

# **My Commitment to Marital Faithfulness**

1. I understand that it is possible for me to be extremely attracted to someone other than my spouse.
2. I understand that I could have strong feelings for someone other than my spouse.
3. I understand that although I could be extremely attracted to and have strong feelings for someone other than my spouse, and it be mutual, it would be a sin to pursue the relationship.
4. I understand that it is impossible for sin to bring me long-term happiness.
5. I understand that if I did pursue the relationship, living with that person would present many problems, especially after the infatuation dies and important life decisions must be made together.
6. I understand that strong feelings of infatuation and/or obsession can blind people to the truth and to the real relationship issues which are most important (spiritual beliefs and goals, character, children, money and material goals, work ethic, self control, etc.)
7. I understand that I am not an exception to being deceived by my feelings, and that deception always leads ultimately to pain and disappointment.
8. I understand that adultery is a grievous sin, which greatly offends God and would bring a wound and a dishonor to me.
9. I understand the Bible says “ Be sure your sin will find you out” and “ whatsoever a man sows, that shall he also reap” and I cannot escape the consequences for this sin.
10. I understand that I may never receive forgiveness from God for this sin, as I may never have a truly repentant heart, since sin tends to defile and sear one’s conscience.
11. I understand that if I ever came to repent of this sin later, I would need to apologize to all those that were hurt by my sin.
12. I understand that though I may receive forgiveness from God for this sin, the reproach of this sin on my life will not be wiped away.
13. I understand that even if I repent and receive forgiveness from God later, my spouse and others I have offended may not forgive me.
14. I understand that even if I repent and receive forgiveness from God later, my spouse and others will never forget my sin of betrayal.
15. I understand that if I repent and receive forgiveness from God later, I will never forget my sin and the memory of it will likely bring great sorrow.
16. I understand that even if I repent and receive forgiveness from God later, my spouse and others may never trust me.
17. I understand that word of adultery spreads and my good name would be destroyed
18. I understand that if I have sex with someone other than my spouse, my spouse has scriptural grounds to divorce me.
19. I understand that though I truly repent of this sin later, I could lose my family forever.
20. I understand that even if I repent and receive forgiveness from God later, my testimony for the Lord and thus my usefulness to the cause of Christ may be significantly diminished.
21. I understand that even if I repent and receive forgiveness from God later, I may never enjoy a position of spiritual leadership again.

# My Commitment to Marital Faithfulness

1. I commit myself to never be romantically and/or sexually intimate with any person other than my spouse.
2. I commit myself to withdraw as much as possible from anyone (other than my spouse) with whom I feel tempted to be romantically and/or sexually intimate.
3. I commit myself to abstain from books, magazines, movies, TV programs, conversations with certain people, or anything else which tempts me to be discontented with my spouse.
4. I commit myself to abstain from books, magazines, movies, TV programs, or anything else which tempts me to lust for another person.
5. I commit myself to abstain from all sexual or flirtatious jesting with anyone other than my spouse.
6. I commit myself to love my spouse by fulfilling my scriptural responsibilities toward him or her, regardless of his or her behavior toward me. (This is not a commitment to being abused since this is not a scriptural responsibility)
7. I commit myself to asking and trusting God to make our marriage the wonderful relationship He intended it to be.
8. I commit myself to focusing 100% of my romantic and sexual energy toward my spouse.
9. I commit myself to recognizing and giving thanks regularly for the positive things about my spouse.
10. I commit myself to putting my spouse first in my life, above all other people or activities, except God.
11. I commit myself to praying for my spouse regularly.
12. I commit myself to praying with my spouse regularly if he or she will.

I hereby make this commitment to God on this, the \_\_\_\_ day of \_\_\_\_\_,  
\_\_\_\_\_.

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Signature