

## GOING FURTHER – RESOURCES

*Before A Bad Goodbye* (by Tim Clinton)

*Confessions of an Adulterous Christian Woman: Lies That Got Me There; Truths That Brought Me Back* (by Lyndell Hetrick)

*Torn Assunder: Recovering From an Extramarital Affair* (by Dave Carder and Duncan Jaenicke)

*Unfaithful: Hope and Healing After Adultery* (by Gary & Mona Shriver)

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## MARRIAGE MATTERS POINTERS

A CHAIN OF EVENTS  
LEADING TO ADULTERY

A FOCUS ON MARRIAGE AT FELLOWSHIP



## A CHAIN OF EVENTS LEADING TO ADULTERY

Wayne Mack

It does not always happen the same way, but what follows is a common pattern. Part of leading people back into a reconciled relationship after adultery, and part of helping individuals not fall into adultery in the first place, is helping them see those steps which often result in sexual sin. These steps often go from adultery in the heart to physical adultery, or what we usually consider “actual adultery.” Each step has the built-in opportunity to move *towards the Lord* or *away from Him*.

If you are trying to work to heal from adultery, each of the steps you see below that apply to you may be part of your needed repentance. Or if you find yourself somewhere on this pathway, we are warning you for the sake of your marriage and your testimony of Christ, turn before it is too late.

1. Presence of internal and/or external circumstantial factors that begin to open the door.
2. Growing awareness of a particular person.
3. Time spent noticing, thinking about the person’s attractiveness – physically or relationally.
4. Unplanned, innocent meetings, contacts.
5. Spend time comparing with present mate.
6. Spend time thinking about personal unhappiness.
7. Planned, intentional contacts.
8. After occasion of natural interaction – seek other person out for conversation.

9. Continue fellowship with this person after others depart.
10. Increasing awareness of good feelings when you are with the other person.
11. Compare the way you feel about this person with the way you feel about your mate.
12. Compare the way you are treated by this person with the way you are treated by your mate.
13. Look for ways you can be with the other person for apparently legitimate reasons.
14. Exchange of seemingly or near-innocent forms of physical contact.
15. Escalates to embracing, perhaps an affectionate cheek peck and then to passionate kissing.
16. Experience struggles with your conscience.
17. Minimization or denial followed by rationalizing.
18. Desire for contact (relational and physical) with each other continues.
19. Actual sexual involvement.
20. Additional covert meetings.
21. Double life.
22. Others are suspicious and confront you.
23. Defensiveness, denial.
24. Truth revealed or exposed.
25. Decision time (1 of 3 choices)
  - a. Decide to continue the adultery and remain married
  - b. Make plans to separate or get divorce
  - c. Repent and seek to rebuild your marriage