

# **7 Steps to Affair-Proofing Your Marriage**

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## **Introduction**

- i. I'm not sure what people imagine when they see this title for a lecture. Just to be clear, we will not be talking about how to hire a detective to shadow your spouse and her every movement, or where to attach video equipment to spy on her.
- ii. There are a plethora of reasons offered by people for ending a marriage; the Bible gives only one (Matt. 19:9).
- iii. The Bible seems to acknowledge that adultery mars/harms a relationship in a way that nothing else does. It is possible to reconcile following such an event, but not common.
- iv. So, how can we affair-proof a marriage?

## **1. Understand the Progressive Nature of Sexual Sin!**

- a. The account of David's affair with Bathsheba reveals a progressive (regressive?) nature to sin. David "saw" the woman, observed that she was "very beautiful," "sent for" her and "lay" with her (2 Sam. 11:2-5).
- b. Similarly, Jesus explains that prior to murder lies hate (Matt. 5:21-22).
- c. Prior to adultery lies the "lustful look" (Matt. 5:27-28).
- d. In a number of sessions with married couples in trouble, I have been impressed with the number of times that they suggested they were "overwhelmed by" their emotions, "in over their heads" before they knew it.
- e. Remember Peter who declared that if everyone else abandoned Jesus that he would not (Matt. 26:33-35)? You know how that ended, right?

## **2. Remember That People Sin Because, at Least in the Short Term, It Is Pleasurable!**

- a. Though the Bible refers to them as "fleeting," sin's pleasures are real and undeniable (Heb. 11:24-25).
- b. Eve noted that the forbidden fruit was "good for food" and "desired to make one wise" (Gen. 3:6). Sin is usually wrapped up in a very attractive package.
- c. The forbidden woman's lips dripped honey, but "in the end" she became bitter as wormwood (Prov. 5:3-4).

## **3. Men, Be Understanding of Your Wife!**

- a. Live with your wives in an understanding manner (1 Pet. 3:7).
- b. I can almost hear men say, "But how can anyone understand that woman?" Of course, Peter is suggesting that the husband treat her in an *understanding manner*.

## **4. Wives, Show Some Respect to Your Husband!**

- a. She is to respect her husband (Eph. 5:33).
- b. Something in this woman's manner and way of life had built him into a leader in the community (Prov. 31:23).
- c. "The way to a man's heart is not through his stomach...it's through his ego." Young lady, you have in your hands the ability to build your husband up or to tear him to pieces. You choose!

## **5. Fellows, You Will Have to Romance Her Again!**

- a. Solomon expresses the language of romance (Song Sol. 4:1-4).
- b. Even when he spoke of marriage's deep commitment, it was romantic (Song Sol. 8:6-7).
- c. "Foreplay" for the woman begins long before the two are in bed. It starts with how kind the man is in the morning, how thoughtful he is during the day, his romantic gestures, his tone of voice.

## **6. Make Friends with Your Spouse!**

- a. Make good use of time and opportunity to be together (Eph. 5:15-16).
- b. Confide in him/her. Often long before the sexual betrayal there has been an emotional betrayal.

## **7. Ensure That You Share Profound Spiritual Values!**

- a. Infuse your home with reminders of God and His word (Deut. 6:6-9). Our homes should be saturated with the spiritual.
- b. As a family, set Christ and His kingdom first (Matt. 6:33).

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- c. Worship as a family (devotionals in your home); become an integral part of a local congregation (Josh. 24:15).