

SURVIVING INFIDELITY

Ps. Waweru Njenga – 19 Feb 2017
Cheaters Series
LG Discussion Guide



This month we have been going through a sermon series on cheating. 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**. We also said **affairs don't happen by accident**, but are as a result of a **progression of choices** we make. Today we will talk about recovery. How do you survive if an affair has happened in your relationship?

READ & DISCUSS: Psalms 34:17-22. What does this passage say to you in light of our series on infidelity?

Guide to Surviving Infidelity

- 1. Take Care of Your Physical & Spiritual Health**
- 2. Don't Make Final Decisions While in a State of Emotional Trauma**
- 3. Tell People Who Can Offer You Support** - Do not try and do it alone
- 4. Plan Your Time**
- 5. Counseling & Therapy** - Don't be afraid to seek out professional counseling – it's okay.
- 6. Serve Others** - Healing comes when we stop focusing on ourselves and strive to help someone else.

DISCUSS:

- Whether or not you have experienced infidelity, what have you learnt about handling crisis situations from this guide? How can you apply it to your life now?
- Do you know someone who you can help support and encourage that is currently going through a marriage crisis (or crisis in general)? How will you reach out to them this week?

6 Steps for the Unfaithful Spouse

- 1. Promise to stop and actually stop the affair** - sever all contact, immediately
- 2. Answer any and all questions.** If you never discuss it, you cannot recover.
- 3. Show your spouse empathy, no matter what.**
- 4. Keep talking and listening, no matter how long it takes.**
- 5. Take responsibility.** Show sincere regret and remorse. Apologize often and vow to never do it again
- 6. Don't expect quick or easy forgiveness.**

9 Steps for the Betrayed Spouse

- 1. Ask lots of questions.** Get to a point where you can discuss it without feeling pain.
- 2. Balance your rage with your need for information.**
- 3. Set a time limit on affair talk.** Don't let the affair take over your lives.
- 4. Expect curveballs.** Keep the focus on the affair itself don't personally attack the other person.
- 5. Talk about how the affair has affected you.** Discuss your doubts, disappointments, etc.
- 6. Don't just move on.** You must grapple with your pain and anger first and rebuild trust.
- 7. Find support.** Don't try to survive alone or in isolation.
- 8. Spend time together without talking about the affair.** Reconnect as friends and romantic partners
- 9. Walk out Forgiveness progressively.**

DISCUSS: What stands out to you / what have you learnt from the steps above?

GROUP PRAYER TIME: In light of what we have discussed today, take time as a group to pray over each of your LG Members. Pray over one another's marriages – past, present or future. Commit each other's relational lives to God, and commit to holding one another accountable to honoring your marriages before both God and men.