

[Video, Singing] *"Well you're feeling broken hearted and your marriage is in strife, 'cause you could not keep your promise to not cheat on your wife. And your eyes began to wander and your heart began to stray and you wouldn't heed the voices that were telling you to stay. It's really a very simple affair, but it cuts you just like a knife... It's five easy steps to wreck your life."*

And today I'm going to give you 5 easy steps to wreck your life.

Satan's "how to" commit adultery

Question, how many plan on one day committing the sin of adultery? Raise your hands. Nobody? I'm glad to see that no one plans on committing adultery, because obviously you agree with the Ten Commandment that says, *"You shall not commit adultery."* Exodus 20:14

No one plans to commit adultery but according to the Journal of Psychology and Christianity, up to 65% of husbands and 55% of wives will commit adultery by the age of 40.

No one says, *"I plan on committing adultery"* but yet, according to the statistics, a lot of you will. Why is that? Well, a simple answer is that we have a spiritual enemy whose mission is to steal, kill and destroy everything that matters to the heart of God.

And one of the things that matters to God is the **covenant of marriage**. We have an enemy who is going to try to lure you into the sin of adultery. How does it happen? Satan seductively draws you in step by little step.

For example, it could start very simply with something we **watch on TV**. And a lot of shows glorify extramarital sex. We watch it and then rationalize it's no big deal.

Take popular shows; Like *"Sex in the City"*, or *"Desperate Housewives,"* and you ask yourself, is it really a sin to watch this? I mean everyone else does. Is it really that bad? It couldn't be that bad. **Step**. Satan has gotten you to take a little step.

Then one day you wake up and you think, my spouse is not really all that I hoped for and I'm a bit dissatisfied. Then I meet someone and *"Oh, they're fun and they make me happy and I enjoy being with them. It isn't really a sin to enjoy. Doesn't God want me to be happy? This person makes me feel good; it's not really a sin to look forward to being with someone."* **Step**.

And, step by little step, we cross a line. But the steps were so small and we were able to rationalize each one and we are not even sure when we crossed the line.

None of you plan to commit adultery, but just in case one day you do want to commit adultery, I am going to give you 5 easy steps to commit adultery.

One day you may think, **"Hey, I'm in the mood"** and you can pull out your old sermon notes and follow these steps, and wreck your life with the sin of adultery. Are you ready? Take good notes, you never know, you might need these.

Step number 1: Neglect your marriage. There are all kinds of ways to do this. You can start by neglecting yourself and let your body go, and take your marriage for granted.

I also recommend you find something outside of your marriage that you can give most of your energy to. It could be your business; a second job or a hobby. It could be something good; like your children. It really doesn't matter; just invest most of your energy into anything but your marriage.

Also, as you're neglecting your marriage, you want to avoid all intimacy. Don't share your heart, just kind of become roommates.

And then introduce a little pornography so that you can objectify your spouse and that is really helpful to step number 1 which is to neglect your marriage.

Step number 2, if you want to commit the sin of adultery, is: **Enjoy common interests and form an emotional bond with someone else.**

Neglect your marriage then find someone else to have an activity you do together, maybe a project at work, or a coed softball team or even a home Bible study group can work, you can find a person there.

When you do something you enjoy together, and you start feeling comfortable with that person, it's a good thing to **talk bad about your marriage**. You can even say, *"Would you pray for me, my marriage isn't doing well;"* that really works.

This is a good step, start to open up emotionally and then she will start to understand you or he will listen to you and maybe this person will respect you **unlike** your spouse. But the main thing is form an emotional bond with someone other than your spouse.

Step number 3: Anticipate your time together. Earlier I told you to neglect your body; now, you want to pay attention to it again. When you have found someone, you want to get back into the gym, do your hair, and put your make-up on, not for your husband. But, when you are around this other guy, look good.

If there is no reason to get together, **invent a reason**. Make up an excuse to be with this person.

Step number 4: Flirt whenever possible. Get creative. Ladies, the hair flip thing, I don't know why, but that is really good, just flip it back, flip it often; I mean that is a good thing.

Guys, you think flex the muscles, that doesn't work; instead be sensitive, leave little notes, *'I was thinking about you, how you doing?'* E-mail or texting works great. Just make sure you delete it later. Whatever you do, flirt, flirt, flirt; little touch, little back rub, a little inappropriate joke, whatever works, just do that.

Finally, step number 5: Make excuses and rationalize your actions. Tell yourself, well if my wife was meeting my needs, you know, then I wouldn't have to be looking elsewhere.

"Well, if my husband had a sensitive bone in his body, then I wouldn't have to, have this need met from someone else. This other person makes me happy; and I know God wants me happy."

Now, I am being sarcastic. You might be thinking, *"I've heard about these liberal churches where they do this kind of thing."* Understand I am being sarcastic.

Having been a pastor for a while now, there are many times I've seen people just like you, who never intended to commit adultery, get lured into something like a lamb to the slaughter as your spiritual enemy step-by-step leads you into something that is incredibly destructive and painful.

In Proverbs 5 Solomon is speaking to his son and he is giving fatherly advice, "son you have to stay away from the temptation of the adulterous woman." Basically the father is saying, son you have to do whatever it takes, because, sooner or later, this **temptation is going to happen**, you better be ready and do whatever it takes to get out of it.

Thought number 1: *'Son, do whatever it takes to radically reduce the risks, to stay far away from anything that would be tempting.'* Proverbs 5:8-10, the father, speaking of the adulterous woman, says, *'Keep to a path far from her, (don't flirt, don't get close, don't pretend like it is okay, don't even go near the door of her house,)* *"lest you give your best strength to others and your years to one who is cruel."*

"Lest strangers feast on your wealth and your toil enrich another man's house." Do whatever it takes to radically reduce the risk.' 'Keep a path far from her.'

Here is the **problem**, many times; we believe the line of sin is way over there with physical adultery. You think, *"Sure I'm kind of emotionally involved, and sure we kind of enjoy each other and sure I probably shouldn't spend time with him or her, but, we haven't gone all the way."*

But the line of sin is not way over there with physical adultery; it is way, back over here. Matthew 5:28: *"But I tell you, anyone who looks at a woman lustfully has already committed adultery with her in his heart."*

Keep a path far from her. Guard your heart, guard your eyes, guard your mind.' If you are married, here is a little test: If there was a video of all your interactions with other people, would you be proud for your spouse to see how you behave?

Are there things you wouldn't want them to see? This goes for singles also. If your behavior was videoed and shown to your future spouse, would they say that you were honoring in the way you acted today?

Are you cheating on the person you are going marry later on? Building your life on a foundation of sin. The father says, *"Keep a path far from her, do whatever it takes to reduce the risks."*

Here are 5 practical suggestions of how we can reduce the risk.

1. The first and most important is **Keep a growing relationship with Christ**. The reality is, if you are in God's Word and are being led by the Spirit, whenever you start to sin, the Holy Spirit is going to convict you.

And you will either back away, or if you do cross the line, you will repent and ask God to forgive you, because you are walking intimately with Christ. However, when you neglect your relationship with God, it is easy to cross lines that you don't even notice. Keep an intimate and growing relationship with Christ.

2. The second thing is **Never be alone with the wrong people**. Never be alone with the opposite sex or whoever the wrong people are for you, don't be alone with them, ever, ever.

In some businesses, it is okay for a man or a woman to go to lunch or to have a business dinner together alone. Just from appearances, how stupid is that? You are putting yourself in a vulnerable place. Keep a path far from her or him.

3. Never talk badly about your marriage with the wrong people. And this includes saying, *"Hey pray for me you know our marriage isn't doing that good and my husband just doesn't listen to me like you do."* That is totally inappropriate, you don't discuss your marriage in a negative way with the opposite sex.

4. Surround yourself with strong marriages. Now admittedly, if you're in a Christian marriage, you may have some other couples that you are helping. That you are encouraging and lifting up.

But, if all you have is a bunch of wild friends where all the woman trash talk the husbands and all the husbands go out to strip clubs and they are all having affairs with each other, how stupid can you be to surround yourself with that kind of friends? You need Christian friends who can strengthen your marriage and you do the same for them.

5. And finally, avoid all inappropriate places and situations. I don't know what that would be for you, but say you are on a business trip and everyone is going out for drinks and staying out late, don't go, that is just foolish!

Now, say you have a **Facebook** page and your ex-boyfriend contacts you and you say, *"Oh, we are just going to go out for lunch, we are just friends."* That is about as foolish as it gets. That person you had a crush on contacts you. You shut that door, you run, don't open that door.

You are at work and there is someone that you think is kind of cute, you like him. If you are feeling that, get out of that office. If you are in a situation where there is a potential, ask for a transfer into another department or you quit your job.

Now, maybe you are thinking, **"Man, like chill! You're extreme!"** But, I guarantee it is easier to find another job, than it is to find another mother or father to your children.

Do whatever it takes to radically reduce the risk. The father says keep a path far from her.

II. The second thing the father says is: Do whatever it takes to invest passionately in your marriage.

"May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer — may her breasts satisfy you always, may you ever be captivated by her love. Why be captivated, my son, by an adulteress? Why embrace the bosom of another man's wife?" Proverbs 5:18-20

Whenever the grass starts to look greener somewhere else, it's time to water your own yard! Invest in your marriage! He says, 'Why be captivated?' The word means to be captivated, to be enraptured, to be intoxicated, to be consumed; that is what you should be with the wife of your youth. Why have that with someone else?

I'm going on 52 years of marriage with Barb, And we are closer and more in love today and let me tell you why; because we have been working at it.

1. Let me give 5 ways to invest in your marriage. The first thing is get transparent. Open up and share your feelings and your heart. This is more natural for women so guys you have to work at it. I certainly did.

2. Second, Get alone. And, let me define what that is for some of you; that means no one else is there. Some of haven't been alone on a date in years. You have to be proactive about this.

3. Third thing: Get spiritual, pray, read God's Word. Join a growth group, develop one another spiritually. How is your spouse a better person, a better Christian for being married to you?

4. Get help. If you are in trouble, find Christian counseling, do whatever it takes to get help.

5. Finally I recommend you get naked! I'm not going to explain this to you. If I have to go into detail, you need more help than I can give you in a 30 minute message. Okay now, seriously, do whatever it takes to radically reduce the risks.

III. The third thing, the father says to the son, is: Basically, **do whatever it takes to visualize the potential destruction if you do go down this road of sin.** Visualize what it will cost you over the long haul.

Proverbs 5:3-5, *"For the lips of an adulteress drip honey, her speech is smoother than oil."* This is going to look more appealing to you than anything you have experienced in years; it is going to lure you. You are going to say, We are in love! This is an illusion, it is not real, it is based on lies.

Verse 4 says, *"The adulteress, in the end is as bitter as gall, sharp as a double-edged sword."* Verse 5, where do her feet lead? *"Her feet go down to death, her steps lead straight to the grave."* Where? Visualize it.

Men, picture sitting down with your children and saying, *"Kids, you know I love you, but here is why I can't live with you anymore,"* and tell them what you did.

Ladies, picture going to your mom and dad and saying, *"Here is what I did; kids, here is what I did."*

Your **children** would in a moment lose the respect and admiration they have for you. In a 15-minute time span you could destroy a lifetime of work. Visualize it.

Now, some of you may think, *“Okay, yeah, whatever. You don’t know, we are in love. He is going to leave his wife and we are going to be married happily ever after. You just don’t know, we are so in love.”*

Let me give you the stats. What percentage of people actually marry their forbidden lover? **Three percent.**

What percentage of those marriages end in divorce? 75%. So, what are the odds of you marrying and staying married to this person? Point .075 percent; less than 1%. Why? Because what you have is based on lies and deception.

It feels real, but it is not. What is real is at home and waiting for you. And, it may not be all that you want it to be, but you honor the covenant you made with God and you humbly repent and you do whatever it takes to make it right.

Understandably, all this is difficult, but In the middle of all of this pain, here is the good news, even when we are unfaithful, God is always faithful. No matter how bad we mess up, no matter how far we drift, his grace, his power, his goodness and his healing is always available.

Someone commits adultery, which is **Biblical grounds for divorce**. But, it is also Biblical grounds for forgiveness, healing and restoration. And what God makes new is often better than anything you ever imagined before. So, no matter what sin you are in, turn to God and let Him forgive, heal and restore.

Prayer: Lord, we ask that your Holy Spirit would do a work that only you can do. And Lord, I pray that as we continue to seek you, that with our confession and repentance we would experience hope and faith and forgiveness and healing and restoration. Lord, I ask that wherever there is sin, that Your truth would reveal it and that things would be brought to light where they can be dealt with. And I pray that whenever someone starts walking down these seductive steps that your Holy Spirit would stop them immediately.

And Lord, that they would repent and they would get help. And I pray for those who are in the middle of temptation or in the middle of actual sin, I pray there would be confession and repentance and that all dangerous and sinful relationships would be severed immediately. Lord, for every marriage that is struggling, I ask that they would submit wholly unto you, 2 people, honoring their covenant vows, and that there would be healing and transformation by the power of the risen Christ.