

# HOW AFFAIRS HAPPEN

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Cheaters Series  
Sermon Notes



This month we are talking about love and infidelity at Mavuno. If about 50% of marriages collapse and end in divorce, then we know that many experience affairs at some point. The effects of an affair are deeply traumatic and troubling to people in relationships. In proverbs, we find out from Solomon on how affairs progress.

## READ & DISCUSS: Proverbs chapter 5

**DISCUSS:** All affairs starts when people believe a lie. What are some of the common lies people in our society believe that lead them to affairs?

Proverbs 10:9 says: “whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.” – 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 and the end result is always being found out:

1. Something happens to you that causes you to **lean away from your marriage or relationship**.
2. Awareness of **another person**. You notice them and subsequently, begin to think about them.
3. **An Innocent meeting opens the door for flirting** and **you feel an emotion** you long for.
4. **Meetings now become intentional and planned**. You want to spend time with the person.
5. The **two people linger together** in personal conversation even in group settings.
6. **Conversations shift to feelings**. When conversations become about feelings, intimacy is turned on.
7. **Isolated meetings** begin to happen under the **disguise of a legitimate purpose**.
8. **Isolated meetings for pleasure**. This introduces **secrecy about meeting/talking to them**.
9. Embraces become affectionate and **playful touching** begins. You have accepted it in your mind.
10. **Embraces becomes passionate**, Longing for each other is openly expressed and **plans are made**
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.*

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

1. **It will cost more than we think.** (Prov.5:1-7)
2. **The blessing is in your current relationship.** (Prov.5:15-19)

So how do we respond? What do we do if we are on the road to an affair?

1. **Confront the lie/lies you've believed.**
2. **Refocus on your relationship** and what you need to build into it.
3. **Talk openly about sexual temptations:** Tell your spouse about your temptations.
4. **Stay accountable:** to more than one friend, to someone who is more mature and can help you

## DISCUSS:

- What has stood out to you most in this message?
- How can your lifegroup help support you in being the best you can be in your relationships?
- As a fearless influencer, how will you share this message with the people in your circles of influence to help transform our nation's thinking on relationships and affairs?