

## HOW TO AFFAIR-PROOF YOUR MARRIAGE

### I. The problem.

- A. A newer translation renders the beginning of Proverbs 22:14 as, “adultery is a trap.”
- B. Experts have come up with four predictors of divorce:
  - 1. Criticism;
  - 2. Defensiveness;
  - 3. Contempt;
  - 4. Withdrawal.
- C. When these four things creep into a marriage, there is trouble ahead unless they are taken care of.
- D. Many times, those who have these in their marriages turn to others for comfort.
- E. What causes affairs?
  - 1. Unmet needs - list from His Needs, Her Needs.
  - 2. Unfulfilled expectations.
  - 3. Undeveloped self-esteem.
  - 4. Unresolved conflict.
  - 5. Uncontrolled thoughts.
  - 6. Unprotected lifestyle.
  - 7. Unreliable commitments.

### II. The process of immorality.

- A. Psalm 1:1 - there is a process to sin.
- B. James 1:14-15.
- C. How do affairs develop?
  - 1. Step one - accepting sinful thoughts into your mind - Philippians 4:8.
  - 2. Step two - emotional, non-physical involvement.
    - a. Telling problems to friend of opp sex.
    - b. Being counseled by member of opp sex.
  - 3. Step three - physical involvement.
  - 4. Step four - rationalize the event.
    - a. You attempt to justify it in your mind.
    - b. “Oh, it was just a one time thing, it will never happen again.

### III. The pathway back to purity.

- A. Acknowledge the sin - Psalm 51:1-4.
- B. End the relationship immediately.
- C. Do whatever it takes to avoid all contact with that person from now on.
  - 1. Alcoholics don't need to go by the liquor store.
  - 2. Gamblers don't need to vacation in Las Vegas.
  - 3. Don't need to drive by the person's house.

### IV. The preventive steps.

- A. Make a commitment to God's standard of morality (Psalm 119:9).
- B. Maintain your marriage (1 Corinthians 7:5; Proverbs 5:15, 18).
- C. Manage your mind (2 Timothy 2:22; Proverbs 23:7; Romans 13:14).

- D. Monitor your media intake (Psalm 101:3; Philippians 4:8; Job 31:1).
- E. Minimize the opportunity (1 Corinthians 10:12; 15:33).
  - 1. I won't counsel a woman alone.
  - 2. I won't visit a woman alone.
- F. Maintain proper relationships with the opposite sex.
  - 1. No lewd comments.
  - 2. No suggestive remarks.
  - 3. No using language with double meaning.
  - 4. Some preachers won't comment on the appearance of member of congregation.
- G. Magnify the consequences and minimize the benefits.
  - 1. Proverbs 6:32 - one version says this man is an utter fool.
  - 2. Proverbs 6:26 - it can cost a man all he has.
  - 3. 1 Thessalonians 4:3-6.
  - 4. The only benefits are but for a season while the consequences last a lifetime and into eternity.