

## Immunize Against Infidelity: “Affair-Proofing” Your Marriage

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*Therefore, prepare your minds for action; be self-controlled...1 Peter 1:13*

*Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23*

- Never engage in flirtation. (the long look, too much eye contact, etc...)
- Use severe caution around the use of alcohol.
- Never confide details from your personal life to people of the opposite sex from work, and do not allow them to confide in you.
- Never allow yourself to have a “special friend” of the opposite sex to whom you turn for support.
- Always be able to give your spouse access to your cell phone, email, facebook, myspace accounts, & twitter, etc...
- Be friends with couples whom are happy and well grounded.
- Trust each other’s intuition regarding with who you and your spouse are comfortable around.
- Have a plan; know what is acceptable and what is not concerning lunch dates, phone calls, friends, etc...Talk, talk, talk, about it.
- Spend time together. Date your spouse. Absence only allows opportunity.
- SEX. It’s been said that sex is the glue that keeps a relationship together. Do it lots. Keep the bedroom exciting. Do not keep yourself from your spouse; honor each other in this way. Communicate about any unresolved issues with intimacy. Do not allow either of you to become unfulfilled in this area.
- Make a decision between you and Jesus to be absolutely faithful to your spouse at every level (physically, emotionally, relationally, and spiritually). Put a safety net around yourself that declares you are “OFF LIMITS”!
- Examine your current relationships to determine if any of them are inappropriate. Pray for wisdom and discernment. Even if some of your relationships are not a temptation to you personally, they could be a temptation to others involved.
- Commit to continually challenge your marriage to growth (through mentorship, seminars, prayer and devotionals together, etc...)
- Beware of what you are watching and reading that may tempt you to live in a fantasy or to have unrealistic expectations for your spouse.
- Find a safe person of the same sex to be able to discuss temptations with.
- Talk about safeguarding your marriage from affairs on a regular basis.