



Bible Verses:

Matthew 5:28, 1 Corinthians 6:18, Hebrews 13:4

Resources:

www.redemptiveliving.com

His Needs, Her Needs (Author-Willard Harley Jr.)

Podcast 05: Sexual Integrity: Infidelity

Infidelity is destructive. It is devastating. It will leave a wake of heartache, pain, and death in a marriage, yet our culture makes it seem enticing and exciting. I saw a bumper sticker on a car recently that read, *"Life is short. Have an affair"*. To which I thought, *"Life is short, why is it so common for people to experience the aftermath of such a horrific decision?"* Is it possible, though, for a marriage to survive a disaster like infidelity? According to Jason and Shelley Martinkus, it is possible...and it starts with getting honest and sharing the whole truth.

Coming to the realization of what motivates a man to be unfaithful to his wife sexually is another huge step towards healing. Infidelity is not about desiring someone other than your spouse. There is actually something much deeper going on in the soul of a man that moves him to search for false intimacy. Feelings of insignificance, incompetence, and impotence; Insignificance says, *"Do I matter?"* Incompetence says, *"Am I adequate or am I a failure?"* Impotence says, *"Do I have power and control or am I helpless?"* Nothing in the world can make us feel significant, competent, or powerful like sex can. Nothing in the world can make us feel more insignificant, incompetent, or impotent like rejection from someone we love and care about. So, what a man does is try to cure his painful feelings with sexual intimacy, but with someone or something that there is no risk of rejection with. The real issue is one of intimacy. The cure is true intimacy and to be fully known and accepted as you are by your spouse. But the process of getting that is terrifying because the risk of rejection is SO high.

The only way you are going to forgo the pain that you will cause yourself (and the people you love the most in the world) is to tell the truth. Today. That is the only way out. And it's the only way to salvage your marriage. It's terrifying, but with God there is always hope. Can you trust that God is able to do far more than you could ever ask or imagine in your brokenness and the fallout of your infidelity?

—Luke Burgett

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- How have you seen infidelity ruin your world or other people's worlds around you?
 - Where in your life do you search for significance and competence the most? Why do you think as a man these desires are so strong for us?
 - In your relationships, is there a part of you that you hide from the people that matter most?
 - Thinking of your last answer, what can you do this week to tell the person that is closest to you about what you are hiding? Try and do that this week!