

What You Should Know An Affair

Introduction. The desire for love and companionship causes sexual urges to be strong. God knew this so He made a way for complete satisfaction in the beautiful setting of the home. Such beauty is destroyed, however, when the setting is altered. Before you even think about having an affair, you need to know what God thinks and what you wish you had known.

I. ***What God Says About Adultery***

- A. From the beginning, God wanted men and women to cleave to each other (Genesis 2:24). The Law of Moses prohibited adultery and thereby made faithfulness to the marriage relationship central in the divine will for human relationships (Exodus 20:14).
- B. The severity of the punishment (Leviticus 20:10) indicates the serious consequences adultery has for the divine-human relationship (Psalm 51:4) as well as for marriage, family, and community relationships.
- C. Adultery originates in the heart (Matthew 15:19), and it is still condemned under the New Covenant (1 Corinthians 6:18; Galatians 5:19-21; Hebrews 13:4).

II. ***Twenty Facts You Wish You Had Known***

- A. It will probably start out innocently.
 1. Unless your marriage is in shambles, chances are you did not set out to cheat. Maybe you were bored and lonely, or just vaguely unsatisfied.
 2. Perhaps you "reconnected" on Facebook, forged a friendship at work, or started flirting with a friend. At some point, the line between right and wrong got blurry.
- B. You will not consider the ramifications until it is too late.
 1. It felt good or right or just different enough, and at the time you felt powerless to resist. When your hormones were raging and someone was there telling you that you were beautiful or fabulous, thoughts of broken families and hearts were far away.
 2. It will not be until you have physically crossed that line that you realize everything you stood (or stand) to lose (Proverbs 7:21-23).
- C. You will try to justify the affair.
 1. Your spouse did not pay attention to you. There was no passion. You married too young. He was controlling, emotionally unavailable, or a slob.
 2. He was cheating too -- or maybe you just suspected that he was. You will come up with 10,000 different ways to excuse your actions, and for a while at least, they will seem convincing even to you (Matthew 25:24).

- D. The excitement will fuel you -- for a while.
 - 1. New lust is powerful, and hiding an affair can be as exciting as the affair itself.
 - 2. For the first time in a long time, you have something that is all yours.
- E. You will live in constant fear.
 - 1. What if your lover calls? What if she does not? What if someone sees you together? Can you call him? Should you call him? Are you acting differently?
 - 2. When you are not busy obsessing about all these questions, you will constantly play over all of the possible outcomes in your head.
- F. The guilt will be all-consuming.
 - 1. You are someone's wife or husband. You are probably someone's mother or father. You took vows and you were building a life and a family.
 - 2. You are living a lie, day in and day out. You will cry in the shower, in the car, in the bathroom at work. You did not want it to be like this and sometimes you are not even sure how it happened. But the shame never, ever goes away (Psalm 40:1-2).
- G. Affairs are expensive.
 - 1. Fancy dinners, faraway hotel rooms, babysitters, gym memberships -- a cheater's expenses can get out of control in a flash.
 - 2. Because of that pesky paper trail business, most of it will have to be taken care of in cash. Be prepared to get intimately familiar with the term "creative financing."
- H. You will pull away from your friends.
 - 1. In the beginning, the exclusive, utterly secretive nature of your affair will be one of its biggest appeals. It is the two of you against the world and you will relish that bond.
 - 2. But eventually something will happen and you will want to talk to someone about it, and you will have nowhere to turn (Proverbs 27:9, 17). You will stew quietly and feel very much alone.
- I. Children make it infinitely more complicated.
 - 1. Every minute you spend with your lover -- even if the kids are in school or otherwise happily occupied -- will feel like moments you are stealing from them.
 - 2. You will worry about what they would think if they found out, and how you would feel if their future partners did the same to them (Psalm 78:5-8).
- J. Sleep will be something you used to do.
 - 1. Your days will be a busy blur of juggling and secrecy, so you would think that once everyone else is tucked neatly into bed, you would pass right out.

2. Except you will not. Your mind will race through your day, retracing your steps and trying to be sure you have not left any clues (Proverbs 3:21-24).
- K. You will wonder how you could have fallen for a cheater.
1. The very illicit nature of your relationship means that you cannot reach out to your lover whenever the urge strikes.
 2. When that window finally presents itself and you cannot reach her, your first thought will invariably be: she's with someone else.
- L. You will discover that no relationship is perfect.
1. Just when you least expect it, your perfect lover -- the one you risked life and limb to be with at every secretive turn -- will do something to irritate or disappoint you.
 2. The arms you sought solace in to escape your spouse's apathy will turn indifferent; the one who drew you in with quiet confidence will turn needy.
- M. Guarding your computer and cell phone will be a full-time job.
1. Even if you try to keep your communication to the bare minimum, you will have to arrange those risqué rendezvous. Which means your computer and cell phone likely harbor all sorts of sordid evidence (2 Samuel 12:11-12).
 2. You will suffer regular panic attacks wondering if you left your laptop open, and when you forget your phone you will have to run home and retrieve it immediately.
- N. You will worry you will say the wrong name at the wrong time.
1. Depending on circumstances, this could be a concern or it could end the relationship.
 2. Chances are you will stop using actual names and stick to something generic, creating distance and uncertainty between you and your lover.
- O. You will appreciate your spouse in ways you have never noticed.
1. Blame it on intense guilt, or maybe you are suffering buyer's remorse, but when your spouse brings you coffee or sends you a card, your heart will break just a tiny bit.
 2. If the luster is starting to dull on your other, newer relationship, the ache will be even more intense (Proverbs 5:15-18).
- P. The new sexual intimacy will get old too.
1. The fact is that once the sheer novelty of sleeping with someone new wears off, the temperature will dial down a bit.
 2. Maybe not way down, but what used to feel like an electrical jolt may start to seem more like just a tingle (Song of Solomon 2:8-13).

- Q. Both options of concealing or confessing are terrible.
1. At some point, a part of you -- maybe a huge chunk -- will get tired of the lies and desperately want to come clean (Psalm 32:1-6).
 2. Then you will remember what is at stake. Confessing might mean the end of your marriage. It would hurt and anger your spouse and, if you have children, upend their world if your marriage dissolves. It is right to do, but it is not easy to do.
- R. Ending it may be disastrous.
1. The whole affair was a mistake, or maybe you think it was just too complicated. Or you are exhausted -- or she is. Unfortunately, just because one of you wants out does not mean the other does, too.
 2. If you try to end it, she may threaten to tell your spouse. If she is the one who wants out, you might make outlandish promises if she will agree to stay. Whatever the circumstances, if you are not on the same page, you are in for a wild ride.
- S. You will always have regrets.
1. You may see the affair as the catalyst that ended a disastrous, miserable marriage, but there will be a lot you wish you did differently.
 2. Hearts, vows, and God's law will be broken, and if you knew then what you know now, you will wish you could go back and make it work with your spouse.
- T. An affair can actually strengthen your marriage.
1. If you decide the affair was a huge mistake, you will also likely realize how much you have lost. This epiphany may turn you into a much better spouse (Ecclesiastes 9:9).
 2. In a study done by Bill Mitchell, 70-80% who willingly confess to infidelity recover and enjoy a stronger marriage in time. An affair does not have to mean the end!

Conclusion. Liberally-minded people believe that the sexual revolution changed marriage and made affairs an innocent and inevitable part of the sexual landscape. They are wrong. An affair will change you and your relationship. Listen to the counsel of God and learn self-control (Galatians 5:22-23; 1 Thessalonians 4:3-4). This is the mark of a faithful Christian.