

## 1: How to Get a Divorce Without Spouse Consent | LegalZoom Legal Info

*Being able to forgive and to let go of past hurts is a critical tool for a marriage relationship. Additionally, being able to forgive is a way to keep yourself healthy both emotionally and physically.*

Preachers are probably safe until they speak on a text which tells wives to submit to disobedient husbands! These verses are tough to explain and apply in light of our modern culture. But to teach that wives should submit even to husbands who are ungodly seems cruel and insensitive. Wife abuse is widespread, even, sad to say, among evangelicals. Is a wife supposed to submit in such situations? If so, what does that mean? Furthermore, we live in a society that values individual rights, especially of those who are pushed down by the system such as women. Self-fulfillment is a supreme virtue in America, and those who are unfulfilled because of a difficult marriage are encouraged to do what they have to do to seek personal happiness. If a wife became a Christian, she was viewed as being insubordinate. Thus the conversion of women was a culturally explosive situation. So he gives instruction on how Christian women could live with their unbelieving mates in a way that would bear witness for Christ. We need to understand several things in approaching this text. First, the qualities Peter encourages these women to adopt apply to all Christians, both men and women. We all are to develop a submissive spirit, to be chaste, reverent, gentle and quiet, with an emphasis on the inner person rather than on outward appearance. So even though I direct my comments to wives who have unbelieving husbands, the principles apply to us all, men and women alike. Scripture is clear that believers are not to be unequally yoked with unbelievers 2 Cor. Peter was writing to women who had become Christians after marriage, but whose husbands were not yet believers. Also, the Apostle Paul clearly states that if an unbelieving mate consents to live with a believer, the believer must not initiate a divorce 1 Cor. Rather, the believing wife should follow the principles Peter sets forth here, namely, that A Christian wife should live with a difficult husband so that he is attracted to Christ by her behavior. He does not mean that verbal witness is not important. In the proper context, words are essential to communicate the content of the gospel. They will notice attractive behavior and through it be drawn to the source of that behavior—a relationship with Jesus Christ. I want to look at seven aspects of such attractive behavior and then answer three practical questions that arise. Attractive behavior involves submission. It does not mean that wives are to submit exactly as slaves submit to their masters 2: Paul recognizes a sense in Christian marriage in which each partner submits to the other under Christ, but he also goes on to state that the husband is the head of the wife, just as Christ is the head of the church. Before the late 20th century, it never occurred to scholars to interpret these texts the way modern evangelical feminists do. So I think we must interpret and apply them as written. Before we look at what submission means, note two things about authority and submission. First, the purpose of authority is to protect and bless those under authority, not to benefit the one in authority. Because of sin, those in authority commonly abuse it and God will hold them accountable. But just because the one in authority abuses his position does not give those under authority the right to resist, unless they must resist in order to obey God. Second, God never tells husbands to get their wives to submit to them. All the commands to submit are directed to wives, not to husbands. A husband who focuses on his authority is out of line. His responsibilities are to love his wife sacrificially Eph. Not once is there a command to husbands to get their wives into submission. A husband who suppresses, restricts, or puts down his wife is not exercising proper authority. What, then, does submission mean? The Greek word is a military term meaning to place in rank under someone. But the biblical spirit of submission involves far more than just grudgingly going along with orders as often happens in the military. Rather, submission is the attitude and action of willingly yielding to and obeying the authority of another to please the Lord. A disobedient little boy was told to sit in the corner. On the other hand, a person under authority can be strong in arguing for a point of view and yet have a submissive attitude. Submission involves an attitude of respect and a recognition of the responsibility of the one in authority. When Peter says that Sarah called Abraham lord, he is not setting down a mandate for all times. But the principle is, submission is reflected by your speech. The source of many marital problems is that the wife is seeking to control the husband to meet what she perceives as her needs and the husband is

seeking to dominate the wife to meet what he perceives as his needs. So you have a constant tug of war going on. The biblical pattern is for the wife to yield control to the husband and to do all she can to please him and make him prosper. The husband is not to dominate, but to do all he can to bless and protect his wife so that she prospers in the Lord. You must obey what God has told you to do and let Him take care of your partner. Attractive behavior involves purity. It is used in the New Testament to refer to abstaining from sin 1 Tim. John uses this word when he tells us to purify ourselves just as Jesus is pure 1 John 3: This means that a wife who wants to win her husband to Christ must live in obedience to God. She will be morally pure. She will learn to handle anger in a biblical way. Her hope will be in God 3: He will see Christlikeness in her. Attractive behavior involves reverence. This could mean respect toward her husband which a wife is to show, Eph. Attractive behavior involves not nagging. He means that she must not nag or preach to her husband. Nothing will drive a man further from the Lord than a nagging wife. Either it will make him resist and become obstinate, or he will give in to keep the peace. Either response is not good for the wife. If the husband becomes more obstinate, he can become abusive. This creates distance in the relationship. If he gives in to keep the peace, he becomes passive and the wife is put in the role of the decision maker, out from under the covering of blessing and protection that God designed proper authority to be. Thus attractive behavior involves submission, purity, reverence toward God, and not nagging. Attractive behavior involves a gentle and quiet spirit. Peter says that such a spirit is precious in the sight of God. I would also add that it is precious in the sight of a husband! What does it mean? It does not mean weakness of the Caspar Milquetoast variety, but rather strength under submission or control. So it refers to a wife who is not selfishly assertive, but rather who yields her rights without yielding her strength of character. A quiet woman exudes a confidence in her role and giftedness. She is not out to prove anything, because she is secure in who she is in the Lord. She is at peace with herself in the Lord. Attractive behavior involves doing what is right. But God wants us to be prepared to respond to wrongs against us by doing what is right. If your husband yells at you and you yell back, it escalates the conflict. What can I do to help? How can a man fight with that kind of response? Attractive behavior involves an emphasis on the inner person over outward appearance. The point of 3: A young officer who was blinded during a war met and later married one of the nurses who took care of him in the hospital. She is the most noble character I have ever known; if the conformation of her features is such that it might have masked her inward beauty to my soul then I am the great gainer by having lost my sight. Outer beauty fades, but inner beauty grows stronger over time. Conclusion I want to conclude by briefly answering three practical questions that arise on this topic: So we must conclude that a wife may need to submit to some abuse. The difficult question is, How much? My view is that a wife must submit to verbal and emotional abuse, but if the husband begins to harm her physically, she needs to call civil or church authorities. There are civil laws against battery and it is proper for an abused wife to call in authorities to confront and deal with a husband who violates the law. Although physical abuse is not a biblical basis for divorce, I would counsel separation in some cases to protect the wife while the husband gets his temper under control. But even in such situations, a Christian wife must not provoke her husband to anger and she must display a gentle spirit. If he tries to scare her into giving up her faith, she must not go along with him.

### 2: The Difficult and Compelling Art of Forgiving

*You can forgive your spouse while your heart and mind are still sorting out what to do with the anger and resentment that may be lingering. Often making the decision to forgive is the very thing needed to spur you on toward letting go of the negative feelings.*

Posted on June 02, It is therefore understandable that you have difficulty forgiving you spouse for all the painful experiences that led up to the end of your marriage. After a divorce, there are several situations in which you may still need to communicate with your ex-spouse. If you have children together, you will have to learn to be co-parents. If your divorce settlement orders ongoing financial interactions, you will need to be able to discuss money matters. Many people think that forgiveness means forgetting all about what happened and condoning bad behavior in the future. This is not the case. Forgiveness should be thought of as a way to become a more empowered person, because it allows you to let go of feeling like a victim and turn the corner to a new chapter in your life. This can make you a happier person, a better parent, and reduce the stress of having to communicate with your ex when necessary. You still have a right to healthy boundaries, and you can and should hold others accountable for their actions or inactions. It will likely take some time to work through your own emotional issues before you can truly forgive your ex-spouse. This is normal and expected. Forgiveness is based on your attitude, not on the actions of others. Some people will never change. It is therefore up to you to change the way you respond to them. The healing process takes time – so take it. Divorce is hard, so make sure that you have someone on your side who you can trust. For more than 20 years, the Washington divorce lawyers at McKinley Irvin have delivered the highest level of divorce and family law representation in the Pacific Northwest. If you are considering divorce, we invite you to schedule an appointment with us to talk about your options. Click here to contact us at any of our Washington locations: [Posted By McKinley Irvin.](#)

### 3: A Second Chance: How to Forgive Infidelity | [www.enganchecubano.com](http://www.enganchecubano.com)

*The process of forgiving a cheating spouse is no different than extending forgiveness to other people who've hurt you. But if you're the kind of person who holds grudges, then you may find the process of forgiving people to be a bit of a challenge.*

If so, then it is natural to be overwhelmed by feelings of anger, betrayal, and grief. Nothing hurts quite as much as learning that your spouse is emotionally attached to someone else. Recovering from adultery and emotional infidelity is difficult and painful. Forgiveness is the pathway to healing. If you are still reading this post, then it shows me that you are open to the idea of forgiveness. If so, then be assured that the battle is already half won because you are ready to take this major step in the healing process. But before we go any further, let me ask, has the cheating spouse asked for your forgiveness? If so, then it means that he or she wants to save the relationship. I realize, as do you, that he or she will need to find a way to earn your trust again. So share that you are willing to heal your relationship if they are. If this is the case, then start practicing being a person of forgiveness. When someone upsets you during the day, practice forgiveness. If they hurt you, practice forgiveness. You can embrace the pain and be miserable, or you can let it go and be free. Forgiving a cheating spouse involves being aware of your feelings. For example, many people find it hard to forgive when they are unhappy and deeply upset. Being aware of these emotional states and giving some time for the intensity to subside can be helpful. I realize that forgiving an unfaithful spouse is a gradual process. And situations will arise in your marriage that trigger memories of this particular offense and how much it hurt you. But with time, it will get better. Though the situation may seem terrible at the moment, there could be a greater purpose to what happened. There are many people whose marriages have gotten stronger after working together with their spouse through the process of healing and forgiveness. Use this as a learning experience. Ask your cheating spouse what he or she thinks is lacking in your marriage, and then work together to make your marriage stronger and more fulfilling for each other. If you find yourself imagining your partner with another person, make a conscious effort to put those thoughts out of your mind. Focus on forgiveness, saving the marriage, and moving on. If you follow the above tips, you will be surprised how much easier it will be for you to forgive a spouse who has been unfaithful, and how strong your relationship can become.

### 4: Being a Caregiver to Your Spouse - CareGivers

*Forgiveness quotes here might help if you are having a difficult time letting go of the resentment over being hurt and betrayed by your spouse. Getting there and reaching that piece of mind that comes with forgiving for maltreatment and pain might be among the most difficult things that you achieved in your married life.*

Forgiveness can be hard, especially if we believe in justice and fairness. Most of the times we think people should be punished for bad behavior. This can make being forgiving difficult. Forgiveness means that you give up resentment. It means that you stop being angry and that you give up all claim to punish. That is a lot to ask from someone whose partner has been unfaithful. The aftermath of infidelity It is not pretending that infidelity never happened. And it is definitely not condoning the wrong behavior. Forgiveness is essential if you and your spouse want to leave the past behind and start moving towards a brighter future. The usual aftermath of infidelity is far from this bright, new future. The aftermath likely includes rage, shock, denial and a strong desire for revenge. It is hard to put these emotions aside. Emotions are complex and complicated. You might feel anger for your partner, while still loving him or her very passionately. This is even more true when you have been together for many years. Despite the treason of infidelity you are able to forgive your partner "in due time" and have an even better relationship. Couples that survive through the destruction of infidelity grow stronger and more intimate. It will take time, but if you work on your problems together it is do-able. When there is still love! If your partner is sorry for his or her actions and if you are able to forgive and there still is love, then there is a way out of this aftermath. After the initial phases of shock, anger and revenge there will come a time that you are able to let things go. You might be willing to forgive and start building trust again. It is hard to trust your spouse if has cheated on you, but it is surely possible. In order for you to trust again you will need time to heal your wounds. One of the ways to improve the process is by having your partner bring all his or her cards to the table and being open and honest. Only when the truth is completely out can you start regaining trust in yourself and in your partner again. Both you and your partner will have to commit to this process. It will take time. It will be hard. But it will also be worth it. Without the basis of trust you cannot have a healthy, good relationship. But after infidelity, trust is of course destroyed. Building trust again is slow, while losing trust in someone can be rapid. How to forgive infidelity: Moving forward A relationship counsellor can be beneficial in the process of forgiving infidelity. This counsellor can help you and your spouse to reflect upon what has happened. The goal of the counselling is to get to know yourself even better, be aware of your own needs and those of your spouse. Something went wrong earlier, or else your spouse would not have cheated. If both of you are committed to becoming better partners then you will eventually be better partners. You will reap what you sow. Forgiving infidelity is a process and it takes two. It takes you and the one that you need to forgive. It will take small sacrifices and investments "in yourself and your partner" for you two to have an even better relationship with more intimacy and trust. In order for this to happen you will have to look at your behavior and identify where things went wrong. The same is true for your partner. He or she must be willing to self-evaluate. Keep in mind that you will never again have the marriage that you had. That is also exactly the point. That kind of marriage do not last. So now you and your partner are building a stronger, more loving marriage. Some people might not get this. They cannot understand your forgiveness towards your cheating spouse. As a result it might be best to minimize advice or input from others. Not everyone has your best interest in mind and definitely not everyone knows or feels what you know or feel. Everyone is different and other peoples advice is usually tailored for them, not you. With that being said it is time to say goodbye to the old relationship and build a new one. A new anniversary date, news ways of communicating with each other and renewed commitment are just some of the things you can think of in order for your renewed marriage to work.

### 5: Forgiveness | Straight Spouse Network

*Divorces come with a long list of difficult emotions - anger, resentment, sadness, fear, and uncertainty for the future, among others. It is therefore understandable that you have difficulty forgiving you spouse for all the painful experiences that led up to the end of your marriage.*

An acquaintance insults your dearest friend. An in-law demeans your parents. A drunk driver causes you permanent physical injury. Your father humiliates you in front of your peers, and your mother never defends you. A memory of being sexually abused by your uncle insinuates itself into your awareness. Your husband has an affair. We are betrayed, hurt, wronged many times. We have been injured, physically and psychologically, by inattention and abusiveness. To live is to accumulate experiences that burn and throb, even leave permanent wounds and handicaps. We warehouse volumes of resentments. We develop a repertory of coping programs: All of these defenses enable us to avoid forgiveness--which is more difficult work than the aggressive responses just detailed. Forgiveness is hard to do and hard to sustain. To a considerable degree we take an easier path: Actually forgiving is honored more in principle than in particularity. Not-forgiving is a primitive survival reflex. After all, if we forgive, we may be struck again and this time the result could be worse, even death. So nature has installed many gratifications for withholding forgiveness that we should face up to before we are ready to look into possibilities for forgiving anyone: Our psyches are bleeding and our hopes are frayed. Our feelings are in disarray and we are still smarting from being hurt. Our enemy may strike again and hurt us or our loved ones. Nature has made us so we will stand our ground and protect against the intruder. This is the most basic human response, and we maintain it as long as the pain of the injury remains active, and we are aware of the threat of further harm. Many of us have decided that wimps, pushovers and co-dependents forgive and we are determined not to belong to those contemptible passive groups. We latch onto the popular "tough-guy" stance that has such currency today. We believe that being strong means holding others forever accountable, consequently forgiveness is for sissies. Grudges become frozen and become life programs. Sustaining a feeling of self-righteousness can be very gratifying. In this morally ambiguous world in which it is often difficult to know what is "right" and what is "wrong," we can give puffed-up pleasure to our egos making the "good guy" even at the cost alienation of assigning the "bad guy" role to the other person. Furthermore, there is a bonus for self-righteousness--we ignore flaws in ourselves. We become addicted to the "drug-like high," the adrenaline rush of self-pity, rage, and revenge that can be called forth, again and again, to distract us from our feelings of hurt. Revenge fantasies are especially compelling, They fill our consciousness with the notion that if we stamp out the offender who, of course, deserves to be eliminated or at least, "taught a lesson" we will feel good and our personal world will be a safe and happy place. We anchor ourselves within the "fellowship of victims," bonded together by our common hostility to the "real" perpetrators of evil--"those not-like-us who are trying to do-us-in. We save ourselves from facing our vulnerabilities, as we live out a version of an "eye for an eye," in refusing to behave compassionately toward others when they did not so behave toward us. Thereby we maintain a kind of tense, mechanical balance--formalistic and non-empathic. For many, this is as close as we come to keeping an inner and outer peace. Our refusal to forgive becomes a part of our self-definition. We become accustomed to a style of not forgiving and the power of inertia becomes a formidable influence. We have lost a functional awareness that life has any options other than holding on to grievances. We have become an "Unforgiving Person," or, euphemistically, one who is "true to his or her convictions. Of course, we know from unhappy experience that being unforgiving also carries its own considerable pain: When possessed by an incapacity to forgive, we are more alone and alienated from others. In this "separated" state we cannot receive fully what we need to know or feel from one another, for without forgiveness the vitality of co-creation is substantially reduced. We nurse alone our wounds. We often continue to work and play with the unforgiven, but everything is diminished in zest and focus and effectiveness. Immersed in the river sewage of revenge energy, we can develop a paranoid perspective. We are constantly on the lookout for enemies. We have little interest in building the "good life" for so much attention goes to surviving in a "hostile" world. Seeing others as our enemies, we can only imagine they see us similarly. The

world becomes an unfriendly and dangerous place. In refusing to forgive others, though we may "let ourselves off-the-hook" by keeping them on it, we fail to forgive ourselves. Shunning any awareness of our own deficiencies and antisocial behaviors, we lack requisite self-knowledge on which to build the skills and compassion for self-forgiveness. We thus leave ourselves in an inner and social world of unresolved shortcomings, guilts, and perversities. Holding to an unforgiving style means living a life daily shaded with "regrets," a life in which things are never as free or as full as they might be. A life of "regrets" is an ideal seed ground for apathy and depression. The failure to forgive fosters debilitating attitudes of resentment and rage. Many research studies show significant correlation between resentment and anger and the reduction of the efficiency of the immune system--the effect of which is to increase our vulnerability to illnesses ranging from the common cold to AIDS. Other people, unforgiven, literally make us sick. They wish to learn to be more free and generous in forgiving others. Edward Names and identifying information have been changed. He believed that he would never even be tempted to have an affair and imagined that Joyce felt the same. Innocently he asked Joyce about them, and overcome by shame, assuming she had been found out, burst out in tearful confession. Edward went first into denial, then rage, then panic, then flight. How could he stay with a woman who had so betrayed him? The very thought of intimacy between Joyce and her lover sent him reeling. He refused to think about it as long as he could--about half a day. Then rage set in: He "hated" her, demanded she get out of his sight, called her every hurtful name he had ever learned, attempting to hurt her as she had hurt him. He contemplated suicide, and told Joyce it would be her fault if he did. He moved out to stay with a friend, threatening to leave her for good. When I began to work with Edward and Joyce, Edward had begun to realize his hysteria and blaming and unremitting anger were getting him nowhere. He was miserable and the marriage was imperiled. He began to calm down. He noticed that he was still breathing, and that he had a present and yearned for a future with Joyce. For four days he let himself just sit with his pain. Instead of screaming, he let himself cry; instead of threatening, he thought of what he wished to salvage from this time of pain. He began dimly to let in that Joyce had expressed aching regret and implored him to give their marriage another--fresh--try. Tortured and obsessive nightmares awakened him less often. He began to see how they had gradually ignored a growing disaffection in their relationship. Their diverse interest kept them away from each other and sex had become perfunctory, more a release and symbol of their married state than a source for renewal and intimacy. They had lost touch. So Edward, rather than cast himself into the energies of anger and blame, through his awareness of his pain, began to return to a consciousness of self--his feelings, failings, and behaviors that were part of this traumatic and perplexing event. When we do not forgive, we are stuck living with an unforgiven person--one who is untrusted, and disliked. We have trapped ourselves into believing that our unhappiness originates outside ourselves--in what another did to us, rather than within, in our reactions to what was done to us, in our own pain, and rage, and hopelessness. What has happened to us, has indeed happened--and the way we see these things, and feel about them, and seek to act about them, the way we mold and hold them is who we are. To allow ourselves to experience and acknowledge our pain, as indeed belonging to us, is the beginning of a path of self-awareness that can lead to healthy forgiveness. Denying, avoiding, fleeing, twisting, projecting our pain does not remove it from being imprinted patterns in our mind that must be reckoned with, if our path is to be well-grounded in authentic experience. CLAIMING OUR POWER As we confront and examine our experiences of hurt and betrayal, as we discover that we just may be strong enough to let in what actually happened to us without being overwhelmed or having actively or passively to destroy those who have hurt us, we have begun to grasp the essential condition for learning forgiveness: Only the strong and un-threatened can forgive. Only to the extent that we can protect ourselves from hurt, or to the extent that we believe that when hurt we know we have within ourselves the powers of self-healing, have we the capacity for honest forgiveness. When our grievances and revenge fantasies fill more space in our minds than our intentions to forgive, our sense-of-self has been violated, damaged, and diminished. Weak persons cannot forgive others, for they need to hold onto the one power they have, the energy of revenge and hatred. Weakness also has a name--victim. The victim, by definition, is permanently unforgiving. Withholding forgiveness and playing victim are overlapping processes. Perceiving ourselves as victims is certainly a tempting solution to the injuries of life--injuries that we trace to being betrayed by

events, others, God. Dealing with our unhappiness by accusations and indictments, claiming that our problems are from without, and we have no responsibility for them is a very seductive habit. There is a certain amount of energy in underdog complaining--especially if we can find partners who will do a frustration and anger dance with us. And for many it is simply a way of being alive, passed on from generation to generation.

### 6: Can I Forgive My Spouse for Adultery But Still Divorce?

*Part of the Does Your Spouse See Jesus in You? Series Does Your Spouse See Jesus in You? Sacrificial Love Serving With the Right Attitude Forgiving When It's Not Easy Humility and Self-Forgetfulness One Bible story that stuck with me ever since I was a kid is the story about Peter asking Jesus how.*

Can a Christian forgive a spouse for adultery, but still divorce them? The Bible does have much to say about forgiveness. It constantly says we are to forgive others as God forgives us. Here are some verses that deal with forgiveness: Up to seven times? Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. What Does Forgiveness Mean Anyway? Can we forgive someone, but avoid allowing the same thing to happen again? These are all interesting things to consider, but first let me define forgiveness. Here are a few definitions of the word forgiveness from the web: The biblical meaning of forgiveness can be summarized by the following: Vengeance belongs to the Lord. In some cases we should no longer expect a person to be punished, but in many cases even though we forgive, consequences still happen as a result of the sin. It is important to report rampant, sinful behavior to the authorities ie, child molestation, grand theft, etc. We let go of all bitterness and ill will. Instead, pray for blessings and forgiveness for the person. One thing that we will immediately see is that even though God forgives us for our sins, we still have to deal with consequences of our actions. Adam and Eve sinned against God. Even so, Adam and Eve repented during their life. Did God forgive them? Moses sinned against God when he hit the rock with a stick to make water come out without giving God the credit, and what happened? But once again, even though God forgave Moses, there was still a consequence of his sin. David sinned against God when he numbered Israel. David repented, but notice that God still punished him as a consequence. However, reconciliation is not always possible, even though you forgive them in your heart. Sometimes, forgiveness may involve a divorce. How can a person forgive in the case of rampant adultery? Forgiveness may involve praying for your spouse and treating him or her with respect, even though a divorce is inevitable. Should that molester not face any consequences? Of course they should. Any molester should have to face the justice system of our courts. Even though the family forgives the murderer, they still must face the consequences of their sin. Yes, you can forgive someone, and still divorce them as a consequence of the sin. However, divorce may not be the best option, and you must be very cautious and prayerful about this. The ideal situation would be reconciliation in the even of the sin of adultery. Is Divorce Always the Best Option? In fact, if you feel things can be worked out, that is usually the best option. If a spouse who committed adultery is repentant, and he or she bears fruit in keeping with repentance, the couple should try to reconcile and work through it. Many times, divorces hurt just as much as the adultery did, and remaining married is sometimes the easiest and least painful option. God certainly hates divorce! Marriage was meant to be a lifelong union. Other times, the consequences of the adultery are so bad that divorce is sometimes a better option, especially in the case of an unrepentant person. Sometimes couples can never overcome the adultery, and it is a constant strain and source of pain and conflict, and divorce eventually happens anyway. God forgives us, and we should forgive others see more about what the Bible says about forgiveness. And while we must forgive over and over, that does NOT mean we must always place ourselves in a situation to be hurt over and over. God forgave a great many people in the Bible, but the consequences of their sin changed their lives. I do not believe that forgiveness means a person is forbidden to divorce an unrepentant spouse who engages in sexual immorality. We can still love and forgive, yet seek a divorce if it is on Biblical grounds.

### 7: How to Forgive Your Husband When It's Hard - iMom

*Ask for God's strength to forgive your spouse and diligently seek that forgiveness. In Ephesians , Paul exhorts us to "Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*

Never was a day that there was no argument in the house. I have 2 beautiful boys and in the last 2 months Ive made significant decisions in my life, yet to be enacted. I have a quiet an unusual relationship with someone over the line, not really on the net but thru whatsap. He did not hide the relationship from the wife. I was very vulnerable and suddenly I felt love like Iv never felt the whole time Ive been married. Iv done evrything humanly possible to save my marriage, so there was no guilt in all this. My husband saw the chats in my phone and I just confessed that I am in love with someone else. He did not rebel against it but since that day its been a week now , hes been down on his knees literally begging me to give him another chance. Yes this is what I needed for the past 7 years we were married, why now. I told him Im not going to change my plans, he can continue do whatever he thinks he must do. Ive planned to move to another province to have a break there and figure out what to do next in fact I was not planning to come back , but now this. Yes this does not move me, but I still wanna do things right and I can see anything right other than saving myself from this recurring depression episodes, and my boys from growing up not knowing what a happy mom is like. Our situation is now directly affecting them that it is not a healthy environment for them at all. Im done even praying about the restoration of my marriage, but am praying for a smooth separation process when Im ready to innitiate it. What is good for my boys here in this situation? Now I cant give my heart again to my husband in the fear of him breaking it again. I think I wont have a problem forgiving him but please can somebody not say that my forgiveness would be incomplete if I dont stay with him??? Please advise where you can. Joyce Sydney December 28, at 8: But through marriage its holy because I read it in the bible. Anyway I want to get a annulment. But I dont want to sin or feel like God is going to be mad at me. My husband is sweet but we rushed into this so we could be free from fornication. The problem is he lied to me from the beginning about many things and thats why I dont trust him and we are constantly arguing. He works hard and he comes home but no matter what I still have doubts. He drinks, he doesnt go to bars or parties but he drinks in my presence and sometimes I join him for a beer or two but it turns me off. I used to drink but I prayed and was free. Yet I find myself trying to please my husband. I dont even want to go to church anymore. Am I supposed to stay married for the rest of my life with someone who drinks, and am I suppose to accept it? I dont want to drink. I dont want to be with someone who doesnt believe what I believe. He doesnt believe in hell or heaven or that world will end. I feel no passion or love, I feel empty. But If I go find someone to make love with it would be a sin. We both have our minds made up as far as religion. Please help Jack Wellman December 28, at What does God teach in His Word about annulments and divorce? You must realize that you do not have biblical grounds for divorce as he has not committed adultery. Pray for this lost man. Jesus died for us while we were still His enemies and wicked sinners Rom 5: I wish I could help you more but I must stay with what the Bible teaches. Gene Whitaker February 7, at 7: Me and my wife have been together for 8 years but married 5 years. So I let my frustrations out on my wife due to the medication and not being able to control my pain. Need less to say we kind of got back on track and then back at it again. Well with all that was going on with us I have decided to leave the home to try and work on our marriage again but from a different point and needless to say be for I left the house I cought my wife talking to another guy and made our marriage worse. She is still talking to this person who she will never probley never meet and says she is in love with him. I am asking for advise on what to do while I am still in love with my wife and still want our marriage to work but on the other hand she is cold. What do I do now. I hope and pray that you can help me in some way with your words of wisdom. Thank you and hope to hear back from you.

### 8: 4 Ways to Forgive a Cheating Husband - wikiHow

*Anyway, he also (as your husband does you) loves me and wants to keep me. He does find me very sexually attractive but says I'm the only woman he's ever been sexually attracted to. He says that he doesn't want to be that way so he's choosing not to be that way.*

Contact Author Source Some women compare living with an angry husband to living by an active volcano. One always lives in a constant state of alertness—always waiting for something to blow up and splatter molten lava everywhere. Even a small outburst can immediately throw one off-balance and ruin a perfectly lovely day. The one big difference between a husband and a volcano is that you can more easily move away from one of them. However, on the other hand, a husband is also more manageable than a volcano. Because, well, no one knows men better than men—after all, dogs know dogs best. However, for the advice to be effective, it may require you to shift your own mental perspective and, often times, your ego. It is essential you do what is best for both of you. So, if you are ready to arm yourself with a new mindset and learn helpful skills, then read on. There are many reasons why your husband treats you poorly and gets angry with you for no reason. Some of these reasons have to do with underlying mental and physical issues that are not being addressed while other factors are environmental. While many people associate high levels of testosterone with heightened levels of anger, that behavior is associated with the abuse of steroids, not natural testosterone production. Studies have shown that men with low levels of testosterone are more irritable and prone to mood swings. Environmental factors such as diet and sleep quality can have an impact on testosterone levels. Many men suffer from low testosterone, and it commonly goes undiagnosed. One of the key neurotransmitters in our brain, serotonin, plays a role in emotional and mental health. If we have too little of it, we become irritable and unhappy. Much like testosterone, eating and sleeping habits can play a big role in determining serotonin levels. Cortisol, the stress hormone, can lead to irritability as well as sleep and cognition problems. If your husband is experiencing severe stress at work and is not sleeping and eating properly, the high levels of cortisol can turn him into a very different person. Loss of male identity and purpose. The constant grind of your husband attempting to live up to some impossible masculine ideal can wear him down. A single-minded focus on job success and earning large amounts of money can leave him feeling stressed, isolated, and lonely. He may feel that in comparison to others he is inadequate, and these feelings can manifest themselves in angry outbursts. It is also possible that your husband is dealing with some unresolved emotional issues. By trying to suppress these emotional wounds, he becomes angry and irritable. Mental Approach for Dealing With an Angry Husband Here are some steps to follow when it comes to handling your husband. Try to always take a calm and relaxed approach to the conflicts. It is very easy for the situation to get out of hand if you both get angry with each other. Know that anger stems from a general lack of real power. Reflect on your actions. Think about whether you played any role in triggering this anger. It pays to be honest with yourself here. If you did play a role in escalating the conflict, this will require an approach of taking ownership of your actions and maybe apologizing for them if the situation calls for it. Know that anger is a habit. His words and actions are his own responsibilities, so never take the blame for what he does or says. All you can do is control how you react to it and what it does to you on your end. In other words, he can spit fire, but you can shield yourself from letting it burn you. Anger is a form of great suffering. When a man abuses a woman, he abuses himself too. Initially, anger makes a man feel powerful and in control, but it slowly burns and consumes him from within. This results in a vicious cycle. If you can see it for what it is then things can seem a bit less personal and more of a lesson about the causes of human suffering. Anger is a weakness. Despite how it is often portrayed in our culture, anger is not a strength—it is a weakness. The real question should be—what is he hiding behind his anger? Humor is your best protector. Think about some things that make you laugh. But I have to admit there could be a design flaw. Very likely, there will not be enough blood flow to share between them at the same time. Quick Tip A man may get angry at his wife for showing emotions that he is suppressing and is afraid to show. For example, if you start crying, it may evoke the same feeling inside, and the little voice in his head may say: At the moment it is his inner insecurities that are doing the talking, not the

man who loves you. Anger has an important trait: So let him be angry by himself and know that he will calm down eventually. If you put more fire into his fire, it may last for more hours or even days than it normally would have. Remember, his anger will pass but what you say to each other while arguing in the heat of the moment may leave scars forever. Understand that the body is an energy system and that it takes time for that energy to settle. Set them and stick to them. The biggest mistake I see others make often is that they do not clearly define what they will be willing to tolerate. Setting boundaries and making them known to your husband is one of the most effective anger management techniques around the house. The greatest generals know to only fight the battles they can win. The fewer battles you fight, the more powerful the ones you decide to engage in will be. Not only will they pack a larger punch, but you will be more likely take your husband by surprise and win the ones that really matter to you. Do not tolerate disrespect. This especially goes for a condescending and dismissive attitude. This may sound a bit harsh, but as the old saying goes: Fool me twice, shame on me. However, it bears repeating: What is your husband eating? Is it a lot of junk food? The importance of a good diet for good mental health cannot be stressed enough. If he is consuming nutrient-deficient food fried, processed, fatty, sugary things, then no wonder his brain is on fire. A lousy diet and especially poor gut health can make any person insane. For a quick fix: If nothing else works, then grab a dough roller and knock him out! On the other hand, he may have an anger disorder or some other brain-related conditions that must be addressed by a professional. Perhaps you can convince him to seek some help from a mental health professional. If you weather his verbal onslaught and remain relaxed and calm, he will likely be embarrassed about his behavior, reflect on it to correct it, and respect you even more. Think of a time when you were insufferable, but in turn, someone dealt with your emotionally charged state peacefully and professionally. Know when to walk away. You need to make difficult decisions if they are called for. Reassess the situation and think about whether you stay in the relationship considering emotional attachment, kids, property, and so forth or do you make a choice to let bygones be bygones and move on in search for a better quality of life. Some Eastern philosophies have explored anger in depth and advise us to follow the way of developing awareness and avoiding automatic reactions to anger. We are advised to take a better look at why that person is angry. If you are without blame, then you can try to see why that person has misinterpreted you. Then you can find a way to help him understand your true motives. By doing this, you are going to stay clear of causing more suffering to oneself and the other person. If you are a beacon of patience and compassion around the house, you can convince your husband to believe that only compassion towards each other will save and sustain the relationship. Compassion is the elixir of life that heals all wounds and lifts all spirits to new heights.

### 9: 7 Steps to Forgiveness in a Christian Marriage

*Forgiveness can be difficult when a spouse forgets a special day, constantly makes the family run late for events, or neglects their basic responsibilities in the relationship. Many couples also struggle with forgiveness in adultery, addictions, or financial irresponsibility. It's not easy to.*

Dana Hall McCain Alan admitted to his wife he was wrong. He took steps to make it right as much as was possible. He sincerely asked for her forgiveness. He even gave her a pass to be angry and withdrawn for a considerable period of time, figuring that he deserved it. But when four months turned into six, and then nine—it became clear that forgiveness and restoration were no closer at hand than they had been on day one. Alan was emotionally exhausted, and his remorse was giving way to frustration. Even when the mistakes our spouses make are significant, forgiveness is essential if our marriages are to survive. Remember that you will need forgiveness one day too. None of us is perfect, and you have no idea what challenges and temptations await you in the future. One day the tables may be turned, and it could be you who needs understanding and restoration. Acknowledge that forgiveness is a decision—not a feeling. You can forgive your spouse while your heart and mind are still sorting out what to do with the anger and resentment that may be lingering. Often making the decision to forgive is the very thing needed to spur you on toward letting go of the negative feelings. Do the hard work of forgiving. It may seem unfair that you, the one who has been wronged, should have to do anything to repair the relationship. But only you can unpack and discard the feelings and emotional garbage that the incident brought into your life. And only you can make it. Be objective enough to learn something from what happened. Nothing happens in a vacuum. In other words, everything has some contributing factors or circumstances that started the dominos tumbling. Sometimes in doing this, we learn that we, too, played a part in the poor choices of those we love. Remember that even the remorseful have a breaking point. Because your unforgiving spirit may turn out to be the thing that sinks the ship of your marriage. We understand that forgiveness is a process, and healing from major hurts does take time and work on both parts. But at some point, the game changes. Your spouse is no longer the one in the wrong for what he did; you are in the wrong for your refusal to forgive. Have you ever found it difficult to forgive your husband? How did you get past it? Please share your thoughts and comments:

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