

Angie's Marriage Column ~ July 28, 2010

How to Cope with Husband's Infidelity

Ask Angie: Angie, I read your marriage column dated June 16th. I can stop trying to manage his infidelity because it is so all consuming. However, the sadness and hurt I feel when I know he is with someone or texting or talking...how does that stop? It hurts to know your husband wants to be with someone other than you although he still wants his marriage. How does one stop feeling hurt?

Marriage Guidance: Please share this marriage column with anyone who needs it.

Your husband is very confused about his place with God; therefore he does not know what his role and purpose is for marriage. Before we can have healthy marriages and see the blessings of God in our marriage we need to personally get right with God and get the inner healing we need. How can we love each other, as Christ has taught when we do not even love ourselves?

You are married to an unbeliever. Unbelievers have no idea they are hurting their spouse with their actions and behavior because they are so concerned with their own needs. You see unbelief is selfish attitude and living and anyone who is still behaving in their marriage to "please self" does not love God. Without first accepting Christ, loving God and obeying the standards set by God we can only be what mere men make themselves to be—selfish and rebellious to the truth and knowledge of Jesus Christ.

Sometimes, not all the time, both spouses are to blame for behaving disrespectful with each other. One way they do this is through the acts of infidelity. For some reason, probably with the evolving of this depraved society, most spouses believe it is ok to flirt with, talk with, and be touchy with the opposite sex—but it's not ok. This is emotional adultery! It is wrong and gives the impression that you are available. But are you available? Or are you married in a lifetime commitment with your spouse?

Angie and Frank touched down on this issue in this video. Flirty and touchy with co-workers. http://www.youtube.com/watch?v=PE0SuoVx_AA This is very hurtful and harmful to the sanctity of the marriage. Angie and Frank even go into a little debate in this video. Here is our video on [Emotional Adultery](#).

What is adultery? Adultery is unfaithfulness in your marriage and it starts with our attitude because we are not committed to our marriage. If we are unfaithful in our attitude it will surely come out in our actions sooner or later. Adultery is more prevalent than you think, especially since the advent of the Internet and that of married couples doing things separately from each other. Principle dictates that married couples should not even have separate social networking accounts. **All passwords on the Internet, from email to forums, to memberships to [social networking sites](#) should be common knowledge and shared among couples.** They should be posted right next to the computer. Married couples should be accountable to each other in every which way! Will this stop a spouse from committing adultery? No, but it will teach [accountability](#)—something that couples now a-days think they do not need.

[God designed marriage](#) for couples to share in the intimate, spiritual, emotional and physical aspects of marriage **with each other**. But when one or both spouses go outside the bounds of marriage, whether it is flirting with, or talking to, or wearing revealing clothing, they are harming the marriage considerably. Emotional adultery is just as bad as physical adultery in many ways.

Not only is it disrespectful to one another it is disrespectful to God and His Creation and the command to “**love others as yourself**”. ([Matthew 22:39](#))

We cannot tell someone to change their behavior and we can't really teach people how to morally live their lives because THEY have to choose these things for themselves, otherwise it will be done in vain or out of resentment. But we can encourage others through our own behaviors. [We can be an example of Christ working in us](#) through our actions. We are accountable to God and we need to pray about our own conduct and behavior.

Ask yourself, “What am I doing that is not pleasing to God?” And then try to change for God, not for anyone else, but for God. What am I doing that is

wrong or immoral? And change that too. If we sincerely ask God to empower us with the Spirit of Christ then we will be given the ability to lead pleasing lives for Him. If we are living our life to please God and not ourselves than we will be an excellent influence on others around us, especially those who live with us, such as our spouse, children, etc.

“In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity. Sound speech that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.” (Titus 2:7-8)

Communication between couples is not like what it used to be. Couples NEED to sit down and learn how to express themselves appropriately, without accusing, name calling, or emotional abuse. Just talk. Express yourself openly and honestly, but be nice! I believe that if you were to nicely talk to your husband about his behavior, letting him know that it hurts you, that he will at least not do anything to offend you in the home.

I can certainly understand your feelings and I know that you are hurting. It is perfectly ok for you to express yourself and your feelings to your husband. But we need to communicate ourselves in the proper ways. Screaming, yelling, nagging, behaving self-righteous, accusing, name calling, etc...none of these things will help this issue get resolved.

[You can't change your husband](#)—he has spiritual healing to do and that is something that he must do for himself. This is why I always say to wives, “take care of YOU, so you can then be an example to your husband in every which way. This is the biblical way for dealing with an unbeliever that we love. Live your faith for God in the home and all family members will see Christ at work in you.

“Ye wives, be in subjection to your own husbands: that they, if any obey not the word, they also may without the word be won by the conversation of the wives. While they behold your chaste conversation coupled with fear.” (1 Peter 3:1-2KJV)

God Bless!
In Christ,
Angie and Frank

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