

# Establishing Marriage Guardrails

A guardrail is a system designed to reduce the risk of serious accidents and acts as a safety barrier to keep vehicles from straying into dangerous areas.

Establishing guardrails in our life, will keep us safe from potential danger and shame.

Refusing to put guardrails in place only move us closer to the danger zone.

Our appetite to **know** more, **feel** more, **experience** more and to **have** more creates in us a hunger to go beyond the limits.

Every **desire** that we **feed** will require a guardrail.

This is particularly true when it comes to our desire for sexual intimacy.

**But why?**

**1 Corinthians 6:18-20** (nlt) **RUN from sexual sin!**

*No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.*

<sup>19</sup> *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself,*

<sup>20</sup> *for God bought you with a high price. So you must honor God with your body*

## 4 ways to affair-proof your marriage

### 1. COMMIT to being faithful.

**Hebrews 13:4** (tev) *Marriage is to be honoured by all, husbands and wives **must be faithful to each other**. God will judge those who are immoral and those who commit adultery.*

**Proverbs 5:15** (gnb) *Be faithful to your own wife and give your love to her alone.*

**Proverbs 22:14a** (gnb) *Adultery is a trap...*

### 2. Understand the CONSEQUENCES

**Proverbs 6:32** (nlt) *...the man who commits adultery is an utter fool, **for he destroys himself**.*

The **price** isn't worth it, spiritually, emotionally or relationally.

**Proverbs 6:26** (gnb) *Adultery will **cost a man all that he has**.*

### 3. MAINTAIN your Marriage

Dr. Harley author of '**His Needs, Her Needs**' identified the top five needs of most men and the top five needs of most women.

MEN	WOMEN
1. Sexual fulfilment.	1. Affection. <i>(non sexual touching)</i>
2. Recreational companionship	2. Conversation.
3. An attractive spouse.	3. Honesty and openness.
4. Domestic support.	4. Financial support.
5. Admiration.	5. Family commitment.

One of the areas of **conflict** in marriage is in the physical (*sexual*) relationship.

**1 Corinthians 3:7** (gnb) *A man should fulfil his duty as a husband and a woman should fulfil her duty as a wife, and **each should satisfy the other's needs**.*

**1 Corinthians 7:5** (ph) Do not **cheat each other** of normal sexual intercourse, unless of course you both decide to abstain temporarily to make special opportunity for fasting and prayer. But afterwards you should resume relations as before, or you will expose yourselves to **the obvious temptation** of the devil.

## Install Safeguards!

**Malachi 2:15b** (gw) ...**be careful** not to be unfaithful to the wife of your youth.

- Never find comfort** or a listening ear from the opposite sex when you are having difficulty in your marriage.
- Allow your spouse** to view your device whenever they choose too.
- Never flirt.** Flirting is an expression of interest and it is out of bounds once married.
- Recognise and keep clear** of the situations that stimulate or tempt you.

**1 Corinthians 10:12** (tlb) So be careful! If you are thinking, 'Oh, I would never behave like that - let this be a warning to you. **For you too may fall into sin.**

## 4. MAINTAIN proper Relationships

There is a process that leads to an extramarital affair.

### i. Entertaining Lustful Thoughts.

**James 1:14-15** (tlb) Temptation is the pull of a person's own evil thoughts and wishes. **These evil thoughts lead to evil actions, and afterwards to death.**

**2 Timothy 2:22** (ph) **Turn your back on lustful desires** and give your positive attention to goodness, integrity, love, and peace.

### ii. Emotional Attachment. **Son of Solomon 8:6a** (tev) **Close your heart** to every love but mine

### iii. Physical Involvement. No explanation needed here.

### iv. Rationalising the Affair. We can talk ourselves into anything if we want too.

**Jeremiah 17:9** (nlt) The human heart is **most deceitful and desperately wicked.** Who really knows how bad it is?

### 1. Acknowledge Sin.

**Psalms 51:1-4** (gnt) God, be merciful to me because you are loving. Because you are always ready to be merciful, wipe out all my wrongs. <sup>2</sup> Wash away all my guilt and make me clean again. <sup>3</sup> I know about my wrongs, and I can't forget my sin. <sup>4</sup> You are the only one I have sinned against; I have done what you say is wrong. You are right when you speak and fair when you judge.

### 2. Ask Jesus to forgive you.

**1 John 1:9** (ncv) But if we **confess our sins**, he will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done.

### 3. Forgive Yourself

**Romans 8:1** (niv) Therefore, there is now **no condemnation** for those who are in Christ Jesus.

### 4. End the relationship immediately.

### 5. Consider making the following two commitments.

**Commit** your life to Jesus Christ and to His ways for living.

**Commit** to not have sex outside of marriage.