

## ➤ How to Regain Your Spouse's Trust After an Affair

**Trust is the belief that your spouse won't do anything to hurt you and will be honest with you. It assumes a level of care that forms a protective envelope around you.**

*Another thing you do: You flood the LORD's altar with tears. You weep and wail because he no longer pays attention to your offerings or accepts them with pleasure from your hands. You ask, "Why?" It is because the LORD is acting as the witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant. Has not [the LORD] made them one? In flesh and spirit they are his. And why one? Because he was seeking godly offspring. So guard yourself in your spirit, and do not break faith with the wife of your youth. "I hate divorce," says the LORD God of Israel, "and I hate a man's covering himself with violence as well as with his garment," says the LORD Almighty. So guard yourself in your spirit, and do not break faith. (Malachi 2:13-16 - NIV)*

## ➤ Steps for mate who lost trust

### 1. Stop lying and start being completely \_\_\_\_\_.

*Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. (Luke 16:10 - NIV)*

- 1) \_\_\_\_\_ provide the complete story from the very beginning.
- 2) Commit to \_\_\_\_\_ tell the truth moving forward.
- 3) In the aftermath of your infidelity, your spouse should be allowed to detail their \_\_\_\_\_ to you.

### 2. End the relationship with whom you cheated \_\_\_\_\_ with \_\_\_\_\_.

- 1) Be \_\_\_\_\_ and admit your guilt to your spouse even though it will be embarrassing.
- 2) Show the "break-up" \_\_\_\_\_ to your spouse or let them listen as you tell the other person(s).

### 3. Confess that your cheating was completely \_\_\_\_\_. *He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. (Proverbs 28:13 - NIV)*

- 1) Regaining your spouse's trust is about selflessly doing everything in your power to make your spouse feel \_\_\_\_\_.
- 2) Don't try to lay the \_\_\_\_\_ for cheating on your spouse, even if your spouse is guilty of making mistakes of their own in your relationship.
- 3) Avoid using \_\_\_\_\_ for your betrayal.
- 4) Don't be \_\_\_\_\_.
- 5) Compose a Written \_\_\_\_\_.
- 6) Read it \_\_\_\_\_ to your spouse.

*You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. (Philippians 2:5-8 - NLT)*

### 4. Answer your spouse's questions \_\_\_\_\_. *Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will speak the truth*

*in love, growing in every way more and more like Christ, who is the head of his body, the church.*  
(Ephesians 4:14-15 - NLT)

- 1) Your spouse is going to want lots of \_\_\_\_\_ and will ask questions about many things you may not wish to answer, over and over and over again.
- 2) She/he is struggling with what is \_\_\_\_\_ and what is a \_\_\_\_\_ concerning all those little things that did not add up while you were lying and cheating.
- 3) Know that your mate's questions about the other man/woman might actually reveal \_\_\_\_\_ in them caused by your cheating.

5. Be open, transparent and \_\_\_\_\_.

- 1) \_\_\_\_\_ your spouse to go with you to places you usually go alone.
- 2) Be aware that your phone, email, voicemail, and even things like bills may feel like possible \_\_\_\_\_ of secrets and lies to your spouse.
- 3) You must be accountable to your spouse AND to a more \_\_\_\_\_ person of the same sex.
  - Your life must become an “\_\_\_\_\_” at all times after the affair.
  - Your spouse and your accountability partner must be given the \_\_\_\_\_ to check cell phone calls and text messages, phone records, credit card slips, pockets, purses, personal email accounts and the websites you have visited.
  - Your spouse will also need to \_\_\_\_\_ where you are going, with whom and what you will be doing and if your plans change.

## ➤ Steps for betrayed mate

You have some choices to make:

- Do you want \_\_\_\_\_ or do you want a \_\_\_\_\_ with your spouse?
- Are you willing to \_\_\_\_\_ your mate to change? Allow them to re-establish trust? Or do you think they are unredeemable?

The steps are:

1. Remember, your spouse is not your \_\_\_\_\_.
2. Forgiveness is a \_\_\_\_\_, not just a feeling. Choose to forgive your mate.
3. Commit to open and honest \_\_\_\_\_.
4. For a while, you will need to talk and \_\_\_\_\_ with your spouse everyday – 15 minutes maybe – and check his/her cell phone, emails, etc

## ➤ Conclusion

*Now that you know these things, you will be blessed if you do them.* (John 13:17 - NIV)

## ➤ Couple Sharing

For Each spouse:

1. Which of the steps for you do you feel would be most helpful?
2. Which of the steps do you feel will be the hardest to practice?
3. Which of the steps do you think will have to be practiced the longest to have the desired effect on restoring trust?