

# MARRIAGE GUARDRAILS

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

*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.*

Every desire that we feed will require a guardrail.

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

## 5 Ways to Affair-Proof Your Marriage

*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.*

**Adultery:** Having a sexual relationship with another when you are married.

**Fornication:** Having a sexual relationship with another when you're not married.

### 1. Commit to God's Standards

God has placed boundaries around sex to ensure marital pleasure and not betrayal.

*Psalms 119:9* How can a young man keep his way pure?  
By living according to your Word.

*Exodus 20:14* You shall not 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* The one who commits adultery is an utter fool for he destroys his own soul.

If we cross God's boundaries regarding sex, shame, guilt and brokenness will result.

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

## **3. Maintaining a Healthy Marriage**

*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.

A key area of conflict in a marriage can be in the sexual area.

*1 Corinthians 7:5 (ph)* Do not cheat each other of normal sexual intercourse ... or you will expose yourselves to the obvious temptation of Satan.

Introduce 'safeguards' into your marriage.

*Malachi 2:15b Guard yourself in your spirit, and do not break faith with your wife ...*

- **Never find comfort** from the opposite sex when you are having difficulty in your marriage.
- **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 us.
- Allow your spouse to view your mobile etc whenever they choose too.

## 4. Manage Your Minds

People don't just fall into immorality. There is a process that leads to immorality:

- **Entertaining sinful 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.*

We need to take responsibility of our thought life.

- **Emotional attachment**

*SOS 8:6a Close your heart to every love but mine...*

Warning! Warning! Warning!

- **Physical involvement**

No explanation needed – just don't go there!

- **Never justify adultery or fornication**

We can talk ourselves into anything.

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

## **5. Minimize Opportunities**

*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.*

## **PATHWAY BACK TO RESTORATION**

- **Acknowledge your sin**

David did this when he committed adultery.

*Psalms 51:1-4 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. <sup>2</sup> Wash away all my iniquity and cleanse me from my sin. <sup>3</sup> For I know my transgressions, and my sin is always before me. <sup>4</sup> Against*

*you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.*

- **End the relationship immediately**

Take action immediately. Don't delay.

- **Ask Jesus to forgive you.**

*1 John 1:9 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.*

- **Forgive Yourself.**

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

- **Consider making the following two commitments**

Commit your life to Jesus Christ and His standards for living.

Commit to not have sex outside of marriage.