



The Truth About Adultery

Film

The husband said that the affair was, “Nothing ...” Can an affair or the associated emotions truly be “nothing?”

Teaching

Adultery is devastating to a marriage, and weakens the foundation of trust, love, and intimacy. While a marriage can recover from adultery, it takes a special grace for both spouses to walk in forgiveness, love, and accountability.

Proverbs chapters 5 through 7 are very clear about the fate of the one who commits adultery. It describes various consequences like the loss of wages, a stained reputation, shame, and even death. Of course, we never see these negatives up front when it comes to having an affair. Rather what we see is a temporary answer to our brokenness and loneliness. However, as Proverbs 7 lets us know, an affair is a trap.

Perhaps one of the greatest lies that accompanies adultery is that it only happens to “bad people.” Truth is, an affair can happen to anyone who does not have his/her guard up. Adultery doesn’t “just happen.” It’s always progressive and systematic. It plays on our brokenness, and preys on our unmet needs. The greatest antidotes to adultery are a vibrant relationship with Jesus Christ, and a transparent, growing relationship with your mate. While these two aren’t alone to prevent one from having an affair, they certainly provide the spiritual, emotional, and physical support needed to steer clear of sinning in this way.

Call to Action/Homework

Be mindful of the words you speak, the environments you enter, the details of your personal life you share with others, and the state of your relationship with your spouse. Also, take note of your words and interactions with members of the opposite sex. Consider if you are slowly opening the door for an extramarital affair.

Discussion

1. What are the two biggest reasons you believe affairs happen?
2. How are you currently protecting your heart from adultery?



Drop the Stones

Film

Since the wife is willing to fight for her marriage, should she make her husband pay a price emotionally, sexually, etc. as payment for his affair?

Teaching

In John 8:1-11, we're told the story about the woman caught in adultery. While her actions were sinful, they were not enough to push her outside the covering of God's grace and love. Before telling her to go and sin no more, Jesus challenged her accusers, who stood ready to stone her, to throw their stones at her if they were sinless.

Thud.

That was the only sound that could be heard around the circle as stones hit the ground.

No matter what your spouse has done, understand 1) it's not enough to remove him/her from God's grace and love, 2) your accusations won't make the situation better, and 3) you, too, must give an account for your sins. While an affair is serious and must be dealt with, you need to remember that you, too, are in need of God's grace and love, and therefore should extend it.

While extending grace, know that it is perfectly normal for you to experience a range of emotions from hurt to hate. Don't run from these emotions, but at the same time don't live out of them. Instead, commit them to God, and if necessary seek counseling to begin the healing and restoration process. Above all, remember that you, like your mate, are always at the mercy of God for sins you have committed.

Call to Action/Homework

In your moments of pain when you're enraged about your mate's affair, recall that you are called to show the same mercy to your spouse that God has shown you.

Discussion

1. Define mercy as you see it expressed in your life by God.
2. Is it easy or hard for you to "drop the stones" when you've been wronged?
3. Is there something you are holding over your spouse's head? Are you forcing him/her to relive the pain, guilt and suffering?



Rebuilding Trust

Film

What do you think is going through the wife's mind when she says she wants to fight for her marriage?

Teaching

It takes time to build trust, and when trust has been broken due to infidelity, it can take even longer to rebuild it. Recent statistics show that 41% of husbands and wives have admitted to having an emotional or physical affair in their marriage relationship. What this means is that nearly half the spouses in the US are going through the trust rebuilding process.

One key to rebuilding trust is transparency. The spouse who had the affair should be the leader in living an open lifestyle with his/her mate. In other words, the offending spouse should get used to sharing major and minor details that his/her spouse is interested in. For example, location, phone calls and texts, social media usage, the daily schedule, and whatever else is requested. If the spouse who had the affair is truly repentant, and wants to rebuild the marriage, sharing this information should be done early and often.

A second key to rebuilding trust is the spouse who had the affair being open to answering questions. During the rebuilding process, it is essential that the spouse who had the affair understand that his or her mate needs to ask questions repeatedly to ensure that the details remain the same each time. While this can be very frustrating for the spouse who has had the affair, it is a part of the trust rebuilding process. That said, the spouse who has been offended should not use his or her questions as a weapon or to pick a fight. The goal in asking questions should be to establish truth, and use it as a tool to reestablish trust.

Throughout the trust rebuilding process, it is important that both spouses operate by the law of love. First Peter 4:8 says to love one another deeply, because love covers a multitude of sins. Although rebuilding trust can be a painful and timely journey, it is possible – especially if love is guiding the journey. Both spouses must be committed to the process, and give each other the benefit of the doubt when the going gets tough.

Call to Action/Homework

If your spouse has had an affair, offer him/her the space and grace to rebuild trust. If you are the spouse who has had an affair, know that trust is rebuilt as you live transparently, make true statements, then back them up with your actions.

Discussion

1. What fears come to light when rebuilding trust?
2. Describe transparency in a situation. What does it look and/or sound like?