



## Physical Affairs in Marriage

### Description

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## Physical Affairs as a Challenge in Marriage in Christianity

### Introduction

Physical affairs are a major challenge in marriage, especially in the Christian faith. The Bible is clear that adultery is a sin and that it should be avoided at all costs. This article will discuss the challenges of physical affairs in marriage from a Christian perspective, as well as provide some practical advice for couples who are struggling with this issue.

### What Does the Bible Say About Physical Affairs?

The Bible is clear that adultery is a sin and should be avoided. In the book of Matthew, Jesus says, “You have heard that it was said, “You shall not commit adultery.” But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” (Matthew 5:27-28). This passage makes it clear that even looking at someone with lustful thoughts is considered adultery in the eyes of God.

The Bible also speaks about the consequences of adultery. In the book of Proverbs, it says, “Whoever commits adultery with a woman lacks understanding; he who does so destroys his own soul.” (Proverbs 6:32). This passage makes it clear that adultery has serious consequences, both spiritually and emotionally.

## **How Can Couples Overcome Physical Affairs?**

The first step in overcoming physical affairs is to recognize that it is a sin and to repent. This means that the person who has committed the sin must confess it to God and ask for forgiveness. This is an important step in the healing process and can help to restore the relationship between the couple.

The second step is to seek counseling. A qualified Christian counselor can help couples to work through the issues that led to the affair and develop a plan for rebuilding trust and intimacy in the marriage.

The third step is to make a commitment to remain faithful to each other. This means that both partners must be willing to work on the marriage and make a commitment to remain faithful to each other. This can be a difficult process, but it is essential for the health of the marriage.

The fourth step is to practice forgiveness. This means that both partners must be willing to forgive each other for the affair and to move forward in the marriage. This can be a difficult process, but it is essential for the health of the marriage.

The fifth step is to practice communication. This means that both partners must be willing to talk openly and honestly about their feelings and to work together to resolve any issues that arise. This can be a difficult process, but it is essential for the health of the marriage.

## **Conclusion**

Physical affairs are a major challenge in marriage, especially in the Christian faith. The Bible is clear that adultery is a sin and should be avoided at all costs. Couples who are struggling with this issue should seek counseling and make a commitment to remain faithful to each other. They should also practice

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forgiveness and communication in order to rebuild trust and intimacy in the marriage.

It is important for couples to remember that God is always there to help them through difficult times. He is a loving and forgiving God and He will help couples to overcome the challenges of physical affairs in marriage.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. **Amen** If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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### **Quiz**

1. What does the Bible say about physical affairs?

- A. They are acceptable
- B. They are a sin
- C. They should be avoided
- D. They are a sign of love

2. What is the first step in overcoming physical affairs?

- A. Seek counseling
- B. Make a commitment
- C. Recognize it as a sin
- D. Practice forgiveness

3. What is the fourth step in overcoming physical affairs?

- A. Seek counseling
- B. Make a commitment
- C. Recognize it as a sin
- D. Practice forgiveness

4. What is the fifth step in overcoming physical affairs?

- A. Seek counseling
- B. Make a commitment
- C. Recognize it as a sin
- D. Practice communication

5. What is the most important thing for couples to remember when dealing with physical affairs?

- A. God will help them
- B. They should seek counseling
- C. They should practice forgiveness
- D. They should make a commitment

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

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## Discussion Questions

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1. What are some of the challenges of physical affairs in marriage from a Christian perspective?
2. How can couples work through the issues that led to the affair?
3. What are some practical steps couples can take to rebuild trust and intimacy in the marriage?
4. How can couples practice forgiveness in order to move forward in the marriage?
5. What role does God play in helping couples to overcome the challenges of physical affairs in marriage?

### **FAQs**

Q: What does the Bible say about physical affairs?

A: The Bible is clear that adultery is a sin and should be avoided at all costs. In the book of Matthew, Jesus says, “You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” (Matthew 5:27-28).

Q: How can couples overcome physical affairs?

A: Couples who are struggling with this issue should seek counseling and make a commitment to remain faithful to each other. They should also practice forgiveness and communication in order to rebuild trust and intimacy in the marriage.

Q: What is the most important thing for couples to remember when dealing with physical affairs?

A: The most important thing for couples to remember is that God is always there to help them through difficult times. He is a loving and forgiving God and He will help couples to overcome the challenges of physical affairs in marriage.

Answers: 1. B, 2. C, 3. D, 4. D, 5. A

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