating the children, is a content creator, and enjoys being involved in the local catholic community. We are dedicated disciples learning what total abandonment to the will of God means and how to continually let go and trust in His goodness for our lives. We have felt called over the past couple of years to share our testimony of healing, from despair and nearly divorcing to experiencing continued renewal and freedom through Christ. We recently celebrated our anniversary and it marked a great milestone in our lives as the past 5 years and last 2 children are a distinct witness of hope and a miracle to say the least. The word testimony means “*proof or demonstration of some fact, evidence, or piece of evidence.*” Take this as a solid piece of evidence that all things are possible with God (Mt. 19:26).

Our prayer is that you encounter a witness of Jesus in these words shared and that if you are suffering you will find comfort in knowing you are not alone, relief in knowing that there is a way out, and rest in Jesus who is our *total* fulfillment. He sees us right where we are and loves us through and through. We share this testimony with you the best we can, knowing that there is no way to capture every little bit of His magnificent work in our lives in a single essay like this. We hope you find this to be fruitful!

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“May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to his call, what are the riches of glory in his inheritance among the holy ones” Ephesians 1:18

— ” —



## CHAPTER I

# The early years.

## When two broken pasts become one

Anthony and I met in 2014 and right away we both knew that we wanted to spend the rest of our lives together. We welcomed our eldest daughter in 2016, and 4 more littles since then, plus a little angel in heaven. It is incredible what God has done considering how we nearly didn't make it on multiple accounts. When we wed, I was under the false notion that by marrying, I would be totally fulfilled; that "this was it!"... the thing, or end of sorts to all life's problems because I finally found "the one." I had no idea of what true fulfillment meant, nor what dying to oneself was so that another may live. I had no understanding of marriage being a foreshadowing of our eternal destiny with God in Heaven, and that the only one we are truly made for is the Bridegroom himself; the One. Little did we expect that in the years to come our marriage would not be able to sustain itself on the broken pillars it was founded on. My husband would not be able to fully embrace or love me in all the ways I needed and wanted, nor at times be totally faithful to me. And for me to him, in similar ways- I was rupturing the marriage bond by rejecting parts of him and desiring something, even at times- someone different. All because it was painful, and in our own blindness and inabilities, we were unaware of many things and quite naive to the complexities of who we are and why we behave the ways we do.

As the Acts of the Apostles tell us about Saul's conversion, it says "Immediately things like scales fell from his eyes and he regained his sight. He got up and was baptized." (Acts 9:18). Something similar happened to us after many moments of little and big graces in our lives, all of which God had divinely intervened. It was as if the "scales fell from our eyes" and we are now able to see more clearly. Much of our "reversion" still remains a mystery to us, as the Christian life is indeed the living out of the Mystery of God Incarnate, and even when we didn't understand nor could we see a way through we still clung to hope and perseverance, having faith that He would make a way for us despite our weaknesses and disordered life. He would soon touch the places of our souls that we didn't even know needed his tender love and healing.



## CHAPTER I CONTINUED

**In the beginning**

Our first 5 years of marriage were quite tumultuous. Though there were still many joys in the early years, life as broken individuals also bring difficulties, and if we are all honest—marriage has its crosses. After our first child was born, I began to spiral into a deep depression that we later discovered to be underlying Complex-Post Traumatic Stress Syndrome (PTSD). Not from a world war, but from a spiritual war for my soul... from childhood neglect, dysfunctional relationships, and sexual abuse. I had lived for so many years unable to process much of my life because it was often not safe enough. Anthony was truly the first safe man in my life that I was able to fully “open to” through the gift of the sacrament of marriage and we learned quickly what God does when the two become one. Yes, he often brings glorious new life in the form of a child, but the marriage union is not limited to just that. He also brings new life in spirit— providing fertile soil for us to heal as we grow together. He began to rescue me from the cloudy times in my life that were too dark and unbearable to even fully remember or understand. He began to resurrect fragmented parts of me that had, in a sense, been “buried alive.” All those younger parts of me had to remain in silence and suppression for years and years until it was finally safe to bring all things into the light and expose them. As Ecclesiastes 3 says “there is a time for everything.” And for me, this was a time of uprooting, a time to speak, a time to gather what had been scattered, and it was a time to heal. St. Paul speaks much about this in Ephesians that “...when anything is exposed by the light, it becomes visible, for anything that becomes visible is light.” And what does light do? It disinfects. It heals. It renews. The Son purifies us, melting away the blemishes and refreshing the soul. Never-the-less, this was extremely hard on our family life, but a necessity for our survival. It is a miracle I am here today as many of my symptoms were wreaking havoc on my physical and emotional health.



## CHAPTER I CONTINUED

**Emotional intimacy**

All throughout these hard-early years of our marriage Anthony and I had never fully understood what emotional intimacy/intelligence was, as we did not have that critical foundation laid in our own familial relationships. So, we had to learn this new way of relation with each other and it has taken many years to build upon. I was learning proper emotional regulation and healthy coping skills for the first time as an adult married woman and now a parent. It was humbling and life-altering. To be able to recognize triggers and work on healthy communication skills so we could help co-regulate and not escalate every riff. It was a great cross in our lives, but also, we knew deep down this was a call to freedom and the only way out was through. That we had to somehow embrace this cross in order to stay afloat and welcome the grace and mercy God was pouring out for me to heal from the current symptoms that were very persistent and present in my life. More importantly there was the critical need to be a good, present mother to our children. It took many years, much commitment, many trials and much suffering. Yet in it all the Lord still blessed us with more children and sprinkled so many joys filling our lives with hope, purpose, and the faith that he would make something magnificent from the mess we found ourselves in. There was somehow this co-existence of grief and gratitude; joy and sorrow... and it was holy. Aside from our children, the biggest blessings were my slow but steady healing of the wounds- mentally, spiritually, emotionally and even sexually. He was integrating me more and more; making me whole again and taking me out of the grave, slowly bringing me into the new life he had planned for me.

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“You shall know that I am the Lord, when I open your graves and make you come up out of them, my people!” (Ez 37:14).

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## CHAPTER II

# The great day.

## Breaking down to let love in

As our lives continued to evolve year after year, I carried a deep sense of something being off and lacking in our marriage, but I could never quite put my finger on it. When brought it up or asked Anthony about it, he would self-project his shame twisting the truth or often would just shut down completely as that was a frequent method of coping for him (as we later learned). When we first got married, I knew my husband had a drinking problem, but I did not understand the gravity of it nor really even think twice about it until it started to cause discord in our marriage and family life. It became a great barrier in many ways as he was a highly functioning alcoholic. We had wrestled for years with this issue and at times seeking help, but other times he would slip back into a place of denial. I wasn't aware of all of the addictions that he was battling as some were very hidden, particularly pornography and other common stimulants. Right after we had welcomed our third child about 5 years into our marriage his addictions were at their peak. Satan's grip was strong. He was stuck in a cycle of denial, sin, and shame. This was hard, as I experienced a great withdrawal of my spouse and felt very alone and at times even abandoned. I remember thinking often, "this isn't what I signed up for."

Looking back, he likely felt the same when my "stuff" came to the surface within the first year of being married. It was like we were at a crossroads of sorts- both of our crosses meeting face to face and unable to move in either direction alone, we felt stuck. During this time as my husband drifted further away from me, it seemed as though Christ began to live in me, consuming me with this intense thirst for righteousness. This is when I began to experience in internal suffering for Anthony, a great longing and burning desire for wholeness and healing. I would often plead with the Lord for him to break down Anthony's walls which were a great barrier in our marriage and for us to truly become one- totally, in true intimacy. Is this not the cry of the heart for so many of us, for total union? After our third child had arrived, we had reason to abstain for a longer period of time while we learned a new Natural Family Planning method. This is the time in which some of the most healing came about in our marriage.



## CHAPTER II CONTINUED

**A hard pill to swallow**

Abstinence is a form of fasting, and a good Catholic knows that fasting will purify (Mt 17:21). During that summer of intense marital fasting, my husband's secrets bubbled to the surface, no longer able to hide. By God's grace and Anthony's willing heart, he finally opened up about himself in a way I had never experienced. The false image of the man I had married passed away, and a new man with an open and exposed heart began to emerge. St. Paul urges us to "take no part in the fruitless works of darkness; rather expose them..." and bring them into the light (Eph 5:11-14). And that is exactly what he did. I vividly remember the day even still. We were talking and he had said to me that we needed to set up a special meeting with my therapist. I remember feeling immediate fear and thinking of the worst scenarios that had played through my head so often. At this point divorce was already on the table and we were past burn out. But for some reason every scenario I had thrown out he would deny, until the words came from my mouth "Are you homosexual?" Now, I am not sure why that came from my lips, as I had never once suspected that in all of our relationship, so I really believe it was God's prompting within me. Anthony immediately began to weep. I remember the shock of the moment in my spirit and body as a wave of tingling pins flew through my flesh like lightening. The man I was married to for 5 years... "homosexual." I was unable to process this in its entirety at that moment and it's taken us many years to work through and to learn what we now know. We cried together in this mysteriously beautiful experience. I had never seen my husband cry or experience such raw emotions in general. This was breakthrough happening and I knew it. God was with us and it seemed like all time had stopped and the Holy Spirit was filling the space now. For the first time in all of our years together- I saw my husband, totally. I saw him through the lens of Christ, as he had so graced me with his eyes, and I knew I wasn't alone.



## CHAPTER II CONTINUED

**A call to freedom**

Prayers answered in a moments time. Yet, co-existing was the confliction that I would have never imagined them to be answered in such a way as this. I truly believe the only way it was safe for Anthony to expose these parts of himself and for me to be able to be compassionately present to him in his pain was because someone had done the same for me, while in my own trauma recovery. We believe that had these events happened in a different order- we wouldn't be married. For some reason God allowed me to suffer what I did for a little while and knew through that purification I would be able to now walk with my husband in his healing. Weeks prior to him opening up, Anthony had said a rosary pleading with God how to save his marriage and that he would do whatever the Lord asked of him. He clearly felt the Lord saying, "You have to tell her." Knowing full well that this easily could have fed fuel to the divorce-fire, he trusted in God giving his yes to this command. He understood that even if the outcome ended in divorce, at least I would know all of him and all truths would be revealed. When he opened up to me, he expressed later that there was an immense weight lifted from his shoulders and he felt an incredible sense of relief that he had never experienced before. He had been living a hidden life of unfaithfulness via a same-sex pornography addiction for some time in our marriage. Though it didn't start like that, eventually it led there as he had buried sexual wounds from his childhood that he had kept to himself all of our relationship. He told me then that with all of his might he was determined to take this part of him to the grave. We have since learned that most married men, who struggle with similar disordered behaviors or sexual sin have made the same unholy vows- not understanding the ruptures this withholding can cause in marriage and family life, let alone in their own souls. Yet, this is our promise of fidelity we make as a life-long vow "...in better or for worse, in sickness and in health..." How were we to come away from this together?

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Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible. (Ep 5:11-13)

— ” —



## CHAPTER III

# Sanctifying grace.

## Healing, hope, renewal, freedom

Whatever I thought I knew about the vocation of marriage went out the window as God was teaching me in real time, the real vocation of marriage: sanctifying grace. We both learned from this time that Anthony was not “homosexual” as the world so quickly labels individuals. He was stuck in deep shame and sin and was unable to articulate his feelings or even fully understand the gravity of what he was living out and why. Remember the lack of emotional intimacy? It was all becoming clearer and clearer. This was because accessing those parts of himself were painful and unbearable, so there was a great inability there; which had been experienced as a barrier in our marriage. Through seeking professional help and walking with individuals God put in our lives, he too was able to unburden and confirm what he always desired, which was to be married and have a family. Though, I should note that we never doubted this vocation as a calling in both of our lives as we share in a deep love for marriage, and for each other despite the challenges. He is made for marriage and does not identify himself by his sin or disordered desires but carries the cross of same-sex attraction because of a great disruption to his sexual development as an adolescent. A cross that he sees as a “key to salvation,” no longer as an “anchor that was dragging him to hell,” as he puts it.

Jesus says in the gospel, “Whoever wishes to come after me must deny himself, take up his cross, and follow me” (Mt: 16:24). This is what we began to learn. Anthony’s disordered desires, emotional withdrawal, and numbing behaviors were rooted in unidentified childhood and adolescent sexual experiences as well as emotional neglect, among other factors. He was around the age of 13 to 14 when these same-sex sexual experiences began to take place, and at such a tender age he was unable to understand what was truly happening and the effects this would have on the rest of his development, let alone his marriage. Both of our broken pasts made for some big crosses... they were heavy and real and the work of carrying them didn’t just stop when we began to heal.

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“We are not the sum of our weaknesses and failures; we are the sum of the Father’s love for us and our real capacity to become the image of His Son Jesus.” St. John Paul II

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## CHAPTER III CONTINUED

**A time to collect the harvest**

We still carry the crosses, but the burden has miraculously become lighter and Jesus' words are truth, "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Mt 11:28-30). What the devil meant for evil in both of our lives- God has worked it for good, and we are just beginning to see the Glory of the resurrection from wounded to transformed. Deep down we knew that God had a purpose for us in the suffering we were experiencing but we still had a lot of work ahead of us yet to come. We had to begin again and again many times but every time a new layer was being placed on this solid foundation God has given us- this truly total, fruitful, faithful, and free foundation. Christ was making us new... and we didn't even know it. We eventually completed a marriage course in couples' therapy and learned many communication skills we had not had for years. This was hard, long, and expensive work! We attended a *Retrouvaille* retreat and other healing retreats in the process of recovery. It took a matter of years to work through the betrayal that devastated me as I eventually began to process the deception, abandonment, and his bearing false witness on the altar. There was a heavy grief from the loss of years Anthony's addictions took from our marriage and family life, let alone the time spent in my own recovery journey. We believe now that God is filling in for the years lost, that the time to collect the harvest has come. What we had sown in tears, we are now reaping with cries of joy (Ps 126:5)! We are told in Scripture that when the thief is caught, he must repay seven-fold and now the Lord is giving us beyond what we could imagine for our suffered losses. "Your harvest time is upon you, as the Lord is roaring His vindication over you. You shall recover all with nothing missing and nothing broken. It is your time and your season, declares the Lord!"



## CONCLUSION

# Where we are now.

## Breaking through together

As I grew in forgiveness, I began to realize that my husband also was a helpmate for me in the carrying of my crosses and was in fact safe enough for me to heal— a critical piece of the puzzle. Would I be safe enough for him? For the both of us, we have learned that “taking up our daily crosses” has been a gift— as it helps us draw nearer not only to God, but also to each other. Recognizing our crosses and not avoiding them, but entering into them through Christ and with Christ, has allowed the space for deeper connection and love. In all of our story, God has been very present. He would move sometimes in very profound ways, and in others very quiet and subtle. We knew we were on the right track, but the temptation to give up didn’t immediately leave. It wasn’t until God began to speak renewal into our marriage. Through it all we have learned so much. And the victories have been mighty as my husband’s pornography addiction no longer, his disordered sexual behaviors no longer, and his alcohol addiction has turned into recovery. Our intimacy has grown leaps and bounds, and I too have healed greatly from experiencing active symptoms of PTSD, struggling with disordered behaviors to finally being in a much healthier emotional state with more awareness, greater skills, and readily accessible tools.

To say it simply, we have both experienced profound healing in Christ. Through personal encounters with Him in our deepest and darkest places, and in the marriage encounters we have experienced together— Christ has bound us closer than we have ever been. We now realize that *He is the ultimate fulfillment* we long for and that whatever ache we carry— we open it to Him, not looking to the other to fulfill our every need. We began to share testimony through various opportunities that began to present themselves. We became less and less afraid of vulnerability and were realizing quickly that this was a gift as it drew us close to the most sacred heart of Christ.

“I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh” (Ez 36:26).



## CHAPTER III CONTINUED

**The Abundant Catholic**

Anthony has since gone on to graduate from the Encounter School of Ministry and now certified in leading prayer and inner healing sessions online & in-person, awakening the gifts the Holy Spirit has graced him with through the Sacraments (Romans 12:6-8). I have been working to complete a certification in Theology of the Body from the TOB Institute, and have shared testimony in person, on various online platforms, as well as catholic magazines speaking about the transformative power of Christ. We have both welcomed individuals and couples into our hearts and home and have walked with them in their journeys of healing through what we now call coaching & mentorship, but to us has always simply been companionship and friendship with our brothers and sisters in Christ.

In late 2024 we felt called to launch a ministry from the well-spring of this new well of living water we drink from. *The Abundant Catholic* was soon born and now exists as a pathway to deeper healing, restoration, and freedom- specifically for the most vulnerable sheep- the suffering, hurting, and wounded souls. We offer various resources and tools for healing through shared testimony, blog posts, a bi-weekly newsletter, videos, and free ebooks. Our team provides services of support through individual coaching, couples mentorship, and a free inner healing ministry which offers a deeper dive into spiritual transformation. Our mission is to equip individuals with the tools to lead a more abundant life of freedom through Christ by reclaiming and restoring who God made them be.

We invite you to delve deeper with us into the pool of grace & mercy that Christ offers each of us so that we can be partakers in the fullness of His Divinity, and live *The Abundant Catholic* life we are made for!

In Christ,  
Melissa & Anthony

— “ —————

Though it may feel constricting and narrow at times, we are secure in the promise of Christ, that in taking the narrow way he welcomes us and frees us, and in the end, rewards us with the crown of salvation.

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