

In the last lesson we examined how we can lose joy in life because of our lofty expectations for life. Rather than looking to God for satisfaction, we often look to the things of this world to give us what we need for our self-image and self-esteem. Of course, we become broken when life does not go according to our expectations or desires. In this lesson we will continue to explore how we can find lasting joy which builds our hope on Jesus rather than ourselves.

We have the tendency to look for joy, happiness, and satisfaction in all the wrong places. Sexual immorality/adultery is a growing problem. Wives are tempted to believe that finding another man will bring the happiness longed for. Husbands are tempted to believe that finding another woman will bring them happiness. The scriptures are filled with warnings concerning what will happen to your life if you choose this path. The writer of the Proverbs gives pages of teachings concerning adultery. Read some of these passages below and write down what adultery will bring to your life.

### **Shattering Your False Image**

It is important that we break the fantasy that someone else would be better than the husband that we have. Television, movies, and books only promote the fantasy of an affair. But the writer of Proverbs shows us the graphic reality. Observe what the writer says will happen to your life if you choose to have an affair.

**1 Read Proverbs 5:1-14.** Write down what will happen to those who commit adultery:

**2 Read Proverbs 6:23-35.** What will happen to those who commit adultery?

**3 Read Proverbs 7:10-27.** What will happen to those who commit adultery?

## **Establishing Your True Image**

- 4 Read the following scriptures and write down what precautions you must take to keep yourself from committing adultery and help keep your husband from committing adultery. Write down some practical ways to do this at work, at home, etc.

**Proverbs 5:8**

**Proverbs 5:15-20**

**Matthew 5:27-28**

**1 Corinthians 7:2-5**

**Ephesians 5:33**

### **TRANSFORMATION:**

- 1 What steps are you going to take **today** to affair-proof your marriage?

You will not have better self-esteem or feel better about yourself by having an affair or divorcing your husband. Be determined to fix your marriage to the glory of God. Work with your husband to make practical changes that reflect godliness and you will see improvements begin to occur in your marriage.