

Healing the Pain of an Affair . . .

Has your life been gripped by the agony of adultery? Has your life been forever changed because of the snare of an affair? Marriage was God's idea. A lifelong commitment to the marriage is God's requirement. According to His Word, God will judge those who break the marriage covenant. The painful lessons of adultery are taught only too well in the story of the most famous adulterer in history, King David. The fact that David is remembered as a great king and a man after God's own heart (1 Samuel 13:14) shows the completeness of God's healing after a terrible affair. But David had to deal with the consequences of his disobedience—family crimes, political upheaval, violence, and death—all the days of his life.

*“Let marriage be held in honor among all,
and let the marriage bed be undefiled,
for God will judge the sexually immoral and adulterous.”*
(Hebrews 13:4)

Q: “My husband was unfaithful to me last year. Is it possible for me to ever trust him again? Is it possible for him to change?”

It is possible for your husband to regain your trust. First he must develop a godly sorrow over his lack of commitment to you and the marriage covenant. Then he needs to identify the key that opened the door to adultery. By both admitting and understanding his weaknesses, he could receive major help to prevent him from walking through that door again. Pray that he will see his sin as God sees it and hate his sin as God hates it. It is entirely possible for God to change anyone who is willing to have a changed heart.

“Nothing will be impossible with God.”
(Luke 1:37)

Q: “How should I pray for my husband, who has left me and is involved in an adulterous relationship?”

Your husband needs to be convicted so that he will see his need to turn from his sinful lifestyle to a sacrificial lifestyle that brings glory to God. Rather than praying for God to bless him, pray that God will withhold blessings from him until he repents. Pray that your husband can't help but be miserable . . . that he would have such a heaviness of heart—such piercing guilt—that he would be driven out of the arms of this other woman and into the arms of God. Ask God to bring whatever sorrow is necessary to bring him back to his senses and bring him to his knees before God.

“Godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”
(2 Corinthians 7:10)

Signs of Adultery

Giving in to Temptation

Temptation to taste—
lured by the forbidden fruit

Emotional excitement—
fulfills lust

Minimizes the marriage—
devalues the marriage covenant

Physical withdrawal—
avoids home and family

Temporal over eternal—
chooses present pleasure

Anger over accountability—
refuses to discuss marriage problems

Twisting the truth—
lies and denies the affair

Indulging in imaginations—
avoids reality

Overly protective of the other party—
defends and argues

Numb to God's leading—
hardens the heart

*"No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it."
(1 Corinthians 10:13)*

Why Was I Drawn into Adultery?

- "I focused on what I thought would meet my needs."
- "I opened the door of compromise."
- "I failed to look at the lifelong consequences."
- "I blamed my marriage partner for my problems."
- "I thought I wouldn't get caught."
- "I believed it would make me happy."
- "I rationalized that God understands my situation."
- "I assumed my mate would never change."
- "I hardened my heart."
- "I was lured by lust."

*"They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity."
(Ephesians 4:18-19)*

Five Common Mistakes of a Faithful Mate¹

1. Repeatedly bringing up specifics in order to convict your mate (John 16:8)
2. Blaming yourself² (Romans 14:12)
3. Minimizing or denying the seriousness of the situation (1 Corinthians 6:18)
4. Seeking to find ways to meet all your mate's needs (Philippians 4:19)
5. Communicating that you are completely dependent on your partner (Psalm 62:5-7)

Key Verses to Memorize

For the faithful partner

“Your Maker is your husband, the LORD of hosts is his name; and the Holy One of Israel is your Redeemer, the God of the whole earth he is called.”
(Isaiah 54:5)

For the unfaithful partner

“Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.”
(1 Corinthians 6:18)

Key Passage to Read and Reread

- For the faithful partner
Romans 12:9–21
- For the unfaithful partner
Colossians 3:1–15

Seven Redeeming Steps for the Adulterer³

1. Confess the adultery. (James 5:16)
2. Commit yourself completely to your covenant partner. (Malachi 2:14–15)
3. Cut all ties with the third party. (Proverbs 6:27)
4. Choose where to place your thoughts when tempted. (Philippians 4:8)
5. Consider the difference between love and lust. (Ephesians 5:25)
6. Count the cost. (Proverbs 6:32)
7. Communicate godly sorrow. (2 Corinthians 7:10)

“Whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.”
(James 5:20)

Related Topics . . .

- Divorce:
A New Beginning from Brokenness
- Forgiveness:
How to Forgive . . . When You Don't Feel Like It
- Intimacy:
Learning the Language of Love
- Marriage:
To Have and to Hold
- Reconciliation:
Restoring Broken Relationships
- Sexual Integrity:
Balancing Your Passion with Purity

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Adultery:
The Snare of an Affair.

If you would like more information, call 1-800-488-HOPE (4673) or visit www.hopefortheheart.org.

For prayer encouragement and biblical counsel call 1-866-570-HOPE (4673).

1. See Kay Marshall Strom, *Helping Women in Crisis: A Handbook for People Helpers* (Grand Rapids: Zondervan, 1986), 93–96.
2. Strom, *Helping Women in Crisis*, 90–91.
3. See Strom, *Helping Women in Crisis*, 90–91.



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