

## MARRIAGE FAITHFULNESS

In a survey of 1000 Christianity Today readers, 23 % admitted to having sex with someone other than their spouse!! Why??

What can be done to minimize the possibility of adultery? Here are some ideas:

- 1) Teach & remember that the Bible condemns adultery. Adultery is ALWAYS wrong! (Prov 6:20-35; Acts 15:20,29; Heb 13:4; I Cor 6:19-20; I Tim 1:10; Ex 20:14; Duet 5:18; Mat 19:18; Luke 18:20; I Thes 4:3-8)
- 2) Learn from the bad example of David & Bathsheba (2 Sam 11 & following)
- 3) Don't try to rationalize or make excuses:  
  
"We hid the truth. Our marriage was never good".  
"In private, she was not what she appeared in public".  
"I never loved her".  
"She didn't understand me".  
"She/he was not meeting my needs".  
"I deserve better".
- 4) Win the battle early -- in the mind! (James 1:13-15)
- 5) Build "hedges" or "walls" (Job 1:10; Is 5:1-5; Ps 80:8-13, 89:40)

One experts' hedges:

- a) Avoid dining or traveling with a member of opposite sex if possible. If unavoidable, try to have a 3rd person along, or at least let your spouse know right away.

- b) Be careful about touching (hugs, etc.)
  - c) Be careful about compliments -- compliment clothes or hairstyle, not person herself.
  - d) Avoid flirtation or suggestive comments, even in jest.
  - e) Remind your spouse often that you love them and that you are committed to them (marriage vows).
- 6) Be careful in selecting your best friends.
  - 7) Watch out for office romances.
  - 8) Avoid movies, TV programs, books, and magazines that lower inhibitions.
  - 9) Work on meeting the needs of your spouse. Treat your spouse special.
  - 10) Don't let your marriage go stale -- revive it if necessary. Some ideas:
    - a) Date regularly
    - b) Make a point of talking every day for at least 10 minutes
    - c) Take up sports or hobbies you can do together
    - d) Take walks together
    - e) Serve together in church
    - f) Each Sunday evening, share your daily schedules for the coming week
    - g) If you can tell something is bugging your spouse, gently ask them about it

h) Remember the 3 Cs: Communication, Compromise & Consideration

i) Other??