

Week 9: Safeguarding Your Marriage

Read it: 2 Samuel 11 — Here we read the scandalous story of King David and Uriah the Hittite's wife, Bathsheba.

Safeguarding our marriage, isn't about legalism or rules—It's about acknowledging our need for boundaries, communicating our feelings, and implementing change in-order-to protect our future.

- *You are not immune to cheating and neither is your spouse, BUT there are things we can do to safeguard our marriages.*

Head — Heart — Hands

In this story, we see how both David and Bathsheba could've used their heads, hearts, and hands to avoid this entire situation that gave way to death. The death of Uriah, his men, and ultimately the baby conceived from this affair. In less than four verses, David let Bathsheba get into his head, enter his heart, and he acted with his hands. Four verses! It happens quicker than we think, if we don't already have a plan in place.

Make a Difference Moment:

A. *David wasn't where he was supposed to be* (vs. 1)

Every day we are faced with decisions that require us to use our heads and make sure we are not putting our physical body in situations where our hearts and hands are left vulnerable. We must say 'No' to things that seem like a lot of fun (ex. activities we participate in, places we go, and friends we associate with). Fully engaging our heads, hearts, and hands solely on our spouse requires us to reevaluate everything.

Ephesians 5:15 "Be careful how you live, don't live like fools but like those who are wise." (NLT)

1. Are there activities we engage in together or individually that swings the door wide open to our marriage and puts us in places or situations we shouldn't be?

B. **He saw** (verse 2) We WILL see things, right? Pre-deciding our response is crucial. David had an amazing view, but no plan in place to protect himself or others.

“The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!” Matthew 6:22-23

1. Start the conversation with your spouse. It takes about two seconds for an image to go from your head to your heart.

It may feel weird... I get it. Ask each other what things he/she does to guard their eyes? If we don't communicate our expectations or intentions we leave our head, heart, and hands vulnerable to things we could easily move past.

C. **He Inquired** (verse 3) His heart got involved.

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

D. **He Yielded to His Temptation** (verse 4) His hands (actions)... Ugh.

It's personal—So let's get really-personal with our spouse.

Work:

More than 40% of affairs (emotional or physical) begin in the workplace. Each one of our work situations look different. What are you doing to be fully engaged and invested without giving away your head, heart, and hands to coworkers?

Special situations, call for specific conversations:

- Do you travel?
- Are you alone with coworkers?
- Ministry?
- Fill in your unique situation BUT make sure you talk about it and establish healthy (life giving) boundaries.

Social Media:

— How do you handle images you see and messages you hear? What we take in daily has a greater impact on our relationships than we may think. Images. Words. Videos. Faces. Places.

- Delete? Unfollow? Block?
- The EX factor. Determine a plan. You once shared your head, heart, and hands with this person. Giving them space in your future is unwise.
- Private messages. I'm going to leave this one right here. Don't send or receive any if you wouldn't be okay with your spouse viewing them right beside you. It's that big of a deal.

Looking at Other People:

— What God created is GOOD! Look at your spouse and tell them how GOOD they look. Be specific. Thank you, God for creating boobs, butts, abs, hair, lips... These are all REALLY- awesome things. Save your gaze solely for your spouse.

When you see it — and it is good, but it is not your spouse, LOOK AWAY!! Shut the door on all possibilities!!!

Have a star crush? Ever, say or think... "Ya- I'd do her?"

It may seem over-the-top, but don't ever compare or put someone in the place where only your spouse belongs.

— Going places that knowingly put you in a visually compromised situation often prove totally unwise and less than fruitful for your marriage. We know how powerful our bodies are, right? Especially as women. There are certain situations and places where the dress code is going to be, well, less than classy. If you are hoping to keep your eyes locked on your spouse, you may have to say 'no' and even be called a prude... Because your marriage is far more important than the night out at the club, the awesome camping

trip with the fun party crowd or the 'girls gone wild' situation you're knowingly walking into.

Talk About Your Spouse:

Work your spouse into everyday conversations. Always positive! Always. What do you love about him/her? Talk about it. Talking poorly about your spouse to others gives them permission to do the same. You can talk with a trusted friend, but make sure that friend is all about moving your marriage forward and will repoint you toward healthy, life giving thinking.

Listen to Your Gut (aka. The Holy Spirit):

Do you limit your spouse's ability to recognize danger, even if you don't see it?

Ask your spouse if they've ever had a feeling something wasn't a good idea for your marriage... AND LISTEN! Give each other permission to communicate your concerns and take time to pause before you continue down that path. Our spouses often see things that we are unable to see. Trust their gut. As Christians, our gut feeling is usually the Holy Spirit speaking to our heart. He's asking us to take notice and pause before we take another step.

This is in no way intended to be an exhaustive list for safeguarding your marriage!

However, it is designed to get the conversation started...

Be intentional with your spouse about communicating ways to protect each other's heads, hearts, and hands.