

Help! My Spouse Committed Adultery

First Steps for
Dealing with Betrayal

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Your spouse was unfaithful. Those four words don't do justice to the horror and pain you are experiencing. Betrayal takes your emotions all over the map. One moment you are burning with rage, next you are overwhelmed with fear, and then you just feel numb. These are all normal responses to the horror of betrayal.

Adultery Tears You Apart

In marriage two people become one. The Bible describes this as being “one flesh” (Genesis 2:24). Adultery tears apart the special intimacy and trust between a husband and a wife. That's why people say things like, “My heart has been torn out.” Or, “I feel like I've been ripped apart.”

You're probably also feeling shame. You feel weak, exposed, and embarrassed by what your spouse has done. You would do anything to cover it up and get rid of your awful feelings. You (or your friends) may even have some good sounding reasons for denying your feelings. You may think

that because God is your refuge and strength you are denying your faith by expressing your pain. Or you may think your feelings move you away from the Christian goal of forgiveness. But it's a mistake to cover up or deny how you are feeling.

Give Voice to Your Betrayal

Don't be afraid to express what you are feeling. Let the words of David in Psalm 55 show you how to draw near to the Lord in the wake of betrayal:

My heart is in anguish within me; the terrors of death assail me. Fear and trembling have beset me; horror has overwhelmed me....If an enemy were insulting me, I could endure it; if a foe were raising himself against me, I could hide from him. But it is you, a man like myself, my companion, my close friend.... My companion attacks his friends; he violates his covenant. His speech is smooth as butter, yet war is in his heart; his words are more