

CARE RESOURCES

ADULTERY

GOD WANTS WHAT IS BEST FOR YOU

If you are having an affair or contemplating having an affair, we want you to know that God loves you and has a better plan for your life. Adultery can be physical and / or emotional in nature. At its very core, **adultery begins with the desire to escape from your current circumstances.**

Adultery is not what God wants for your life. There are people who believe that they have “been led by God” to have a relationship with someone other than their spouse. We need to understand that God would never lead someone to do something He is against according to His Word. [*\(Also read the article: Living together before marriage\)*](#)

(Hebr 13:4) Let marriage be held in honour (esteemed, worthy, precious, of great price, and especially dear) in all things. And thus let the marriage bed be undefiled (kept undishonoured); for God will judge and punish the unchaste [all guilty of sexual vice] and adulterous.

BIBLE STUDY: THE HEARTBREAK OF IDOLATRY (SEX OUTSIDE MARRIAGE) IN RELATIONSHIPS

1	Adulterer means faithless toward God. One who looks to himself or others for fulfilment. One who yields him/herself to his/her own desires, lusts, or passions.	James 4:4; Eph 5:1-33; (Eph 5:3-13)
2	God would not put something or someone in your life that would take His place.	Deut 4:24
3	You must take adulterous thoughts captive and rebuke them.	2 Cor 10:4-6
4	Write out God’s promises to you in each of these Scriptures.	Heb 13:4-5; Ps 139:1-18
5	God wants you to meditate upon His promises and not on the lies from the enemy. Our behaviour and the meditations of our hearts reveal our idols. Don’t let any person become an idol in your life.	Jer 29:11-14; Phil 1:6; Rom 8:28-29, 31-39
6	Test your heart to see if you are faithful or faithless towards God.	Rev 2:4-5; 1 John 1:9; 2 Cor 3:5b-6

BIBLE STUDY: WHY SEX IS SUCH SERIOUS BUSINESS FOR GOD

1	God wants us to have the best and not the second best. Sex outside marriage brings destruction. Marriage and family is God’s idea and therefore works according to God’s principles.	Rom 8:32; 2 Pet 3:9
2	God sees sex as a mysterious holy deed between a husband and wife. God expects us to be pure in our thoughts and deeds. Sex is not a game.	Eph 5:1-33; Eph 5:11-14 ; John 3:14-21
3	During the sexual deed a bonding in the flesh occurs. It is serious. It is called a soul-tie. It is not hooking up, it is a life-	Heb 13:4-5; 1 Cor 6:15-20; Matt 5:27-28

	uniting deed which creates soul ties in the spiritual realm between you and the other person.	
4	Sex outside marriage is second rate, cheap and destructive.	1 Thess 4:3-9
5	How to attract the opposite sex in holiness: Inward character (Christlikeness, modesty, bring back the mystery; do not dress provocatively).	1 Pet 3:1-22; 1 Pet 3:3-4 ; 1 Thess 4:4

AVOID TEMPTATION

We don't believe that it is possible to pursue Jesus and an adulterous relationship at the same time. We must do what we can to avoid temptation. This could include avoiding contact with former boyfriends or girlfriends or spending time alone with someone of the opposite sex who is not your spouse.

THINGS YOU CAN DO TO "AFFAIR-PROOF" YOUR MARRIAGE

1. **Read the Bible together.** Less than 10 percent of the couples in counselling read the Bible together. Failure to read the Bible regularly as individuals and as couples leaves a point of spiritual vulnerability the devil can use to tear couples apart.
2. **Pray together.** This doesn't have to be lengthy prayer, but have a brief time of prayer together at the beginning of the day, end of the day, or both times – a prayer time when you can spiritually unite.
3. **Be kind to each other.** Many times, if you are simply kind to your spouse, you can stay in touch with each other and close the gap the devil would use to drive you apart.
4. **Learn to talk through your problems.** Don't deceive yourself into thinking problems you don't deal with will go away. If you deny them and suppress them, they will erode the foundation of your marriage and put distance between you.
5. **Be verbally and physically affectionate with each other.** Don't take each other for granted.
6. **Put each other before your children.** God called you to be married before He called you to be a parent.
7. **Be sure you are meeting each other's sexual needs.**
8. **Be watchful of boundaries.** Guard your conversation with others outside your marriage covenant. Stay away from language that is flirtatious and suggestive. This sends the wrong kind of message to members of the opposite sex. Beware of whom you touch, when you touch, where you touch, and how you touch. Don't provide an opportunity for another person to misjudge your motives.

IF YOU ARE CURRENTLY INVOLVED IN AN AFFAIR...

If you are currently involved in an affair it is important to confess this sin to God. (1 John 1:9), as well as to others, including those you have hurt in the process. If you find this confession hard to do, seek help! We are here to help you, not judge you, through this difficult and critical spiritual issue.

If your spouse has been involved in an adulterous relationship, this is probably a very difficult time for you. It does not mean, however, that you should file for divorce. Affairs do not end marriages – the inability to forgive does. Hopefully, your spouse has confessed their sin and asked for your forgiveness.

Consider this:

- Approximately 20% of affairs last less than two months.
- Approximately 50% of affairs last more than one month, but less than a year.
- The remaining 30% last more than a year.
- Very few last more than four years.
- Around 3% result in marriage.

END AN ADULTEROUS RELATIONSHIP NOW

1. **Make a firm decision that you are ending it.** . If there is anyone you trust, tell that person what you are doing and that you have decided to end it. Let them become your support, your encourager and if necessary, your courage.
2. **End the affair now.** Do not put it off because of a special day coming up or to find a better situation or to make it easier on your lover or any other reason. Hesitation devastates. Act now.
3. **Tell the person you are committing adultery with it is over.** Whether you do it face-to-face or by a handwritten letter, do not go into explanations. Do not talk it over with your lover. Do not express love, loyalty, or longing. Make it quick, to the point, and without discussion. Sound harsh if need be. Any other approach will cause your lover to maintain hope that you will change your mind, and that is the cruelest thing you can do. End it quickly and sharply and then end all contact. *That* is an act of caring and love.
4. **If possible, confess to your spouse.** It will hurt your spouse more if he/she has to hear it from someone else. Confess if you have emotions that potentially will keep you from developing closeness with your partner. If you feel guilt, shame, regret, fear, anger, resentment, or anything else that negatively affects your relationship with your current partner, they have the right to know what it is and why it exists.
5. **Make sure that you have no further contact with the person you were in an adulterous relationship with.** Do whatever you need to do to make it impossible for the two of you to communicate. Change cell phone numbers. Remove Facebook friends. Change email addresses. If necessary, change jobs. In extreme situations, change cities. Further contact will very likely lead to more involvement. That hurts everyone. Now that you have made the decision and are doing the right thing, do *not* allow yourself to fall into any situation to hurt anyone again. Not your spouse, partner, children, family, church...or your former lover.
6. **Seek the right help to make your current relationship better.** If it were all that it needed to be, you probably would not have had the affair. This is not to blame your spouse/partner or to blame you. No blame is needed. There is a weakness and that needs to be rectified. Seek a counselor, a mentor couple, or an intense workshop that will help both of you:
 - Understand how the affair happened.
 - Repair your relationship.
 - Facilitate forgiveness.
 - Develop a great future together.
7. **Help rescue others who are in affairs.** When you heal your marriage or relationship, you will be in a unique position to help others struggling to end their affairs. You will not have to seek them out; they will instinctively find you. When they do, guide them through making the right decision and following through with the right steps.

FORGIVENESS IS POSSIBLE

Granting forgiveness can be difficult; yet, with God's help, you can make that choice.

1. **Forgiveness happens as an act.** The adulterous spouse must ask the offended spouse for forgiveness. The offended spouse must take the step of accepting the apology and granting forgiveness. Even saying, "I am willing to forgive you," is a significant starting point.
2. **Forgiveness is a process.** During this process, each partner addresses the other partner's fear. It is the husband's obligation to address the wife's fear first. He needs to say things like, "You know, when I think of the pain I brought to you and how careless I was with our marriage and family, I wonder where my head was." Then it is her turn to address his fears. She has to tell him she understands his fear that she will never let him live this down but, his obvious repentance is making it easier for her to forgive him.
3. **Over a period of time, the act of forgiveness and the process of forgiveness will bring about the state of forgiveness.** You know you have reached the state of forgiveness when you are still in touch with the pain, but it is more like a scar than a wound. The evidence of the trauma is still there, but the deep hurt is subsiding.

AFTER AN AFFAIR: STEPS OF HEALING

Sexual infidelity is betrayal of the deepest kind and most marriages don't fully recover. That's why Jesus said it was one of the few grounds for divorce (Matthew 19:9). For a marriage to heal both the unfaithful spouse and the one betrayed must fight hard to rebuild their relationship.

It is crucial that we understand that adultery is always evidence of a deeper more sinister problem. Before a marriage can be rebuilt, the root heart problem(s) must be identified and owned. When adultery is exposed, what looked like a good marriage on the outside suddenly and dramatically begins to crumble. The very foundation, upon which that structure has been built, is questioned. What happened? What went wrong? How do we fix this? Is it even fixable?

A marriage cannot be rebuilt without addressing the inner issues going on in the heart that led to someone to choose to betray and lie to his or her partner. Below are ten (10) areas couples need to explore when experiencing the pain of infidelity so that healing can take place.

1. **Does the spouse who committed adultery take ownership and repent for his or her choice without blaming?** Please note, in addition, there may be serious marital issues that need to be addressed that may have contributed to the adulterer's feelings of anger, resentment, and loneliness in the marriage that made his or her choice to cheat feel reasonable and acceptable. But those issues are secondary to first taking full responsibility and repenting for one's choice to be unfaithful.
2. **Is there a willingness on the part of the adulterer to do the work of self-examination to understand better why he/she made that choice so that the triggers and excuses are addressed?** Is he/she willing to look at the deep heart issues that allowed him to make this choice – the sinkholes in his life like pride, entitlement, selfishness, anger, poor impulse control, sexual addiction, and/or family history issues?
3. **Is there a genuine sorrow for the pain he/she has caused the spouse?** Often times we see the "guilty " spouse in pain but it's more for the pain they're in than the pain they've caused. Perhaps he is conflicted about whether to stay in the affair or in the marriage. Or she is in pain because she's been caught, humiliated, or fears the loss of her children or financial security through divorce. But we don't see any genuine acknowledgment or awareness for the pain they've caused their spouse.
4. Is the adulterous spouse willing to sit with his/her spouse and really listen to her hurt and heartache over this and show compassion, empathy and care no matter how long it takes?
5. Is the injured spouse willing to forgive even if right now he/she doesn't know how to do that?

6. Is the injured spouse willing to take a hard look at ways he/she may have contributed to neglect in the marriage or other unresolved problems that created emotional distancing to develop? What were the sinkholes in the marriage before this happened?
7. Is the injured spouse willing to be honest with her feelings of sadness, hurt, anger and do the hard work to work through them and move past them? So often there is pressure to sweep one's negative emotions under the rug and forgive and move on without doing the hard work of actually feeling them and letting them go.
8. Is the injured spouse willing to acknowledge the positive changes his/her spouse is making toward rebuilding trust and healing the marriage?
9. Is the couple able to tolerate that the healing process goes in fits and starts; it isn't a smooth ride?
10. Is the spouse who committed adultery willing to be patient with the process as his/her spouse struggles to let it go, gets retriggered with old memories or current reminders, or can't immediately feel trust or warm feelings for his/her spouse? Does the adulterer show empathy and compassion for his/her partners struggle or irritation and impatience? Is the adulterer willing to do what it takes to rebuild her trust?

A marriage that has suffered infidelity can come through it stronger and healthier than it was before the affair if together a couple does the hard work. Sadly, often a couple wants a quick fix and aren't willing to do what it takes.

PRAYER FOR SEXUAL HEALING

Dear Heavenly Father, I confess here and now that You are my Creator (John 1:3) and therefore the creator of my sexuality. I confess that You are also my Saviour and that You have ransomed me with the blood of Your Son Jesus Christ (1 Corinthians 15:3; Matthew 20:28). I have been bought with His blood, and my life and body belongs to You (1 Corinthians 6:19-20).

Jesus, I present myself to You now to be made whole and holy in every way, including in my sexuality. You ask me to present my body to You as a living sacrifice (Romans 12:1) and all parts of my body as an instrument of righteousness (Romans 6:13). I do this now: I present my body, my sexuality as a man / woman, and I present my sexual nature to You. I consecrate my sexuality to Jesus Christ.

I renounce the ways I have misused my sexuality. You acknowledged that You have created my sexuality for pleasure and joy within the context of the marital covenant and that sexuality outside the marriage can be very damaging to myself and my relationships (1 Corinthians 6:18-20). Therefore I confess and renounce all sexual sin (*name any sexual intimacy outside of marriage; not only intercourse, but other forms of sexual intimacy such as mutual masturbation and oral sex; extramarital affairs, the use of pornography and sexual fantasies*).

Jesus, I ask Your Holy Spirit to help me now remember, confess and renounce my sexual sins [*Pause. Listen. Remember. Confess and renounce*].

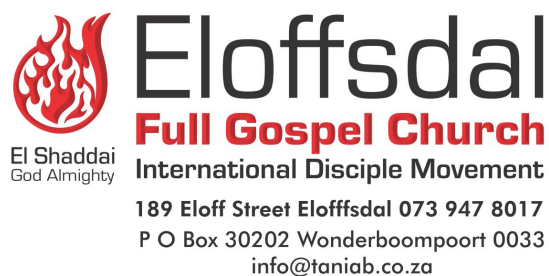
Lord Jesus, I ask Your forgiveness for every act of sexual sin. You promised that if I confessed my sins, You are faithful and just to forgive me of all my sin and cleanse me from all unrighteousness (1 John 1:9). I ask You to cleanse me of my sexual sins now; cleanse my body, soul, and spirit; cleanse my heart, my mind and will; cleanse my sexuality. Thank You for forgiving me and cleansing me. I receive Your forgiveness and cleansing. I renounce every claim I have given Satan to my life or sexuality through my sexual sins. Those claims are now broken in the Name and through the blood of Jesus Christ (Colossians 2:13-15).

Lord Jesus, I thank You for offering me total and complete forgiveness. I receive Your forgiveness now and choose to forgive myself for all of my sexual wrongdoings. I also choose to forgive those who have harmed me sexually *[Name those people and forgive them]*. I release them to You. I release all my anger and judgment towards them. Lord Jesus, come into the pain they caused me, and heal me with Your love.

I now bring the full work on the cross of my Lord Jesus Christ between me and every person with whom I have been sexually intimate *[Name them specifically where possible]*. I break all sexual, emotional, and spiritual bonds *with [name if possible, or just that girl in this place or that guy in school etc. if you can't remember their names]*. I keep the full work on the cross of my Lord Jesus Christ between us as this bond is meant to be formed between husband and wife only (1 Corinthians 6:15-20).

Lord Jesus, I ask You to reveal to me every ungodly agreement I have made about my sexuality such as: "I will always struggle with this"; "I can never get free"; "I don't deserve to enjoy sex now"; "my sexuality is dirty" *[pause and let Jesus reveal the agreements to you and then break them]*. I break this agreement *[name it]* in the Name of my Lord Jesus Christ, and I renounce every claim I have given it in my life. I renounce *[name what the struggle is, for example: the inability to have an orgasm; the lingering shame; the hatred of my body]*. I bring the full work of Jesus Christ on the cross and the blood of Jesus against this *[guilt, shame and every negative consequence]*. I banish my enemy from my sexuality in the mighty Name of the Lord Jesus Christ. I invite the healing presence of Jesus Christ to cleanse me and restore me as a sexual being in fullness of joy and wholeness. I ask You, Jesus, to fill my sexuality with Your holiness, to strengthen me and restore me in Your Name.

Lord Jesus, I now consecrate my sexuality to You in every way. I consecrate my sexual intimacy with my spouse to You. I ask You to cleanse and heal my personal sexuality, and our combined sexual intimacy in every way. I ask Your healing grace to come and free me from all consequences of sexual sin. I ask You to fill my sexuality with Your healing love and goodness. Restore my sexuality in wholeness. Let my spouse and I experience all of the intimacy and pleasure that You intended a man and woman to enjoy in marriage. I invite the Spirit of God to fill our marriage bed. I pray all of this in the Name of Jesus Christ, my Lord and Saviour. Amen.



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at info@taniab.co.za