

WOMAN TO WOMAN WEBINAR SERIES

Presented by Harvest USA Women's Ministry

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Participant Handout for *Emotional Affairs: Recognizing unholy attachments*

Introduction: What this webinar will cover:

1. Identifying an emotional affair
2. Fleeing and getting out
3. Healing
4. Avoiding unholy attachments
5. Your questions over Web-ex Q&A feature

Identifying Emotional Affairs: what are they?

1. Involves at least one married person
2. A depth and frequency of shared emotional intimacy that rightly belongs to a spouse
3. A romantic and perhaps sexual chemistry
4. May be between opposite or same genders
5. Connection with other person grows to feel like a 'need', perhaps an addiction

Warning Signs

- Are any of the previous five things happening?
- Are you being secret and deceptive? Why?
- Is your communication with this person your daily/weekly highlight?
- What is the content of your communication?
- Are you threatened by the person's spouse? Other close friends?
- Are you able to 'fast' from connection with him/her?

Fleeing Emotional Affairs: how to get out and end it

1. Confess to God and cry out for mercy, courage and comfort
2. Walk in the light with a trusted friend or mentor who is spiritually mature
3. Confess to your spouse and key people
4. End the relationship
 - Communicate your decision to the other person
 - Sever ties (technology, social media, etc.)
 - NO contact
 - What if the person works with you or goes to church with you?
 - Get wise counsel: do you stay, or go?
 - If you can't remove yourself from being around this person due to circumstances, you need to be sure you have specific accountability. This means having people ask you:
 - Are you being faithful in not having any contact with this person?
 - Are you doing everything you can to pursue your spouse and godly friendships with others?
 - How are you guarding your heart in unavoidable circumstances when you are around this person?

Ending the relationship can feel like you are entering an emotional wasteland, but this can actually be a path back towards abiding in Jesus and experiencing new intimacy with him.

Healing from an Affair

1. Expect a long season of grieving
2. Commit to pursue Christ with all your heart
3. For married people, make your marriage your #1 relational priority
4. Explore (with a wise helper) the deeper heart issues that led to this affair
5. Learn what holy and healthy relationships are
6. Cultivate new relationships including accountability

Walking away from an emotional affair is painful; it can feel like death. In fact, something does need to die: the unholy attachment between two people that never should have been.

However, pain which comes from healing is so much better than the anguish of sin!

Avoiding Emotional Affairs: wisdom for keeping your relational world holy

- The above points
- Watch over your heart and affections
- Establish accountability
- Flee any relational temptation...now!

Q & A

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:1-2