

# AFFAIR PROOFING YOUR RELATIONSHIP

Ps. Waweru Njenga – 26 Feb 2017  
Cheaters Series  
LG Discussion Guide



We've been going through **CHEATERS**: a sermon series on conversations about infidelity. So far we have learnt that **infidelity is a heart issue, with physical consequences**. As such **we must all guard our hearts** since no one **is immune**. **Affairs don't happen by accident**, but are as a result of a **progression of choices** we make. It is possible to survive an affair, but it is always easier to **stop one** before it starts. Today we will finish our series by talking about **affair-proofing** our relationships so they are safe from infidelity.

## READ & DISCUSS: Hebrews 13:4-6

- What stands out to you and why?
- Why do you believe affairs are so common in our society today?

**Redemption & Restoration** is possible in the face of infidelity. Here's how;

- |                               |                              |
|-------------------------------|------------------------------|
| i. True repentance            | iv. Accountability           |
| ii. Honesty in responsibility | v. Earn trust back           |
| iii. Forgiveness              | vi. Build strong foundations |

## Three keys to building an emotionally strong marriage and staying away from affairs:

1. Make a covenant decision to never turn your heart away from your spouse: Covenant says, I WILL NEVER TURN MY HEART AWAY. NEVER, even when I feel offended.
2. Be sensitive to your spouse's emotional needs and meet them: Only God can meet ALL of your needs. However, as a spouse, you can meet the following, considered to be critical for a healthy relational life. Men need: Honor, sex, friendship, & domestic support. Women need: Security, Open & honest communication, Non-sexual touch, and leadership.
3. Guard Your Heart: Keep and maintain proper boundaries, submit to accountability and define your source of enjoyment within your marriage in order to guard your heart.

How do we keep affairs from happening?

- a. Commit to never turn your heart away.
- b. Commit yourself to loving your spouse and meeting their emotional needs
- c. Guard your Heart

God made marriage. He made it to succeed, so your marriage can be successful.

## DISCUSS:

- What is the biggest thing God has taught you or convicted you on during this series on infidelity?
- What are three practical things you want to do to build your relationships and make them stronger?
- How are you going to share this information with others in your circles of influence?