

Affairs-I still have feelings for the other man

What If I Still Have Feelings for the Other Man?

Dear _____ and _____,

I believe feelings of love (not the decision to love that is expressed by the Biblical word agape) come from an initial infatuation about some characteristic (s) one sees in another person. Once that fire is kindled it is a simple thing to lay more wood on the flames by thinking charitable thoughts about that person. When one adds the experiences that a couple may then have ie kind words, deep, rich conversations, fun adventures, sexual intimacy, etc. a person has set a full grown forest fire.

It is my opinion that those flames, left unattended, will eventually burn out completely for lack of fuel. You have stated honestly, _____, that you still have feelings for Bill. That is fine and actually quite normal. But, it doesn't need to be mentioned again. You have chosen your husband and he has chosen you. Do your best to cease from thinking about Bill (take your thoughts captive.) Ask God to help --- He will. Diligently think about all of your husband's great characteristics and all the great times you have had together. Think about the wonderful kids you two have produced. Speak kind and encouraging words. Engage in deep, rich conversations. Experience some adventures. Enjoy great sex. Build a big fire!

I hope this helps.

Love you both.

Fred