

# Coaching: Marriage Matters



Week 33

## Unfaithfulness in Marriage

When you think of unfaithfulness occurring in marriage, what probably comes to mind is the act of one partner committing adultery and breaking the sacred bond of physical intimacy. While this is indeed an act of unfaithfulness, being unfaithful in a marriage can mean so much more than just sexual infidelity.

Actually, unfaithfulness in marriage is any act that undermines the covenant promise to be committed to working together for the mutual good of the partnership. It might be verbal or physical abuse, deceitfulness, addiction, carelessness with money, spiritual callousness, neglect, unavailability, or vindictiveness—these are all ways that unfaithfulness can creep into a marriage and rob the relationship of peace and joy.

It is statistically proven that Christian couples divorce at a rate similar to that of non-Christians. This is because marital unfaithfulness, in all of its forms, is prevalent among believers and nonbelievers alike and has the same effect on Christian couples as on non-Christian couples. Just because a couple is not committing adultery does not mean that either or both spouses are not being unfaithful in other ways to the meaning and intent of their marriage.

If an expanded view of marital unfaithfulness is accepted and applied, then couples can become even more focused on avoiding ways of speaking and acting that are not a good faith effort to build up and support one another.

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## Some Things to Do This Week

Day 2: Reflect on the message and scripture reading; journal if you like

Day 3: Pray for or meditate on what you think you need

Day 4: Discuss the message and scripture with your spouse

Day 5: Plan how you can best respond to the message

Day 6: Rest; don't think about the message or the scripture; listen in the stillness

Day 7: Recommit yourself to your marriage

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