

Angie's Marriage Column ~ December 16, 2009

I Forgave, But Now My Husband Won't Talk to Me

Ask Angie: I forgave husband of infidelity and adultery now he won't talk to me nor sleep close to me; what am I doing wrong?

Marriage Guidance: How can forgiveness be wrong? Forgiving others their trespasses against us is always the right thing to do, even if they continue trespassing against us. "Forgive us our trespasses as we forgive those who trespass against us". All you can do is *your part* in the marriage and it looks like you are attempting to do that by forgiving your husband. You didn't tell me if he has repented of adultery or not so I can only speculate that he has not.

Let's talk about ways in which we can heal ourselves and [restore marriage](#) after adultery.

Make God First in Marriage

When we put God first in our life, above everything else, we are doing what we should be doing in the Lord. Other people's behaviors and actions are not anything we can control. Until you actually talk with your husband, you may not know why he is not talking or sleeping close to you. His conscience is most likely giving him some hard-hitting emotions as well, such as guilt, shame, frustration and confusion.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

We can control our own behavior and actions by giving our negative feelings to God and letting Him guide us in His ways. Adultery hurts. It's not something that can be made better in a short period of time, in fact, without Christ in our marriage and His principles set upon our hearts we may never heal from adultery...but only carry our burdens into another

relationship. This is not what we want—we want to be healed from our sins and not be tempted by them ever again, right? Let's read on.

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. (Psalm 32:8)

Marriage needs a firm foundation and the couples in the marriage need to heal from the sin of adultery. It takes both husband and wife *to do their part in the Lord* for healing and restoration to take place. You are on the right track as far as [finding forgiveness in your heart](#).

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the LORD forgave you. (Colossians 3:13)

Repentance

Your husband [needs to repent and truly feel remorseful](#) for what he has done to you and to God. We can't just superficially repent of our sins and think everything is going to be ok. It doesn't work like that. Some people only repent because they got caught and now want to look righteous and holy to others, but God KNOWS OUR HEART.

[True repentance involves not only remorse for what we have done, but also a turning away from the sin and NOT being a slave to sin any longer.](#) We all sin, but Christians are not to be slaves to sin. The reality is if your husband does not turn his life around and seek God for His life, he will be trapped within his selfish desires to sin. In other words, he won't have a way out. Christ is our way out!

For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin—because anyone who has died has been freed from sin. (Romans 6:6-7)

Without Jesus Christ (Holy Spirit) in our lives we are not complete people. We need God to live the righteous life we were meant to live! Even so, we will never be perfect people and will still have moments of weakness and

sin in our lives. The difference is we will not be in bondage to sin any longer—we can run from it and not allow it to become a part of who we are.

They went out and preached that people should repent. (Mark 6:12)

Our book, [Adultery Pandemic: Healing Ourselves and Restoring Marriage](#) guides couples through the process of healing from adultery. I talk about the importance of forgiveness, but I also stress how believers handle their problems on a different level and through a different perspective than those who do not have the support of Christ for their marriage.

Believers should not handle their affairs like the masses do, who delight in revenge, unforgiveness and divorce. Divorce is rebellious and harmful to everyone involved, even if you don't think so at the time. Divorce looks like the right move to make at the time, but it never is. Why do you think God hates divorce so much? Could it be because [He made us ONE FLESH with our first husband or wife?](#)

Check out our new eBook called the Permanency of Marriage on the home page of [Heaven Ministries](#) that talks about the teachings of Jesus Christ on Divorce and Remarriage—this is a free eBook that you can download right onto your desktop. Hard copies available upon request.

Accountability

Accountability is a must in marriage. Without accountability you would never be able to [trust your spouse](#) again. Who are adulterers accountable to? Are they accountable to their spouses? What about God? The truth is we're all accountable to God, even non-believers! How can this be? God is our Father who created everything in the world and He provided us with the ability to make choices. Unbelievers can do whatever they wish in this short life, but God is watching. God knows what's in our heart and that is what's important.

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. (Hebrews 13:4)

Responsibility

The biggest disadvantage I usually come across from couples in marriage is their [unwillingness to take responsibility for “their part”](#) in the marriage. They don’t want to change themselves because they’re too busy [trying to change the person they married](#). Couples focus too much time and energy on what each other is doing, or not doing rather than on themselves.

Essentially couples want to be responsible for one another but not for themselves. How discouraging. Don’t worry if your spouse is not doing what you think they ought to be doing—give them a little bit of breathing space and then come together in prayer and [communication](#). Give up the urge to control the behaviors of others and work on what you can control in yourself.

We need to [heal our wounds](#) and learn to give our problems over to God so we can be better marriage partners, but a wife can’t heal her husband—she can’t repent for him. A husband can’t heal his wife—he can’t make her forgive and trust him again. The healing process is God’s job!! But if we aren’t letting God go to work in our life how can we heal? This is how we take [responsibility](#) for ***our part*** in the marriage.

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28)

Healing from adultery takes repentance, accountability, forgiveness, trust, responsibility and commitment. [Adultery Pandemic](#) guides you through the healing process and to marriage restoration. Below is chapter 21 from Adultery Pandemic. To see all of the chapter preview and introduction of Adultery Pandemic, [click here](#).

I love it when I receive testimonies like the one below. I usually receive these kinds of emails once or twice a month, and it totally makes my day because someone in the marriage decided to humble their lives to God and GIVE UP control of something that is out of their control! And that right there is how we choose to work on marriage. Once you read this testimony you will see what I mean. You can do this too; with the right attitude and trust in God all marriages can be restored.

A Reader's Question: *Hi, I came across your site, Heaven Ministries while in anger after my husband informed me he wanted a divorce. I believe now that God wants me to fight. My husband and I have six very young children-4 months-9-years; I do not want my children to go through this. My husband had affairs and confessed to me three years ago. It was hard but I forgave him but I couldn't forget and brought it up now and then. I feel like a knife had gone through me. I am hurt, angry and do not really know what to do because I know my actions will affect six innocent lives. How does one deal with these feelings or what should I do?*

My Response: First of all I want to say how sorry I am for the suffering you are going thru in your marriage. If your husband wants to leave the marriage there is not much you can really do about it. But you can let him know that you love him even though he has sinned against you in the marriage, and that you would like to learn to forgive him and restore the broken marriage. If he still does not want to do that, then what can you do? Your husband is an unbeliever, and you can't tell him what to do, and you can't change him, and you can't make him stay if he wants to leave. You are out of control of this situation.

Our Ministry helps couples that are willing to work on their marriage and repair the broken segments by basing their marriage upon God's design for marriage. Your husband has totally upset the balance of your marriage by continually sinning against it and it sounds like to me he is not ready to repent of his offenses and ask God for forgiveness. So, in that respect, you can only work on YOU. What I mean by that is take care of you and the

children. Do what you can do to make sure that you and your children have peace of mind and contentment.

If your husband is not willing to turn his sinful lifestyle around then it is best that you have nothing to do with him. He is in direct rebellion to God and why should you be put thru such hardship and pain because of your husband's indiscretions? Learn to detach from his sinful behavior and not make his sins a part of whom you are. This is basically out of your control; so don't waste your time trying to control what is out of your hands. God says in scripture that if the unbeliever wants to leave, let them leave. God does not want you to undermine your own beliefs in the Lord for the sake of an unbeliever. Do you understand what I am saying here? Stay focused on Christ right now. That is where you will get your answers. God will help you if you ask.

So with all of that said, I'm asking you to get your bible and pray about this, ask God what you can do for yourself and the children to bring peace of mind for all of you. Stop focusing on that your husband wants a divorce, but focus on maintaining some sort of family life for you and the children. Don't give up on life and happiness because your husband is stuck in a trap of sin. Be a "light on the hilltop" for your husband to see the goodness that resides in you. This is how we influence others to change and turn their life around. We do it by walking with Christ and being a good example for others. Your children really need that right now, so I believe that is your purpose as a mother is to make sure your children are going to be well taken care of and that you will take care of yourself, not letting your husband's unbelief and sinful lifestyle get in the way of that.

I would like to continue giving you support and encouragement during this trying time in your life, so you may email me at anytime if you have any questions or just need some encouragement. I will be praying for you and your husband. You never know how God may work in your life. So stay focused on God always praying for the answers and He will give them to you, and your husband may turn his life around and be the husband God wants him to be.

Her Follow Up Email: *I followed your advice and just concentrated on being happy and making the children happy. For almost a month now I have*

moved my focus away from divorce and what my husband is up to. I have just been praying with the kids and we are just having a good time together. Somehow my husband has stopped mentioning divorce and makes an effort to spend as much time as possible with the kids. I know it's God's hand at work.



So you see, choosing to work on your marriage takes willingness and effort. Couples either want to work on the marriage, or they don't, it is really that simple. Sometimes you might talk yourself out of staying married and look for reasons "why" you should not work on the marriage. But all marriage issues can be dealt with in a positive light when both spouses put in the willingness to do so. It's called "giving in", "listening", and then being understanding of each other on particular issues and, or feelings each spouse cares about.

We all need some kind of inner healing first so we can be better marriage partners. You cannot heal your spouse; you can only be a part of their healing. In the same way, your spouse cannot heal you; they can only be a part of your healing process. Therefore, it is our responsibility to work on what we can about ourselves rather than focus on changing our spouse or placing blame on them. Wouldn't you agree? This is how you choose to work on your marriage by choosing to work on yourself and doing what you can to make the marriage better.

Above all, love each other deeply, because love covers over a multitude of sins. (1 Peter 4:8 NIV)

In Christ,
Frank and Angie
[Heaven Ministries](#)

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