

## WAYS TO STRENGTHEN FAITHFULNESS

*Being unfaithful is never an accident, it's a choice.*

If we can choose to give in to temptations, we can equally choose not to.

Instead of giving in to temptation, why not work on how we can **strengthen** our faithfulness to our spouse.

### 1. Understand Each Other

- a. If you and your spouse understand each other, then you will know **your place** in your marriage.
  - Your marriage won't be all happy and perfect.
  - There will be trials and misunderstandings.
- b. If you are weak and you only think about **getting even**
  - or that you don't deserve what's happening,
  - then you are very susceptible to being unfaithful.
- c. You'll see the "**what ifs**" of life and you will look elsewhere instead of focusing on how you can fix your marriage.

*That's the start of being unfaithful.*

### 2. Respect Each Other

- a. If you love and respect your spouse, can you really lie to this person?
  - Can you **endure** the pain you'll give your spouse
  - once you **commit adultery** or once you **start telling lies**?
- b. No matter what justification you have, no matter how small they may seem, a lie is a lie and it grows.

*Respect binds your marriage even when there are trials.*

### 3. Take Responsibility For Your Life

- a. If you are seeing that your marriage isn't working out, what do you do?

- Do you find comfort with someone else?
  - Play the blame game?
  - Or maybe ignore the need to fix your marriage and just look for someone to give you what you need?
- b. That won't work — **sooner or later**, you'll see how these actions can destroy your marriage.
- c. You have to know that marriage is for two people and both of you will need to work on it – **together**.
- d. If **you** don't have the courage to take responsibility, then don't expect **your** marriage to work out.

Each of us may have a different definition of what *faithfulness in marriage* entails, we might even be **experiencing** our own trials and tests of how faithful we are in our marriage.

You can be sure, there will be temptations in your marriage and most of the time these are the "**easy way out**" of **marital problems** or they can be the "**go-to**" solutions for some.

There are a lot of **reasons** and **excuses** why someone can't be faithful in their marriage, but all of these are still choices.

Remember your **vows**, remember your **dreams** and most especially — do your duty to be faithful.