



Old Man New Man – Infidelity/The Cheated

"Be still, and know that I am God..." Psalm 46:10

Polls show that although 90% of married people disapprove of extramarital relationships, statistics from a national survey indicate that 15% of wives and 25% of husbands have experienced extramarital relationships. The book *"The Monogamy Myth"* estimates that approximately 60% of husbands and 40% of wives will have an affair at some time in their marriage. God never meant for this to happen. What can the person who has suffered betrayal do to deal with the consequences of adultery? Let's talk about it.

1. Wrecker companies demolish old buildings. With dynamite in a matter of seconds an entire building can become rubble. Cheating happens in a moment, but the consequences could be as big as the demolition of a building.
 - a. Have you seen the consequences of betrayal in the life of a loved one?
 - b. How difficult was it for that person to go through it?
2. Dr. Palcan listed a number of feelings that the cheated experience. Men have a hard time talking about feelings, but when it comes to the experience of being cheated on the emotions will run high.
 - a. Emotions can go from Rage, to Fear, to feeling stupid or a fool, to feeling rejected and/or being totally blind.
 - b. Discuss where these feelings come from and what these do for the individual.
3. One of the things that the cheated need to remember is "who you are!" Your identity in Christ.
 - a. What would you say to someone experiencing betrayal that would remind them who they are?
4. The person that has been cheated on experience desires for revenge, for doing something about it. Read Psalm 46:10 and 83:1.

- a. It seems that these two verses say the opposite. What do you say about these verses? How do they complement each other?
 - b. Read Romans 12:17-21. What difference will this text make in someone's heart as they deal with betrayal?
5. With stereotypes of male emotions the pain can be especially hard to deal with, for the average man betrayal can be a tremendous blow.
- a. What can we do to help a friend that has been betrayed by his wife?
6. Dr. Palcan recommended that problems should not be "swept under a rug." Even the expression "men will be men," shows an acceptance of this painful behavior.
- a. She advises confronting this head on. What do you think about this counsel?

A betrayal can shatter even the strongest relationship. It leaves behind feelings of guilt and anger. Overcoming those feelings can be extremely difficult. The affair could be with a coworker, a friend, or a one night stand. Whichever way the affair happens the effect is devastating to your whole world, your security and your self esteem is shattered. Some of the initial emotions are described by today's guest as a tornado. If betrayal should ever hit in your life, or someone your love, keep in mind the following advice:

1. Remember your Identity- you belong to God and He loves you very much, it's never His will for these things to happen. Remember you're his son or daughter.
2. Avoid big decisions after the revelation- Avoid decisions that you may be pressed to make. Wait for the dust to settle before making life changing moves.
3. Talk to the cheater; Talk to your spouse about what's next in your lives-
4. Deal with the rage in healthy way- Don't obsess, but talk to a mental health professional or a caring, wise friend and always be careful which friend you choose.
5. Remember that you will heal; It will take time and many tears but you will heal. If your spouse is willing to work on saving the marriage then trust has to be rebuilt and your spouse must cut all contact from the third party.
6. Forgive- at first forgiveness will be intellectual- then with time Dr. Palcan shares how you will find peace once again. And finally and most importantly,
7. Trust God to meet all of your needs.

Remember that with God's help you too can overcome and be happy once again. You are God's special child and He loves you very much.

Pray with your group for those that have experienced betrayal asking God to bring healing to their hearts. Pray for the church that marriages would be strong.

Visit www.oldmannewman.com for more information.