

Faith Fight Podcast – Protecting your Marriage

God loves marriages. The devil hates it and has been trying to get in and destroy it from Genesis. God has given us his word to help us to protect our marriages so that we can follow and be observant when the devil tries to tempt us to fall into adultery or sexual immorality. It is up to us to keep our attention focused on our spouse and not fall into the temptation of sexual sin or adultery.

Hebrews 13:4 ESV

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

If you are married keep this verse in the forefront of your mind. Marriage is an honorable intuition and should not be taken lightly. Your marriage covenant was made in the presence of witnesses and God. Don't throw that away if you are being tempted to have an affair with another man or woman. Save all of the love that you have to give for your spouse.

Matthew 5:28 ESV

But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

The old testament said that it was wrong to have sex with someone other than your spouse but Jesus said that if you even look with lustful desires in your heart that you have already committed adultery. The reason why Jesus mentions this is because sin is birthed with a thought and we need to prevent the thought from even taking root in our mind. No matter how strong the temptation is allow the Holy Spirit to help strengthen you not to look lustfully at anyone. Your love and affection should only be towards your spouse.

1 Corinthians 6:18 ESV

Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

Christians are free to be all they can be for God but they are not free from God. God created sex to be a beautiful and essential ingredient in a marriage but sex outside the marriage relationship always ends up hurting someone. Sex outside of marriage creates soul ties with that person.

1 Corinthians 10:13 ESV

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

In a culture filled with moral depravity and sin-inducing pleasures, Paul gave a strong encouragement to the Christians in Corinth about temptation.

1. Wrong desires and temptations happen to everyone so don't feel singled out.
2. Any temptation can be resisted.
3. God will help you and show you a way of escape.

Today is no different, so don't entertain any thought that might lead you into sexual immorality.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

If you are tempted with a sexual sin, remember to focus your mind on other things... Think about something that is true, noble, right, pure, what is lovely and admirable. Think about something that would bring God praise. The battle against that things that may come against your marriage always start in your mind. Don't allow the devil to get a foothold in your thoughts. (Eph 4:27)

Matthew 15:11

What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."

The reason why I mention this verse related to the topic of this episode is because what you think eventually comes out of your mouth. It governs your actions. If you are married your thoughts should only be focused and devoted toward your spouse and no one else. Don't let any unwholesome talk about adultery come out of your mouth... Tone engage in that conversation, not even if is a joke.

Song of Solomon 4:10

"How delightful is your love, my sister, my bride! How much more pleasing is your love than wine, and the fragrance of your perfume more than any spice!"

The love that you have should only before your spouse. Save your "best stuff" for your spouse. This is the person that you plan to spend the rest of your life with so make your investments and contributions towards your spouse and not to anyone else. This would be in your best interest

Isaiah 62:5

As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you

Celebrate your husband and wife regularly. Take time out of your day to complement and let your spouse know that you are happy to be married to them. This is a way not to allow thoughts of adultery to creep into their heads. Sow seeds of love and appreciation into your spouse.

Proverbs 5:1-6

My son, pay attention to my wisdom, turn your ear to my words of insight, that you may maintain discretion and your lips may preserve knowledge. For the lips of the adulterous woman drip honey, and her speech is smoother than oil; but in the end she is bitter as gall, sharp as a double-edged sword. Her feet go down to death; her steps lead straight to the grave. She gives no thought to the way of life; her paths wander aimlessly, but she does not know it.

Listen to the words of people who have made mistakes in their lives. They warn you so that you won't make the same mistake of adultery or sexual immorality. Don't be persuaded by the looks of anyone than your spouse. This is a trap from the pit of hell to attempt to destroy your marriage. Don't let the enemy win. This verse also speaks of the consequences of sin which we want to keep in the forefront of our minds when we are tempted.

Ephesians 4:29 (NIV)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

If you hand around people who talk about adultery or sexual immorality by participating in it you are making yourself more susceptible to fall to that sin. Don't have secret or intimate conversations with people that are not your spouse, especially if they are the opposite sex.

Weekly Prayer Plan – Protecting your Marriage

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every Week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. DRAWING NEAR TO GOD - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

Psalm 95:6 - Come, let us worship and bow down, Let us kneel before the LORD our Maker.

Isaiah 6:3 - And one called out to another and said, "Holy, Holy, Holy, is the LORD of hosts, The whole earth is full of His glory."

Psalm 84:1-2 - How lovely are Your dwelling places, O LORD of hosts! My soul longed and even yearned for the courts of the LORD; My heart and my flesh sing for joy to the living God.

2. CONFESSION - Matt. 6:12 "Forgive us our sins as we forgive those who sin against us"

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

Psalm 51:1-2 - Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Acts 3:19 - Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

James 4:8 - Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

3. GOD CENTERED PETITIONS Matt 6:10 "Your kingdom come. Your will be done, On earth as it is in heaven."

Prayer should reflect a desire to align ourselves with God's goals and purposes, not to get Him to follow our plans.

Job 22:21 - "Submit to God and be at peace with him; in this way prosperity will come to you.

Psalm 40:8 - I delight to do Your will, O my God; Your Law is within my heart."

Romans 12:1-2 - Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

4. PERSONAL PETITIONS Matt 6:11 "Give us today our daily bread."

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

Matt 7:7-8 - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

Matt 6:8 - Do not be like them, for your Father knows what you need before you ask him.

James 4:2 - You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. **You do not have because you do not ask God.**

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Philippians 4:4-8

Tuesday: Hebrews 13:4

Wednesday: Song of Solomon 4

Thursday: 1 Corinthians 6:18

Friday: Proverbs 5:1-6

Saturday: 1 Corinthians 10:13

Sunday: Ephesians 4:29

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Psalm 136:1 - Give thanks to the Lord, for he is good, for his steadfast love endures forever.

Philippians 4:6-7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Psalm 103:1-5 - Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.