

Angie's Marriage Column – August 20, 2008

Overcoming Pain through Forgiveness

Marriage Question: Angie, I wrote to you in May about an affair that my husband had with his ex-Secretary. Even though we have chosen to work on our marriage, I am still going through trials. He has been very accountable for his time, and if he is running late he calls. But in the back of my mind I still wonder - what if? How can I be sure that it is finally over? Were there feelings of (love) besides sex? I am still crying at least every other day. The pain is unbearable sometimes. I have read at least 85 percent of your articles. I feel as if I have no one to turn to. We are trying to raise 2 boys and don't want any more pain caused on them. I am still calling the other woman and leaving messages, I even have passed by her job, just for her to see me. Please help.

Marriage Guidance: Understand that God hears your cries and knows you are hurting – He *is* the One you turn to in your time of pain and suffering. He knows you are suffering and He is your source for everything under the sun, so please ask Him into your life and Allow Him to give you rest for your soul. God will provide!

Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

I think it is great you have chosen to work on your marriage. Restoring marriage after adultery is difficult because negative emotions keep coming back to remind you of what your husband did. But the truth is without going to God and asking for “His Will Be Done” in your life you will continue to be haunted with the pain of your husband's infidelity. So it is absolutely imperative that you forgive your husband – *that is God's will for you.*

*“Our Father, Hallowed Be Thy Name, Thy Kingdom Come **Thy Will Be Done On Earth As It Is In Heaven**”.*

So how can you be sure that it is finally over? Well you can't and you won't, at least not for a fact. You have to take his word for it. Understand your husband's willingness to be accountable to you and to work on the marriage is a pretty good idea that you can believe him. The reason why you are having such a difficult time believing him is because you don't want to get hurt again. If you believe him you will become vulnerable to being hurt again, but if you continue to mistrust him you won't have to feel the pain again. Do you see how that works? But you can't live your marriage like that because it is not fair to either one of you. Without trust you have nothing.

Do you want the ability to freely move on with the healing and restoration of your marriage? Then you have to believe your husband and forgive him. Only hardened hearts

hold in resentment and choose NOT to forgive. I don't think you have a hardened heart, I think you just don't want to be hurt again. But what happens in marriage when we choose unforgiveness? The marriage ends because it cannot survive without the principled act of forgiveness' at its core. Forgiveness is the key to our relationship with God.

The disciples didn't know how to pray and they asked Jesus to teach them.

He said to them, "When you pray, say:

Forgive us our sins, for we also forgive everyone who sins against us".

God has forgiven us our sins, and in return we must also forgive those who have wronged us. I know that you want to forgive but just don't know how to go about it. You have to invite Christ into your heart and pray that He help you to forgive – it's the only way. Ask and you shall receive.

Right now you are trusting in your feelings too much, guarding your heart from trusting your husband, but your feelings are deceiving you. You have to put your trust in God and He will lead you away from the negative way you are feeling and make your paths straight.

Trust in the Lord with all your heart and lean not on your own understanding; in ALL YOUR WAYS acknowledge him, and he will make your paths straight. (Proverbs 3:5-6)

Right now, because of your heavy-laden emotions, you are walking a path that leads away from God and more toward safeguarding self. But it is God's job to safeguard you, not yours. The more we listen to our own understanding the further we walk away from God. What is it that God wants you to do? It's not about what we want but what God wants – God's will *for you*.

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth gives way and the mountains fall into the heart of the sea. (Psalm 46:1-2)

Let's play the "what if game". What if your husband died tomorrow? Would you forgive him, or not? It wouldn't matter as much to him, but what about you? Will you continue to carry your heart of mistrust, resentment and bitterness around on your shoulders for the rest of your life? Will you take an unforgiving heart into the next relationship you have? You see in all truth your opened wounds from the past will indeed affect your future.

Forgiveness is the best form of healing there ever was. This is why Jesus died for us so we could heal ourselves and move on. So we could be forgiven to forgive others. True forgiveness, the kind found only through our relationship with Christ, leads to a changed heart. Your heart will change from carrying your own accepted wisdom and knowledge to carrying Christ's wisdom taught to us since the beginning of time. And that is a change of heart and attitude – a transformation of heart and mind.

And we, who with unveiled faces, reflect the LORD'S glory are being transformed into his likeness with ever increasing glory, which comes from the LORD, who is the Spirit. (2 Corinthians 3:18)

There is no way that we can manage our troubles and suffering through our own understanding and wisdom. What will we have learned? Nothing! We must go through Christ – our source for all truth and wisdom. I know we want to control the outcome of our circumstances so badly that we avoid the only real source of where to go for help! But God is our source for everything under the sun and when we are in need we go to Him and He will provide because ***He told us that He would!***

Put your FAITH in God and watch your life be transformed! How can we grow and learn if not by overcoming our troubles and sufferings through the One who shows us how to truly love others? We surely can't love in the proper ways if we don't have a relationship with Christ, can we?

Jesus replied: "Love the Lord your God with all your heart and with all you soul and with all you mind. This is the first and the GREATEST commandment." (Matthew 22:37)

You must close the wounds of the past through forgiveness, even if your husband wrongs you again. The negative emotions and thoughts will gradually disappear from your heart and mind because you will see that by holding on to these negative emotions it is not conducive to your relationship with God. Did you know that your change of attitude through your forgiveness could change your husband's attitude too? This is how God works! (Romans 12:19-21)

But God can only do His job when we give up trying to take control of everything. If we think we're in control of everything, God is not going to step in and lead us out of our problems and sufferings. Humbleness is the key here. Without God we are nothing and can do nothing.

If anyone thinks he is something when he is nothing, he deceives himself. (Galatians 6:3)

This is the only way I can truly help you. I can only steer you towards God's truth and wisdom and hope you accept His guidance and wisdom for your life, so you may be happy and at peace with yourself so as to be a light for your husband who may still be living in the darkness of his own understanding. May God bless you with His Wisdom and Truth.

God Bless!

In Christ,

Angie and Frank

Heaven Ministries ~ Marriage Healing Ministry

<http://www.heavenministries.com>

Article Resources

How Can I Forgive When It Hurts So Bad?

<http://www.heavenministries.com/articles/howcaniforgivewhenithurtssobad.htm>

My Wife Won't Forgive Me!

<http://www.heavenministries.com/Articles/mywifewon'tForgiveMe.htm>

Adultery Is Forgivable

<http://www.heavenministries.com/articles/adulteryisforgivable.htm>

How To Know If You Have Truly Forgiven

<http://www.heavenministries.com/Articles/HaveYouForgiven.htm>

Book Resources

ADULTERY PANDEMIC *****

Adultery Pandemic opened my eyes to the answers that I so desperately needed. The author, Angie Lewis, gave me insight and encouragement to work on my marriage not only to save it but, to make it better than it was before. She is so straightforward it all just makes sense and the book is grounded in scriptures, which I loved. I definitely recommend this book to anyone or couple's who need healing after the devastating emotions of infidelity. This book is a God Send and gives me hope knowing that marriages can be restored and so can I. <http://www.lulu.com/content/1766568>

By DEE

Journey on the Roads Less Traveled *** A MUST READ! March 21, 2008**

Journey on the Road Less Traveled is a phenomenal book!! I must admit however that it has taken me quite a few weeks to read, but not because I did not love it, because I LOVED IT SO MUCH that I found myself reading and re-reading chapters. I absolutely 100% believe that has saved my marriage and helped me find "real love"! I would recommend this book to anyone who is seeking spiritual guidance for their marriage, when it seems as all else has failed and you need "somewhere" to turn, this book is the answer! It has been my handbook these past few weeks and I know that it will be forever. I sought this book out to rescue my marriage, yet it has also helped me understand my own feelings, the importance of faith and taught me the act of forgiveness.

Angie explains how important it is to have a relationship with God and the how critical it is to submit ourselves to Him and everything else in our life will just fall into place and we can be the person that God intended us to be! Once we understand what God's

purpose for us in this world, then we can apply it to our marriage and all other aspects of our life.

I lived in my emotions and my feelings and could not understand why I was so unhappy, this book shows you how to take control of your feelings by having faith in God and gave me clarity on how to take a look at my own actions first before I try to change or control the actions of another person. Thanks to Angie, I am truly less emotionally stressed which in turn has allowed me to become a much more loving person!!

http://www.amazon.com/Journey-Roads-Traveled-Angie-Lewis/dp/1413788904/ref=sr_1_1?ie=UTF8&s=books&qid=1219256564&sr=1-1

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