

Angie's Marriage Column ~ September 8, 2011

How to Stop Throwing Stones at the Other Woman (forgiveness and healing)

Ask Angie: Hi Angie, I have not been able to put the download [“How do I Forgive and Love a Cheating Spouse”](#) down all day and night! This has been very helpful and full of truth! My husband was unfaithful about 4 years ago, he is very repentant and living his life for Christ. I sometimes throw stones because I see the other women in my home town, she sends nasty e-mails about viagra and getting your manly powers back, my husband was not able to have sex with her and left the scene, she continued to blackmail him, unless he continued to see her. I pray for this women almost daily, praying that she will never hurt another family. Her desire is to be with my husband and raise our 4 children, sometimes the fight beats me up and I fall hard, why am I so weak when I see her and receive the e-mails, we are fighting for our marriage and family.

Marriage Guidance: your feelings are normal to have, they really are. And you are doing the right thing by praying for her and for her not to hurt another family. That is all you can do. By doing that is shows you have, at least in part, forgiven her. But there is still part of you that has not forgiven. This is the part that you have to ask Christ to help you remove from your heart.

Understand this: She is the one without Jesus Christ in her life and she needs help! She is not blessed. This woman is spiritually bankrupt and needs major healing within.

You are the one who has Jesus Christ within your heart and mind --that means you are blessed. Stay faithful and strong in Christ and continue praying for this woman to repent and find Jesus Christ for her life.

Not to compare, but notice the contrast between the two of you. You are a believer and she is not. She is always going to have problems in her life and she is going to continue to pray on helpless souls as long as she is without Jesus Christ.

Realize this every time you see her in your hometown. She needs major healing. She can't help herself but to send nasty emails. The truth is it makes her feel better about herself. She has a very low self-image. You see it hurts her that your husband was not able to have sex with her; she is trying to make herself feel better by blaming your husband. But it could be that a big part of "why" your husband was unable is because he really did not want to. Your husband probably felt bad about being with her and couldn't have sex with her because of his guilty conscience. This is all conjecture on my part but it makes sense. The point is she needs to feel better about “who she is” and to do that is to send nasty emails and put down your husband. As hard as it may

be to do, pray for her! You truly need to learn to detach from this person and not allow her to emotionally and spiritually bring you down with her.

Affairs are not caused because of the person someone is married to it is because they themselves lack control of their bodies when temptation comes their way. They lack Christ in their life. Only FAITH in Christ keeps us free from giving into our temptations. Sometimes it takes just one slip, like with your husband, until they realize they have a problem. It's like the alcoholic who has to bottom out FIRST before they realize they have a problem. If you asked your husband right now what keeps him from *giving in to temptation* he will say his life in Jesus Christ. If someone says it is because they have control of their bodies they are either lying or very confused. Did Eve have control when the evil one tempted her? No, because she disregarded God and went by her own trust and faith rather than putting her trust and faith in God. She did not listen to God!

Well, it is the same way with people today, no matter what the temptation is. If we are putting our trust in self or in the world we are without God's help in fighting or resisting temptation and this is why unbelievers always give into it—they simply have no faith. **God lets us know that he will help us to stand up under temptation if we put our faith and trust in Him.**

Let her know you are Praying for Her

You need to let her know in a nice way that you and your husband are praying for her, and that's it. Reply one time and one time only. "We are praying for you!" And that is it. Block all incoming emails from her so you don't have to know that she is emailing you. Don't let her think she is getting under your skin or destroying your marriage. Both you and your husband need to come together in the Lord and remain strong, keeping your marriage together!

Don't let her sickness (spiritual lack of Christ) destroy your family. Be strong in Jesus Christ and forgive her for her trespasses against you and your marriage and go about your daily life without allowing her to emotionally or spiritually tear you up like this. It is how the evil one tries to destroy marriages. Detach from this woman but do it in love. Detach with love from her sickness. Ask Christ to help you overcome the pain and the hurt and He will provide!

Work on restoring your marriage to God and make God number one in your life!! **Whatever your actions, whatever your feelings BASE THEM on Christ's principle's of LOVE.** I know you are hurting, but it is the only way to truly be able to let it go of the hurt in your heart and mind. You can forgive through Christ but you will never forget. We have written so much on this issue over at [Angie's Marriage Columns](#). For a small donation we are offering these marriage columns to help in the healing process brought on by an unfaithful spouse. We will be adding more marriage column on this particular topic so check back often.

Going through the ordeal of having an unfaithful spouse is difficult because it hurts us badly, but you can learn to let it go and love your husband even more than before because going through the process of healing will make you and him stronger in the Lord. It teaches us to love others unconditionally and it teaches us to be followers of Christ through faith. It teaches us to manage our marriage on Christ-built foundation of Love and Forgiveness.

We're very happy to know that the eBook "[How to Forgive and Love a Cheating Spouse](#)" is helping you deal with this difficult situation in your life and marriage.

God is Great!!

"Forgive us our trespasses as we forgive those who trespass against us" (The Lord's Prayer - Matt)

Be blessed!
In Christ,
Frank and Angie
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