

HOW AFFAIRS HAPPEN

Ps. Waweru Njenga – 12 Feb 2017
Cheaters Series
Sermon Notes



We began a new series in this month of love called 'Cheaters' – Conversations on infidelity. We have been unpacking what cheating is, and last week Pst Mike and the panel of love doctors helped start this conversation on how things are in this city. Thank you Mama Tendo, Laura, Stefan and Val Oketcho for helping unpack this conversation.

We pick up and we'll be talking about how affairs happens today. This sermon might be rated PG-13, so I'll encourage parents with young kids or teens to allow them to go to their spaces. Next Sunday, you don't want to miss the service because we'll talk on how to recover from an affair. Very important to remind you to invite your friends and family. The last instalment will help us discover steps we can take to protect our relationship from trouble. This series is for you if you are married, dating, single, in love, out of love, Christian or not. But before we dig in, please ask your neighbor this for me.

QOD: Ever had a tooth problem? Why do you or most people get to the dentist when it's almost too late?

If about 50% of marriages collapse and end in divorce, then we know that many experience affairs at some point and whether discovered or not, the effects of affairs are deeply traumatic and troubling to people in relationships.

In proverbs 5, we find an interesting progression from Solomon on how affairs happen. This is not just random scripture about sex with some person. For most people in relationships, the conversation almost always starts at why the affair happened. Did you love them? Was it good? In the heat of disclosure or being busted, people miss the progression towards these catastrophic events.

All affairs starts when people believe a lie. Here are a couple of lies people that ended up with affairs have repeated over and over again:

- a. **I deserve to be happy**
- b. **This other person will make me happy**
- c. **I'm with the wrong person so I deserve to start over with another person.**
- d. **This relationship is not headed anywhere so I want out.**

Once you begin to talk to yourself and believe this lie, you then begin on a journey, a path that leads you to a place you never thought you'd end up in.

**Proverbs 10:9 whoever walks in integrity walks securely,
but whoever takes crooked paths will be found out.**

Busted. Found out. That's what will happen, the scripture says.

If you listen to all affair stories, these 12 steps will always map out the journey to an affair. You can almost always map it out to this journey the people got themselves in.

Here's how Affairs happen.

1. Something happens to you that causes you to **lean away from your marriage or relationship**. Something rattles you. Argument, financial crisis, illness, a promotion even. Something that introduces **pressure** to you and causes you to lean away from your mate.
2. Awareness of **another person**. You notice them. It could even be looking at someone good looking and thinking, man! That's a fine human, thank you Jesus! If we are really honest, we've all been aware of another person. I mean unless you are a coma. Subsequently, you begin to wonder/daydream/imagine, what would have happened if you were with them. How it would feel to be with them.
3. **An Innocent meeting opens the door for flirting**. Maybe you meet at the Office desk, phone call, shop or family meeting or gym. Maybe you tell a joke or say something, and they laugh or do something you are missing in your relationship. You **feel an emotion** you long for or haven't felt for a long time.
4. **Meetings now become intentional and planned** by at least one of the persons. If you know they are somewhere, you plan to be there. Because they did or said something when you last saw them and you want another dose of the same. You now want to spend time with that person.
5. While in a group setting the **two people linger together** in personal conversation. You find a way to have **purposeful conversation** about stuff, life, likes etc. You find a way to make sure you have purposeful conversation with that particular person when in a group or with others.
6. **Conversations shift to feelings**. How are you doing? How you really doing? Holding up? How are you feeling? I know your kid was ill, how are you? This is when a shift happens because when feelings enter conversation, **Intimacy begins to happen**, and women know this, when conversations become about feelings, intimacy is turned on. Guys have 3 feelings, women love to talk about feelings.
7. **Isolated meetings** begin to happen under the **disguise of a legitimate purpose**. At this point you are sloping down a dangerous slope because you start lying. E.g. She is working on a project, we need to meet. He knows about my project, and I need to talk to him about it. It's a disguise though because what you really want is to have more talks about feelings
8. **Isolated meetings for pleasure**. This introduces **secrecy about meeting/talking to them**. This is where your spouse/person can't account for their time. No legitimate reason for where they were. Bad excuses for being away, late... where are you? You were doing what? At this point, the spouse may begin to get suspicious
9. Embraces become affectionate and **playful touching** begins. By now, you are down, sold out, bought in and it's just a matter of time. You've turned away from your spouse or significant other. You have said in your mind, I need, I want and deserve this, your fantasies run wild.
10. **Embraces becomes passionate**, kissing and making out. Longing for each other is openly expressed and **plans are made** to consummate the relationship.
11. **Adultery happens**.
12. The affair becomes **public**.

Please note, the affair started with a thought. It started when you believed a lie. *This man/woman/relationship is good for me. This will add so much into my life.*

This is why the scriptures ask us to **take captive our thoughts**. To live and walk by the spirit and not fulfil the desires of the flesh. None of us were tricked, or deceived really. **Your flesh wants to do this**. It doesn't matter how long you've been a Christian, we have a flesh that's at war against God's Spirit in our lives. More mature men/Women have fallen for this, and we MUST talk about it. This is a big deal in our city. 80% of all calls to radio dj's are related to infidelity, yet we find it awkward to bring it up on pulpits.

This is a big topic that's going to destroy families, and we must talk about it. We've been with people that have been wounded by this. Deeply. Interestingly there are people that have made it and restored. But the trauma of it lasts your entire life. And we're going to talk about how to heal from the effects of an affair next week.

The gospel at work is powerful. If I didn't believe it, I wouldn't be pastoring people. It's the only thing we know that can repair a broken humanity.

There are 2 resounding ideas expressed after affairs have happened that couples express

- 1. It will cost more than we think.** The truth about an affair is it will cost you more than you think. Solomon understood the world of girl. With 700 wives and 300 concubines, he was pretty in the thick of this. On average twice a day, he celebrated an anniversary and birthday! Funny that he was led astray at the end of his life. That was his chink in his armor. His weakness. The women ultimately led him to worship false Gods. He had believed a lie. Because he wrote Proverbs warning people to flee infidelity, yet he is a classic victim of his own warnings.

Read Proverbs 5:1-7

Now then, my sons, listen to me; do not turn aside from what I say.

⁸ Keep to a path far from her, do not go near the door of her house, ***It will be too late**

⁹ lest you lose your honor to others and your dignity^[a] to one who is cruel,

¹⁰ lest strangers feast on your wealth and your toil enrich the house of another.

¹¹ At the end of your life you will groan, when your flesh and body are spent.

¹² You will say, "How I hated discipline! **discipline saves us** How my heart spurned correction!

¹³ I would not obey my teachers or turn my ear to my instructors.

¹⁴ And I was soon in serious trouble in the Assembly of God's people."

Funny thing, at every point of this steps, the Holy Spirit is yelling, STOP STOP!!!! You almost would have to turn off the Holy Spirit's conviction to continue in the affair. You give your best strength to others. You are made public. Brought to the *Brink of utter ruin, in the midst of a public assembly*. In fact, it's going to cost you everything. When this goes public, you will have to tell a lot of people. **The brink of utter ruin.** When you are at step 4/5/6, you are not thinking about the end. You are thinking about how good it feels and how your needs will be met.

A recent study said 25% of men who've had affairs, bring financial ruin on themselves and their family. *The African man in his 60's and the young lady*. Even the world doesn't admire and respect men that have broken their marriage/relationship covenant. Think Tiger woods, Arnold Schwarzenegger, Bill Cosby etc **Habitual and unrepentant sin** will always take you further than you thought, keep you longer than you wanted, and cost you more than you thought. **Always**. I'm not talking of people being tempted, I'm talking of people engaged in this behavior perpetually.

- 2. The blessing is in your current relationship.** That's what I found out, they say. My blessing is with my spouse. No matter what happens between my spouse and me. The blessing is at home. Vs. 15, drink water from your own well. ... chapter 5: vs. 19 May you rejoice in the wife of your youth? It didn't say find a younger wife. She might not look like youth anymore, but you don't look like youth anymore!

¹⁵ Drink water from your own cistern, running water from your own well.

¹⁶ Should your springs overflow in the streets, your streams of water in the public squares?

¹⁷ Let them be yours alone, never to be shared with strangers.

¹⁸ May your fountain be blessed, and may you rejoice in the wife of your youth.

¹⁹ A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be **intoxicated/captivated** with her love.

What's captivating you right now? What's enamored and caught your mind's eye. What's fascinating you now? What's held you now? What seems mysterious right now? When your wife walks in, do you notice her? Are you still Captivated by her? Are you still in love? What about him? Expanding waistline, losing hair? You still mystified? Still fascinated? Still trying to discover her/him or have you given up and are treating her like yesterday's news? Is he losing hair on top and adding it everywhere else? The word Captivated is the idea, it's a romantic, emotional and powerful word. See, all of us are captivated by something.

So how do we respond? What do we do if we are further down the road to an affair? What if you are beyond number 3 on the path to an affair?

1. **Confront the lie/lies you've believed.** Stop! Back up! Don't continue down that road. Interrogate yourself on what you truly believe about you and affairs.
2. **Refocus on your relationship** and what you need to build into it. Have conversation with each other. Make your needs known to each other. Find out what your other person wants and meet the need.
3. **Talk openly about sexual temptations:** Tell your spouse about your temptations. They want to know! That way there are no secrets.
4. **Stay accountable:**
 - a. Tell someone more mature than you.
 - b. Tell someone who can actually help you. Not someone that will be overwhelmed with information.
 - c. Have more than one friend or group that will hold you accountable, not just someone impressed by you. Get to a church family.

Some of you need to get better, right now. Don't leave without prayer. Prayer tent.

Next week we'll talk about how to recover from an affair. There is hope if your relationship has been impacted. Please bring your friends who need to hear this.

Ministry

1. Pray for people in relationships walking down this path. Singles to make these decisions early and identify affairs way before time.
2. Pray for those affected by an affair. Healing for hurting hearts
3. Salvation