

## Angie's Marriage Column ~ January 6, 2010

### How Can I Heal From Adultery?

**Ask Angie:** Hi Angie, I really don't know what to do if I have to confront my husband about his infidelity? I have proof that he's been cheating on me ever since. And worst, he's the one who's passing judgment and making me look that I am the one who was at fault. We are still living together but he's being indifferent towards me and our kids. He's quick to say insulting words. He's being unreasonable because of the other woman who's brainwashing him into leaving us. Should I let him go or should I still fight for the love of my husband. Some says just let go, but it's easier said than done. Because I have to consider my kids emotional state and welfare. Pls. give me advice.

NOT: Print out this marriage column or send it to your husband then come together in prayer and ask God to give you both the guidance and correction you need to heal yourselves and restore your marriage His way!

**Marriage Guidance:** I'm sorry you are suffering in your marriage because of infidelity. It is so sad that so many marriages, even those who confess of being Christian based marriages are suffering with adultery. What's the problem?

We have to go back to the basics of life and decide first "[Who we are](#)"? Are we children of God? The world justifies adultery and other sexual sin as if it is ok, but it is not ok, adultery and sexual sin always hurts people terribly, and God too. What kind of Christ followers are we if we can't stay sexually pure for our marriage and spouse? We have to look at ourselves and decide who we are going to live for--self or God!!! And that is all about it...in a nutshell

Did you know that [your marriage belongs to God](#)? Most people don't know this. They believe their marriage is for their own happiness and selfish desires, but that is not the way God designed marriage? God designed marriage to "serve one another in His love" This is your purpose for marriage.

Two nights ago on the CBS evening news they called the prevalence of adultery happening in marriage today as the “Tiger Woods Syndrome”. Do you see how the world views immorality? They look for blame through the need for psychiatric treatments instead of looking at the [need for God](#). But of course you really cannot expect these big time anchormen to say that the [adultery pandemic](#) is because of Godlessness—they might get fired.

The news broadcast went on to say that 80% of all marriages will be affected by adultery, by either one or both spouses at some time in the lifetime of the marriage. This does not surprise me. Is your marriage next?

Yes, it is true that someone who has trouble keeping his or her marriage bed pure has an addiction and it can very well be called a syndrome, but what causes the addiction or the syndrome? To fix the [root of the problem](#) the addicted individual needs to seek inner healing, emotionally, mentally, and spiritually—they need to fix themselves. No one can do that for them. *They have to want to do that for themselves!*

The fact is the more we try to find blame in others because of our sins, such as the husband in the letter above, then true healing will never take place. Adultery has absolutely nothing to do with who you are married to. Many times we blame others for our weaknesses because it makes us feel better about ourselves, but it will not help in the healing process. **Only Christ can make you feel better about yourself.**

[The pandemic of adultery](#) that we are experiencing this day and age is the lack of moral values in a person’s life. Where there is no God, there is no discipline, correction, and teaching—there is no love! People think they are not accountable and can do whatever they like. But some day, maybe not today or even fifty years from now, but someday you will have to answer for your behavior unless you step up to the plate, admit your sin, repent, seek forgiveness and turn your life around.

Statistics don’t lie. We can certainly see where most people are headed—they are headed down a road without God!! Most people are lost. They perceive their own lives through the actions and beliefs of the world, but they are being deceived...don’t let this happen to you! If you’re not on the road that leads to Christ now, get back on it! Nothing is stopping you from making the right choices for your life today.

Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. (Psalms 25:4-5)

## **Have You Bypassed Your Source?**

Why do people bypass their Source where true abundance is blessed upon them? I believe it is because they have not yet experienced abundance and happiness *in the Lord*. They have been deceived into thinking they are walking on the right path. Let me say it again, they perceive their lives through the actions and beliefs of the world. For if they had experienced Christ's blessings they wouldn't be walking with the majority on the wrong road! They have put their trust and faith in materialism and people rather than in their Source—their Creator—their Savior.

As the Scriptures say, “Anyone who trusts in God will never be put to shame”. (Romans 10:11)

There is only one road that leads to God and that is the road with Jesus Christ as the guide. Let's follow Him.

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5

The majority of those who commit adultery will feel shame, guilt and remorse for their actions. Even so, alcoholics wake up after a bender and feel shameful, guilt and remorse too and what do they do? That's right, they start drinking again. This happens because of what I was talking about earlier. It is being controlled by sin. We aren't putting our trust in God. We aren't following Jesus. We aren't applying the teachings of Christ into our lives. Instead we are told to go to psychiatrists, therapists and counselors that need help themselves from these things!

Committing sexual sin against your marriage means you are a [slave to that sin](#) and controlled by the lust of the flesh, not just in a sexual and physical way but emotionally as well. The person *must get right with Christ before they can get right with themselves!*

**Adultery is neediness within a person that stems from the lack of being whole or complete in Christ Jesus.** Part of that person is left being

consumed literally by the aspects of the world rather than their Creator. Only Christ can make them whole and complete in Him. Deep inner healing of the soul is needed here so they can get [back on the road that leads to God](#).

Flee from sexual immorality. All of the sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have received from God? YOU ARE NOT YOUR OWN; you were bought at a price. Therefore *honor God with your body*.  
(1 Corinthians 6:18-20)

Get back on the road with Jesus. Deny yourself and take up your cross and follow Jesus. Be reborn in Jesus Christ. God will forgive you! He will give you a new mind and [attitude- your slate will be clean](#).

Then Jesus said to his disciples. “If anyone would come after me, he must deny himself and take up his cross and follow me. For whosoever wants to save his life will lose it, but whoever loses his life for me will find it. What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? (Matthew 16:24-26)

## **Steps Towards Healing**

### **Forgiveness**

This is for those who have been trespassed against and for the adulterer. Both need to seek forgiveness. Yes, even those who are trespassed against should seek forgiveness for themselves. *Forgive us our trespasses as we forgive those who trespass against us*. Why do we think that just because we are not the ones who committed sexual sin that we are without sin?

It is important that we [forgive those who have trespassed against us](#) because it is what Christ has asked us to do. Forgiving is not for the sinner as much as it is for you. They will get forgiveness from Christ if they ask Him for it, which does not concern you. This is a personal connection they have with their Savior, just as you have your own personal relationship with the Lord. Remember, you can't save them from their sin, Christ does that—it's His job. You can only take care of you. Forgive, so you will also be forgiven.  
(Mark 11:21) This is in the best interest of the children.

## **Stop Bringing Up the Sin**

If you have forgiven, [why keep smearing the dog doo-doo in your spouse's face?](#) I know, it's hard not to do that, but perhaps you need to review your heart and find out why you are still bringing the adultery up all the time. This can be damaging to the relationship, especially if the adulterer has sought forgiveness in their remorse and have accepted Christ for their life. If you have not yet confronted them about the infidelity like the author in the above letter then I suggest you do that so as you can begin the healing process.

Even though forgiveness is for yourself, if they have stopped in the sin, and want to hear your forgiveness verbally then please forgive them for their trespass against you and against the sanctity of the marriage. No one likes to have dog doo-doo smeared all over in his or her face over and over again because of something in the past. If they are a changed person *in the Lord* it will surely show in their actions.

Trusting your spouse again takes time. It won't happen in a day, a week or a month, be patient and work on what you can for yourself. This is in the best interest of the children.

## **Let the Adulterer BE Responsible for their Sin**

This is important. Why is it we think we have to tell our spouse what to do? We have to tell them how to behave, what to say, how to be a good person, blah, blah, blah. This is kind of [condescending](#), wouldn't you say? Let them deal with their sin the way they feel they should. Understand there is a huge difference between "your encouragement" and "your patronizing" about their sin(s). No one is going to get any better if we don't let up about it. Why fuss and fight, it won't change anything but make things worse for the children in the home.

Basically what you need to be doing here is, if your spouse is still sinning against the marriage and they know you know about it, the best thing to do is to let "them deal with it". Don't act as if you've never sinned and tell them how terrible, rotten, and ungodly they are—they already know all this! Put down the stone, as I like to say in our book [Adultery Pandemic](#). Tell me one good thing that can come out of behaving self-righteously with your sinful

spouse? Tell me just one thing. Is there not one thing? If you're trying to salvage your marriage then why not "do" something to salvage it?

### **Let Your Spouse Know You Still Love Them and Want to Work on the Marriage**

Tell your spouse you love them and want to work on the marriage and that's it. That's all you need to do—that is your part. Continue on with your own marriage responsibilities the best you can. [Put on the attitude of love](#). Seek strength from reading Psalms and pray whenever you feel like you want to smear "you know what" in your spouses face. Show your spouse through your actions how strong and faithful you are in the Lord. Let them see the strength and hope that God has given you because you trusted in Him in your time of need. This is in the best interest of the children.

**Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God being fully persuaded that God had power to do what he had promised. (Romans 4:20-21)**

In a nutshell, leave the sin and every aspect of the sin to the sinner—only Christ can save them from themselves. Your only responsibility at this point is to be a support to your spouse by doing what God expects of you, which is forgive and when your spouse asks for it, to be [helpful and encouraging](#) during the healing process.

When you have inner turmoil within yourself, seek guidance and contentment from Christ and His perfect principles. You see, when we trust in Christ and do what is right; He will help us in our time of need. Christ knows what our marriage needs—let Him go to work in it! This is in the best interest of the children in the home.

### **Be the Light of Christ for Your Marriage**

Reality is, without at least one believer following in the ways of Christ and applying Christ principles in the home, the marriage will have problems. Marriage is vulnerable to attack when we keep the doors open for it. The truth is if we want strong, healthy and blessed marriages then we absolutely need to bring Christ into our home. This is something that married couples can do together and grow together in the Word. Christ needs to live with us and be with us every day, not just when we "go to church".

We have to humble our sinful lives to Christ and [let Him go to work in our lives](#). We have to ask Him into our homes and have Him be with us. We have to ask Him to teach us how to be like Him—to show us The Way with each and every step we take. And most importantly we have to show him that we are willing to walk with Him when He shows us The Way, by *doing what He says!* That would be in Gods Holy Word.

### **Pray For Each Other and Together**

Have you ever prayed for your spouse? God listens to and answers our prayers, he really does! The reason why most people don't think that their prayers are answered is because (1) they aren't sincere prayers (2) we aren't patient enough to wait on the Lord for our prayers to get answered and we step in with our own understanding (3) we just have so much unbelief that we think praying is useless (4) we pray selfishly—only for ourselves and what we want, (5) your prayers are ridiculous, such as “let me win the lottery” or finally (6) you weren't expecting that kind of answer or guidance and so you think your prayer was not answered.

**God hears all of our prayers and if they are sincere and genuine prayers for ourselves and for others they will be answered, however, they will not be answered in the way you are expecting!!**

Be patient and wait on Him and He will give you the guidance you need. Remember that prayer is our communication with God and if we never sincerely pray to God then how are we communicating and building up a personal relationship with Him?

All marriages can be saved and made better and stronger than ever before when couples place God at the helm. Heal yourselves from adultery, put on your armor, and together build your house back up [upon the Rock](#). This is in the best interest of the children.

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the storms rose, and the winds blew and beat against the house, yet it did not fall because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on the sand. The rain came down, the

streams rose, and the winds blew and beat against the house, and it fell with a great crash. (Matthew 7:24-27)

eBook AND Book Sources

[HOW TO FORGIVE AND LOVE A CHEATING SPOUSE](#)

ADULTERY PANDEMIC: [Heal yourselves and restore your marriage after adultery.](#)

In Christ,

Angie and Frank

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