

# AFFAIR RECOVERY JOURNAL PROMPTS & DEVOTIONAL



By April Truitt

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“The Lord is close to the broken hearted and saves those who are crushed in spirit.” Psalms 34:18

Dear One,

I know your heart is breaking right now and you have so many questions. I was once there too. It was a difficult journey, but I found hope and comfort in the presence of God.

Enclosed you will find topics about affair recovery, helpful advice, and experience that I hope will encourage you in your own journey. Professional counseling is highly recommended as I am not a trained professional. These lessons are just tools and experience from my own recovery. Each person's experience and story will differ.

You can do one lesson a week, or up to 3 a week. I encourage you to space out your journaling as some topics will take longer to process and time to consider in your healing.

If you are interested in my personal story of healing, my book “A Wife’s Recovery From An Affair: The Story of a Faithful God” is available on Amazon and where other books are sold online. Other topics and lessons can be found on my website [awifesrecoveryfromanaffair.com](http://awifesrecoveryfromanaffair.com) or [apriltruitt.com](http://apriltruitt.com)

Lord guard this precious heart. I pray You would comfort this reader giving them the strength and grace to work through the heartache. May they feel Your presence, hope and healing throughout their recovery.

Amen.

In Jesus Love,

April Truitt

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## Lesson 1: The Confession/Discovery

Hebrews 4:13 (NIV)

“Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.”

You just found out your spouse has been unfaithful. This may have come through a confession or by discovering this betrayal. The day of discovery will feel like the rug was pulled out from under you. Your image of the marriage has come crumbling down to a reality you do not recognize. It feels overwhelming. Life after the disclosure of the affair is forever changed.

You have a journey ahead of you—a journey you did not volunteer for. The last thing you want to do is pull on your hiking boots and approach this mountain. Shock is a very real experience in these first days. You may struggle with denial and want to crawl into a hole or bury your head in the sand. I wanted to pretend this wasn’t my life—not my marriage—but it was.

Give yourself grace. It will take time to process. I encourage you to find a verse to hold onto during this time. A verse that reminds you of an attribute of God. What does God promise to be for you? For me, it was His presence. Knowing He was with me and would never leave me was my greatest comfort.

Lamentations 3:28-33

The Message

**28-30** When life is heavy and hard to take,

go off by yourself. Enter the silence.

Bow in prayer. Don’t ask questions:

Wait for hope to appear.

Don’t run from trouble. Take it full-face.

The “worst” is never the worst.

**31-33** Why? Because the Master won’t ever

walk out and fail to return.”

**Questions to consider:** Did my spouse confess or was he caught?

Is my spouse repentant? What emotions am I feeling?

What scripture truth can I cling to right now?

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## Lesson 2: The Emotion of Anger

Proverbs 6:34 (NIV)

“For jealousy arouses a husband’s fury, and he will show no mercy when he takes revenge.”

Though this verse speaks above of the husband with reasons for jealousy, it can equally apply to the wife’s feelings. Something valuable has been taken from you. Your jealous anger shows that you rightly perceive the injustice of the broken marriage vow. For a Christian marriage fidelity is a requirement. It is appropriate to feel anger, and it is something you need to work through in the healing process.

We need to express anger appropriately. Murder is not an option, so how do we handle our anger in a healthy way? These are some things that were helpful to me: Kickboxing, punching bag, walking outdoors in fresh air, jogging, talking to a trusted friend, beating a baseball bat against a mattress, playing the drums, journaling, screaming.

In my experience, anger comes in waves. The hardest times I had controlling it were in closed spaces. Get space if you are with your spouse and the rage is building. Walk away if needed to cool down. One night, I felt so tempted to punch my spouse that I pulled on some shoes and left for a power run. I ran until the fury wore down.

Don’t be afraid to tell God how you feel. God understands the feeling of betrayal and anger. Judas betrayed Jesus. God was rejected by his people and witnessed their unfaithfulness to Him.

Jeremiah 3:12 (New Living Translation)

Therefore, go and give this message to Israel. This is what the LORD says: “O Israel, my faithless people, come home to me again, for I am merciful. I will not be angry with you forever.

Was God angry with Israel’s unfaithfulness? Yes, and at times, that anger was intense. But there is hope. He was not angry forever. Anger will come, but it is only a season.

**Questions to consider:** What is a helpful way for you to express anger?

Have you ever thought before of God’s experience with unfaithfulness?

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## Lesson 3: The Grieving Process

You have just experienced a death. There is a loss of security, trust, and the marriage you were familiar with. Like losing a loved one, there is a grieving process in affair recovery.

What are the stages of grief you may experience?

**Shock**—When you first learn of the affair, you may feel numb or detached from the situation. It may feel like it hasn't "sunk in yet."

**Denial**—Denial is the brain's way of spacing out or blocking your feelings of grief by allowing you to handle smaller chunks at a time.

**Anger**—This is a normal feeling that is necessary to process the loss.

**Bargaining**—You may ask "what if" or "if I had only done this or that" questions. At this stage, you may feel guilt, blame, or shame. Realize that since we cannot go back and change what happened, we need to keep moving forward.

**Depression**—Hang in there. Reach out to your support system. Pray, read scripture, and play worship music that can speak to your heavy heart.

**Testing**—You are figuring out the new normal and trying ways to move forward and cope.

**Acceptance**—Reaching this stage doesn't mean you are OK with what happened, but it does mean accepting what your life looks like now.

Psalms 56:8 (New Living Translation)

"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

### Questions to consider:

Have I experienced some of these stages of grief? Which ones?

What verse am I clinging to right now?

Do I have trusted people I can talk to and look to for support right now?

Am I able to cry? (This may be something that comes later. The ability to cry took a while for me. The denial stage may have delayed some of my feelings. I couldn't process it all in big chunks. I did need time to digest and focus on different pieces in smaller chunks.)

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## Lesson 4: Someone Help! Support

Ecclesiastes 4:9-10 (New Living Translation)

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”

Popular movies like Superman or Batman often portray the hero saving the day by flying solo. This is not an act I recommend following. We were not meant to do life alone. Left to our own thoughts and fears, we can feel isolated and overwhelmed. We just talked about grief in the section before. The bargaining stage for me was filled with shame and wanting to hide our marital situation from others. But by remaining silent and keeping to myself, depression got ahold of me. The hidden pain and hurt were bleeding out.

I’m not suggesting you use a loudspeaker to broadcast your life for all to hear, but I am saying you need a team behind you. Professional counseling is important for processing and healing work. Having a close friend, pastor, older mentor, prayer partner, or support group is invaluable.

You are about to get in the ring to fight. You are fighting to heal, understand, survive, save your marriage, or begin again. When boxers get in that ring, they can get worn down. They need a coach to help them block the punches, learn strategies, and a crew to rub their shoulders while encouraging them to get back out there.

Is your spouse willing to go to counseling with you? Even if not, *you* will benefit from talking with someone who is trained in affair recovery. Whether you choose to stay with your spouse or not, many things need to be processed with the help of a godly counselor to heal effectively, regardless of what your spouse does.

### Questions to Consider:

Have you reached out to anyone for support?

Is there at least one person you can trust to confide in?

Do you have godly people who can pray over you and give you Biblical wisdom?

In the illustration of the ring, what are you fighting for the hardest right now?

What verse is your fighting verse? The one that encourages you to keep going?

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## Lesson 5: How Much Do You Need To Know?

Once the initial shock wears off, you will start formulating questions. Do you know what the basic timeline of the affair is? Was it an emotional affair? Was sexual activity involved?

Each person will feel differently about needing to know certain facts of what happened during the affair. I knew about the timeline, who the other woman was, that physical and emotional relations were involved, how they had communicated, and that he had spent money on her. Though it is good to be aware of the main facts and timeline, I caution you to stop and consider before asking for in-depth details. There can be great pain involved if you wish to view pictures, intimate conversations, or ask for explicit sexual details between the spouse and other partner.

This is something I encourage you to pray about and think through before asking for more information. It would also be helpful to ask these types of questions with a counselor present. We need to know the basics to be able to walk through what needs to be forgiven, as well as rebuild trust. But requesting every detail can overload our hearts with unnecessary pain.

Ephesians 4:15 (New American Standard)

“but speaking the truth in love, we are to grow up in all aspects into Him who is the head, that is, Christ”

### Before asking a question, consider:

Is this piece of information important for me to know?

Is this question helpful, or could it invite unnecessary hurt?

Do I know the basic information needed?

Am I asking this out of curiosity or to compare myself with the other woman?

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## Lesson 6: Why? The Message in the Affair

One of the hardest questions to grasp is why? Your spouse may not initially be able to give a solid answer. With counseling, your spouse might be able to better express the root issues or reasons for straying. That is the Why. It is the message of the affair.

To understand why the spouse strays, we need to understand if there are things missing in the marriage. Did the affair partner provide a need for your spouse that was lacking in the marriage? Was your spouse trying to communicate their needs to you? And did you recognize those needs? Did you ignore them?

My spouse was involved both emotionally and sexually. The message of his affair was the need for emotional intimacy. My spouse found that in this partner. I hid from emotional intimacy and was also critical of my spouse. The affair partner affirmed him. Though our sexual activity was regular, I was often negative or put demands on sex.

Marriage is between two people. We each have a part to play and baggage we bring into the marriage. Your spouse is responsible for their actions. Infidelity is wrong, but we also must acknowledge our responsibility in the marriage. What atmosphere did we cultivate with our words or actions? What did we contribute that might have made the marriage unhealthy or encouraged our spouse to seek elsewhere?

This could be one of the hardest pieces to work through during a season when we are in great pain. But if we can be honest, humble before God, and willing to consider our part in the marriage relationship, there is room for the Holy Spirit to work.

Psalms 139:23-24 (NIV)

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

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## Lesson 7: The Worship Factor

Your life has just turned upside down, so you may not feel like singing songs or praising God. But did you know there is power in worship for healing? Worshipping God takes our focus off our circumstances and directs our focus to the One who is our Hope.

Why is worship important? It can lift our spirits during our deepest, darkest moments. In some of the Bible's most amazing stories of deliverance, God stepped in where worship came first. Even if your spirit is too overwhelmed to sing, listen. Song lyrics can speak truth, hope, comfort, and peace to troubled souls. Make a survival playlist of songs that encourage your soul and keep you going.

When we are in that pit and don't see a way out, worship invites the presence of God. It invites the Holy Spirit to do what we can't in our own power. In the Psalms, David's songs, were written in the thick of difficult situations. He cried out to God sharing his feelings and frustrations, but he ended the song with faith in God and remembrance of how God had provided before.

We may not feel much like praising or thanking God, but in these moments can we stop and see the blessings? Daily, what can we find to be thankful for? Gratitude is a posture God can work mightily with.

In those early days of recovery, I thanked God for the moment-by-moment that he sustained me. I thanked Him for His presence, for friends and support. I thanked Him for being my confidant and most importantly for being faithful. My spouse wasn't faithful, but God was.

Psalms 42:11 (NIV)

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”

### Questions to Consider:

What songs and scriptures lift you during this time?

What can you thank God for in this moment?

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## Lesson 8: Forgiveness

Forgiveness is a big piece of healing. Right now, it may seem absolutely impossible, but it is necessary. Forgiving someone doesn't mean that what they did was okay. Forgiveness is letting go of having to be their judge. Unforgiveness is a burden that will continue to snowball and make you bitter and angry, making it impossible to heal fully. Forgiveness truly frees you from clenching onto this burden.

If you have decided you are willing to try, that's the first step. The next step is to speak forgiveness or write it. When I prayed to forgive my spouse, did I truly feel forgiving? Did I feel ready to hold him in my arms and say, "Okay, I'm good. We're fine. Let's move on?" No, but it was the first step to verbalizing and choosing forgiveness.

Forgiveness is a choice, not a feeling. I chose to forgive, and I choose to do it again and again when the reminders and emotions come up. Forgiveness is a process.

What if your spouse is not repentant? Forgiveness will be even harder if there is no repentance. Counseling is advised, especially if the spouse is unwilling to apologize or repent. Forgiveness also doesn't mean restoration has to occur. We can forgive someone, but we do not have to allow them to have the same role in our lives as they had before.

Even if you and your spouse cannot reconcile to stay married, forgiveness will free you. There is no denying that this is a difficult thing to do. Jesus Christ poured himself out for others, and his closest followers betrayed him. He was abandoned by his friends and killed on a cross by people who had praised him and then turned on him. Jesus knows what it is like to forgive in the face of deep hurt.

All of us have sinned against God. No matter how we have sinned and turned away from Him, God has forgiven us. If we want to walk with Him, we have to be able to forgive others. This is something we can't do on our own. It requires the Holy Spirit's strength and power. If you are willing, that is when the Holy Spirit can work. He can use our weaknesses and give us the power to do the impossible.

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." Colossians 3:13 NIV

### Questions to Consider:

Are you willing to start the process of forgiveness?

Can you write out or verbally name the things you are choosing to forgive?

What has God personally forgiven you for?

Does it help knowing that forgiveness is a choice and not a feeling?

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## Lesson 9: Should I Leave or Stay?

This is perhaps the biggest decision to work through. Here is the good news: you don't have to decide today. In fact, if you are not in a dangerous situation, it is wise to take at least a month or two to think about it. If your spouse is repentant and willing to get counseling, consider giving the marriage six months to decide.

There are a lot of things to consider. Biblically speaking, the marriage commitment in God's eyes is permitted to end if a spouse is unfaithful. However, there is great evidence of God remaining faithful to his people even when they were unfaithful to Him. You may have years invested into this marriage, so is it worth saving?

**Start with prayer.** Ask for a humble heart that is surrendered to God's will. Pray for wisdom and His direction in your next steps.

**Make an assessment of your spouse**-Are they willing to go to counseling? Are they repentant? Have they given up the affair partner? Do you know the main facts and timeline of the affair, and were they honest in this disclosure? Are they willing to set boundaries and be accountable?

**Make an assessment of yourself**-Have you begun the steps of forgiveness? Are you willing to try and give the marriage six months if your spouse wants to work with you in healing? Have you identified things you have contributed negatively to the marriage that you are willing to work on, and correct? Who else does this effect? Do you have children in this marriage?

**Counseling and support**-Have you found a good marriage counselor? Do you have people around you encouraging you and your spouse to rebuild? Do you have godly friends you trust to give a neutral assessment of the strengths in your marriage and areas that need work? Do you have godly people who see dangerous patterns or things you do not see in your spouse or marriage?

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7 (NIV)

**God's Word is the final word.** If you have sought Him for direction in this decision, have spent time in prayer, the Scripture, with godly advisers, and have a spouse open to rebuilding, then you should have the tools to make a wise decision. Pray for the Holy Spirit to make your heart sensitive and open to God's answer on your situation. The decision will be difficult, whether we choose to leave or stay. Both require strength, forgiveness, changes, and rebuilding, whether together or separately. Pray for the peace of God which transcends all understanding. With His peace and the conviction that you are following His leading, you will have the confidence to move forward.

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## Lesson 10: Boundaries and Rebuilding Trust

The word boundary, limits, or confines can sound restrictive, giving a feeling of negative connotation.

Back in Bible days boundary lines on land defined possession. A sense of pride and belonging was felt with the inheritance of land. The Israelites were given area plots in the Promise Land. Some tribes, however, couldn't just settle the land immediately, they had to fight off enemies who were already there. Ancient cities were built with a surrounding wall to provide protection. If an enemy was able to breach the wall, they had access to defeat the city.

Through infidelity the enemy has breached the wall. If you and your spouse are trying to rebuild trust and protect against another breach, boundary building is necessary. Our world abounds with threats to our walls. As an ancient city could choose what to let through its gates, you have a *choice* to stop or limit what gets access to you.

The greatest influence in today's world comes through the web. Instant access to porn, hook ups, old Facebook friend connections, and various social media platforms can be overwhelming. Being accountable on social media is important, especially if the affair involved virtual communication or friendship through those means. These platforms need to be eliminated, or account access shared with the spouse who was betrayed. Willingness to give the betrayed spouse access to the offender's cell phone is also a sign of repentance and accountability. A wise practice is to have godly male accountability partners who can check in with the offender. Adding location sharing is also helpful in building trust. That way you are aware of your spouse's destinations.

If your spouse is willing to work on saving the marriage they need to learn the importance of rebuilding and upholding boundaries. In today's world we can't just guard against temptations of the *opposite* sex but *anyone* who is threatening the building, intimacy and exclusivity of your marriage.

Though *you* may not have cheated, be on guard yourself! I was hit with temptations after my spouse's affair. Angry emotions, looking for attention, wavering commitment, and craving revenge, I was in a dangerous position. I had to pray and focus on the fact God wanted me to stay in my marriage and rebuild. Overcoming bitterness and resentment, I too had to become accountable and cut away Facebook friends or distractions that were getting in the way of recommitting to my spouse and our healing.

We may not like boundaries but consider this. As we enjoy the warmth and glow of a bonfire the enjoyment and usefulness lie in its appropriate containment. Once a fire breaks through the boundaries it can destroy the house and anything in its path. Understanding the purpose boundaries provide enhances our enjoyment of the object we are protecting. It shows we value that relationship and are willing to guard it against destruction. As a couple, pray together and seek to make Jesus the center of your relationship. When He is the center, those boundaries become a way to glorify God in our marriage.

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“And I myself will be a wall of fire around it, declares the Lord, and I will be its glory within.”

Zechariah 2:5

## **Questions to Consider:**

Is my spouse willing to be accountable?

Have connections with the other woman or temptations been removed?

Am I willing to be accountable for temptations I am facing?

Is my spouse willing to get an accountability partner?

(Though it is good for your spouse to be accountable to you, for example sharing their google location, or giving you access to their phone...it will weigh on you to be the accountability partner. An older godly mentor, pastor or friend will be helpful to regularly contact them and ask the hard questions.

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## Lesson 11: Identity Check -Who Am I Without My Spouse?

I went through an identity crisis when my spouse separated from me. I had been a wife. I had been a lover. I had been a mother, and now, this role of being a spouse and lover was no longer wanted.

I felt lost and struggled with my worth and struggled with who I was without my spouse. People often introduce themselves by name and then follow with their job title. We often define ourselves by what we do instead of who we *are*. Who we are should reflect the core of our beliefs and values, not feelings. But the secret to an unchanging identity is one grounded on an unshakable foundation. That identity is found in **Whose** we are.

When we accept and believe what God says about us, we can rest in that truth. If we are in a relationship with Jesus Christ, we are a child of God. That's an identity that will never change.

In Jesus Christ, we are sons and daughters of the King. I encourage you to search the Scriptures for what God says about his people. We are loved. We are adopted. We are valuable in His sight.

Part of the identity crisis may come from years of marriage and the millions of thread connections made from being a part of each other. When God designed marriage, two become one. When they are separated, there is a tearing.

If your spouse does not want to reconcile, don't let this defeat you. God can still fill in these pieces that will feel empty for a while. When that spouse leaves, you will develop. Your role may change as a wife, but your identity in Jesus will never change.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Romans 8:38-39 (NIV)

### Questions to Consider:

What does 1 John 3:2 say we are?

What does Romans 8:17 say we are?

What does God say about us in Matthew 6:26?

What does Jesus call us in John 15:14-15?

If you are not a Christian but would like to know more about a relationship with Jesus, read the book of John in the Bible. We are all sinners in need of a Savior. Jesus paid the punishment we deserved with his own blood so that we could have a relationship with God and be forgiven of our sins. Anyone who admits they are a sinner and places their trust in Jesus for salvation will be

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saved. We become His children, and have access to the grace, hope, love, and peace that are found in Christ alone.

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## Lesson 12: Will The Tears Ever Stop?

Once the tears start, you may wonder if they'll ever stop. Just like anger, tears, and emotional sorrow can come in waves. Tears may seem like an inconvenience, but in the long run, they are a wonderful cleansing tool that enables you to grieve. If we heal properly, later on, those tears won't hold the same pain they do now.

You may be obsessing over the affair, constantly thinking about it. When will I stop thinking about this? When will this stop being my every thought, my every breath? Hang in there. It will begin to fade eventually.

Something helpful to me during this time was activities that were engaging and fun. I remember taking an exercise instructor training class. My mind was occupied enough that I was only able to think about the affair a few times during the day rather than every few minutes! It was a massive relief to have that break. Try to find some projects that you can work on that require you to **focus**. Consider ice skating, a class of some sort, volunteering, sports, arts, exercise, or anything that will refresh you and give you some distraction.

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.” Psalms 56:8 (New Living Translation)

### Questions to Consider:

When you have tearful outbreaks what comforts you?

Does your spouse grieve with you?

(not all men cry or show emotion that way, but it can be healing if your spouse is able to cry and grieve with you. Or are they willing to hold and comfort you?)

What activities help distract, so your mind has a chance to rest from grief?

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## Lesson 13: Triggers and Unpleasant Reminders

Over your course of healing and processing you will experience triggers and unpleasant reminders. This could be through finding items that have a connection to the affair or that time, meeting someone with the same name as the other woman, waking up from a dream of betrayal, love songs, memories, etc. These reminders will come, there is no way to stop them. But what is important is how we choose to handle them.

During my recovery I had several dreams that were painful and reignited doubts and fears. I shared these dreams with my spouse and with a friend. Talking it out was helpful. I also have awoken during the night from a dream about the other woman and chose to place my hands on my spouse and pray over our marriage.

Journaling was helpful dealing with triggers. I was able to look back and see the progress we had made and be encouraged to keep pushing through.

We can minimize some of the triggers by choosing not to listen to songs with depressing lyrics or watching movies that display infidelity. If you are able, get distance from painful places or reminders. When they cannot be avoided, work on your mental preparedness by praying through these situations, memorizing Scriptures that encourage you, and focusing on the growth you have come through.

Focus on making new memories. Some of my triggers were pictures that my spouse and I took during the timeline of his affair. They remind me of it and that he was not emotionally with me during that season. I can still look back on those pictures now years later without the same triggers or pain, but it does remind me.

After the confession we worked on making new memories and building our relationship with new experiences.

### Questions to Consider:

Have you been able to identify triggers that can be minimized or avoided?

What practice brings comfort and helps you through a triggered moment?

What new memories or experiences can you start building?

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## Lesson 14: Rebuilding One Choice at a Time

What does faithfulness and obedience look like today? In life lessons and trials, we will grow and be molded more like Jesus as we walk faithfully with Him.

Where are you right now spiritually? Where are you in the healing process? Mentally imagine a scale from 1 to 10. Where are you in your journey on that scale? If you identify a certain number, what is the next step?

How do you get closer to Jesus or build your faith more? Is it spending more time talking to God, reading your Bible, or giving Him those fears and anxieties? The choices we make daily, little by little, can have a great impact over time. Do your little daily decisions in thoughts, speech, and actions cultivate goodness? If you choose to stay with your spouse, you will need to invest in the marriage.

Marriage is like a garden. Thriving gardens that produce fruit take care and effort. Daily watering, cultivating, fertilizing, and pulling weeds are essential for plants to stay healthy and strong. Marriages with good soil have a foundation where the help and healing that was needed were sought and applied. That garden will continue to grow as long as it is faithfully tended to. However, plants can die if we don't water them or withhold their life-giving nutrients.

We live in a world of instant gratification. Life is not a sprint. Run, then done. Life is a marathon. It is a journey. Finishing a marathon requires persistence and endurance. Choose to put one foot in front of the other over and over again. We can become overwhelmed looking down the road and thinking, how can I do this in the long term? How am I going to make it through? Here's the secret. Focus on today. How can I obey You today, Lord?

What if reconciliation is not possible for you in your marriage? The question of what faithfulness and obedience look like today still applies. Are you surrounding yourself with good people who will speak life over you? Are you seeking healing for your own life? What is God calling you to do today regardless of your situation?

“Do not call to mind the former things, or ponder things of the past. Behold, I will do something new, now it will spring forth; will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert.” Isaiah 43:18-19

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## **Additional Resources I Found Helpful:**

Torn Asunder: Recovering from an Extramarital Affair by Dave Carder

Healing Your Marriage When Trust Is Broken by Cindy Beall

[Affairrecovery.com](http://Affairrecovery.com)