

## THE REALITY CHECK – LOVE PANEL

Ps. Waweru Njenga – 5 Feb 2017

Cheaters Series

Sermon Notes

Text: Matthew 5:27-30



Good morning Mavuno, it's so good to see you all here this morning. If you are visiting, you are welcome please stop by our guest tent and say hello to us.

We are beginning a brand new series in this month of love called 'Cheaters' – Conversations on infidelity. We will be unpacking what cheating is, how it happens, how to recover from it and steps you can take to protect your relationship from trouble. This series is for you if you are married, dating, single, in love, out of love, Christian or not. So settle in and let's talk.

To start us off, I want you to engage me for a little while, since this will be a very interactive time, let's begin by answering this question.

### **QOD: Why do you think people cheat in relationships?**

*(Sample 2 or 3 max)*

Okay Mavuno, before we turn this into a war zone, let me say this. We all agree that cheating is probably one of the worst things that can happen in a relationship. When you discover that someone was going behind your back and getting involved with someone else, it's probably the most devastating thing you can ever experience, and the sad part is that some or even most of us here have experienced what it means to go through this.

Robin Milhausen and Kristen Mark at the University of Guelph and Erick Janssen from The Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University recently polled 506 men and 412 women who reported involvement in "monogamous sexual relationships lasting from three months to 43 years" to examine the link between our gender, our sexual "personality," and our likelihood to cheat.

What they found was surprising: While the probability of cheating was nearly identical irrespective of gender (23 percent of men and 19 percent of women reported infidelity), the causes for the infidelity differed drastically.

Men who were easily aroused **and** men who suffered from "performance anxiety" were more likely to be unfaithful. Their sexual satisfaction within their "monogamous relationship" was irrelevant—they'd cheat whether the sex with their partner was good or not.

Conversely, for women, happiness with their long-term sexual partner was paramount—women who felt sexually unsatisfied were more likely to cheat.

But in our context here in Kampala, we know for a fact that is a big issue. So this morning I want to invite some people who I consider to be on the forefront of this conversation. They are late night radio hosts which means they get to read texts, messages, phone calls and generally understand what's happening in our city when it comes to infidelity we also have a relationship and family expert on board.

So to help unpack this conversation, please help me welcome our love panel of

**1. Val Okecho - Capital FM - Married and presenter of The Late Date**

**2. Stefan Paul Jakalam - Sanyu FM - Single and presenter of The Love Zone**

**3. Laura Byaruhanga - XFM - Married, member of Mavuno & presenter of After Dark**

**4. Catherine Ruhweza aka Mama Tendo - Respected speaker in the field of Marriage, Parenting & Family**

Thank you guys for being part of this, so let's get started with a rather obvious but critical question

- a. What do we define cheating as? Because it's different for different relationships-For dating people, married people.
- b. How bad is it in our city? What are you hearing on your platform? Sample texts, emails? Also, why is cheating so rampant? Or are we just hearing more about it?
- c. Are there certain factors that keep people from Cheating?

**Thanks love panel, Please let's appreciate our panel. Applause (They exit the stage)**

The Scriptures have a lot to say on this issue, ultimately, cheating, with all facts considered, **is a heart issue**. Jesus refers to this in Matthew when he says this:

**Matthew 5:27-30 NIV**

*<sup>27</sup> "You have heard that it was said, 'You shall not commit adultery.'<sup>19</sup><sup>28</sup> But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.<sup>30</sup> And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.*

My one point in this conversation is that **Cheating is a heart issue, with physical consequences**

Jesus is simply saying when he talks of dealing with lust, Unless you have internal guardrails that keep your heart away from lust, you will end up committing infidelity, **it's just a matter of time and**

**chance.** And not just some people, BUT ALL OF US! In other words, unless you deal with the root cause, you will become a cheater! That's a reality check!

When it comes to cheating, no one is safe! Sometimes we think that cheating is marriage issue. NO ITS NOT!!! It's a heart issue. We all have those tendencies inside of us. If you don't have internal guardrails while single, you are a cheat waiting to show up! Your heart deceives you to think you can think, flirt, and be involved with anyone you want since you are not in a committed relationship and you forget it's not a relationship that makes you a person of fidelity, **it's your hearts guardrails!!!**

### **Cheating is a heart issue with physical consequences**

So what do I believe God is calling us to do?

- a. **Guardrails around our hearts** – We don't win against lust by wishing, we have to make a conscious decision to guard our hearts against lust. Your mind MUST be kept free from lustful thoughts by choosing the right thoughts. Don't just entertain thoughts of wanting to get with someone and assume you won't end up with them. You will!!!! Refuse to entertain thoughts because you know they will determine your behavior outcomes.
- b. **Guardrails around our behavior** – We all know what our lust triggers are. Certain conversations, certain places, even certain people. You have to determine govern your choices if you don't want to be a statistic.
- c. **Guardrails of Faith** – Unless your heart is submitted to God, you can never truly win this war with temptation. Why? Because Cheating is a **heart issue with physical consequences.**

### **Pray**

- a. **To install guardrails against Lust:** People who want to say, you know what. I need to interrogate my own life. I don't have the right boundaries in my life. You are okay with overt flirting and interaction with the opposite sex. For some, it's admitting that you are having emotional affairs. You have no personal principles that can keep you safe. You have to make a decision to install guardrails
- b. **Salvation-** Only Christ can transform your heart if you are struggling with lust. Only Christ can heal you if you've been betrayed and are hurting today, I want to invite you to a relationship with Jesus. We will be praying for healing on the last week of this series, but today, we want you to come to Christ.

### **Remember:**

*Guest experience for visitors*

*Next week: How affairs happen-12 Steps to an affair. Bring your friends!*

