

## The Starting Point: After Adultery

### The God of Hope-Turn your attention to God

1. Check the emotions you have experienced since discovering the adultery (attached page)
2. Write down any emotions that have surfaced
3. Read **Proverbs 4:23**
  - a. What instruction are you given concerning your heart?
  - b. According to this verse, why is this important?
  - c. How have you found this difficult?
4. Read **1 Peter 5:7**
  - a. What is the basis for giving your “care” to God?
  - b. Review the emotional responses you recorded above and commit each of these to God. Example: *“Lord, I feel so angry about \_\_\_\_\_ but I am giving this to you.”*
5. Memorize **1 Peter 5:7**
6. Read **Isaiah 26:3**
  - a. What does God promise to provide for the one whose mind is steadfast in its trust in God?
7. Commit yourself to pleasing God and make it your highest aim **2 Cor 5:14-15**

The Christian recognizes that “Christ’s love compels us...that those who live should no longer live for themselves but for him who died for them and was raised again.”

## **FEELING**

## **HOW EXPRESSED**

Rejection	“Why don’t you love me?”
Betrayal	“How could you do this to me?”
Despair	“It’s over”
Fear	“I will never be able to get through this”
Jealousy	“I can’t believe he picked her over me”
Regret	“I know I’ve failed. I drove him into her arms”
Relief	“I suspected it; I ‘m glad it is out”
Guilt	“What is wrong with me? This is my fault”
Shame	“I’m such a fool. Why didn’t I see this coming?”
Disgust	“You make me sick!”
Anger	“I hate you for this!”
Bitterness	“You will never hurt me again”
Revenge	“You will pay for this! I’ll hire the best attorney..”
Embarrassment	“How can I face my family, my church?”