

Angie's Marriage Column – December 4, 2008

How Can I Make the Pain Go Away!!

Marriage Question: In May 2008 the affair that my husband had came out. About a month ago we went saw the movie fireproof, my husband cried. I knew that this movie not only touched me, but also really touched him. So about a week after seeing the movie, I chose to forgive him. But have I really forgiven him? Though I felt the load lifted, I still sometimes get in an argument with him about this other woman. I have the book "Adultery Pandemic" and am looking for some kind of relief. I ask God to take this pain away, but it is still there. I have also read so many of your articles. My husband is really putting in 100%. I want to trust my husband again, I want to let go of the past, I want to move on with our future, I want this pain to go away. Any advice?

Marriage Guidance: recovery from adultery is not easy, that's why I wrote the book, *Adultery Pandemic – Healing and Restoring Marriage After Adultery*. Right now you are still going through all of the emotions that come after a spouse has committed adultery. They are normal feelings. But eventually there comes a time when you have to leave these feelings behind. Your husband is willing to do his part and work on the marriage and now you should allow that to happen.

Have you really forgiven? I think you are trying to forgive the best you know how. But I think the more you keep bringing up your hurt feelings of the past, the harder it will be to actually "behave" with forgiveness. I know...your husband deserves to have some stones thrown at him, but not for six months! If you want your marriage to move on towards restoration, you have to give up your own pain and suffering to God.

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

You both have your own inner healing to do before the marriage can be restored. You need to get over the negative feelings and attitude you have for your husband so you can trust him again. He needs to repent and seek forgiveness and turn his attitude around as well. You both need God! Seek out a relationship with the Lord and there you will find comfort and instruction.

I do understand that you want your husband to prove something to you so you can hurry up and feel better, but you have to be patient and seek God for contentment when you are feeling emotionally burdened. In turn, your husband probably wants you to hurry up and forgive him.

START ALL OVER

The best thing you can do for yourself and your marriage is to start anew. Put the past behind and move on as new people in Jesus Christ. *Accept Christ as your personal Savior, and seek forgiveness for yourself.* It is time that you start trusting your Forgiver

with your marriage – it's the only way. He created it and blessed it. Therefore your marriage absolutely NEEDS God as its Captain.

What do you think God wants you to do? He wants you to make your marriage your number one priority. He wants you to work on being the loving wife He created you to be. He wants you to make marriage more important in your heart. He wants you to trust in the principles that His Son taught the world. He wants you to be renewed with a new attitude, with love and forgiveness for others.

You would not be able to do any of these things unless you have accepted Christ into your life as your personal Savior.

The biggest problem I see with marriage these days is couples have this attitude that they are only dating each other. They don't take marriage seriously enough. They aren't committed to each other – top that off with not knowing "who" God really is and what He can do for them. Christ can affect marriage in wonderfully positive ways, but most people take their faith for granted rather than put in the effort to actually have a personal relationship with Him. This is why there is so much infidelity in marriage.

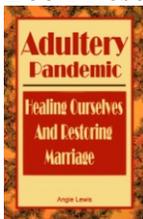
I believe that everyone deserves a chance at forgiveness. After all, we all make mistakes in life and do things we regret. Wouldn't it be really awful if Jesus Christ did not allow us a second chance? What if God never sent His son for our redemption? What kind of a world would we be living in?

If you really want the pain to go away then give it to Jesus, once and for all.

"Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

Let it go. Pick yourself back up and be the wife/woman that God wants you to be, so you can help your husband up too. Walk Gods principles and be blessed. God is your Father – Listen to Him.

Book Resources



Adultery Pandemic – Healing Ourselves and Restoring Marriage After Adultery. Your Marriage Can Be Restored! A treasure book filled with effective guidance for your marriage from forgiveness and trust to recommitting your lives to each other again. Practical and easy-to-read, this book combines the solutions and remedies your marriage needs towards recovery. This book will give you the guidance you need to

discover the true secrets to a happy, lifelong marriage. You Can Heal The Wounds!
<http://www.lulu.com/content/1766568>

Heaven Ministries Copyright © 2002 – 2012

This marriage column is copyrighted material. You may use this marriage column to help and encourage others with. Please leave the signature line in place. Thanks!