

“Is Masturbation OK When My Wife and I Are Apart?”

This is an embarrassing question but here goes.....

I am a soldier in the US Army and a born again Christian. Many times the army sends us away from home for long periods and we are separated from our families. I have read your responses to others concerning masturbation but my dilemma is this. I have done this but I do not use porn and I am thinking of my wife when I do it. My wife and I have a very healthy sexual relationship and when together we enjoy each other just as the Bible allows!!! Do you stand firm on your direction for those of us who are married and do this?? I have prayed and have not felt the same conviction as I have on other issues I have taken to the Lord. I know this doesn't mean that okays it but that is usually the way he answers my issues.

Thanks for writing and your encouragement. You bring up a very important issue, masturbation within marriage.

Since you have read my other responses let me remind you of something I said within one of those responses.

“Masturbation is essentially self-centered, seeking to fulfill one's own needs by oneself. ”

I'm afraid this still holds in your case. I fully recognize that the long separations are difficult. But by relieving your sexual tension on your own (even though you use your wife in your mental image) you are robbing your wife of her proper role and responsibility in your sexual relationship. For example, it is well recognized that the longer the time interval between sexual experiences, the greater the enjoyment and the more powerful the experience when finally consummated. By masturbating during separation you ultimately dampen the reunion for both you and your wife. Ask yourself, biblically,

who should be the sole recipient of your sexual energies? I think you would answer that it should be your wife alone.

Masturbation also creates conflicting signals for your mind and body. A high frequency of masturbation creates a pattern in your mind and body on how it is best satisfied. And this will be apart from your wife. You may also fantasize situations with your wife that she may be unable to fulfill in person. This can also create a situation where your actual experiences together may not be able to measure up to what you have created in your mind. This can easily erect a barrier in your mind for when you are together.

Also this is still a sexual experience outside of marriage as God intended, which is fornication.

I challenge you to refrain from masturbation during your next separation with a willing attitude of submission and purity and see if it doesn't make a significant and "very positive" difference in the intensity of your reunion.

Respectfully,

Ray Bohlin
Probe Ministries

**“Did God Direct the Man to
Work for the Family and the
Woman to Just Stay Home with**

the Kids?"

Did God really direct the man to work for the family and the woman just to stay home and take care of the kids? Please give supporting verses to your response.

The "big picture" principles are these:

1. God gave Adam the job of cultivating the garden. Work is an intrinsic part of man's design.

Then the LORD God took the man and put him into the garden of Eden to cultivate it and keep it. (Gen. 2:15)

2. Eve was created to be a helpmate to Adam; nurturing relationships is an intrinsic part of woman's design.

Then the LORD God said, "It is not good for the man to be alone; I will make him a helper suitable for him." (Gen 2:18)

3. Men are commanded to take care of their families:

But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever. (1 Tim 5:8)

4. Wives are commanded to take care of their families by caring for them:

*Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to **love their husbands, to love their children**, to be sensible, pure, **workers at home**, kind, being subject to their own husbands, so that the word of God will not be dishonored. (Titus 2:3-5)*

5. The excellent wife in Proverbs 31 (vv. 10-31) did engage in home-based businesses, but her primary focus was on her home and her family. Note that she did not “just stay home and take care of the kids”—she had a broader range of interests and activities than that—but she kept her priorities straight.

Hope this helps.

Sue Bohlin
Probe Ministries

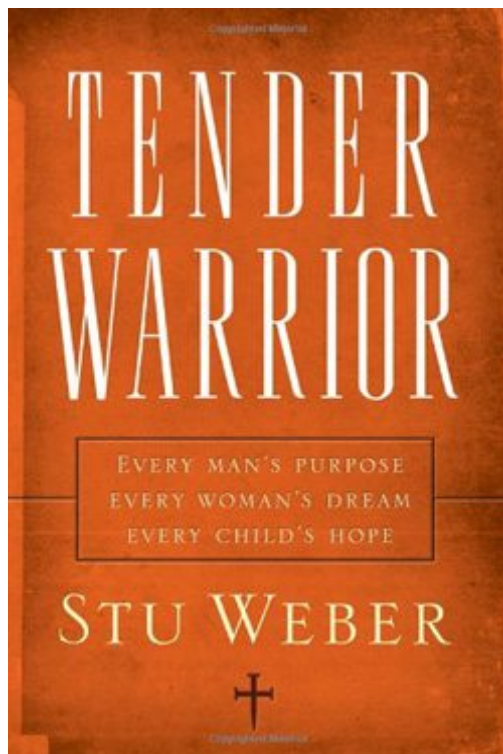
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Is the Tender Warrior Wild at Heart? – Characteristics of Christian Manhood

Dr. Bohlin looks at two attempts to define the characteristics of a godly man according to a Scriptural, biblical worldview perspective. These characteristics give a Christian man a way to evaluate his walk with God and how it communicates Christ to others.

The Four Pillars of a Man's Heart

Manhood continues to be in crisis. For many men today, their physical strength is rarely necessary. Technology and urban isolation have ripped up the landscape that men inhabit to such a degree that many men are wandering around wondering who they are and what they're here for. The extreme women's movement proclaims that a woman needs a man like a fish needs a bicycle.



Over the last fifteen years numerous books have been written from both secular and Christian authors to help men find their way. In this article we're going to spend some time with two of them. Stu Weber, a pastor in Oregon wrote the hugely influential *Tender Warrior* in 1993. *Tender Warrior* is full of stories and illustrations that irresistibly pull you along to Stu's appointed end: a vision of manhood mined from God's original intention for a man wrapped up in the New Testament vision of the Ultimate Tender Warrior, Jesus

Christ.

At the core of Weber's vision is what he calls the four pillars of a man's heart: the Heart of a King, the Heart of a Warrior, the Heart of a Mentor, and the Heart of a Friend. I first read *Tender Warrior* in the mid 90s, and I was immediately caught up in his four-part description. I knew I didn't exemplify all of these characteristics as Weber describes them, but I knew I wanted to.

The Heart of the King reflects a man's provisional heart. The part of a man that wants to offer order, mercy and justice to the world he inhabits. Think of some of the Old Testament patriarchs, people like Abraham, Moses, and David. All of these men had a sense about them that drew others to them. They were leaders; they looked ahead and prepared those around them for what was coming.

The Heart of a Warrior portrays that part of a man that wants to shield, guard, defend and protect those around him. We intuitively understand this about men, but so many are inhibited from expressing this today. Movies and the entertainment industry often portray this aspect of manhood in

its harsher tones. Consequently, this true aspect of manhood is more a target for suppression than for understanding.

The Heart of a Mentor reflects that part of a man that desires to model, train, and explain. Little boys particularly expect their dads to know everything. And a dad puffs up every time he can answer his son's questions. This aspect particularly is missing today in the church as young men from broken and dysfunctional families flounder, looking for an older man to help point the way.

The Heart of a Friend describes the part of a man that is truly compassionate, loving, and committed. The apostle Paul was a tough character as expressed in the list of hardships in 2 Cor. 11:23-28, yet he talked to the Thessalonians with gentle and tender words in 1 Thess. 2:7-8.

"Sourced in Scripture, observed in history, and experienced personally, these four pillars bear the weight of authentic masculinity. They coexist. They overlap. And when they come together in a man, you will know it. You will feel it. You will be touched by it. Like four strands of a steel cable, they will hold you."[\[1\]](#)

A Man and His Family

These four pillars encapsulate four essential qualities in a man of God: leadership, protectiveness, teaching, and compassion. A man with just three of the four is out of balance. A man who just emphasizes one of the four is a caricature of a real man. Nowhere is this more evident than in the biblical picture of headship and a man's role in his family.

Our culture is horribly confused on this point. Weber sums it up neatly when he says, "Men, as husbands you have been given a trust, a stewardship, a responsibility, a duty, to husband, or manage, or care for the gifts of your wife."[\[2\]](#) Part of my

job as a husband is to create an environment in our home that allows my wife to be all God created her to be. She needs to be able to trust my leadership. She needs to know I will stand up for her and provide a secure environment. She needs to be comfortable in seeking my guidance and instruction. Finally, she needs to know that she is loved with a Christ-like self-sacrificing love. Weber adds, "A woman was made to be provided for, protected, and cared for. A man was made to be a provider, protector, and caregiver. Nothing is more pitiful than a man forfeiting his masculinity or a woman her femininity by transgressing the created order." {3}

Weber's discussion of a man and his lady provides numerous helpful insights, exercises, and illustrations on how a man is to love a woman. One commentator suggested that the chapter titled, "Does Anyone Here Speak Woman?" is worth the price of the book alone. Weber encourages men to realize that since men and women are inherently different, a man needs to learn a woman's language, to live with her in an understanding way as Peter commands (1 Pet. 3:7). We need to put our analytical minds to work to understand how she is put together. We won't ever get all the way there, but after all, a little mystery is what keeps marriage exciting, fresh, and interesting anyway.

Weber devotes three chapters to the incredible power of fathering. Our culture today is in dire need of real men willing to father their children. So many dads are absent either physically or emotionally. This alone accounts for so many wayward kids, both male and female alike. A father has a powerful multigenerational impact on his sons and daughters whether intentional or not. It's the nature of God's design.

Like arrows in a quiver, each child needs to be constructed, aimed, and released according to the bent God has given them. Skillful parenting does not come naturally, especially in our culture today that is so confused and off course. It will require biblical and rational thinking in advance.

A Man and His Friends

In his book, *Tender Warrior*, Stu Weber titles the first chapter about a man and his friends, "Real Men Stand Together." In our increasingly mobile and fragmented society, it's harder than ever for men to know each other well enough to be willing to stand together. Upon hearing that Jonathan was dead, the future King David commented that Jonathan's love was wonderful, more wonderful than that of a woman (2 Sam. 1:26).

Men who have weathered tough times together, even fought together, develop a bond that can be stronger than that between a man and a woman. But how many men have such a friendship? There are numerous forces in our culture that leave most men isolated and cut-off. We see the lonely male model in the movies all the time. Characters played by John Wayne, Bruce Willis, Sylvester Stallone, and Arnold Schwarzenegger tend to be the isolated lonely male types: able, or perhaps, forced to handle life's pressures on their own.

Neighborhoods rarely have block parties today. We live in our closed up homes (no open windows in summer or people out on the porch on summer evenings) with tall fences keeping things private. We drive our own cars to work, work long hours, and relax in front of the TV or a book isolated from those around us. A sense of community has been lost in our cities and even small towns. Men, therefore, have no one to connect with outside of office mates or sports teammates. We think we do just fine on our own, thank you.

However, as we grow older, we hunger for someone of the male species to truly share what we are experiencing. But there is no Jonathan or David, someone I fought with in the trenches, someone who really knows me and my successes and struggles.

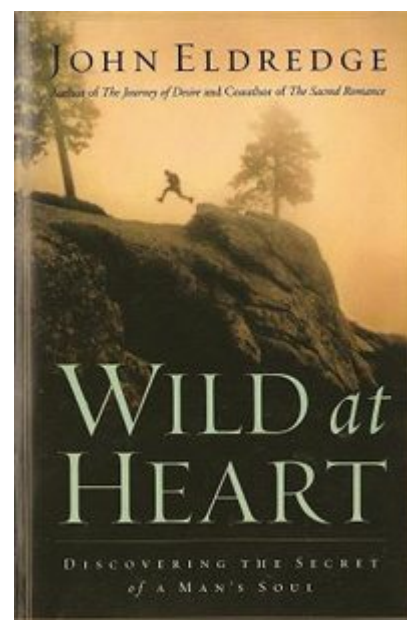
Men long for someone to lock arms with in a struggle greater

than themselves. Looking again at David and Jonathan, we learn in 1 Samuel 14 that Jonathan was a warrior just like David, and when David slew Goliath (1 Samuel 18), Jonathan immediately made a connection. They had shared values. They became one in spirit. Jonathan made a covenant with David that basically said what's mine is yours. They developed an unselfish love for each other. Jonathan exhibited a deep loyalty to David when he intervened on his behalf when his father, King Saul, sought David's life.

In 1 Samuel 20, David and Jonathan expect that they may never see each other again and weep in each other's embrace. They were transparent. They weren't afraid to be emotional in the other's presence. Do you have a friend like that? I encourage you to seek a friend who shares your values, and work to develop an unselfish, loyal, and transparent relationship that the Lord will use to guide you through today's muddy waters.

Battle to Fight, an Adventure to Live, and a Beauty to Rescue

In the continuing parade of books from Christian authors for men comes a book that has taken the evangelical community by storm. Counselor and writer John Eldredge claims that men are wild at heart and desperately need to recapture this essential part of maleness. In his book, *Wild at Heart*, Eldredge claims that every man needs a battle to fight, an adventure to live, and a beauty to rescue.



Eldredge's triumvirate lines up quite well with Weber's four pillars, the Heart of the King, Warrior, Mentor, and Friend. Both Weber and Eldredge assert that a man needs a cause

outside himself to fully live out the image of God in him. They just use different terminology.

However, *Wild at Heart* sometimes leaves you a little too wild. Yes, men need to be free to explore that wild side, but responsibility is not just a duty that shackles a man's God-given wildness. Eldredge can sometimes run roughshod over the state of men in the church and seems to encourage men to be little boys rather than grown men with both needs *and* responsibilities.

For instance, Eldredge uses many illustrations from physically demanding backcountry experiences to highlight his call to be wild at heart. Early in the book he retells how he and his sons faced the flooded, muddy, and debris-filled Snake River with nothing but a canoe. He says, "I have never floated the Snake in a canoe, nor any other river for that matter, but what the heck. We jumped in and headed off into the unknown, like Livingstone plunging into the interior of dark Africa." [\[4\]](#) Wild? Sure, but reckless and irresponsible, too!

But despite the occasional excess, Eldredge uncovers that same need for a cause outside himself, and identifies it as a battle to fight, an adventure to live, and a beauty to rescue.

Eldredge proclaims that there is something fierce inside every man, whether it is slaying the dragons of business or whacking a little white ball on a golf course. Men naturally compete. If there is no winner, we quickly get bored.

The adventurous spirit is not just about having fun. Adventure requires something of a man. Deep down inside we wonder if we have what it takes, whatever the task that presents itself. Most men watch war movies wondering how they would have responded if presented with the same situation.

But there's more. Men need someone to fight for and with. A companion. A beauty. A helpmate. Adam had a great and wonderful world to explore at his creation. But God recognized

that he needed something else, a helpmate suitable for him.

In summary then, at the heart of every man there is something fierce, wild, and passionate. But all this can only be properly harnessed as we seek a relationship with the Ultimate Tender Warrior, Jesus Christ. But in a fallen world, we are all walking wounded. If that is the case, does Eldredge have a recipe for healing?

Healing the Wound

John Eldredge likens many men to a huge male lion in his local zoo. The lion, as powerful and ferocious as he is, is caged in a small cell where he lies around, bored except at feeding time, and is but a shadow of what he was created to be. In a fallen world, where our enemy prowls around looking for someone to devour, most if not all men have been wounded at the heart of their masculinity. It has sapped their strength and put them on the sidelines.

Most often this wound comes from someone close to us, either a parent (usually the father), sibling, relative or peer. Most of us can remember someone telling us, either by words or actions, that we don't have what it takes to be a man. This can often be due to a series of events over an extensive period of time rather than to a single event. As a result, we go through life wondering if we have what it takes.

In today's culture, this wound can come from a school system that is telling our boys that there is something wrong with them. Boys are far more likely to be medicated than girls, and often it is only for just being boys. And with so many fatherless homes due to either physical absence or an extremely passive father who never gets involved, nobody is showing boys and young men what it means to be a man.

So men will often try to answer their question, to heal their wound, by going to some very unwise places. Some rebel, others

try to earn their father's respect by becoming driven overachievers. Others retreat into passivity or are haunted by pornography or even drugs. Some search for their masculinity from women or maybe just one woman. But femininity can never bestow masculinity.

There ends up being a false self we create to distance ourselves from the question we fear, that gives others the impression we have it all figured out, when deep inside everything is mush. The answer lies in going to the One who created us for a very specific purpose and indeed knows who we are (Psalm 139). Jesus never shied away from acknowledging that He was totally dependent on the Father. Many times He said things like, "I and the Father are one." Or "I do nothing apart from the Father."

We have been created to be dependent on God, yet we as men continually try to convince ourselves we can do it on our own. In order to bring us to a point of recognizing our daily need to walk with Him, the Lord will bring us through trials that force us to depend on Him. The false self is stripped away until there is nothing left for us to do. Here and only here can the wound be healed. The Lord will walk us through an intensely personal awakening to reveal whom He created us to be if we will only trust Him.

So when troubles arise, instead of whining or complaining, we should ask, What is it the Lord wants me to see? What is He trying to teach me? What do I need to learn? Then we will be on the road to true masculinity.[\[5\]](#)

Notes

1. Stu Weber, *Tender Warrior* (Sisters, Ore.: Multnomah Books, 1993), p. 43.
2. Ibid., p. 92.
3. Ibid., p. 92.
4. John Eldredge, *Wild at Heart* (Nashville: Thomas Nelson,

2001), p. 5.

5. This last section summarizes chapters 3-7, which are the heart of Eldredge's book, *Wild at Heart*. When reading *Wild at Heart*, one needs to be aware that Eldredge's language is sometimes imprecise and can leave the wrong impression. I'm convinced that Eldredge sees that the real battle we all must face is with spiritual forces, and that our physical tests of strength are only rehearsals for the real thing. But his book can be misinterpreted as an excuse for men to overindulge in risky behavior and some men to take dangerous risks they are not prepared for. For some, *Wild at Heart* can only serve as an appeal to the flesh. So, is the tender warrior wild at heart? Yes, but not to the degree some choose to believe. Eldredge uses a great illustration on page 83. "Yes, a man is a dangerous thing. So is a scalpel. It can wound or it can save your life. You don't make it safe by making it dull; you put it in the hands of someone who knows what he's doing." Only the Ultimate Tender Warrior, Jesus Christ qualifies.

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Online Affairs – A Christian Look at a Major Problem

Kerby Anderson highlights online affairs, the sin of adultery with an "electronic" relationship on the Internet.



This article is also available in [Spanish](#).

The Allure of Cyber-Relationships

The Internet is becoming a breeding ground for adultery, so say many experts who track the pattern of extramarital affairs. So we will discuss the phenomenon of online affairs.

Peggy Vaughn is the author of *The Monogamy Myth* and also serves as an expert for America Online on problems caused by infidelity. She predicts that one “role of the Internet in the future will be as a source of affairs.” She is writing a second book on the subject of adultery and says she could base half of it just on the letters she receives from people who started an affair online.[\[1\]](#)

An online affair (or cyberaffair) is an intimate or sexually explicit communication between a married person and someone other than their spouse that takes place on the Internet. Usually this communication takes place through an online service such as America Online or CompuServe. Participants usually visit a chat room to begin a group conversation and then often move into a one-to-one mode of communication. Chat room categories range from “single and liking it” to “married and flirting” to “naked on the keyboard.”

Women in a chat room are often surprised at what develops in a fairly short period of time. At first the conversation is stimulating, though flirtatious. Quickly, however, women are often confronted with increasingly sexual questions and comments. Even if the comments don't turn personal, women find themselves quickly sharing intimate information about themselves and their relationships that they would never share with someone in person. Peggy Vaughn says, “Stay-at-home moms in chat rooms are sharing all this personal stuff they are hiding from their partners.” She finds that the intensity of women's online relationships can “quickly escalate into thinking they have found a soulmate.”

Online affairs differ from physical world affairs in some ways, but are similar in others. Cyberaffairs are based upon written communication where a person may feel more free to express herself anonymously than in person. Frequently the communication becomes sexually graphic and kinky in ways that probably would not occur if a real person were hearing these comments and could act on them. Participants in an online affair will often tell their life stories and their innermost secrets. They will also create a new persona, become sexually adventurous, and pretend to be different than they really are.

Pretending is a major theme in cyberaffairs. Men claim to be professionals (doctors, lawyers) who work out every day in the gym. And they universally claim that if their wives met their needs, they wouldn't be sex shopping on the Internet. Women claim to be slim, sexy, and adventurous. The anonymity of the Internet allows them to divulge (or even create) their wildest fantasies. In fact, their frank talk and flirtation pays great dividends in the number of men in a chat room who want to talk to them and get together with them.

Just as the Internet has become a new source of pornography for many, so it seems that it has also become a new source for affairs. Relationships online frequently go over the line leaving pain, heartbreak, and even divorce in their wake. Even though these online affairs don't involve sex, they can be very intense and threaten a marriage just the same.

Current Statistics on Adultery

In a [previous article](#), I talked about some of the statistics concerning adultery. Before we continue, let me update some of those numbers with a multitude of studies all coming to similar conclusions.

One conclusion is that adultery is becoming more common, and researchers are finding that women are as likely as men to have an affair. A 1983 study found that 29 percent of married

people under 25 had had an affair with no statistical difference between the number of men and women who chose to be unfaithful to their spouses early in life.[{2}](#) By comparison, only 9 percent of spouses in the 1950s under the age of 25 had been involved in extramarital sex. Another study concluded that by age 40 about 50 to 65 percent of husbands and 45 to 55 percent of wives become involved in an extramarital affair.[{3}](#)

Affairs are usually more than a one-time event. A 1987 study surveyed 200 men and women and found that their affairs lasted an average of two years.[{4}](#) In fact, affairs go through transitions over time. They may begin as romantic, sexual, or emotional relationships and may become intimate friendships. Affairs that become friendships can last decades or a lifetime.

Online affairs differ from other affairs in that they may not involve a physical component, but the emotional attachment is still there. Online affairs develop because of the dual attraction of attention and anonymity. Someone who has been ignored by a spouse (or at least perceives that he or she is ignored) suddenly becomes the center of attention in a chat room or a one-on-one e-mail exchange. A woman finds it exciting, even intoxicating, that all these men want to talk to her. And they are eager to hear what she says and needs.

Anonymity feeds this intoxication because the person on the other end of this cyberaffair is unknown. He or she can be as beautiful and intelligent as your dreams can imagine. The fantasy is fueled by the lack of information and the anonymity. No one in cyberland has bad breath, a bald head, love handles, or a bad temper. The sex is the best you can imagine. Men are warm, sensitive, caring, and communicative. Women are daring, sensual, and erotic.

Is it all too good to be true? Of course it is. Cyberaffairs are only make-believe. Usually when cyberlovers meet, there is a major letdown. No real person can compete with a dream

lover. No marriage can compete with a cyberaffair. But then an online affair can't really compete with a real relationship that provides true friendship and marital intimacy.

Nevertheless, online affairs are seductive. An Internet addict calls out to a spouse "one more minute" just as an alcoholic justifies "one more drink." Cyberaffairs provide an opportunity to become another person and chat with distant and invisible neighbors in the high-tech limbo of cyberspace. Social and emotional needs are met, flirting is allowed and even encouraged, and an illusion of intimacy feeds the addiction that has caught so many unsuspecting Internet surfers.

Motivations for Affairs

Affairs usually develop because the relationship meets various social and psychological needs. Self-esteem needs are often at the top of the list. Self-esteem needs are met through knowing, understanding, and acceptance. Psychologists say that those needs are enhanced through talking intimately about feelings, thoughts, and needs. This can take place in person or take place through the Internet.

Even though online affairs may not involve a physical component, the emotional attachment can be just as strong and even overwhelming. And when they end, this strong attachment usually leaves participants in emotional pain.

Women report feeling thrilled by their lover's interest in them physically, emotionally, and intellectually. They are also excited about the chance to know a different man (how he thinks and feels). They also feel intimate with their lovers because they can talk about their feelings openly. However, when the affair ends, they feel a great deal of guilt with regard to their husband and children. They also regret the deceit that accompanied the affair.

Men report feeling excited about the sexual experience of the affair. They try to control their feelings in the affair and do not compete with their feelings for their wife. Often they limit the emotional involvement with their lover. Men also feel guilt and regret over deceit when an affair ends, but less so than most women.

Men and women have affairs for different reasons. Research has shown that women seek affairs in order to be loved, have a friend, and feel needed. Men seek affairs for sexual fulfillment, friendship, and fun.[\[5\]](#)

It appears that the percentage of women who have extramarital sex has increased the last few decades. In 1953 Alfred Kinsey found that 29 percent of married women admitted to at least one affair.[\[6\]](#) A *Psychology Today* survey in 1970 reported that 36 percent of their female readers had extramarital sex.[\[7\]](#) One study in 1987 found that 70 percent of women surveyed had been involved in an affair.[\[8\]](#)

It also appears that women who are employed full-time outside of the home are more likely to have an affair than full-time homemakers. Several studies come to this same conclusion. One study found that 47 percent of wives who were employed full-time and 27 percent of full-time homemakers had been involved in an affair before they were 40 years old.[\[9\]](#) And *New Woman* magazine found that 57 percent of employed wives who had an affair met their lover at work.[\[10\]](#)

Contrary to conventional wisdom, an affair will not help your marriage. In 1975, Linda Wolfe published *Playing Around* after she studied twenty-one women who were having affairs to keep their marriages intact.[\[11\]](#) The reasoning for many of these women was that if they could meet their own needs, their marriages would be more successful. Many said they were desperately lonely. Others were afraid, believing their husbands did not love them or were not committed to their marriage. Five years after the initial study, only three of

the twenty-one women were still married.

Adultery can destroy a marriage, whether a physical affair or an online affair.

Preventing an Affair

The general outline for some of these ideas comes from family therapist Frank Pittman, author of *Private Lies: Infidelity and the Betrayal of Intimacy*, although I have added additional material. He has counseled 10,000 couples over the last forty years, and about 7,000 have experienced infidelity. He has nineteen specific suggestions for couples on how to avoid affairs.[\[12\]](#) Let's look at a few of them.

First, accept the possibility of being sexually attracted to another and of having sexual fantasies. Frank Pittman believes we should acknowledge that such thoughts can develop so that you don't scare them into hiding. But he also says you shouldn't act on them.

Second, we should hang out with monogamous people. He says, "They make a good support system." To state it negatively, "Do not be deceived: Bad company corrupts good morals" (1 Cor. 15:33).

Third, work on your marriage. He says to keep your marriage sexy and work to be intimate with your spouse. He also says to make marriage an important part of your identity. "Carry your marriage with you wherever you go."

Fourth, be realistic about your marriage. Pittman says, "Don't expect your marriage to make you happy. See your partner as a source of comfort rather than a cause of unhappiness." Accept the reality of marriage; it isn't always beautiful. Also accept that you are both imperfect.

Fifth, keep the marriage equal. Share parenting duties. "If not, one partner will become the full-time parent, and the

other will become a full-time child" without responsibilities, who seeks to be taken care of. And keep the relationships equal. Pittman says, "The more equal it is, the more both partners will respect and value it."

Sixth, if you aren't already married, be careful in your choice of a marriage partner. For example, marry someone who believes in, and has a family history of, monogamy. Frank Pittman says, "It is a bad idea to become the fifth husband of a woman who has been unfaithful to her previous four." Also, marry someone who respects and likes your gender. "They will get over the specialness of you yourself and eventually consider you as part of a gender they dislike."

Seventh, call home every day you travel. "Otherwise, you begin to have a separate life." And stay faithful. "If you want your partner to (stay faithful), it is a good idea to stay faithful yourself." And make sure you are open, honest, and authentic. Lies and deception create a secret life that can allow an affair to occur.

Finally, don't overreact or exaggerate the consequences of an affair if it occurs. Pittman says, "It doesn't mean there will be a divorce, murder or suicide. Catch yourself and work your way back into the marriage."

Affairs can destroy a marriage. Take the time to affair-proof your marriage so you avoid the pain, guilt and regret that inevitably results. And if you have fallen into an affair, work your way back and rebuild your marriage.

Consequences of Affairs

When God commands, "You shall not commit adultery" (Ex. 20:14), He did so for our own good. There are significant social, psychological, and spiritual consequences to adultery.

A major social cost is divorce. An affair that is discovered does not have to lead to divorce, but often it does. About

one- third of couples remain together after the discovery of an adulterous affair, while the other two-thirds usually divorce.

Not surprisingly, the divorce rate is higher among people who have affairs. Annette Lawson (author of *Adultery: An Analysis of Love and Betrayal*) found that spouses who did not have affairs had the lowest rate of divorce. Women who had multiple affairs (especially if they started early in the marriage) had the highest rate of divorce.

A lesser known fact is that those who divorce rarely marry the person with whom they are having the affair. For example, Dr. Jan Halper's study of successful men (executives, entrepreneurs, professionals) found that very few men who have affairs divorce their wife and marry their lovers. Only 3 percent of the 4,100 successful men surveyed eventually married their lovers.[\[13\]](#)

Frank Pittman has found that the divorce rate among those who married their lovers was 75 percent.[\[14\]](#) The reasons for the high divorce rate include: intervention of reality, guilt, expectations, a general distrust of marriage, and a distrust of the affairee.

The psychological consequences are also significant, even if they are sometimes more difficult to discern. People who pursue an affair often do so for self-esteem needs, but often further erode those feelings by violating trust, intimacy, and stability in a marriage relationship. Affairs do not stabilize a marriage, they upset it.

Affairs destroy trust. It's not surprising that marriages formed after an affair and a divorce have such a high divorce rate. If your new spouse cheated before, what guarantee do you have that this person won't begin to cheat on you? Distrust of marriage and distrust of the affairee are significant issues.

Finally, there are spiritual consequences to affairs. We

grieve the Lord by our actions. We disgrace the Lord as we become one more statistic of moral failure within the body of Christ. We threaten the sacred marriage bond between us and our spouse. We bring guilt into our lives and shame into our marriage and family. Affairs extract a tremendous price in our lives and the lives of those we love and hold dear.

And let's not forget the long-term consequences. Affairs, for example, can lead to unwanted pregnancies. According to one report, "Studies of blood typing show that as many as 1 out of every 10 babies born in North America is not the offspring of the mother's husband."[\[15\]](#) Affairs can also result in sexually transmitted diseases like syphilis, chlamydia, herpes, or even AIDS. Many of these diseases are not curable and will last for a lifetime.

Adultery is dangerous, and so are online affairs. The popularity of the recent movie *You've Got Mail* has helped feed the fantasy that you are writing to Tom Hanks or Meg Ryan. In nearly every case, nothing could be further from the truth. An online affair could happen to you, and the plot might be more like *Fatal Attraction*.

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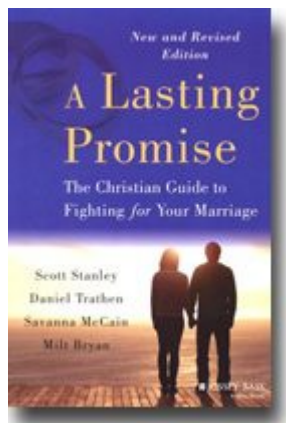
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Why Marriages Fail

Why do marriages fail? While the answers to that question are many, there is a growing body of empirical research to suggest there are four negative risk factors that create barriers to oneness in marriage and increase a couple's chances for marital failure.



I am going to look at these risk factors and see how they can be corrosive elements to oneness in marriage. Most of the material I will cover comes from PREP, which stands for the “Prevention and Relationship Enhancement Program” developed at the University of Denver. The material was originally published in a book entitled *Fighting for Your Marriage*, and has been featured on numerous TV newsmagazine programs like “20/20.” There is a Christian version of this material found in a book written by Scott Stanley entitled *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. Perhaps you have heard marriage speakers like Gary Smalley or Dave and Claudia Arp recommend this book (which should be available in your local Christian bookstore and is also available online at [Amazon.com](https://www.amazon.com)).

The significance of this research is two-fold. First, it provides a strong body of university research on what makes marriages fail. Other Christian books, though very helpful, are often based upon the opinions and spiritual insights of the authors. The material we will be talking about in this article is based on clinical studies which validate biblical principles others have discussed.

Second, the research provides an extremely accurate predictor of subsequent behavior and marital failure. In one of the key studies, researchers followed a sample of 135 couples for twelve years, starting before they were married. The researchers found that using only data from before the couple married, they were able to differentiate those couples who do well from those who do not, with up to 91% accuracy. In other words, the seeds of distress and possible divorce were already sown before the couples went to the altar.

Now please do not be discouraged by those numbers. At the outset it seems to be telling us that certain marriages are doomed to failure, and there is nothing a couple can do. But

we need to reconsider that conclusion. This research, while showing us marriages which might fall apart, does not suggest that there is nothing we can do about it. This research simply shows us what behaviors can be changed and warns us what will probably happen if we are unwilling or unable to change. As the book of James reminds us, it is not enough to just believe something, we must act upon it (James 1:25, 2:15-18, 3:13).

Since knowing precedes acting, it is necessary to discuss these four negative risk factors that can be barriers to oneness, for oneness is God's design for marriage. Genesis 2:24 says, "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh." When Jesus was confronted by the scribes and Pharisees about the issue of divorce, He brought them back to this foundational truth and said, "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one. Therefore what God has joined together, let man not separate" (Matt. 19:5-6).

Escalation

According to the research done over the last two decades, negative patterns can destroy a relationship. Couples who want to save their marriage need to focus on changing these negative behavior patterns. There are four such patterns I will discuss here, the first of which is escalation.

According to the researchers, "escalation occurs when partners respond back and forth negatively to each other, continually upping the ante so the conversation gets more and more hostile."^{[1](#)} 1 Peter 3:9 says, "Do not repay evil with evil or insult with insult." But this is exactly what happens with escalation. Each negative comment increases the level of anger and frustration, and soon a small disagreement blows up into a major fight.

Research shows that couples who have a good marriage are less prone to escalation. And if the argument starts to escalate, they are able to stop the negative process before it erupts into a full-blown fight. Marriages that will have problems, and even fail, find that arguments escalate so that such damaging things are said that they may even threaten the lifeblood of the marriage.

Escalation can develop in two different ways. The first is a major shouting fight that may erupt over a conflict as small as putting the cap back on the toothpaste. As the battle heats up the partners get more and more angry, saying mean things about each other. Frequently there are threats to end the relationship. Over time those angry words damage oneness, and angry threats to leave begin to seem like prophecy. Once negative comments are made, they are hard to take back and drive a knife into the partner's heart. Proverbs 12:18 says, "Reckless words pierce like a sword."

These reckless words can do great damage to a marriage because when an argument escalates, every comment and vulnerability becomes fair game. Concerns, failings, and past mistakes can now be used by the attacking partner. Oneness and intimacy can be shattered quickly by a few reckless words.

You may be thinking, "we don't fight like cats and dogs." And while that may be true, your marriage may still have this risk factor. Damaging escalation is not always dramatic. Voices do not have to be raised for couples to get into a cycle of returning negative for negative. Conflict over paying the rent, taking out the garbage, running errands that result in muttering to oneself, rolling your eyes, or throwing up your hands can also be examples of escalation.

Couples who escalate arguments must control their emotions and control their tongues. James writes, "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless"

(James 1:26). Couples who want a strong marriage must learn to counteract the tendency to escalate as a couple. The key to a strong and stable marriage is learning to control your emotions and learning how to keep a rein on your tongue.

Invalidation

Having covered escalation, I will now turn to the second of the four negative risk factors to oneness. This risk factor is called invalidation. "Invalidation is a pattern in which one partner subtly or directly puts down the thoughts, feelings, or character of the other." [{2}](#)

Invalidation can take many forms. Sometimes it can be caustic, in which one partner (or both) attacks the other person verbally. You can hear, and even feel, the contempt one partner has for another.

Sarcastic phrases like "Well, I'm sorry I'm not perfect like you" or "I forgot how lucky I am to be married to you" can cut like a knife. These are attacks on the person's character and personality that easily destroy a marriage. Research has found that invalidation is one of the best predictors of future problems and divorce.

Jesus taught that attacks on the character of another person are sinful and harmful. "But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell" (Matt. 5:22). Calling a person worthless or empty-headed (which is what the Aramaic term *raca* means) is not what a Christian should do.

Invalidation can also be much more subtle. It may involve an argument where contempt for the other partner is not so obvious. One partner may merely be putting the other partner down for his or her feelings. The message conveyed is that

your feelings do not matter. A husband may put his wife down because she is more emotional or because she is more easily hurt by comments. A husband may invalidate a wife's fears about the children's safety. A wife may invalidate a husband's desire to succeed in the company, saying that it really doesn't matter if he becomes district manager. Ultimately the partner receiving these comments begins to share less and less so that the intimate level of sharing evaporates. When this happens, oneness is lost.

Sometimes invalidation may be nothing more than trite cliches like "It's not so bad" or "Just trust in the Lord." While the sayings may be true, they invalidate the pain or concern of the other partner. They make the other partner feel like their fears or frustration are inappropriate. This kind of invalidation is what Solomon called "singing songs to a heavy heart" (Prov. 25:20). When one partner is hurting, the other partner should find words of encouragement that do not invalidate his or her pain or concerns.

The antidote to invalidation is validation. Couples must work at validating and accepting the feelings of their spouse. That does not mean you have to agree with your spouse on the issue at hand, but it does mean that you listen to and respect the other person's perspective. Providing care, concern, and comfort will build intimacy. Invalidating fears and feelings will build barriers in a marriage. Discipline yourself to encourage your spouse without invalidating his or her feelings.

Negative Interpretations

So far we have looked at the negative risk factors of escalation and invalidation. The third risk factor is negative interpretations. "Negative interpretations occur when one partner consistently believes that the motives of the other are more negative than is really the case." [\[3\]](#)

Such behavior can be a very destructive pattern in a relationship, and quickly erode intimacy and oneness in a marriage. A wife may believe that her husband does not like her parents. As a result, she may attack him anytime he is not overly enthusiastic about visiting them. He may be concerned with the financial cost of going home for Christmas or about whether he has enough vacation time. She, in turn, considers his behavior as disliking her parents.

When a relationship becomes more distressed, the negative interpretations mount and help create an environment of hopelessness. The attacked partner gives up trying to make himself or herself clear and becomes demoralized.

Another kind of negative interpretation is mind reading. "Mind reading occurs when you assume you know what your partner is thinking or why he or she did something." Nearly everyone is guilty of mind reading at some time or other. And when you mind read positively, it does not tend to do much harm. But when you mind read on the negative side, it can spell trouble for a marriage.

Paul warned against attempting to judge the thoughts and motives of others (1 Cor. 4:5). And Jesus asked, "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" (Luke 6:41).

Negative interpretations are hard to detect and counteract. Research shows that in distressed marriages there is a tendency for partners to discount the positive things they see, attributing them to causes such as chance rather than to positive characteristics of the partner. That is why negative interpretations do not change easily.

The key to battling negative interpretations is to reconsider what you think about your partner's motives. Perhaps your partner is more positive than you think. This is not some unrealistic "positive thinking" program, but a realistic

assessment of negative assumptions you may be bringing to the marriage.

Did your spouse really forget to do what you asked? Was it intentional or accidental? Does he or she try to annoy you or are you being more critical than is warranted? Most of the time, people think they are doing the best they can. It hurts to be accused of something you never intended to be hurtful. For couples to have a good marriage this pattern of negative interpretation must be eliminated.

Often this is easier said than done. First, you have to ask yourself if your thinking might be overly negative. Do you give your spouse the benefit of the doubt? Second, you have to push yourself to look for evidence that is contrary to your negative interpretation. Often it is easier to see his or her speck than your own plank. Give your mate the benefit of the doubt rather than let inaccurate interpretations sabotage your marriage.

Withdrawal and Avoidance

Escalation, invalidation, and negative interpretations are three of the four negative risk factors identified by researchers at the University of Denver. The last of these has two descriptors: withdrawal and avoidance. These are two different manifestations of the problem wherein a partner is unwilling to get in or stay in a discussion that is too threatening.

“Withdrawal can be as obvious as getting up and leaving the room or as subtle as ‘turning off’ or ‘shutting down’ during an argument. The withdrawer often tends to get quiet during an argument, look away, or agree quickly to a partner’s suggestion just to end the conversation, with no real intention of following through.”[{4}](#)

“Avoidance reflects the same reluctance to get into certain

discussions, with more emphasis on the attempt to not let the conversation happen in the first place. A person prone to avoidance would prefer that the topic not come up and, if it does, may manifest the signs of withdrawal just described.”{5}

In a typical marriage, one partner is the pursuer and the other is the withdrawer. Studies show that it is usually the man who wants to avoid these discussions and is more likely in the withdrawing role. However, sometimes the roles reverse. But, for the sake of this discussion, we will assume that the husband is the one who withdraws.

Why does he withdraw? Because he does not feel emotionally safe to stay in the argument. Sometimes he may even be afraid that if he stays in the discussion or argument that he might turn violent, so he retreats.

When the husband withdraws, the wife feels shut out and believes that he does not care about the marriage. In other words, lack of talking equals lack of caring. But that is often a negative interpretation about the withdrawer.

He, on the other hand, may believe that his wife gets upset too much of the time, nagging and picking fights. This is also a negative interpretation because most pursuers really want to stay connected and resolve the issue he does not want to talk about.

Couples who want to have a good marriage must learn to stay engaged. Paul said, writing to the church in Ephesus, “Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold” (Eph. 4:25-27).

Although the immediate context in this passage is anger, the broader principle is the importance of not allowing avoidance to become a corrosive pattern in your marriage. Couples should

build oneness and intimacy by speaking openly and honestly about important issues in their marriage.

Conclusion

Each of these four risk factors (escalation, invalidation, negative interpretations, and withdrawal and avoidance) can build barriers in a marriage leading ultimately to loneliness and isolation. The research shows that couples that want a good marriage need to eliminate these risk factors from their marriage, or else the negative factors will overwhelm the positive aspects of the marriage. It is never too late to put your marriage back on track.

For further study on this topic, I would once again recommend that you purchase the book *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. This book is widely available and is a good source for help in establishing and maintaining the oneness that God desires for every marriage.

Notes

1. Scott Stanley, et al. *A Lasting Promise: A Christian Guide to Fighting for Your Marriage* (San Francisco: Josey-Bass, 1998), p. 29.
2. Stanley, p. 32.
3. Stanley, p. 35-36.
4. Stanley, p. 40.
5. Stanley, p. 40-41.