

## a husband's sexual sins

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### Building a Healthy Relationship

**T**he devastation of sexual sin can be powerful. It easily tears marriages apart. But it can also be an opportunity to build a healthier and more intimate relationship. We know. We lived through Mark's sexual addiction with God's help and with the power of the Holy Spirit. Today, we are more in love than ever before. We would not have been challenged to do all the work necessary to say this if it had not been for what God taught us through crisis.

#### What can women do when faced with their husbands' sexual sins?

First, let go of black and white thinking. This is not about whether or not you have a "good" or "bad" marriage. It is not about whether or not you are an attractive or sexually available wife. It is not about the frequency or quality of sex in your marriage. It is not about whether or not your husband is a good man. Sexual sin is

dedicated to loving and serving you as the most beautiful woman in the



world. Have good courage. This is possible. We have seen it happen.

Our experience with hundreds of wives tells us that women are equally wounded by early life experiences and cope in a variety of ways. They, too, need counseling and support to understand the deeper desires of their hearts and learn how to express those in healthy ways to their husbands. Don't be discouraged by the fact that both of you have wounds and issues. We have found that these have given us the chance to be companions in our pain.

Even though we are different, we have both a common need for God and a mutual relationship with a loving Savior. We both equally long to be heard, to be affirmed, to be physically touched in healthy ways, to feel safe in relationship, to be passionately desired and to feel included in each other's lives. We can learn how to give these things to each other. Even our anger and our pain, if shared in healthy ways,

can be a great gift and a deeply intimate time of sharing. If we don't share it, it can drive us apart.

Third, because your marriage has been wounded, you will need to get counseling and support as a couple. You must learn to trust again and to communicate. You may not have as deep a spiritual relationship as you could have. And you might not know how to play and have fun together. Don't be overwhelmed by how much work this requires. Take it one day at a time. Don't expect to get over your problems today. This is a life journey.

#### We encourage couples to make three acts of surrender:

1. We must each surrender our own lives to Christ.
2. We must surrender each other to Christ. A wife can't control whether or not her husband sins sexually again. A husband can't control whether or not his wife stays or leaves.
3. We must surrender our marriage to Christ. It is only by giving ourselves to the care of God that we have the strength to get through this. We must develop a spiritual life together.

Finally, remember that healing is a journey. There will be times of great pain, fear, sadness and discouragement. God is with you on this journey. Please reach out for help. There is hope. You *can* have the marriage you always wanted.

Mark and Deb Laaser minister together to hurting couples. Mark is the author of a number of books, including *Faithful and True*, *Talking to Your Kids About Sex* and *The Pornography Trap*. Deb is a business owner. You can contact one or both of them through A.A.C.C. or through their website, where many resources for recovery are available: [www.faithfulandtrueministries.com](http://www.faithfulandtrueministries.com).

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always about deeper issues of the heart and the spirit. The faster you understand those issues, the faster you will heal. Do you long for something more in marriage, but have not been able to define what you want and need?

Second, both husband and wife need to work on themselves equally hard. A husband who commits sexual sin is usually deeply wounded by early life experiences and is lonely, angry, spiritually immature and rebellious. He will need to get counseling and find true accountability to overcome these problems. He will need to find true humility and prove that his heart is

