

## ***How to Affair-Proof Your Marriage***

June 21 & 22, 2008

### 1. Commit to God's Standard

- ***How can a young person stay pure? By obeying Your word. Psalm 119 verse 9 (468)***
- ***Drink water from your own well, share your love only with your wife. Why spill the water of your springs in the streets, having sex with just anyone?***  
*Proverbs chapter 5 verses 15 & 16 (484)*

### 2. Realize the Consequences

- ***The one who commits adultery is an utter fool, for he destroys himself.***  
*Proverbs chapter 6 verse 32 (485)*
- ***Sleeping with another man's wife will cost you your life.***  
*Proverbs chapter 6 verse 26 (485)*
- ***Run from sexual sin! No other sin so clearly affects the body as this one does.***  
*1 Corinthians chapter 6 verse 18 (873)*

### 3. Make Your Marriage a Priority

- ***The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 1 Corinthians chapter 7 verse 3 (873)***

### His Needs, Her Needs, by Willard F. Harley, Jr.

The Man's top 5 needs:

1. Sexual fulfillment
2. Recreational companionship
3. An attractive wife
4. Peace at home
5. Respected by wife

The Woman's Top 5 Needs:

1. Affection by husband
2. Conversation with husband
3. An open & honest husband
4. Financial stability
5. Family stability

Fact: We think our spouse desires the same things we do

Reality: They don't!!

Solution: Get serious about learning all about your spouse and then set out to meet your spouse's needs!

#### 4. Commit to Become Your Spouse's Best Friend & Lover

- Be intentional about spending alone-time together to get to know your spouse
- "It's real easy to leave your spouse. It's not easy to leave your best friend."  
--Mary Alda, wife of Alan Alda
- If my spouse is going to have a great lover, it's going to be me!
- ***The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 1 Corinthians chapter 7 verse 3 (873)***

#### 5. Guard Your Heart & Mind

- ***Guard your heart above all else, for it determines the course of your life.***  
*Proverbs chapter 4 verse 23 (483)*
- Adultery doesn't just happen. It happens because we allow our hearts & minds to wander over time  
How?
  - I get comfortable with sinful thoughts - ***Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions.***  
*James chapter 1 verses 14 & 15 (930)*
  - I allow someone other than my spouse to meet my emotional needs
  - I allow physical contact because I get a "charge" out of it...
  - ...which leads to adultery
  - I rationalize my adultery - ***The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?***  
*Jeremiah chapter 17 verse 9 (587)*

#### 6. Keep Your Friendships Pure

Most adulterous relationships occur between friends so...

- Keep proper boundaries with friends
- Watch what you say (or allow to be said to you) to friends
- Be careful of friends you "connect" with
- Don't allow any friend to meet your physical or emotional needs
- Realize that all of us are capable of adultery - ***If you think you are standing strong, be careful not to fall. 1 Corinthians chapter 10 verse 12 (876)***

#### Is there hope after an affair?

- Admit my sin, stop making excuses - see Psalm 51, written by King David after he committed adultery
- End the relationship immediately - ***Today when you hear His voice, don't harden your hearts. Hebrews chapter 4 verse 7 (922)***
- Avoid all contact with that person from now on
- Get marriage counseling as a couple

**Next week:** How to...work through your hurt