Life strikes in different ways. I was struck by life in my own way. First, it was a decision to leave the capital city of Kenya - Nairobi, and go settle back at home in the village. This was due to a project we had planned to do back in the village but it never saw the light of the day. The other worry was how to walk out of my guilt, however, I had stopped, but I still carried the guilt in me. So I was battling with two major things, starting a new life in the village where so many services found in the City were not available, and second, trying to live on without remembering my recent past. I got myself involved in extramarital affairs. This was not an easy thing to accept. I lived with it for some time, but when I was tired of feeling shame, and after prayers and fasting, I found myself stepping out gradually from it. This situation did not let me rest, it kept bothering me and my heart kept telling me to confess to my wife. When we had an opportunity to come back home, I felt relieved and felt some space. However, the guilt did not go away. Yes, I had stopped involving myself in the affairs, but that shame was still weighing me down. When Charles Omollo a.k.a Coach Owidi and other church leaders organized a marriage retreat in Kisumu in 2018, it was an opportunity to reflect back on life, and have check and balances of which areas I've performed well and which areas I have not. It was a wonderful 3 days of training and teaching about marriage life. What struck my heart was the lead speaker who shared how he had involved himself in a similar situation years back while still in church and in leadership. I got relieved and I discovered I'm not alone, and that some situations could be worse than mine. The retreat ended and we all went back to our homes. There were assignments we were asked to do, one of them was to share our current struggles and any past temptations or confessions that we could be sitting on and it’s hard to confess. A day later, we got time with my wife and we started to share what we learnt from the retreat and how we felt. My heart was heavy and I felt I am not going to walk in guilt anymore, in my heart, I decided to let whatever happens happen but I remain free from this chain of guilt.

So my time came to share and I found myself confessing to my wife everything. It was not easy for me to share but each second I let it out, I kept on feeling lighter. This pushed me to vomit everything in front of my wife. I shared everything, every bit of temptations and affairs and the names of the women. This of course did not go well with my wife, she had to react, I mean any woman will have to. She was so mad and cried for days. I thank God my wife is a Spirit control woman. The Holy Spirit led her to talk to Josephine Omollo a.k.a Mrs. Couch Owidi, who later shared this with her husband. Things were not okay. Life had suddenly become hard in my house. My wife was very mad at me and had decided to leave the house for a day, where she went and what she went to do, I didn’t know. But later after a day or two, she told me that she would like us to involve a couple to help us walk the journey. Coach Owidi and His wife were our best choice. ***I remember Coach Owidi driving from Nairobi to Kisumu, about 300kms to come to rescue my marriage.***This was a humbling moment for my family. They came and stayed in my village for two nights to try and help me solve my marriage issues. I came to realize that my wife was planning to leave me were they not present and this could have been a different case. We thank God my wife resolved to keep up with me and CouchOwidi walked us through the journey of reconciliation until a healing process started. I remember he later visited after a few years to monitor the progress of our life after the healing and helped us with other life skills ideas on how to improve our life in the village. I remember, he mentioned to us in a family meeting that we have opportunity back in the village and we got to open our eyes mind and hearts to see the opportunity. Today, I can talk about my past because God used Couch Owidi in my life to help me change, and see my past, my present, and my future.

Thank you CouchOwidi.