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Affair Proofing Your Marriage

How To Avoid Adultery and Divorce
(Series: 10 Values; 6 of 10)

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(Exodus 20:14) “You shall not commit adultery.”

(Matthew 5:27-28) “‘You have heard that it was said, ‘You shall not commit adultery.’²⁸ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”

(Genesis 2:21-24) “So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh.²² And the rib that the Lord God had taken from the man he made[□] into a woman and brought her to the man.²³ Then the man said, “This at last is bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”²⁴ Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.”

TYPES OF ADULTERY AFFAIRS & IMMORALITY

P _____.
E _____ / R _____.
I _____.

CONSEQUENCES OF DISOBEYING THE 7th COMMANDMENT

- I harm a m _____ and a family.
- I risk my r _____, career, health and wealth.
- I become o _____ with sex instead of enjoying sex.

BENEFITS OF OBEYING THE 7th COMMANDMENT

I protect my f _____ and my f _____.
I enjoy God’s b _____ for my sex life.

I live with i _____ and have nothing to h _____.

HOW TO LIVE OUT THE 7th COMMANDMENT

A _____ when I’m tempted.

(1 Cor. 10:12-13) “Therefore let anyone who thinks that he stands take heed lest he fall. ¹³ No temptation has overtaken you that is not common to man.”

A _____ temptations and I _____ for God’s way out.

(1 Corinthians 6:18-20) “Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body.”

(1 Corinthians 10:13b) “God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

A _____ Jesus to help me avoid and o _____ temptation.

(Mark 14:38) “Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

(Hebrews 2:18) “For because he himself has suffered when tempted, he is able to help those who are being tempted.”

(Psalm 51:10-12) “Create in me a pure heart, O God, and renew a steadfast spirit within me. ¹¹ Do not cast me from your presence or take your Holy Spirit from me. ¹² Restore to me the joy of your salvation.”

6 THINGS TO AFFAIR PROOF YOUR MARRIAGE

1. Worship and serve together regularly in a local Bible based church.
2. Dig up every root of bitterness by repenting and forgiving.
3. Make it your priority to be best friends, having fun and making memories.
4. Keep dating your spouse.
5. Make every decision with your legacy (kids and grandkids) in view.
6. Have free and frequent marital intimacy.