



IDMC
MOVEMENT

LIFE GROUP STUDY MATERIAL

STRONGER TOGETHER



SESSION #5

AFFAIR-PROOF YOUR MARRIAGE

LESSON AIM

To understand and equip believers to affair-proof marriages.

VIDEO LESSON

Link to video: https://www.youtube.com/live/Gt-wy_P3yA4?si=zxWuXHLJ6QKILIBF

SCRIPTURE READING

Exodus 20:14

14 “You shall not commit adultery.”

Exodus 20:14 ESV

INTRODUCTION

The Importance of Affair-proofing Marriage

Marriage is a sacred institution that faces constant challenges, and one of the greatest threats to its stability is adultery. God's commandment, *“You shall not commit adultery”* (Exodus 20:14), is not a restrictive rule, but a loving safeguard designed to protect families and preserve His glory in marriage. Adultery is an age-old problem that begins in the heart, as Jesus taught in Matthew 5:27–28, and it must be addressed in every generation. The Bible repeatedly warns against this because God values the sanctity of marriage and desires it to thrive. Therefore, couples must remain vigilant and intentional in “affair-proofing” their lives, understanding that faithfulness requires ongoing effort and commitment.

27 “You have heard that it was said, ‘You shall not commit adultery.’ **28** But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”

Matthews 5:27-28 ESV

A roadmap for affair-proofing your marriage involves three areas:

1. The Curse of Adultery – The Warning Ahead
2. The Cause of Adultery – The Wrong Turn
3. The Cure of Adultery – The Way Home

The Curse of Adultery - The Warning Ahead!

Adultery is described as a destructive curse because it violates God's command and undermines His covenant, destroys families, and defiles the sacred union of marriage. It denies true love by replacing selfless commitment with selfish desire, erodes faithfulness which is the foundation of both marriage and covenant with God.

"Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh."

Ephesians 5:31 ESV

Ultimately, adultery degrades individuals physically, emotionally, and spiritually, leading to broken homes, societal harm, and loss of personal integrity. In short, adultery corrupts relationships, dishonors God, and damages the very fabric of family and community life.

The Cause of Adultery - The Wrong Turn

Adultery often begins with subtle compromises that anyone can make, driven by five main causes: uncertain standards (lack of biblical convictions and cultural rebranding of sin), unrestrained sexuality (ignoring God's boundaries for sexual desire), unfulfilled desires (loneliness or dissatisfaction in marriage leading to vulnerability), undisciplined lifestyles (failure to guard eyes, habits, and situations that trigger temptation), and unconfessed sin (minimizing or rationalizing wrongdoing instead of repentance). These factors create fertile ground for moral failure, and when unchecked, lead down to a slippery slope, from innocent interactions to emotional intimacy and ultimately physical capitulation. To affair-proof marriage, believers must embrace discipline, biblical standards, and accountability. Amen!

The Cure of Adultery - The Way Home

The cure for adultery involves two key steps: preventative medicine and remedial medicine. Preventative medicine means guarding your spirit because adultery begins in the heart, not in a hotel room. Scripture urges believers to cultivate holiness and faithfulness in their inner life (Malachi 2:14-16).

Remedial medicine applies when failure has occurred. Look to the Savior for forgiveness, as Jesus demonstrated grace to the adulterous woman (John 8:11), seek a caring community that restores without condoning sin, and work toward reconciliation within a forgiving family through repentance and counseling. Ultimately, only God's help and the gospel can restore brokenness and empower believers to affair-proof their lives and marriages.

Affairs don't just happen, they follow a roadmap. But so does faithfulness. Guard your spirit, trust your Saviour, and affair-proof your marriage.

Reflection Question for Singles: Am I guarding my spirit now in singleness, so that I don't carry habits of compromise into my future marriage?

Reflection Question for Marrieds: What practical steps can I take this week to affair-proof my marriage and actively show covenant faithfulness to my spouse?

Reflection Question for Everyone: Am I truly guarding my spirit and my heart, or am I leaving doors open for compromise?

DISCUSSION QUESTIONS

Instructions for group facilitators: Every group is different. You may modify the discussion questions to suit your group and you do not need to use all the questions in the group discussion.

Question 1: Why does Scripture describe adultery as a curse, and which of the six consequences (defies God, destroys families, defiles marriage, denies love, derides faithfulness, and degrades people) do you think is most overlooked today?

Question 2: How does cultural influence and lack of biblical standards contribute to the causes of adultery? What practical steps can believers take to strengthen their convictions?

Question 3: Which of the five causes of adultery (uncertain standards, unrestrained sexuality, unfulfilled desires, undisciplined lifestyles, and unconfessed sin) do you think is most common in modern society, and why?

Question 4: When someone falls into adultery, what does true gospel-centered restoration look like? How can the church balance grace and truth in these situations?

Question 5: What practical habits or accountability structures can we implement in our personal lives and church community to prevent adultery and promote faithfulness?

Question 6: What role do community and family play in preventing or rebuilding trust after adultery? How can we create a culture of accountability and forgiveness?

NEXT STEPS

Reflect and make a personal commitment to guard your inner life and strengthen your marriage. Pray intentionally for your spouse (or future spouse), asking God to help you live faithfully and honor Him in your relationships. Finally, share your commitment with a trusted friend or group for encouragement and accountability, because faithfulness flourishes in community.