

Angie's Marriage Column February 6, 2008

Steps toward Healing after Adultery

Question: What are the steps toward healing after your spouse repents of adultery?

Guidance: Infidelity in marriage always hurts deeply; many mixed emotions surface and come out in our actions. Gratefully your husband has repented and wants to turn his life around and thankfully you have decided to forgive your husband. Not all infidelities turn out so good. And this is precisely why I wrote the book *ADULTERY PANDEMIC* because it deals with exactly this question.

So in a nutshell, this question will be answered in outline form based on our new book *Adultery Pandemic*. (By the way, the book is getting one last edit by my husband and it will be published for purchasing hopefully next week!) I'm hoping and praying about it.

You and your husband have some inner healing to go through before the marriage can be totally restored. There are wounds in the process of healing that need more than just a band aid. Healing from adultery works with accountability. If your husband is truly repentant than he will not have a problem being accountable about his actions with you.

Tremendous emotions will surface as you try to move forward with your marriage, but if you take the steps I outline in my book, those emotions can be squashed - all marriages can be saved from adultery. No marriage should end in divorce because of an adulterous affair. I am not condoning adultery – adultery is wrong and leads to much pain and suffering for everyone involved, but it is forgivable.

Steps Towards Recovery From Adultery

1. Forgiveness – we have to forgive because without forgiving those who have hurt us, we hold it inside and base our attitude on *that* unforgiveness. That attitude may be in anger, resentment, and

bitterness -- all those negative emotions. These emotions will lead anyone to an early death, besides the fact they will never become the whole and complete person in God they were supposed to be. Without forgiving, the person who does not forgive will never heal. They will keep bringing up the past because the past will keep haunting them – until they forgive. So it is a vicious cycle.

What Does Jesus Say About Forgiveness?

Jesus says for us to NOT to pay people back for the wrongs they do to us. We are to go to Him with out unforgiving heart and He will help us to forgive. Jesus wants us to forgive the hurts that other people do to us over and over and over again. He says that we should forgive our enemies and even feed them if they are hungry. Why should we do all this for those who treat us wrongly? Because it is the only way we also will be forgiven. For if ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. (Matthew 6:14-15 KJV)

Article resource:

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

2. Rebuilding Trust – Accountability Trust is an important part of the marriage; without it how can you respect and honor your spouse. You absolutely need to trust and have faith in your spouse for the marriage to thrive and grow and for the couples in the marriage to thrive and grow spiritually. But sometimes because of the issue of adultery, one or both spouses lose trust in the other, and that is very understandable considering. But no marriage can remain broken and riddled with mistrust; it won't make it.

There are steps that lead up to rebuilding trust (see articles below) and then there is also accountability from the person who sinned against the marriage. They need to **take responsibility** for their part in the marriage and do whatever it takes to help their spouse to trust them again. Do

not expect to be trusted if you are not answerable for your actions. When we do something that hurts others or ourselves there will always be consequences, and we should be responsible for doing whatever it takes to repair the mistakes.

Trust comes after the wounded spouse sees ongoing accountability from the spouse who committed adultery. For some people that may take longer than for others. The point is **they know**, without a doubt, their spouse has been faithful to them. Trust will slowly begin to creep back into the marriage. Besides the spouse who sinned against the marriage being answerable and taking responsibility, there are many other things couples can do to rebuild trust.

<http://www.heavenministries.com/articles/rebuilding%20trust.htm>
Rebuilding Trust in Your Marriage

3. Bring Back Intimacy Intimacy or lack of intimacy factors in greatly when a spouse has been unfaithful. It may be difficult to “feel” close with your spouse after they committed adultery. Don’t push yourself to get close but do things together that will **naturally** bring you closer together. Anytime we try too hard to make things happen, something back fires, just be yourselves and enjoy being with one another, and be grateful for the person your married without feeling the need to get intimate, if it is a problem. If intimacy has been lost because of an affair, it isn’t going to come back again overnight, it also needs to be rebuilt back up. It is part of that inner healing process where negative and destructive emotions need to vanish from our heart. The only way to do that is to ask Christ to take the burdens you are feeling from your emotional and mental bank and replace them with positive and fruitful emotions that will give you back the faith you need to begin to love your spouse in the proper ways.

As long as we remain a slave to our emotions we’ll never be able to love others properly. Destructive emotions have no home in the heart and mind of a believer. So...knowing that then, *let them go from your heart!* Prayer comes in as such a blessing when we are feeling distraught with negativity and despair. Just remember when you do pray don’t pray selfishly but pray

for the whole of the marriage to be restored. God already knows your heart and God knows what you need, probably better than you do.

Article resource: [The Intimately Satisfied Marriage](http://www.heavenministries.com/articles/intimatelysatisfiedmarriage.htm)
<http://www.heavenministries.com/articles/intimatelysatisfiedmarriage.htm>

4. God Is Number One Priority God *is* the Master Designer of marriage and God hates divorce! So what does that tell you? It tells me that God needs to be number one in our marriage. It tells me we should apply all of the principles that God designated for couples into the marriage for a prosperous and fruitful relationship. It tells me that if milk is the number one ingredient of ice cream and I love making homemade ice-cream then I had better keep a well stocked supply of milk in my refrigerator. You can't make ice cream without milk. You can't have a fruitful marriage without God.

God is our source! We are **nothing** without Him who gives us the gifts, tools, and blessings we need to be whole and complete people so we can love others in the proper ways. His tools, when we apply them into our life and marriage, are what keep us from straying from the marriage bed in the first place. The tools teach us to choose to live our life upon principle rather than the need to "feel" all fuzzy and good inside. Fuzzy and good is only a temporary feeling but a principle is a whole way of life that ultimately leads to life!

Blessings,
Angie and Frank
Heaven Ministries – Marriage Healing Ministry
<http://www.heavenministries.com>

MORE Article Resources:

[Heal Marriage After Adultery](#)
[My Wife Won't Forgive Me](#)
[Forgive and Love a Cheating Spouse](#)

[Marriage Takes a Giving and Forgiving Attitude](#)

Book Resources: Love The Man You Married
And
Love The Woman You Married
<http://stores.lulu.com/angielewis>

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