

Active Fidelity

By Susan Vogt



In your marriage vows you promised to be faithful to your spouse in good times and in bad, in sickness and in health, to love and honor each other all the days of your life. It's pretty clear. No affairs, no adultery, no messing around. For Christians these are sacred vows said before God. So, is it possible to be unfaithful even if you never have sex with anyone but your spouse?

For

Adult / Couple

Season

Summer

Needed

A self-examining heart.

Prepare in Advance

Although this activity is geared to married couples, if you are not married see "Solo Variation" below for ideas on how you can lead a faithful life.

Activity Plan

1. Pray together.

Faithful God, ___ years ago we made sacred vows to each other in your presence that we would be true to each other and honor and love each other all the days of our lives. We come together now to strengthen our bond. Give us the self-awareness and self-discipline to keep our love alive. Amen.

2. Consider this. You may think that fidelity in marriage is a no-brainer. Sure, it may be tempting for some couples but you've never even considered it. If this is the case for you – good. But that isn't the fullness of fidelity in marriage. "Active fidelity" goes beyond not committing adultery and encompasses all those indirect and preventive actions we cultivate to keep the romance and interest alive in our relationship. It's like marriage insurance.
3. Check yourself. Each spouse silently examines him/herself on the following questions:
 - When have I taken my beloved for granted?
 - Are there times that I put my work, my hobbies, our kids, surfing the internet, a sport . . . before my attention to my spouse. Sure, none of these things are bad in themselves, but if any of them get out of balance and start to steal time from your primary relationship, it can be like having a lover on the side – even though the "lover" is not another person. How will I know if my spouse is being neglected? Ask her or him, or listen to what your beloved complains about.

- Are you feeling that your marriage is in a rut? Nothing's broken, but it's just pretty routine, even boring.
 - What do we do to feed our marriage; to keep the romance alive?
4. Honestly discuss any attractions or activities that you think may be shoving your beloved out of first place in your life. Look for ways to bring balance into your relationship. Even if you are very happy with each other, romancing each other in new and different ways is like taking vitamins to keep your love strong and prevent more serious problems later.
 5. Choose one flirty or romantic action to do together today. It can be as simple as a backrub, a walk in the moonlight, dancing together cheek to cheek... Use your imagination but don't procrastinate. For ideas, see [52 Weeks of Creative Dates](#) by Susan Vogt.
 6. Close with the husband praying the following Scripture to the wife.

And I will take you for my wife forever; I will take you for my wife in righteousness and in justice, in steadfast love, and in mercy. I will take you for my wife in faithfulness; and you shall know the Lord (Hosea 2:19-20).

Solo Variation

If you are not married, think of other relationships that require your fidelity.

- Do you have children who need your stability and for you to keep your promises?
- Do you have friends that you can count on? Can they count on you?

