

Chat Example: Hurting Believer

COACH Sally 8:12 PM

Hello Sally. What is going on today?

SALLY Sally 8:13 PM

Hey COACH, I found my husband planning to cheat this morning and I'm not sure what to do.

COACH Sally 8:14 PM

Oh Sally I'm sorry to hear that. What does that make you feel like?

Have you been able to tell anyone else?

SALLY Sally 8:14 PM

I'm numb to it, I've had a lot going on lately. No we agreed I wouldn't talk to anyone about it.

COACH Sally 8:15 PM

You and your husband agreed? That is a lot to add to whatever is going on, especially if it's alot.

Do you have some support around you to help keep you grounded?

SALLY Sally 8:15 PM

I don't have anyone to talk to that would understand why I'm not leaving.

COACH Sally 8:16 PM

I'm sorry to hear that. Do you mind if i say a quick prayer for you?

SALLY Sally 8:16 PM

Yes please, my religion reasons are one of the reasons why I'm not leaving.

COACH Sally 8:18 PM

God, Sally needs some of your love and guidance right now. God I know you care for her and have a plan for her life that is so great, we cannot imagine it. But God, help her with this pain and news today. Nothing but your love can ease that burden, so thank you for taking it. It's in Jesus name we come to you. Amen.

What are some of your religious beliefs?

Does it feel like your religion reasons are helping or being a burden right now?

SALLY Sally 8:20 PM

Amen. I go to a pentecostal church but I more relate to baptists. I don't believe in divorce, I don't agree with cheating either but once we are one soul then there is no out. Helping, even though he had it planned out he didn't go through with it and I feel that it was God telling him not to if that makes sense.

COACH Sally 8:21 PM

Yeah that makes sense. I hope he's listening to God, because God wants that one flesh of your marriage to live on.

What do you believe God says about your situation?

SALLY Sally 8:23 PM

I know it's a sin to commit adultery. I'm not sure if him planning it out really counts or not. But I think it means we need to turn to God more to help us through this rough patch.

COACH Sally 8:24 PM

Yeah Jesus is pretty clear on that one. Matthew 5:27 talks about that
27 "You have heard that it was said, 'You shall not commit adultery.'
5:27 Exodus 20:14
28 But I tell you that anyone who looks at a woman lustfully
has already committed adultery with her in his heart.
29 If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.
30 And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

What do you believe about Jesus and who he is?

SALLY Sally 8:27 PM

I believe everything I've been told in church about him. How he died on the cross for our sins and how he healed people and that he is pure and is the symbol of what we all should aim to be. Like how the church is the house of God and represents God and a marriage is supposed to represent the church. You have to represent Jesus too.

COACH Sally 8:29 PM

That sounds like what I believe too. Paul says it in Ephesians that the bride of Christ is the church and husbands are supposed to love sacrificially like Jesus did for His church.

SALLY Sally 8:31 PM

Yes you worded it better than I did.

COACH Sally 8:31 PM

What do you feel like you should do now that you know what your husband did to you?

SALLY Sally 8:34 PM

He offered to get life360 so I wouldn't be worrying constantly. I declined, even though the trust is cracked it is not broken completely and I don't feel the need to track him like a helicopter mom. I'm not looking to parent him, he is my partner not my child. I want to talk to my pastor but he is a close family friend and I know it wouldn't stay between me and him. No use in talking to family or friends on it, in this day and age everyone through divorce at you like it's a lottery ticket. I'm getting myself put back into therapy hopefully this week to work through my emotions.

Throws*

COACH Sally 8:35 PM

I'm glad you have a dialogue with him through this, it's hard but Jesus encourages us to forgive, even when it feels like we can't forgive anymore. 21Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22Jesus answered, "I tell you, not seven times, but seventy-seven times. Matthew 18:21-22

Have you been able to talk to God about it?

SALLY Sally 8:37 PM

Honestly no not yet. I'm running on 3 hours of sleep and hot flashes. I have my Bible with me I just want to be alone when I talk to him. I know once I start talking I'll start crying and I don't want to cry just yet.

COACH Sally 8:39 PM

Wow, that's a lot to put your body through, I'm sorry Sally. Do you know where you are going to start looking for God's love in the bible?

SALLY Sally 8:40 PM

I really enjoy psalms so I may start there.
One of my favorite in that chapter is psalms 46:10

COACH Sally 8:41 PM

What does that one say? The psalms are awesome but I need more practice.

SALLY Sally 8:41 PM

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

COACH Sally 8:43 PM

Mmmm, that is such a comfort! Can we take a moment and be still before God? I'm going to be silent for a minute as we come before God together, just for a little minute.

SALLY Sally 8:43 PM

Okay I can do that.

COACH Sally 8:45 PM

I know that you don't want to cry, and to be honest I don't either, but maybe it's better to cry with someone else. If I start off a prayer, do you want to pray with me? I'll be right here and you can join in whenever you want.

SALLY Sally 8:45 PM

Yes we can try, my husband's sleeping and he is a heavy sleeper so if I start crying I don't think he will wake.

COACH Sally 8:46 PM

Okay, I'll pray a bit and then wait, if you want to pray silently to God, he hears them all the same.

God, thank you for Sally. Thank you for her devotion to you and to your covenant of marriage. God it's a hard thing to be committed to one another, but thank you for giving us your Holy Spirit. God, I pray that's what her husband heard as he was making his plans. Thank you for stopping him. God your same power that held him back is the same power than can heal wounds. I pray Sally experiences that healing.

SALLY Sally 8:51 PM

God, thank you for being here for me through thick and thin and keeping a hand on me even in my lowest moments. Even now I feel you reaching out

and helping, even with everything going on you're lifting the weight off my shoulders just a bit. Thank you for stopping him and the devil trying to get his hand on our marriage. Thank you for giving us the strength to continue working through these issues. God I pray that you pull us closer, closer to you and closer to each other to keep the evil away. In Jesus name we pray, Amen.

COACH Sally 8:53 PM

Amen, I know that was hard, but thank you. God has been working on this for a long time, Jeremiah 1:5 says He knows us before we are born. If you have the Youversion bible app, there is a plan that you can do, would you like me to share some of those resources?

SALLY Sally 8:55 PM

Yes please, I'd love that.

COACH Sally 8:56 PM

<https://www.bible.com/reading-plans/22673-affair-prevention-in-marriage>
<https://www.bible.com/reading-plans/15210-grace-is-greater>

I hope that you and your husband can work through this together. God has an amazing way of breaking down walls between His children. I also pray you can find a pastor you can confide in, heavy burdens are meant to be carried by lots of people, there's no shame in that.

SALLY Sally 8:58 PM

Thank you I really appreciate it. I was raised that house hold problems aren't supposed to be shared so it takes a lot out of me to talk to people.

COACH Sally 8:59 PM

I will continue to pray for you tonight and going forward Sally. And we are here 24/7, if I'm not on, there are literally hundreds of people who are seeking God on here, ready to listen.

SALLY Sally 8:59 PM

Is there anyway I can request to speak to you in the future if needed?

COACH Sally 9:00 PM

Let me ask my team lead and I'll let you know in just a second.

SALLY Sally 9:00 PM

Okay thank you so much.

COACH Sally 9:03 PM

So you can request to be transferred to me if you are on and I am at the same time, a coach will put you through. But if I'm not around, i might just be busy and anyone else would be able to chat.

If you are looking to email someone for convenience, i can find some ladies who would be good options to chat to.

SALLY Sally 9:05 PM

No thank you, I really appreciate it. I think I'm going to call it a night and give some more time over to God. Thank you again you've really helped me feel better about my situation.

COACH Sally 9:05 PM

Bye for now.