



Elephants in the Room

Tackling the topics we don't like to talk about

Part 2: Adultery

What is adultery?

Adultery is infidelity, unfaithfulness, or “cheating” on a spouse by engaging in sexual activity with someone you’re not married to.

What does the Bible say about adultery?

1. Adultery is a type of sexual immorality or “fornication.”

Matthew 5:27-28

2. Adultery is a sin because it hurts you and others.

1 Corinthians 6:18

3. Adultery breaks the marriage covenant.

Matthew 19:9

How to guard against adultery:

1. Protect your heart.

Proverbs 4:23

Examine your input.

Think about your thoughts.

Be accountable.

How to guard against adultery:

2. Invest in your marriage.

Hebrews 13:4

Learn to communicate and resolve conflict.

Make sex a priority.

1 Corinthians 7:2-5

How to guard against adultery:

3. Create agreed upon, common sense boundaries with the opposite sex.

Ephesians 5:15

Know yourself.

**Limit time alone with
someone of the opposite sex.**

How to heal from adultery:

1. Figure out why it happened.

**2. Do whatever is necessary
to earn back trust.**

3. Re-learn intimacy.

4. Seek God together.



**Are you surrendering
your sex life to the Lord?**