

Unmistakable Pointers that your Wife is cheating



How to contain infidelity

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infidelity**

Felix Indure

Unmistakable Pointers that your Wife is cheating: How to contain infidelity; is a book that aids readers to identify signs a wife is headed to commit adultery. It suggests actions a husband should take to stop the looming betrayal. Where the wife has already committed adultery it prescribes the remedies available to an aggrieved husband.

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Dedication

This book is dedicated to my children; Pacificah and Psalmjah for contributing something new and unsullied to my life.

Acknowledgements

I am indebted to various contributors who ensured this book was a success. The names of person who gave me their experiences are their true nicknames. Since the contributors appealed for privacy, I have used their nicknames only. If their nicknames are similar to names of existing persons, it does not refer to those persons and I apologise for the coincidence in advance.

I acknowledge using Bible verses from the Good News Bible version (GNB), the New International Bible Version (NIV), the King James Bible Version (KJV) and Gideons International Bible Version.

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Introduction: Husbands are deeply hurt by Cheating

Most animals on the farm or in the jungle mate randomly; only few are faithful to one mate at a time in their lifetime. Human beings are therefore likely to ape animals and thus engage in coitus activities indiscriminately. To emphasize that human beings are dissimilar to animals, God simply commanded them, “You shall not commit adultery”. Exodus 20:14 (NIV).

Yet adultery is so common nowadays that many feel there is nothing wrong with it. Some married couples have even glorified it by swapping partners in orgies. That is why it is common to witness bizarre happenings as in a tragedy that befell a boarding school which I would withhold its name for privacy purposes. Precisely, fire burnt down several students in their dormitory. To identify them, DNA samples were taken. Some were found not related with their fathers but could be identified to their mothers. In another incident, a husband survived the wife, the curious husband took DNA and ‘his’ five children were not related to him!

In as much as folks condone adultery, adultery is painful to the husband. Proverbs 6:35 suitably states, “He will not accept any payment; no amount of gifts will satisfy his anger”. GNB. To ease such unrelenting anger, God gave the Command that, ‘If a man commits adultery with another man’s wife - with the wife of

his neighbour - both the adulterer and the adulteress are to be put to death'. **Leviticus 20:10 (NIV).**

In our modern society, it is unlikely to put out the life of unfaithful partner. It may be so in few Arabian countries or when an angry husband unlawfully snuffs out the life of his wife; but killing unfaithful wife or her lover is quite unnecessary. Jesus led by example when he told those accusing an adulterous woman to throw the first stone at her if they had no sin. This was the dawn of a new era where one could be forgiven of any sin if one was truly remorseful. In spite of this, the anger is definitely there in aggrieved husbands; that is why divorces are on rise. It also explains why private spies are making lucrative business prying on people's wives as requested by their distrustful husbands. Being suspicious of one's spouse whether she is actually peddling her wares outside marriage or not is not new.

In biblical times a husband who suspected his wife to be cheating did not hire private agencies, instead, he took her to the priest. Here are the details of the procedure.

The LORD commanded Moses to give the Israelites the following instructions. "It may happen that a man becomes suspicious that his wife is unfaithful to him and has defiled herself by having intercourse with another man. But the husband may not be certain, for his wife may have kept it secret — there was no witness, and she was not caught in the act. Or it may happen that a husband becomes suspicious of his wife, even though she has not been unfaithful.

In either case the man shall take his wife to the priest. He shall also take the required offering of one kilogramme of barley flour, but he shall not pour any olive oil on it or put any incense on it, because it is an offering from a suspicious husband, made to bring the truth to light.

The priest shall bring the woman forward and make her stand in front of the altar.

He shall pour some holy water into a clay bowl and take some of the earth that is on the floor of the Tent of the Lord's presence and put it in the water to make it bitter.

Then he shall loosen the woman's hair and put the offering of flour in her hands. In his hands the priest shall hold the bowl containing the bitter water that brings a curse.

Then the priest shall make the woman agree to this oath spoken by the priest: "If you have not committed adultery, you will not be harmed by the curse that this water brings.

But if you have committed adultery, may the Lord make your name a curse among your people. May he cause your genital organs to shrink and your stomach to swell up.

May this water enter your stomach and cause it to swell up and your genital organs to shrink. The woman shall respond, "I agree; may the Lord do so."

Then the priest shall write this curse down and wash the writing off into the bowl of bitter water.

Before he makes the woman drink the water, which may then cause her bitter pain,

The priest shall take the offering of flour out of the woman's hands, hold it out in dedication to the Lord, and present it on the altar.

Then he shall take a handful of it as a token offering and burn it on the altar. Finally, he shall make the woman drink the water.

If she has committed adultery, the water will cause bitter pain; her stomach will swell up and her genital organs will shrink. Her name will become a curse among her people.

But if she is innocent, she will not be harmed and will be able to bear children.

This is the law in cases where a man is jealous and becomes suspicious that his wife has committed adultery. The woman shall be made to stand in front of the altar, and the priest shall perform this ritual.

The husband shall be free of guilt, but the woman, if guilty, must suffer the consequences.” **Numbers 5:12 – 31(GNB).**

A casual look at the above account shows that a man may suspect his wife of infidelity whether it is true or not. This is because the propensity of women to commit adultery is always high. Why do women commit adultery? Women commit adultery due to peer pressure, desire for adventure, desire for money and power, sexual incompatibility, need to feel loved, revenging

a wrong on one's spouse, desire to have children, being blackmailed by a man for past misdeed and for no reason at all!

Women may commit adultery due to peer pressure. A married woman befriending women with multiple partners is under pressure to commit adultery due to their luscious stories. Some actually arrange men to meet this married woman and provide their houses as lodgings for the 'couples'. The fear of losing one's friends would always force the married woman to conform and please her peers. It is often termed as a safe way of cheating as the unsuspecting husband would think the woman has visited her female friends.

Women may also desire adventure particularly elderly women seeking to be lain by teenagers. Such women wait when their husbands have gone on a trip or to work and pry on unsuspecting teenagers and young adults. Proverbs 7 describes the women as having crafty intent, unruly and defiant, full of sweet words and seductive. Laying their trap is not limited to waiting till their husband is absent, in modern world, the woman may attend church activities leaving the husband at home, while in truth she has gone to entertain a young man in lodgings and their houses if the young man has one. Or as it is common, a teacher may offer to assist a weak student in a subject at clandestine places, which often is a trap on the student to see her nakedness. The account of Joseph and Potiphar's wife, where she wanted Joseph go in bed with her is an example of women seeking sex for adventure purposes. **Genesis 39:7**

Desire for money or just greediness may lead a woman to commit adultery. In corporate world and even government organizations, a promising young man who is not politically correct or part of the management clique, may be trapped by sex to stall his ascension to the management. Quite often a married woman may be chosen to lure the young person into copulation being promised huge amounts of money. The married woman would accept the arrangement particularly if she is struggling financially or is greedy for money. It is also common for married women to trade sex for promotion or political and corporate power. The incident of Samson and Delilah, where Delilah was to use the sex bait to extract vital information from Samson, is the best example where married women may commit adultery for financial favours or trade for corporate power. **Judges 16:4-18.**

Unlike in the past where a woman would hide his husband's sexual weaknesses; sexual incompatibility is not tolerated by women in this age. It is common nowadays for women to remark their man's instrument is a tooth pick or a cigarette; that is why they secretly sin to obtain the real cucumber. A man that does not last in bed or his member is small to the recipient, "atagongewa" – a Swahili word meaning, the wife would seek services of another man. In addition, a woman may have high sexual libido while the man has low sexual drive. This strains the marriage especially if their communication is poor: and if the woman is devoid of Bible principles, she would seek satisfaction outside the marriage.

The need to feel loved is perhaps the greatest cause of marriage infidelity. Women, who are raised in families that are deficient in love, are orphans or passed through some childhood trauma need affection. If the husband fails to give them constant attention, they draw towards a neighbour, a business partner, a work colleague or any man showering them with friendliness which leads to adultery. This is because the woman feels obliged to repay the man showing interest in her, and if asked for sex, she readily gives it.

Revenge on a wrong on one's spouse - An upset wife may decide to 'punish' her husband by being licentious. The wrongs may range to being accused of being unfaithful, a cheating husband and any other reason the wife feels the husband should be punished. In biblical times Tamar punished her father-in-law for declining to give her his son Shelah as a husband by sleeping with him. **Genesis 18:18.**

Women, who are under pressure to have a child or have a child of particular gender, would cheat to please the source of pressure. The pressure may originate from the husband or the society. When a woman has delay in having children and the husband (or society) is demanding them, she would cheat to make him happy and save her family. Since God loving women are not allowed to cheat, women like Sarah, Rachael and Leah gave their husbands their maids to bear children on their behalf.

A woman, who committed a shameful act in the past and would wish its skeletons remain in the cupboard, is often blackmailed

by those men who know for sex as payment to keep the secret. For instance, in a large corporation, the cashier may have a cash shortage. An internal auditor discovering this may collude with cashier to reward him with sex to keep this discrepancy under wrap. Once the cashier consents, the internal auditor would keep laying her for many years to keep that skeleton in the cupboard.

Women could actually cheat for no reason at all. This is because they are constantly being approached by men. To sustain this attention, they would bundle the goodies to men singing their praises and showering them with gifts, if requested to do so. Some claim that the birth canal is not a bar soap that would get depleted. They can give it to their aficionados and still give it to their husbands. Some women actually get 'the adrenaline thrill' for cheating without getting caught. Being able to cheat without getting caught gives some women 'happiness'.

While cheating (provided the husband is unaware of it) is widely accepted by the society, it is unacceptable to husbands by nature. A husband's anger is homicidal. In the chapters that follow I highlight pointers that show a man that the seemingly submissive wife is about to cheat and ways the man may help her to stay faithful. I will also highlight signs that point out the woman is cheating and the remedies a husband can have in this case.

Chapter One: Ostracism

Indicator one: The wife eliminates people who threaten her disloyalty

Women who cheat on their spouses may not want to divorce or get separated from them. Therefore they would try first to 'clear the way' so that they are not caught or perceived to be cheating. It is said the only woman who can love a man unconditionally is the man's mother. All the other women love a man with some conditions. For instance, a survey I did in 2023 showed that generally a married woman would prefer her brothers or her parents to be her next of kin to her husband. Therefore, the mother-in-law of a married woman is the first threat to her infidelity.

Rebecca loved Jacob more than Esau. Suppose Jacob had married a Hittite lady like Esau, your guess is as good as mine that the Hittite lady would have hated her. The Hittite women Esau married had no moral standards and Godly fear to do the right thing. In Rebecca's own words to Isaac, "I'm disgusted with living because of these Hittite women. If Jacob takes a wife from among the women of this land, from Hittite like these, my life will not be worth living." Rebecca rooted for her favourite son Jacob to marry right, had he married a wayward Canaanite woman, the woman would have perceived Rebecca as a threat. Therefore, a woman about to cheat would first sever her husband's relationship with her mother-in-law. Mothers-in-law have instinct to know their son's wife is about to cheat or is cheating mostly

because they are advocating for the best interests of their son.
Genesis 27:46 (NIV).

The intuition of a mother to protect her son is vividly illustrated by Samson's account. The account narrates of how Samson went to Timnah and admired a woman. When he asked his parents to take the woman as his wife, they objected. But Samson decided to have his way and marry her. When Samson posed a riddle to young men who had attended the feast he had organized, his woman manipulated him with tears to divulge the answer to her. Worse still, before Samson could marry the woman, her parents married her off to one of the young men that attended Samson's feast. Briefly analysing the account; the woman would have been unfaithful if she had married Samson. She influenced Samson to reveal the secret by crying, imploring him to prove his love for her. Shortly after, she left her 'lover Samson' and was married to another man. Samson's mother was quick to know such a woman meant no good to her son even before he could marry her. **Judges 14:1-20. (NIV).**

A wife about to cheat would not like her husband to be close to her mother-in-law. She would openly show her displeasure if her husband buys utilities for his mother, gives her money or spends quality time with her. She would try to manipulate the husband to stop and even deny him conjugal rights. In an effort to please his wife, the man may cut visiting or spending time with his mother. If he gives his mother something, it would be secretly.

Having succeeded in isolating son and mother, the wife would start bad mouthing her mother-in-law. The son may resist heeding his wife's denigrations. But as they say continuous friction between a rope and a rock, would see the rope cutting the stone, eventually the son caves in and believes his wife. He may even chastise himself for being blind to his mother's evil. He would wonder why he lived with a witch for so many years without knowing! He then increases his admiration for his wife. He brands her as a good woman who helped him see the hidden evil in his own mother. The wife is quick to notice the new developments in his husband. It is then time to boldly move on with the other man or men.

The other persons who are a threat to a woman planning to cheat are her sisters-in-law, particularly if they are close to his husband. She would segregate them from her husband, show open displeasure if they visited or spent time with her husband. She would use manipulation as being constantly annoyed with her husband or crying and eventually the husband takes the cue. She then maligns her sisters-in-law to her husband. The husband may stand firm at first but in the long run, he would side with his wife.

The wife would know how to handle her husband's friends, house workers, neighbours and anybody else in their environment. She may either plan to cheat with them or disconnect them from her husband. Those likely to play the big brother role, or be ones brother keeper would be eliminated

from the husbands circle just as she did with his mother-in-law and sisters-in-law.

Dealing with ostracism

How to contain the wife's infidelity if she wants to exclude some persons in the husband's life

1. Living a lowly life and appreciating everyone. Proverbs 31:23 states that; 'Her husband is known in the gates, when he sits among the elders of the land. (Gideons Intl.). Worldwide, gatekeepers are lowly people. It is common for the rich people not to know some gate keepers since they zoom past them in cars. Equally, the gate keeper may not know some rich people since his work is to open the gate courteously for anybody meeting set protocols. Therefore for a rich man to be known by gatekeepers, he must be stooping too low to chat with them from time to time. And for one to sit among elders of land he must have exemplary life style or he is rich. Accordingly, the husband of the model wife in proverbs 31:27 is free to meet and talk with anybody. This is because his wife has not tried to ostracize him from any person. Instead it is her contribution that has made him to be respected. Living a lowly life no matter how rich one is would scare ones wife from cheating. Firstly it is because she cannot ostracize her husband from people who esteem him, and secondly she would be afraid anybody could tell her husband 'her secret'.

2. Diplomatically refusing to blot out anyone from one's life.

A husband whose wife is trying to split him from any person

without a reason should tactfully advise his wife God commands blessings where there is unity. It is actually a curse to despise ones mother. God is emphatic that one should not only keep his father's command but also the mother's teaching. It is the mother that bears the greatest grief if a son acts foolishly. A man should therefore desist from hurting his mother by forsaking her on baseless allegations. And if anyone curses his father or mother, his lamp will be snuffed out in pitch darkness. The wife should try to understand; her life, that of her husband and their children would not be blessed if her husband disrespects his mother. **Proverbs 6:20; 17:25; 20:20.**

Some people have contended that their mothers are toxic or immoral or worthy no respect at all. But if a mother one despises has managed to bring up one respectfully, then she is worthy all the respect. One should try to wear ones parent's shoes and perceive. If one was in his mother's position, would one have acted differently? Granted life is never fair, while God fearing persons know they have to rejoice in all situations and God would recompense them for any unfairness they experienced, other persons do not know this. If your mother is among those who are not acquainted with this, she would not know how to act when faced with worldly problems. In an effort to cushion you from what she had experienced, she sacrificed herself to ensure you live a rewarding life. For instance, an un-educated, unemployed single mother may turn to prostitution to ensure you get quality education. A stressed up single mother may hit the bottle but ensure you have food and education.

When one is old enough and successful, they should never despise their mothers no matter how they misbehaved. If she brought you up and you saw the light, it means she appreciates the light. She sacrificed for you to see the light. It is time now for you to reach out to her. Say, 'mother, no more of those injurious sacrifices; come let's enjoy the light.' You would be surprised how quickly she would embrace your invitation. She would be glad at least one person cares for her! One who is pressured by his wife to forsake his mother should diplomatically resist. One should try to edify the wife that children and grandchildren have an obligation to care for their own family as well as repaying their parents and grandparents. It is pleasing to God to care for those who cared for you! 1 Timothy 5:4.

3. Spending more time with ones wife and gratifying her sexual needs. As a husband, perceive that your wife is seeking to remove people that would curtail her nefarious activities. She is about to cheat! Spend more time with her, give her quality sex. Make her appreciate your mother means much to you despite her weakness. Ask her to understand that if you can abandon your own mother, what would prevent you from forsaking her! Let it sink in her head that you are united with your mother by blood but you are united with her by a covenant. Since it's only God who keeps His covenant forever, as a man you can break yours. For that reason you should both work hard as a family to keep your covenant. Make her open up to tell you her deepest needs and desires. Remember sex in marriage is her right and if you have been denying her or just neglected her

for some time you should stop. Learn her timetable and completely fulfil her physical and emotional needs. 1 Corinthians 7:3.

4. Make clear decisions as the head of the family.

Remember as the husband, you have been given family leadership role. This means you have to make decisions and set clear boundaries, do not obscure anything to please your wife. Let your wife realize that goodly women have to emulate Ruth by loving their mothers-in-law. Your wife will love you and submit to you willingly if you love her as your own flesh. She has become part of you and treating her dishonourably and neglecting her, means you do not love yourself. That is why she is reacting by separating you from people who care for you. Once she manages to keep off the people who could recall you to your senses when they see you blunder, you are then like a broken dam. Nothing can stop your downfall and eventually she will destroy you entirely. Ephesians 5:22, 25, 33.

Chapter Two: Loathing for pets

Indicator Two: The wife starts hating pets that she did not mind before

A wife who is about to cheat would hate pets. Pets have a way of knowing something is wrong and the wife is not wholly committed to their master. Conversely, the evil forces of a cheating wife would feel threatened by the good forces of a pet. She would find herself unknowingly hating her husband's pets. Pets have actually in real life situation uncovered a cheating wife.

Wefwe loved ornamental birds. He started by rearing turkeys and guinea fowls well before he married. He then added geese to the collection. He dreamt of rearing peacocks and ostriches but he did not meet the requirement of having a wildlife service license, as required by his country laws. He married and on the marriage day, his uncle who knew his love for birds gifted him a parrot. His wife constantly complained of the noise made by the geese and guinea fowl. The birds made such loud noise when her surreptitious lover visited, that it appeared to her they signalled everyone to watch his clandestine lover from the comfort of their homes. She hated them! The turkeys often chased the man and he made his entry in her house running.

The parrot was calm and unbothered. She never minded it. She had watched her husband trying to teach it how to talk but the

damn bird did not respond. She had visibly seen her husband's frustration. Nevertheless, he loved the parrot and fed it fondly. She had overheard her husband ask his uncle on phone why the parrot was not talking. The uncle had responded that he just thought he loved birds and he did not gift him a talking parrot but a wild parrot from South Africa. It was a wild parrot but was easily domesticated. Then she watched that thereafter her husband never tried teaching the parrot to talk but fed it dotingly talking to it. The parrot was un-caged and it was disciplined enough to fly outside when it wanted to defecate.

She started kissing her lover immediately she had closed the house door, who straight away responded by fondling her passionately. The parrot never made any sound. It was easy to miss it but it watched and listened to everything. The love birds would disengage after a marathon race that left them sweaty and exhausted. They would rest for ten minutes after which the wife brought the man a meal she had prepared beforehand. While he ate, the wife drew for the man the next timetable and pledged to confirm with him through phone if it was still valid. She would inform him of any unanticipated event.

On their first wedding anniversary, Wefwe invited quite a number of his relatives and few friends. His wife invited her lover as a 'cousin'. His wife's plan was that Wefwe would be so exhausted and drunk after the event. She would sneak to one of the quest rooms where her lover would be sleeping, have good fun and return back to her husband's bedroom.

Refreshing music boomed from the mega speakers Wefwe had hired. When the guest were enjoying their meals chatting animatedly and so loudly so as to be heard over the deafening speakers, all went silent and everyone stopped talking trying to figure out what was wrong. Wefwe took the microphone to address the audience. No sooner had he said, 'Good evening ladies and gentlemen', than a parrot perched on his shoulder and started screaming into the microphone. Everyone was spell bound. Then they understood. They started to laugh hysterically. No one could stop the parrot for they were excited to hear the whole account. Wefwe's legs sagged, he fell on his knees still holding the microphone as the parrot entertained his relatives and friends. In the pandemonium, his wife and lover escaped, no one noticed them fleeing. That was the end of Wefwe's marriage.

A similar account on pets is that of Weche. He had three dogs. His house was just in front of Tulia Public Park. He used to take his dogs on Sunday for a walk passing through the park and going deep into a planted forest nearby. The dogs loved the forest so he could spend at least four hours before returning home. His wife had noted that. She therefore arranged an illicit affair with her lover during the period. Her lover had visited her numerous times when her husband was on business trips. He had even assisted her to feed the dogs. The dogs had thus gotten used to him. The mistake her lover made was; he was so eager to be with her on Sunday afternoons that he actually waited in the park for her husband to leave with the dogs.

As the dogs knew him, they ran towards his bench in the park wagging their tails at him and barking friendly to the disbelief of Mr. Weche. However he just concluded he must be a good man for his dogs to like him. The following Sunday he carried custom packed food and some notes. He had his wife's lover in mind. He wanted to gift him food and some money. Perhaps he needed them, he had looked fraught the last time he saw him. Being a good man, one is compelled feel compassion for him.

And sure enough, his wife's lover was in the park. Though he had changed the bench he sat on the previous Sunday and chosen a hidey-hole bench, the dogs easily located him. Mr. Weche greeted him respectfully, they had chitchat, and eventually he handed over the food pack and the bills. His wife's lover readily accepted them appreciatively and Mr. Weche took the dogs to the forest.

Late in the evening, Mr. Weche wanted to make a call to a new business man he had met in the forest. They were both dog enthusiasts and they had met accidentally in the forest. Mr. Weche had promised to call the business man as his dogs were restless and wanted to fight the other man's dogs. The dogs could not allow them to chat. Unfortunately, he had misplaced the man's business card. He went to the bathroom and searched for it to no avail. Then he rummaged through the bedroom dustbin and he was shocked! The custom food pack he had given 'the good man' in Tulia Public Park was in the bin! Apparently, his wife's lover had carried the food and the shared the meal in the bedroom. But he was careless enough to throw

the package in the bedroom dustbin. The package was unique, and was specifically made for him by a catering business that dropped his lunch food and snacks in his office. His antennas became alert. He put one and two together and concluded his wife was cheating.

The following Sunday, he gave the 'good man' in the park food packaged as before and some few notes. Then he went to the forest. He decided to leave the dogs to roam on their own resolving that they would return home when they grew tired. He returned to his house stealthily as a thief and busted his wife cheating.

Wasilwa's account is more interesting. The wife hated her husband's cat. He chased it outside and harassed it whenever her husband was not around. The cat knew if the man of the house was not in, it was safe to hibernate up the false ceiling. The cat could see from its hide out another man visiting its master's wife. It would see how cosy they were with each other.

Whenever its master's wife and her lover were totally absorbed in coitus activities, the cat would slyly pick an item of the man and deposit it at a corner in the garage. The items ranged from a watch, belt, innerwear and socks. One day, it took the man's purse. The master's wife and her lover had a heated fall out after he had whisked the honey pot. He complained that she always steals an item whenever he visits. He added he could not take it any longer as the purse had his identification card and few bills that separated him from poverty.

The dismayed wife was forced to give him quite a good sum of money to calm him down as she thought about the strange happenings. The man licked his lips with contentment as he stashed the bundle of notes in his jeans back pocket and left.

During one weekend, Wasilwa decided to clean the garage thoroughly. He found the 'items' in one corner. He summoned his wife to inquire if she knew who placed the items in the garage. When the wife saw the items, guilt made her to faint. And the cat that had noiselessly sauntered into the garage cried, 'meow, meow, meow.' It was noticeably happy.

However in Sonko's account, his pets were not lucky. His wife hated the cat that was ever present whenever her secret lover paid a visit. It seemed to her that the cat's eyes were his husband prying at her. She poisoned the cat. She equally did not like the two dogs that barked at any time her lover came to visit her. She poisoned the dogs and threw their carcass in a pit latrine. Therefore, one sign that your obedient wife is about to cheat is her unexpected hatred for your pets.

Loathing for pets and infidelity

How to curb looming infidelity as a result of a wife's hate for pets

1. Foster respect for life in ones wife. Life in all forms should be respected. 'Good people take care of their animals, but the wicked people are cruel to theirs.' Therefore pets should be taken care of appropriately to show respect to life. A wife

mistreating pets is planting an evil spirit in herself. A wife killing pets is likely to abort the child conceived from adultery. There was a young man we grew together called Longo. Longo found pleasure in strangling small animals and fowls to death as a toddler. Proverbs 12:10 (GNB).

As he grew up, he mysteriously killed bigger animals like sheep, goats and calf. The way he killed them was in such a way that the animals suffered for a long time before they succumbed to death. It was therefore not a surprise to anyone when Longo became a robber. He robbed people violently leaving a trail of injuries and even death. A wife hating pets should be recalled to mind that she is planting a bad seed. If she respects the pet's life, she would respect her own life and that of her husband. Respect for life would also restrain her from infidelity.

It is allowed to slaughter animals in a humane way for food and clothing. Genesis 9:3 is emphatic that, all animals, birds and fish would respect man as they are placed under the power of human beings. Mankind could eat the animals as they ate green plants. Other than killing animals for food, animals may also be slain to avert danger and the spread of dangerous diseases. This authority is gotten from Exodus 21:28 that states that if a bull gored someone to death, it was to be stoned to death and its flesh was never to be eaten.

In His wisdom, God knew he had made animals, especially domestic animals to revere man. If a domestic animal turns wild and kills a human being, then it was not normal. It could be

suffering from a dangerous disease that has impaired its brain. Therefore, it should not be eaten. He protected His people from infectious diseases that could be spread by the carcass. Killing animals for pleasure or entertainment is being cruel to the animals and disrespectful to life.

2. Try to inquire from the wife why she changed. During courtship, Wefwe's fiancé loved his ornamental birds. They could spend much of their time feeding, cleaning feed troughs and carrying their refuse as manure to fertilize flower beds. Sixty percent of their talk was about birds. Wefwe was sure he had married a person who was as obsessive about birds as himself. When his wife started complaining incessantly about his birds, he was at lose about what to do. He could not come to terms with the idea of disposing off the birds. Unknown to him, the wife detested birds since they could betray her budding immorality. Instead of being close to his wife, restoring her love for birds and stemming out infidelity, he chose to be faithful to his birds and ignore his wife. The wife thus had a strong reason to cheat and justify it; birds were loved more than she.

Wasilwa's wife hated the husband's cat. The husband should have perceived that the cat stayed a safe distance from his wife. He should have allowed the cat to sleep between them when they were cuddling. Sensing any repulsion of the cat by his wife, he should have restored the love for cat and fulfilled what was nudging her.

Sonko by one reason or another was not able to know the wife hated his pets until she killed them. He would have gleaned from the pets' behaviour that the wife hates them before the misfortune. Generally, if a wife hates a pet, she would voice it and beat or chase it. She does not hate a pet secretively. Then Sonko would have addressed his wife's innermost emptiness and averted her cheating.

A wife about to cheat would hate pets and could remove them in her way. Husbands sensing the wife hates pets should be quick to fulfil their obligations to forestall a looming infidelity. The husband should ensure he loves his wife as he loves himself. He should in no way hit or mistreat his wife, but respect and honour her. He should fulfil the wife's sexual, emotional and physical needs. By doing so, he will keep at the bay his wife's thoughts of disloyalty.

Chapter Three: Purportedly religious

Indicator Three: The wife is so religious in the husband's presence

A wife who is about to cheat will become extremely religious in her husband's presence. She would put religious materials on her dressing desk. She would put on only religious channels on television. She would pretend to hate it when she sees her husband watch worldly channels or read romantic books. She would disapprove of anything non-religious.

Dave had a wife who suddenly turned religious. Dave himself had been so religious. Before he became lukewarm and started going to church for the sake of going, he had been one of Jehovah's Witnesses. He claims that the moral standards of Jehovah's Witnesses, at least in their teachings and some actions they take are so high than any church he has ever attended. He had admired a girl called Rose; a staunch Jehovah's Witness that was in full time ministry as they referred to their members who devoted most of their time going from door to door sharing their doctrine. Rose had told him she was a virgin. She had accepted his proposal to marry her. He had committed his time to pass his university examination, get a job and marry Rose. His religion had made him appreciate that a man should prepare his way in the field then come and build his home. This meant he needed to have a form of earning a living to be able to take care of his family.

Dave had gotten a lot of opposition from his religion elders who claimed he was materialistic and was not storing his treasure in heaven. One claimed that only basic education was enough to serve Jehovah. He added that Jehovah uses the frail things on earth to put to shame the mighty things on earth. Rose had told him that several elders had warned her against marrying him. They had advised her to marry a fellow full time minister of the kingdom news publisher, as they called spreading of the gospel. But she had resolved to marry him. Dave was happy and promised never to let her down. Dave got a job and moved to another congregation as Jehovah's Witnesses as they call their churches. He established a healthy communication with Rose and he called her every day in the evening.

Then the elders of that congregation 'marked' Dave. Marking someone according to Jehovah's witnesses is singling out someone whose behaviour is 'unacceptable' and notifying other congregation members to cut links with him or limit greatly their association with him. It pained him to feel disliked. To add salt to the injury, Rose blacklisted his number.

He decided he could put up with being rejected but he had to re-unite with Rose. He was not ready to leave a girl who had defied elders just to be with him. He took a compassionate leave and visited Rose's guardian - who was not one of Jehovah's Witnesses. The lady told him that Rose was at large after she was involved in a sexual tittle-tattle. She continued that Rose had a habit of sleeping with one of the ministerial servants (as Jehovah's Witnesses call their men primed to be future elders)

in her congregation. They usually crossed the border between Kenya and Uganda mid-week after preaching door to door. They hired lodging in Uganda where no one would recognise them and spend time together for at least two days. But they were unlucky recently as the ministerial servant breathed his last of what could be sexual enhancement drugs or a local brew taunted to increase libido. She added that she had warned Rose of 'that strange denomination' since she first joined Jehovah's witnesses fourteen years ago. She said she was glad she had been vindicated.

Dave connected the dots instantaneously. She thanked Rose's guardian, gave her some money and resumed his work. He wrote a letter to the congregation he was attending that he was disassociating with Jehovah's Witnesses and would not like to be known as one of them. What pained him most then was not the loss of Rose but how the 'brothers' he was to draw support from treated him. He was a lesser Jehovah's Witness. Firstly, he had to defy elders to continue learning, as most were against his university education. Secondly, he had to live with the fact that some elders saw him as an unsuitable match for Rose just because he was not a full time minister. Thirdly he was 'marked' just because he had been Rose's fiancé! He had never slept with Rose or any woman as he religiously obeyed God's law on fornication. And fourthly, Rose was not laid by an ungodly person, but a full time ministerial servant of Jehovah's Witnesses!

Therefore, when Dave's wife became religious, he remembered Rose. Rose was so devoted. She arrived at her congregation

early to ensure it was clean and left last teaching two or more future Jehovah's witness the religion's doctrine from the brochure 'What Does God Require of Us' or the book 'Knowledge'. He had preached with her on several occasions and was mesmerized that no one turned her down and her listeners were captivated by her dexterity in explaining and expounding on bible verses. Then he remembered the ministerial servant that had made Rose to stray. He resolved that his wife's new behaviour might mean she was attracted or she was being misled by one of the pastors in their church. He was not ready to lose her as he had lost Rose. He would stamp out the nonsense!

Sammy narrates that he had never suspected his wife of unfaithfulness until she became pregnant. The wife took up more responsibility at their local church. Sammy was happy as this would keep her busier and distract her from adultery. He therefore, increased his concentration on his business as his wife was 'safe'. Sammy had been raised in poverty. After completing high school, he lacked funds for higher education. He threw his weight behind a business that grew by leaps and bounds to enable him join the league of the leading tycoons in his country. He had an unspoken vow never to live in poverty again or see his children suffering. He wanted only one or two children but his wife insisted on seven. They celebrated the first kid and then the second born were twins! Sammy secretly performed a vasectomy.

His wife treated him as a king ever since she took more church responsibilities. He was a happy husband. The wife never slept outside even for a day. But she would get up early on Sundays and spend the whole day at church. He did not mind, that reduced his budget on vacations and gave him more time to draw his plans and strategize.

His wife was religious. He found her to be always listening to their church radio broadcasts or watching their church channel on television. His wife made their church publication to be conspicuous on her dressing table, washroom lockers, bedside table and anywhere imaginable. This made Sammy to nod with satisfaction. He thought, "I don't have to worry 'nagongewa'". Loosely translated as, 'I don't have to worry she is unfaithful'.

It was a hot December afternoon when his wife fainted as they were watching a Christian movie she had encouraged him to watch. He quickly carried her to the back seat of his car, and drove to a renowned private hospital and admitted her wife in the emergency section of the hospital. Being a prominent businessman, the medical personnel attended to his wife without delay. He was lead by one of the nurses to a comfortable waiting room and given a coke soda with snacks.

Forty minutes later a doctor came to the waiting room smiling broadly. He stood up immediately, worried stiff! He had been informed when doctors want to relay bad news; they forced themselves to be as cheerful as they can be. The doctor touched his shoulder friendly and still smiling he said, 'congrats

Mr. Sammy. You will be a father soon'. Before the stunned Sammy could say anything, he added, 'your wife is safe and sound. She only fainted due to fatigue. She might have been working extremely hard. Pregnant women need plenty of rest. She would be discharged in two hours time, but ensure she rests a lot. Contact the nurse in charge, Ms. Mdozi for more briefing.' The doctor left leaving Sammy standing as a monument unable to decipher if what he had just heard was real or he was dreaming.

Then he felt someone take his hand leading him to the private room where his wife lay resting. It was nurse Mdozi. She talked cheerfully and animatedly all the way to the room but Sammy was in a stupor. He heard nothing! In the room, she helped Sammy to sit in a chair facing his wife stuffed with countless tubes or wires connected to a gigantic machine that had several screens on which several graphs oscillated up and down like he had known for the stock exchange market. The reality started to sink in. The mist that had shrouded his brain began to clear. 'He heard nurse Mdozi asking, 'can I leave you alone with your wife?' He quickly answered, 'sure madam, and thank you for the whole lot.' Nurse Mdozi reprimanded him sternly, 'how many times have I dissuaded you from calling me madam. Call me Ann! Ann is so short a name than Madam. Stop biting your tongue enunciating the word Madam when you can call me Ann with your teeth clenched!' she petted him on the cheek and left.

Brian's wife liked to watch a particular Channel from an evangelical church. It had Christian music twenty four by seven.

But to Brian, the shortest time he had watched the channel, he had concluded the music style was not any different from secular music. He repudiated the channel in his mind as one unacceptable for serious Christians. He was lucky to have installed a secret closed circuit television video recorder in the sitting room. From his smart phone in the office, he wasn't surprised to see his wife watching romantic movies and erotic dances. His wife had become a devout Christian never missing church, leaving home early in the morning on Sunday and returning late in the evening. But Brian could perceive she was hypocritical. She only acted pious in his presence but acted as any other person in his absence.

Brian and his wife had a one year old boy. The boy was constantly sick. Every month he was admitted in a private hospital identified to treat his family. His wife and child slept in the hospital at least for three days in a month. At first he had thought the doctors could be inducing sickness to his boy to derive maximum benefit from the insurance cover that took care of his family medical needs. However, he was busy eking a living that he ceased to mind the frequency the child was admitted so long as he was safe.

When the child was three years old, though it could not talk clearly, but it did some talking so clearly. Brian ensured he spent quality time with his son. One day, he fed the boy to his satisfaction as he always did. When they were playing with toys, the child "talked". The boy moaned like her mother having sex with someone, then he added intones of people between sex

session and after sex session. The boy was oblivious of what he was talking about and concentrated moving a toy car from one end of the road they had constructed to another end.

Brian was shocked! He had never copulated with his wife ever since the boy was born. His wife complained constantly of her body being in pain, she was not ready and so on. He had given up on coaxing her to fulfil her bedroom matrimonial duties. In some instances, his wife could get angry if Brian suggested a premier league match should be played that night. She would then put on her evangelical channel and watch it ceaselessly up to midnight and retire in the boy's bedroom to sleep with the boy, leaving Brian to sleep alone.

'Was his wife watching porn with the boy?' He asked himself. Then he ruled out Porn since in part of the groaning the child shouted, 'baba Samo, baba Samo, hmmm...' Baba was a Swahili name for the dad to... The phrase in English could be written as, Samo's dad. Samo was his first born teenage boy. He was in a boarding High school. His really name was Samuel but they had nicknamed him Samo. As his wife resented maid servants, they were only three in the house.

He confronted his wife and accused her of unfaithfulness. She started crying claiming that why should he be suspicious of her cheating only because she had denied him a match. She insisted her body was not ready. She was constantly in pain. Brian laughed, and then rebuked her for lying and hypocrisy. He said she was watching romantic movies and erotic dances in his

absence. But pretending to watch and associate herself with Christian materials in his presence. She stopped crying and asked boldly, is that the cheating you are talking about? Brian said no. He added that the cheating he was talking about was that one where she sleeps with a man in the presence of his kid! She looked remorseful and Brian got the courage to tease, 'I am going to divorce you'.

'Brian please, forgive me, don't divorce me, I love you. Let me explain,' she pleaded. Brian told her he would not divorce her. She pleaded with him to swear to it. He did and she narrated the story. She had been attracted to the doctor who helped her deliver the boy. In one of the routine checks, the doctor had asked her if she had started having sex yet after delivery. She said no, it was almost six months. The doctor said he would help her resume her normal life. He took her to a private room and one thing led to another and he saw her nakedness. Thereafter she was afraid to sleep with Brian because of guilt. But the doctor gave her some medicine; that whenever she was in mood, she could give it to the child, his fever would go up and she would take her to the hospital. The doctor would immediately admit the boy and they would have good time together.

Purportedly religious and adultery

How to contain infidelity of a wife that pretends to be religious

1. Find out the reason why she is religious. It is difficult for a husband to suspect an overly religious wife of unfaithfulness. This is because most religions teach against sexual immorality and advocate for sexual cleanliness. For instance Romans 13:13 is categorical that, 'let us behave decently, as in the daytime, not in carousing and drunkenness, not in **sexual immorality** and debauchery, not in dissension and jealousy'- NIV. Therefore any person openly professing to support a religion is expected to live according to moral guidelines set by the religion. Unfortunately most persons hide behind religion to pursue evil ends. Since it is expected everyone would revere religious effects, it is a perfect hideout for the evil one.

One key to identify if ones wife is insincere by being so religious is that found in Proverbs 4:18. It is written, 'the road the righteous travel is like sunrise, getting brighter and brighter until daylight has come'- GNB. This means that Christian maturity is gradual, not at once. Unlike wealth which may overtake someone instantly, it is never so with Christian growth. Sometimes we resist God's teaching and he is patient enough to give us enough light on the step we are on. That is why we cannot judge anybody in church as everyone has room for improvement and everyone would be guided gradually by God depending on how they accept the light. If the husband and the wife are church goers, there is no expectation the wife would suddenly mushroom to be more religious. That is a sign she is hiding some evil.

Satan masquerades as an angel of light. In this way, he is able to destroy the unsuspecting believers. He will not appear as a red or black drawing we see in books having two horns and a huge fork believed he uses to turn sinners in hell so that they burn evenly; he will come to you to mirror your desires. Since all men have unforgiving anger when cheated on, satan would force their wives to package themselves as loyal. It is difficult to suspect wives that look faithful. But remember as a loving Father, the light God gives is never instantaneous as it could blind someone, it is gradual. A wife who becomes religious without notice is about to cheat or is cheating. 2 Corinthians 11:14.

2. Approach the wife and discuss the sudden Change. In Dave's story above, he approached his wife and candidly told her he did not like her abrupt change. The wife tried to defend herself, but Dave told her to quote the authority from the Bible that informed her change. She was unable to quote any. Dave then made her to appreciate that the head of the family is man. 1 Corinthians 11:3. A woman chooses a man she would be a good helper to. Not one she would strive against. Genesis 2:18.

He then told her his history with Rose. She was moved by the story and admitted that one of the pastors had convinced her she could commit adultery with no consequences. He had quoted for her the verse 1 Samuel 2:22 where Eli's sons slept with women who served at the entrance to the tent of meeting. Nothing is recorded happening to the women. So she could cheat and enjoy her life more. She only needed to double her service at the church and her husband would never suspect her.

She found it likeable since she really wanted a child. Dave and she were childless in their six year marriage. Dave assured her that he loved her the way she was and children were only a bonus to their marriage. He added that he had married her legally and they could only part through infidelity and death. They could not dissolve the marriage due to lack of children! She relaxed and never pursued her evil interests. The good news was, she had already conceived at the time her husband recalled her to her mind.

3. Know the signs of true religion. In order to determine if a wife's sudden overzealous love for religion is a farce or truth, consider the fruits she bears. For a tree to bear fruit, it has to grow bear flowers which dry up leading to growth of fruits. This means at times, it may not be possible to pin point before hand the wife's love for religion is for evil intend; as some time is needed for the tree to bear fruits. The fruits of the spirit are enumerated to be love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self control. Therefore, any wife professing Christian faith and lacks any of these, the religion is for outward show only and not life changing religion. **Galatians 5:22, 23.**

Jesus was insistent that not everyone who said Lord, Lord would enter the Kingdom of heaven. Surprisingly, he informs us that some persons are able to prophesy, drive out demons and perform miracles in His name, but he calls them evildoers! He goes further and uses the analogy of thorn bushes and thistles. He poses a quiz, 'do people pick grapes from thorn bushes, or

figs from thistles?’ Thus we can only recognize a tree by its fruits whether the tree is bad or good. **Matthew 7:16-23**

You can clearly glean from Sammy’s account that his wife almost put forth the fruits of the spirit. She was good and kind. But she was not faithful. That meant she did not love, if she loved God, she would have loved His commandment. If she loved her husband, she would have restrained herself from hurting him with infidelity; which is another fruit of the spirit, self-control. The fruit she bore was being impregnated by another man, adultery which is evil doing. Therefore no matter how she cried herself hoarse, ‘Lord, Lord’ she was wanting.

4. Find out if the wife is living according to the bible. Expose the wife’s godliness as fake or true by considering this phrase, ‘having a form of godliness but denying its power’. A wife that owns up to be godly should love to do what godliness entails. For instance, a wife should not deny her husband conjugal rights, accept by consent. It is accepting the power of godliness by losing control over one’s body in terms of bedroom marital duties and let the husband take charge. A wife is also under obligation to respect her husband and recognize him as the head of the family. Any deviation from these, is denying the power of her Christian religion. And the converse is true; she is only religious to camouflage her evil deeds. **2 Timothy 3:5.**

From Brian’s account, we saw his wife living double standard life. She pretended to love anything Christian when her husband was around but quickly switched to anything secular when

alone. While she denied his husband the marital rights, she was endangering the health of her son to give the rights to her doctor. It was not easy to know she was cheating. But the key is, no wife can confidently say, she loves God if she is denying her husband the conjugal rights. It is always true; while the husband is finding it hard to access the grapes, someone else is reaching them effortlessly.

5. Know about temple prostitutes and discuss with ones wife. Religion is supposed to teach people morality and the fear of God. Unfortunately, religion is a hideout for all sorts of evil. In fact, in pagan religions, sex goes hand in hand with worshipping rituals. That is why temple prostitutes existed. And if temple prostitutes existed, it really casts doubt on the morality of most male temple goers. Eli's sons, who were priests, slept with women who served at the entrance to the tent of meeting. Their father the chief priest knew having heard the complaints from the Israelites, but he did not tell his sons to stop; however, he cautioned them to be aware of what people were saying. In other words, he wanted his sons to do it secretly. It is not different today; we have churches where if church leaders can maintain secrecy sleeping with church members, it is quite okay. In our times, people worship God in truth and in spirit, not outward showy of being religious. **Deuteronomy 23:17; 1 Samuel 2:22-25; John 4:23.**

Chapter Four: Unexpectedly excess vaginal discharge

Indicator four: The wife has unexpected excess vaginal discharge

The cervix, the vagina and vulva glands generate temperate discharge and release organic substances. These secretions are involuntary and are hardly noticeable by a woman because it does not reach nuisance levels. The emissions are the normal vaginal discharge and are thus essential for the typical functioning of the female reproductive organ. The cervical mucus produced by the cervix changes to reflect the amount of hormone estrogens produced. The mucus may thus range from fluid, thick and crystalline. Vaginal glands produce lactic acid.

Most people think the only function of these emissions is lubricating the birth canal to protect the woman from injury during sexual penetration; that is why sexual lubricants are sold. However, other functions include; when the cervical mucus is fluid, at ovulation, it allows the spermatozooids to cross the cervix and move in search of the ovum. The mucus also serves as nutrients for the spermatozooids as they travel. When the cervical mucus is crystalline, it closes the cervix preventing infections of the internal reproductive organ. The lactic acid produced by vaginal cells deters the growth of most pathogens; protecting the vagina against infections making it a self-cleansing organ.

Women are also known to menstruate. This happens if there is no fertilization, making the mucus casing in the uterus to atrophy

and comes off tearing blood vessels and the glands which joined it for the uterus to feed it. The blood flow moves out through the vagina and carries with it discarded mucous membrane, until the uterus is free from any worthless remains. A miscarriage happens similar to menstruation. In the Old Testament times, a woman was considered unclean for the seven days after menstruation and miscarriage. For purposes of this chapter, I will not consider menses and miscarriage as part of unexpected excess vaginal discharge. Unexpected excess vaginal discharge is limited to secretions by the vulva, vagina and the cervix. - Leviticus 15:25, 28.

Lina was the second wife of an eminent politician. The politician had several concubines. Therefore, he would take several months before he was intimate with Lina. Lina as a result, she decided to cheat with the driver assigned to drive her car. She worked as a real estate agent for her husband's property and she had no desire to divorce or separate with the politician. This was because, despite being neglected sexually, emotionally and physically, she was endowed with everything money could buy, with excess money to spend.

She worried constantly that the politician would discover her 'little secret'. The politician had lots of spies and many ears on the ground. Due to stress as a result of constant worry, she started emitting excess vaginal fluid. The politician complained and most of the time they had to wipe much of it before the game continued.

Jack complained that his wife discharged lots of vaginal fluid which made his pendulum to 'lose power'. He was scared of the fluid and started becoming anxious whenever there was likelihood the game would be on. He constantly avoided his wife. He even contemplated keeping a mistress or marrying a second wife. The origin of his wife excess fluid was the persistent worry she had after her boss blackmailed her to have sex with him or lose her job. Her husband had lost a job temporarily and she was the sole bread winner. She opted to have sex to retain her job. Her husband got another job, but her guilt never subsided, she is always worried that when her husband finds out, that would be the end of their marriage.

While excess vaginal fluid may be a pointer the wife is cheating, let me be clear that not all excess vaginal fluid is due to infidelity. Some of the causes of excess vaginal discharge are; stress, diabetes, birth control pills, pregnancy, vaginal douches, antibiotics and wearing synthetic materials near the vagina. A libidiost who is excited before sex or is fore played would release excess vaginal fluid. Stress may result from cheating or any other cause. Stress can cause diabetes type II, birth control pills may be used to prevent conceiving a child from an illicit affair. Vaginal douches may be used to clean the birth canal due to guilt from infidelity; the birth canal is made to clean itself. Antibiotics may be used to treat sexual infections. Causes of excess vaginal fluid are therefore, independent of cheating or they underpin it.

Excess vaginal discharge and unfaithfulness

How to stop infidelity of a wife having excess vaginal discharge

1. Identify the cause the excess vaginal discharge. The causes of unexpected excess vaginal discharge may range from stress, diabetes, birth control pills, pregnancy, vaginal douches, antibiotics, wearing synthetic materials near the vagina and a woman being a libidiost. The husband should help his wife to remove the trigger. Stress can be treated, type II diabetes can be reversed, birth control pills can be done away with, pregnancy is temporary, vaginal douches should be discontinued and the wife should be encouraged to wear cotton pants. The couple should seek medical advice from their doctor and further treatment. Neglecting a wife with excess vaginal discharge is driving her to sleep outside marriage. The husband can time to sleep with her before ovulation when the cervical mucus is thick or crystalline if he is uncomfortable with the excess fluid.

2. Forgive. If the excess discharge is a result of infidelity, the husband should remember all have sinned and fallen short of the glory of God. For this reason, the most honourable thing to do is to bear with each other. Forgive each other if any has a grievance against the other as Jesus forgave us. The husband cannot divorce the wife of sexual immorality after sleeping with her. By Sleeping with her, this amounts to forgiveness. **Romans 3:23; Colossians 3:13.**

3. Treatment. Worry, diabetes and any other disease may cause excess vaginal discharge. The husband should help the wife to get appropriate medication. Distancing oneself from a woman with excess vaginal discharge would only encourage her to commit adultery. The husband should always remember while he is uncomfortable with the excess discharge, another man would actually like it. If the wife is neglected and finds a man who likes it, nothing would stop her from being unfaithful; since sex can also alleviate stress and thus heal stress related diseases.

4. Avoiding being overly suspicious. A cruel or harsh husband may cause the wife to be under stress. A loving and a caring husband may cause the wife to be anxious of pleasing him. These two factors increase the vaginal discharge. In addition, a libidiost or a woman who has high sexual libido would release excess vaginal fluid if fore played or excited for sex. Neighbours, work mates, bosses and other external factors may cause the wife to be stressed or be anxious. Stress and anxiety would cause the wife to increase her discharge. Some women I interviewed claimed that certain foods also cause increased vaginal discharge. One was of the view that whenever she eats cabbages, her discharge increases.

Therefore, excess vaginal discharge is a poor pointer to infidelity or threatening unfaithfulness. Husbands should understand their wives. They can actually learn their moods by changes in their discharges and help them to relax. If a wife has high libido, the husband should adjust his game to extra minutes. The husband

should programme his rhythm to be in agreement with the wife's. If what the wife eats increases the discharge and the husband is uncomfortable, then the wife should avoid such foods. Most men would like their wife to have excess discharge for sex purposes, only few men find the excess discharge uncomfortable.

Being extremely suspicious would make one to overlook his wife making it become a self-fulfilling prophecy where a tired wife decides to cheat. Couples should communicate freely and honestly to dispel suspicion amongst themselves.

Chapter Five: Gifts to the husband

Indicator Five: A wife gives her husband gifts

Demu rested her head on Jayden's hairy chest. Jayden said, 'that was epic, are you sure your husband will not have issues with you?' Demu raised herself, looked into Jayden's eyes and said smiling, 'how? He won't even know I hang around!' They both laughed simultaneously. Jayden was the first to stop laughing. He said, 'you should buy him a present, a suit, a watch or a necklace. Love would flatter him. If he has any room to suspect you, remove that with a gift!' 'Perfect!' shouted Demu, 'you really know how to handle this, I will buy him a suit, he likes suits.'

Very few women can spend their money willingly on their husbands. Most would do so during courtship but after marriage they do not maintain the same enthusiasm. Most think that any expenditure on their husband is expenditure on another woman. Most women believe a man must have a hidden woman somewhere and they won't believe a man can be faithful.

Therefore, a wife that is buying gifts to her husband in exceptional circumstances may be cheating. Most likely, the gift bought is suggested by her secret lover. What makes it difficult to bust a cheating wife is that, her lover knows more about the husband and the husband is not likely to suspect him. A husband is not likely to suspect their doctor, house boy, driver, his wife's cousin or their cook. Yet these people know more about the husband, his weakness and his strengths and would

suggest to the wife how to capitalize on his weaknesses and destroy his strength. Nothing cajoles a husband like a gift from his wife. It means a lot. Just the thought that the wife has been thinking of him, is so refreshing, men like when their wives give them attention. Consequently, a crafty cheating wife knows how to distract a man from being suspicious to be lulled that he has a caring wife.

Proverbs 18:16 states, 'a gift opens the way and ushers the giver into the presence of the great'. A gift from the wife opens the husband hearts and draws him to his wife. It melts all forms of suspicion and malice from his heart. King David had thwarted bandits' efforts to steal Nabal's stock. King David was therefore convinced that Nabal would give him and his men some food as an appreciation. Nabal refused to give David and his men food and even ridiculed, 'who was David'. Angered by the act, David planned to attack Nabal's household.

Abigail, on becoming aware of the threatening danger, quickly sent a gift to David. She managed to pacify his anger and averted him from bloodshed. Ziba was able to inherit half of King Saul's property since he sent a gift to David and maligned Saul's grandson to David. He lied to David that king Saul's grandson believed the Israelites would restore to him Saul's kingdom. Gifts therefore, can be used for good causes as well as for evil intent. Just like Ziba used a gift to hide his malice, a wife can use a gift to hide her acts of infidelity. This is because, a gift given in secret quietens resentment and an inducement veiled in

the shroud pacifies great anger. 1 Samuel 25:18; 2 Samuel 16:3.Proverbs 21:14

Gifts can cause the recipient to open up to the giver and start revealing his secrets and strengths. A husband given gifts can tell the wife he actually suspected her but the gift has proved her love so he would suspect her no more. He could go ahead and reveal his secret investments to her. Or tell her he had secret concubines who he was going to drop. This is good as secrets should not exist in marriage. It is only wrong if the husband reveals much while the wife is secretive. King Baladan sent Hezekiah a letter and presents after he was healed miraculously. This gesture melted Hezekiah's heart and he forgot Babylonians were his enemies. Therefore he welcomed the gift bearers of King Baladan and showed them his wealth; silver, gold, spices and perfumes, and all his military equipment. Everything that was in storerooms or anywhere in his kingdom he showed them to king Baladan's messengers.

King Hezekiah made the gravest mistake by showing his enemies his treasure. A thief can only steal what he knows exists. Therefore, Hezekiah planted in the mind of Babylonians the desire to grab his treasure. 2 Kings 20:12-17

In the same way, when a gift causes the husband to reveal much while the wife is secretive, the wife may plan to cripple the husband's strengths, and make away with his property if her cheating is likely to end up in divorce. The wife may also murder her husband to inherit his properties. If the wife is a gossip,

gossiping about her husband's properties would encourage negative energy from haters.

Gifts and cheating

How to contain cheating of a wife giving gifts to her husband

1. Confront the wife with evidence and tell her to stop cheating. Grace, a business woman lied to her husband that she was going to Nairobi to renew her passport as she was due to travel to London to sign a business contract. She had already renewed her passport online. The trip to Nairobi was to meet her lover who was to oil her rusted machine. She knowingly told her girlfriends that the machine ought to be oiled for her brain to function properly. They laughed understandingly and toasted a glass of champagne to each other.

In her previous infidelity, Grace had brought his husband an orbital sander as a present. His husband was a resident magistrate of a subordinate court in their town. However, he loved wood work. He had posted one of his craft on social media while he was making it smooth with a sand paper. One of his followers had suggested that the background of the picture oozed wealth and the sand paper was out of synch with the rich surrounding. He ought to be using an orbital sander instead. His husband had quickly goggled to know what it was and he had found out that it was a machine that smoothened wood surfaces. Two types existed, the cordless one or the one with a cord to be inserted in the mains power socket.

He had told his friend Jos of his desire to buy an orbital sander. Since he was not a full-time carpenter, he did not know of any developments in wood sector. Jos was a timber merchant; he would recommend the best orbital sander and the most reliable seller. Jos had told him he would do some research first before he reverted to him. Jos was still to give him an answer when his wife gave him an orbital sander as a gift. He was so overjoyed and his wife was glad he never asked those hard questions; why she had disappeared to Nairobi for three days only informing him on phone.

While using the orbital sander, something struck his brain. How did his wife know he wanted an orbital sander when he had never told anyone except Jos? Was she cheating with Jos? He immediately contacted the officer in charge of the police station in his town. He was his friend. He told him he suspected his wife was cheating and she should be watched. The report came sooner than he had expected. It was confirmed that she was usually in the company of Jos. The police officer sent him clips of the several traffic police surveillance videos showing Jos driving his wife's car as the wife sat on the passenger seat next to him. He had also bribed Grace's girl friends who divulged that indeed she was cheating with Jos and their next meeting was scheduled at Narese Hotel, Nairobi. The room had already been reserved a week in advance.

When Grace told his husband he was going to Nairobi to renew his passport, his husband did not raise his head as he pretended to be reading some case law in a leather bound

volume of the previous year's decided cases. When he heard the gateman rolling the gate open, he went to the balcony to see her drive off. He smiled, and then he gave the police officer a call.

Grace arrived at Narese hotel an hour and twenty minutes after leaving her husband. The receptionist smiled broadly at her and gave her the key to her room. She answered with an equally enchanting smile and slid her a thousand shilling note as she took the key. The receptionists liked her, she always made her day. Grace went straightaway to the bathroom and had a warm bath. She heard the room service at the door, she shouted loudly that the door was open; the room service should place her usual drink and snacks on the table. The room service opened the door placed two champagne bottles, two wine glasses, and snacks on the table and left. She heard the room services steps receding until they were no more. She lay in the bath tub thinking and anticipating.

Usually she flew with Jos. But Jos had been delayed by an emergency. He had said he had to take someone to the hospital first. He entreated her to continue with the journey, and he promised that he would take the next flight and join her. Jos had never lied to her. She had no reason to doubt him. She had to wait for him for an hour, one hour was not long. They had the whole night a head of them, besides, they could extend the days. She only needed to call her husband and tell him, she encountered a business deal she could not resist, and then promise to bring him even a better gift. With gifts, she had no

doubt Jos would suggest a gift her husband would love. Then she remembered how her husband had received the orbital sander like a kid receiving the toy of his dreams and she smiled deviously.

The water in the tub was getting cold; she rose and wiped herself with a towel. She threw the wet towel in the cloth basket and took another one. She applied body lotion on her body. Then she debated if she should put on clothes and immediately decided against it smiling. She wrapped the towel around her waist, sat on the chair and poured herself a glass of champagne. Twenty five minute to go, she said looking at the wall clock.

Jos was late by fifteen minutes. She had dozed off. She was awakened by a knock on the door. 'Jos! Finally at last!' She thought, she threw the towel away and ran in her birthday suit to open the door for Jos. She fainted momentarily; it was not Jos but her husband! He had to hold her to prevent her from falling.

When she came to, her husband told her that she would have to spend the time with him, no more of Jos. Her jaw dropped, how did he know, had Jos decided to betray her? Then she heard her husband say, 'Do not be afraid, remember our God is awesome and great God. He forgives and His mercies are new every morning. I decided to fight for my family, to fight for our sons, to fight for our daughters and to fight for our home and to fight for you'. **Nehemiah 4:14.**

2. Establish the motive of the gift. A wife could give a husband a gift if she is happy with him. A wife could also give a gift if she sustained giving gifts from courtship all through the marriage. She could also give gifts if her nature makes her generous and their family is known to be big-hearted. A gift could also be given when a husband has achieved a certain milestone or is being encouraged to heal faster when he is ill. Such gifts need no scrutiny and the husband should accept them with an open heart and be happy for his wife. But gifts out of the blue, especially where the wife misses from home for substantial number of hours or days, should be taken suspiciously. The husband should inquire the purpose of the gift. If he does not receive a convincing explanation from the wife, he should not take the gift happily. This would discourage the wife giving him such gifts in future and would stop her from being unfaithful.

3. Avoid being lulled by a gift to reveal secrets. An ideal marriage should not have secrets. Couples should communicate freely and work as a team. However, in practise, there is no ideal marriage. All marriages struggle with one issue or another. For instance, a husband may hide some information from the wife if the wife reveals too much. We have wives that would go boasting to others what their husbands are doing. It exposes the husband to negative energy from his haters, conmen and thieves. Therefore, to cushion themselves from distracters, husbands may not reveal everything to some wives. A gift from a wife that delights the husband should not make him open and

reveal secrets that he had kept private in the first place. It only helps a cheating wife to identify what you know about her cheating. This gives her new boldness to cheat.

4. Know the nature of one's wife. If the wife is never known to give gifts, only accept the gift if you were annoyed with her and she is trying to reconcile with you by giving you a gift. Proverbs 18:16 says 'a gift opens the way and ushers the giver into the presence of the great'; therefore do not despise the little efforts your wife is doing to reunite with you. Quickly accept her and her gift. But do not accept random gifts from a wife that is known never to give one. They should be a reason behind each gift.

Chapter Six: Behavioural Change

Indicator six: A non-submissive woman becomes submissive. A submissive woman becomes independent.

Women ought to submit themselves to their husbands. In our modern world, there exists the notion that a husband and wife are equal. There is a saying to underscore this concept that says, 'What a man can do, a woman can do better'. Notwithstanding any teaching or stand available today, a woman is by nature submissive to her husband. A woman by personality craves to please her husband. A woman by character is a good helper, if she loves a man; she takes keen interest in what he does and helps him to succeed.

However, due to the two schools of thoughts; whether a woman should be submissive or take the family leadership as a man, we have un-submissive women. We have women who quarrel, disrespect and take the family leadership relegating the husband to the follower role. Therefore, if a woman was submissive and changes to be arrogant, incorrigible and 'independent', she is cheating or planning to do so. If a woman was un-submissive and changes to be polite, submissive and accommodative, she is cheating or planning to cheat.

Neja was a woman who believed she was better than her husband. She disrespected him by not balancing family issues with her career. She pursued her career with such passion that she found out in her country, due to prevalence of corruption,

she needed to break many rules to climb the corporate ladder. For instance, she needed to aid the management to misappropriate the government's funds to be allowed as part of the management. She needed to be laid by one of the managers to be promoted. She needed to stay long hours at work doing nothing for the management to be assured she was not gossiping about what was happening in the government.

She decided to break all the rules. She looked at her husband who was submissive taking care of children and house interests without complaining and decided she did not want to lose him. In the corporate world, she had met men who were arrogant. The men did not value any human being. Money was their power and women were their sex objects. She started being submissive to her husband taking some time to please him. She wanted to ascend the corporate ladder and had planned to be laid by one of the manager for a promotion. She nearly castigated herself when she remembered the number of times she had denied her husband conjugal rights feigning tiredness. Here she was, taking herself to be laid by a man after work! But she quickly encouraged herself she needed the power and money, then she would destroy the man.

After being laid, the manager insisted she had to so do for a half a year before she gets promoted. She felt cheated. But she no longer cared; she resolved never to deny his husband the honey pot again. She reasoned, 'what was the point of denying a good man she had married when she was giving it freely to someone who ought to promote her on the basis of her experience and

qualifications?’ Her husband saw the change in her and thought his prayers had been answered. Neja was actually covering her tracks while she cheated as she was not ready to divorce her hubby. No man she had met so far compared to such an understanding husband.

Sambu was a beautiful, feminist woman. She had inherited a vast business empire. Her parents had married her to a man of humble background who was an accountant. They had advised her that upon their death, her husband should take a key position in the management of her business empire, that of the financial controller. They had advised her never to trust the present financial controller. They told her to clip his power immediately by making him one of the general directors so that he was not involved in the day to day running of the empire. Then as if it was a premonition, she lost her parents in an air crash in the Equatorial rain forest, the stretch between Congo and Cameroon.

Sambu was a lawyer by profession. Since she did not have the remains of her parents to bury, she needed to move on fast or lose the business empire. Her lawyer ladies advised her to file for divorce as her husband was arranged for her and it was not her choice. They reasoned that once she allowed him to become wealthy, he would spend her wealth on other women or even dispossess her. She became confused between her parents advice and her girls. She did not file for divorce; she did not bring his husband to the financial controller position, but started demeaning him. She out rightly denied him conjugal

rights and relegated him to a house keeper position. Her girl lawyers accused her of indecision.

One day she went to see the financial controller to have the latest reports on the business. The financial controller welcomed her to his office. He told her to sit on the visitor's chair. His secretary brought a tea pot with two cups. She served them. The financial controller asked if he could help her. She said she wanted the latest financial reports. The financial controller smirked, and then said he would only give her the report if her legs performed an obtuse angle for him. Sambu nearly poured the tea on herself. She was visibly infuriated. Then she ordered, 'you give me the report or I sack you!' Cornered, the financial controller printed the report. His ego was broken, he vowed to punish Sambu.

Sambu saw a lot of money in the business's bank accounts and thought they were making good profit. She diverted the funds in constructing real estates. Unknown to her, the funds were taxes to be paid that the financial controller had deliberately failed to submit to the Internal Revenue Authority. A year elapsed and no taxes were paid. As funds were committed in real estate construction, the business had no money to pay taxes, penalties and interests per the demand notice she received from the Internal Revenue Authority. Sambu went to see the financial controller. She found him packing his belongings. He was plainly happy. He said, 'I was waiting for you, you thought you were clever, giving me a little sex would have solved this mess. Here is my resignation letter, bye'. He left leering at her.

She went to see the Commissioner of Internal Revenue Authority to apply for waiver of interest and penalties. The Commissioner saw how beautiful she was and lust took the better of him. He told her he could waive all interest and penalties if they had a date. She stormed out of his office and resolved to get a bank loan to pay all principal, penalties and interest. The bank manager saw how naive and inexperienced she was. He knew her parents ran a contingency account that had a lot of money that would pay the taxes due, interests and penalties. Nevertheless, let sleeping dogs lie. He saw an opportunity to sleep with her and perhaps blackmail her into owning one of her assets. He asked for a date. Seeing she was in dire straits, Sambu responded she needed time to think about it and left the bank office.

Inside her car, she cried liberally. She saw no way out unless she made love to the financial controller, Commissioner of Internal Revenue Authority or the bank manager. Then she remembered her husband. She regretted denying him sex while she was an easy prey to men outside the wedlock. She resolved before she slept with any of the men, she must reconcile and sleep with her husband. She humbled herself to her husband and she was quite surprised he accepted her as if nothing had happened. She stayed with her husband for a week doing wifely duties and she was astonished she enjoyed them. Then the Commissioner of Internal Revenue Authority called reminding her of the unpaid taxes.

She made her decisions immediately; she would sleep with the bank manager, pay her taxes and never have anything to do with the financial controller or the commissioner of Internal Revenue Authority. She went to her office and accepted the resignation of the financial controller. She immediately appointed her husband to take the position. She drove to a nearest guest house and called the bank manager to have his date. The bank manager awarded her the loan on the same day. Satisfied, the bank manager knew she had trapped her and she would be his puppet. The interest on the loan was exorbitant that she would remain his slave. She paid her taxes the same day and filed her returns online, then she requested for tax a clearance certificate.

In the evening, she took the appointment letter to her husband. She told him everything except the guest house ordeal. Her husband perused the documents carefully then informed her, the loan was a trap. In addition, the loan was not necessary. She was thrown aback! He slowly explained to her that her parents had a Contingency fund to cater for unforeseen events. She should have paid the taxes from the fund. He advised that she needs to claim ownership of the Contingency fund immediately and clear the bank loan before any interest started accumulating. It was a bolt from the blue to her; then she remembered her parents. Going forward, she would stick with her parent's advice, love and submit to her husband.

Desa was a subservient wife. She lived a fairly comfortable life with her husband. Then one day, she bumped into her high

school lover in a supermarket. It was an ecstatic re-union, they chatted spiritedly while shopping together and he offered to pay for anything she took off the shelves. After he had paid for the merchandise, he drove her in his fuel guzzler and dropped her at her gate. They had exchanged contacts and he had asked if they should rekindle their high school love. She had refused saying she was married. He had insisted assuring her he would not break her marriage, and if it broke, he was there to receive her. She had looked at him in disbelief but said nothing.

In the evening when her husband arrived home, she found herself resenting him. She shouted at him and started comparing him unconsciously with her high school mate. She asked rudely, 'when will you buy a suitable car, aren't you tired with that small car?' Her husband was stunned! His wife had never complained before. They always ran their own race taking a day at a time. He had managed to buy a house and a big car was not their priority. Then he remembered that women can be mean when pregnant. He asked, 'are you pregnant?' She fired back, 'I of all the people to carry your pregnancy?' He was hurt. He realised another man was involved. 'Listen Desa, if you are not happy with me, there is no need for this drama; ask for divorce and I will give you. My desire is that you live happily, if I cannot give you that happiness and another man can give you, I will release you.'

Desa sobered up. It was true his husband's desire was to make her happy. No other man would make her happy like her husband. Her high school boyfriend abandoned her for another

girl and he is back to break her marriage. She would not allow him in her life again. 'I am sorry Hun, it is you I love', she apologised and went to the kitchen to prepare him a meal.

Before we look at how a husband can stop unfaithfulness of a woman deviating from her normal behaviour, let me clarify what submissive means. A wife being submissive does not mean she is a slave and should be treated brutally; it means she willingly accepts the husband's leadership. A wife therefore should choose a man she would respect as long as they live together. There is no point marrying a man one disdains. If the wife disrespects or competes with the husband, that marriage has failed. The wife and the husband become one flesh after marriage and they must live in harmony, not struggling with each other. The wife being a good helper, she would habitually show leadership where the husband fails or has weaknesses.

Nabal was unable to show some kindness to David and his men for protecting his stock from stock rustlers. His wife Abigail took the leadership role and send food to David and his men and imploring him not to shed blood. Proverbs 31 reinforces this when it says the model wife shows kindness to the needy. David was needy at that time.

Judges 4:4 narrates that Deborah, the wife of Lappidoth was leading Israel. Where men do not take their leadership role seriously, God appoints talented women to lead. Therefore men should understand this so that where they are not talented, they leave their helper to provide leadership.

In proverbs 31:10-31, it portrays a wife who has taken the leadership role. Mostly it is the husband who is tasked with selling hope to his family and convincing them not to be afraid of the future. But this model wife is full of confidence and is not afraid of the future. It is her leadership that makes her husband bask in her glory as being respected in the city and taking a seat with elders. Notice that the model wife is doing essentially what a man should do to his family but she is not disrespecting her husband, in fact she enhances his image to the outsiders. That is being submissive.

Behavioural change and disloyalty

How to stop a wife's infidelity if she displays unusual behaviour

1. Reinforce love to ones wife. When a man has married a submissive or un-submissive woman, he is bound to live with her in all circumstances. A man has to be patient with a wife who changes behaviour from submissive to non-submissive and vice versa. Change of behaviour has to be an indicator to a man of the ominous infidelity and he has to adjust fast. He should therefore at the time love his wife as he loves himself, fulfil her physical and emotional desires; and treat her with respect. The wife would eventually see the light and stop straying.

Women are considered weak vessels and sometimes they take poor stands like being feminists. In the accounts of Neja and Sambu above, if a woman tries to live outside the nature she was created, the world would humble her. Michal despised King

David when he leaped and danced before God. God punished her by closing her womb. Queen Vashti was a woman who became un-submissive and disobeyed King Xerxes. She was stripped of the royal title and it was given to Esther. Hosea married Gomer who was un-submissive and as a result she was adulterous and conceived outside the wedlock. But love wins even the un-submissive women. Notice that David, King Xerxes and Hosea did not divorce their aloof wives, but lived with them. God ordered Hosea not to renounce his wife. 2 Samuel 6:16, 23; Esther 1:19; Hosea 2:5-11

2. Communicate with ones wife. When an angel appeared to Manoah and his wife, he shouted, 'We are doomed to die! We have seen God!' but his wife answered, ' If the LORD had meant to kill us, he would not have accepted a burnt offering and grain offering from our hands, nor shown us all these things or now told us this'. This account shows the open communication between Manoah and his wife. While Manoah believed otherwise, his wife knew he was not an authority in some things, for instance, he would not decide if they died or lived. If a wife becomes un-submissive or submissive, the husband should candidly talk to her and let her know he is also human like her, thus he can err. He should remind her of their first love. He should stress that the men she is attracted to at that time are just to distract her from the goal. She can actually start despising them as she is doing to you. Besides, a man who manages to break another man's marriage can never trust that wife. He would always live in fear another man can also

separate him with the wife he grabbed from another man. There is no wife that would like to live in a marriage full of mistrust.

3. Forgive ones wife. A wife being submissive or un-submissive implies she has changed from being herself. If she is contrite of her infidelity or impending one, the husband should forgive her. It is difficult to maintain chastity in the present world where the media is constantly airing episodes of infidelity, divorce and betrayals; and feminists are encouraging women to be 'independent'. One may think being unfaithful is the new morality and being faithful is outdated. But remember history repeats itself. In Elijah's time, he thought he was the only one worshipping God truly and even wished he were dead. But God comforted him informing him that there were other seven thousand Israelites who had never done an act obeisance to baal or their mouths kissed him. Therefore, if ones wife is tired of doing the right thing due to what media and feminists groups says, encourage her there are billions of human beings doing the right thing scattered all over the world. God would always reserve people who honour him. 1 kings 19:18.

4. Perform ones duty as a husband undeterred. As a husband remember to love ones wife as your own body. Treat her as Jesus treated the church. That is, being able to sacrifice oneself for her happiness. As a husband, one should not batter or oppress ones wife, but respect and honour her. The husband should provide basic needs for his wife; food, shelter and clothing and sex. If his income allows, he should provide her with some luxury and entertainment. Nothing wins any wife, be

she submissive or un-submissive like a husband performing his duties energetically. Ephesians 5:28, 29; 1 peter 3:7

Chapter Seven: Manipulation

Indicator Seven: The wife manipulates her husband

A woman who is about to cheat is a scheming woman. She weighs the options of her actions. She asks herself, 'suppose my husband divorces me, would my lover marry me?' If her lover would not marry her and she is not ready to leave her husband, the cheating would be secretive as much as possible. She would also have another plan especially if the husband has some wealth; to have the wealth in her name. This is to cushion her from hurt in the event she loses both the husband and the lover. This is where manipulation comes in.

Sabela was a girl who got pregnant while in high school. It was a teacher who impregnated her. The teacher had lied to her that he would marry her. When she told the teacher she was pregnant, he told her to abort the child and threatened her never to disclose to anybody he was responsible. Having been raised in a catholic background, Sabela knew terminating an unborn child's life was wrong. She decided to keep the child. Her parents were supportive till she gave birth.

Chizi, a young adult of nineteen years met Sabela when she was twenty four years old. Sabela had passed through difficulties and a betrayal thus she was mature and cunning. She was wary of men after a teacher impregnated and abandoned her. Sabela saw Chizi as a young and immature boy. Chizi was a rich orphan, having inherited the estate of his

deceased parents. Though Sabela's parents had been supportive during her pregnancy, her father came to hate her. This is what made Sabela to start co-habiting with Chizi to keep a distance from his father. Co-habiting was considered customary marriage in Sabela's Country. Sabela had plans of being the second wife of a local Politian. But in the meantime, Chizi was taking care of her. She was also chary the politician might betray her. In order to mitigate the pain from losing both Chizi and the politician, she started to manipulate Chizi.

She had arrived home one day late in the evening, since she had spent the whole day having fun with the politician. Chizi was angry and wanted to know where she had been. She started crying claiming Chizi did not love her. Her tears moved Chizi to have sympathy on her that he found himself soothing and reassuring her of his love. In the bedroom, he tried to make love to her. She refused claiming that if Chizi truly loved her, he should register one plot and a house in her name. Chizi swore to her it was a deal done. She gave in and satisfied his thirst as an experienced lady. Chizi transferred one plot and a house to her. She owned a plot and a house. 'I can cheat with the Politian in peace', she thought and smiled sneakily, 'if Chizi and the politician discard me, I have my own home!'

The lady from Timnah who Samson wanted to marry can be termed as a manipulator. The account narrates, "Then Samson's wife threw herself on him sobbing, 'you hate me. You don't really love me. You've given my people a riddle, but you haven't told me the answer'".

‘I haven’t even explained it to my father or mother’ Samson replied, ‘so why should I explain it to you?’ She cried the whole seven days of the feast. So on the seventh day, he finally told her, because she continued to press him...” Judges 14:16-17(NIV).

Notice one thing in common between Sabela and Samson’s lady from Timnah; crying and entreating their men to prove their love. For manipulation to be successfully the man must love the woman and the man must be moved by compassion when he sees the woman suffer. The woman would thus feign suffering claiming she is unloved. The man would like to end the woman’s suffering by proving his love to the woman; the woman would then suggest what he can do to prove the love. Once the man proves his love, the woman, if she is cheating, she would know the husband has not gotten wind of it, and if she is about to cheat, she would have known his weakness and where to capitalize.

Another way of manipulating a man is giving him the silent treatment. Silence really disturbs a man. Most likely, you have heard of a classical tale where a princess could not talk to anyone. The King was so frustrated that he made a promise that any man, young or old, poor or rich, who made the princess; smile, laugh or talk, would marry her. Manipulating wives have this power; they would keep silent until her husband promises to do what she wants. Never belittle this power! If Samson’s Timnah lady was able to cry for a whole week, being silent even for years is a joke for these wives. After all, it is only the husband that would miss the sex. She would be busy

committing adultery with her lover and could give you the silent treatment for a decade! If the husband, told his wife he suspected her of cheating; the wife would give him the silent treatment until he withdraws the statement. A manipulated man would withdraw the statement and inwardly the wife would be happy and cheat in peace.

If you continue reading Judges 14 you will find out the woman from Timnah who cried for seven days for Samson to prove his love to her was never married to Samson. That is how treacherous manipulators are. They play with their husband's emotion so that when they are found to be cheating, they already have an asset from their husband in their name. Sabela was given a plot and a house and Samson was forced to give thirty linen garments and thirty sets of clothes to thirty men of his wife's kinsmen and losing the lady or 'wife'.

Vicky was married to Chris. Vicky still loved his first boyfriend Lukosi and wanted to cheat with him. Vicky could not manipulate Chris with tears as he was quick to remind her she was insincere as he had discovered she still communicated with Lukosi. Consequently, the only way Vicky could manipulate Chris was making him drunk. Lukosi had advised Vicky to ensure that Chris gave her one of his plots. Lukosi was scheming that once Vicky gets the plot, she would encourage her to register it in his name and he becomes a land owner.

In a hatched plan where Lukosi was the mastermind, Vicky wanted Chris to write an elaborate wish to transfer a plot to her

when he was drunk. Chris scribbled such a letter but he fell asleep before signing. When he was sober in the morning, Vicky approached him to sign the letter after Lukosi informed her; the letter was not binding without a signature. Chris was surprised that he had written such a letter. He told Vicky he was drunk and tore the letter into pieces. 'You automatically benefit from my estate when I die, as I am alive, I will take care of you', Chris said as he threw the pieces of paper in a dustbin laughing.

Vicky ensured Chris was drunk always and even went to the extent of spiking his drink and water to see him drunk. Chris never wrote such a letter for a long time but at one time he promised to write a will. Vicky became patient; making him drunk each time and requesting for a letter.

But finally, the alcohol Chris was consuming had its toll. King Solomon aptly said, 'who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes?' He answered the above questions by saying, 'Those who linger over wine, who go to sample bowls of mixed wine.' King Solomon concluded that wine bites like a snake and poisons like a viper, it makes one see strange sights and one's mind to imagine confusing things. Lamuel's mother did emphasize the importance of not getting drunk when she advised her son. She told her it was not wise for Kings to crave beer or excessively drink wine. It makes them forget the law and thus they deprive the oppressed of their rights. Chris finally wrote the letter and signed when drunk. **Proverbs 23:29,30 (NIV).**
Proverbs 31:4, 5.

Vicky moved fast to enforce the letter. Unfortunately for her, Chris claimed he was drunk and could not remember writing such a letter. Chris was protected by the common law which was categorical that persons of unsound mind could not enter into binding contracts. Such persons included the drunk and those with brain impairment. On becoming aware that her marriage could be dissolved; Vicky entreated Chris to pardon her. She disclosed to him that it was Lukosi who was misleading her. She promised never to have anything to do with Lukosi. Chris forgave her; he underwent alcoholism treatment and has never gotten drunk ever since.

Kaju wanted her husband to give her at least twenty percent of his salary and also buy her a car. The husband agreed to buy her a car but would not consent to giving her part of his salary. Kaju denied him sex to manipulate him to do her bidding. The husband was adamant and ridiculed her, 'you deny me my right while I can get it at the price of a loaf of bread elsewhere?' Her husband did not see her nakedness for a year. She was under pressure to commit adultery, but she was sane enough to involve her pastor.

Infidelity and manipulation

Bringing to a halt infidelity due to manipulation

1. Know what love is. The lady from Timnah cried for seven days manipulating Samson to tell her the answer to a riddle. She claimed Samson did not love her. Paul lists what love is. Love is patient, love is kind, Love does not boast, Love is not

proud. Love does not dishonour others, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with truth. Love always protects, always trusts, always hopes, and always perseveres. 1 Corinthians 13:4-7

If we peruse Paul's list about love, the Lady from Timnah did not love Samson. Firstly, she was easily angered. She claimed Samson never told her the answer to the riddle before he asked her kinsmen. Secondly, she was self-seeking as she was not interested to what happens to Samson once she had told her kinsmen the answer to the riddle. Thirdly, she rejoiced in evil and not the truth. She knew once she had told her kinsmen the answer to the riddle, Samson would pay them. If she loved Samson she would have told him the truth. The truth was that her kinsmen had threatened to exterminate her family. Had she told Samson the truth, she would have proved love trusts, love protects and love hopes. Perhaps Samson would have done something to protect her parents; or even withdrew the riddle and explained to her kinsmen why he did so. Therefore manipulators do not love the victim, but work in reverse to control the victim. Knowing what love is, gives a husband the arsenal to tell the wife why she is the one that does not love him. This stops the wife's manipulation and any planned infidelity in the offing.

2. Have a balanced view of compassion. Manipulators plays with mans inborn desire to have compassion. Every human being would like to help those who suffer. Those who don't have

the resources always dream in their minds they are helping suffering mankind. Those with resources would do the actual helping or if they don't want to help, they would help to be seen by others that they are good people; because we were all created to be good anyway. Wives who manipulate their husbands play with this inborn desire. They make themselves to be in pain like crying, then accuse the husband of not loving them, then ask the husband to prove their love by doing this or that.

Husbands should learn from Jesus Christ that not everyone deserves compassion. There were many widows in Israel in Elijah's time, yet he was only sent to help a widow in Zarephath in the region of Sidon. Likewise, there were many lepers in Israel in Elisha's time yet only Naaman the Syrian was cleansed. A wife seeking compassion with tears should be ignored and recalled to her mind it is she who is not showing love to her husband. **Luke 4:25-27.**

3. Drink moderately or do not drink at all. Lamuel's mother counselled him that beer is for those who are perishing and wine for those who are in anguish. They drink to forget their poverty and misery. King Solomon on the other hand described the drunk as one who sees strange sights and imagines confusing things. He is like one sleeping on high seas, lying on top of the rigging shouting, 'they hit me, but I am not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?' **Proverbs 23:33-35; 31:6, 7**

Manipulating wives know it is easy to have power over the drunk. There is a story that has been circulation on social media for some time of a drunken person arriving at his home past midnight. The wife is cheating with her lover, the lover wants to run away but the wife assures him the husband would not notice as he is drunk. They can share the bed three of them. After sleeping for some time the drunk tells his wife he is seeing six legs instead of four. The wife says, 'you are drunk, can you get out of the bed and count again?' The man gets out of the bed and counts four legs, satisfied he sleeps soundly.

As hilarious as the story is, the truth is, it is easy to manipulate a drunken husband. If a wife encourages the husband to get drunk, she is planning to cheat or she is cheating. In this case the husband should relinquish the bottle.

4. Have self-control, avoid greed. If a manipulating wife knows you have an insatiable sexual desire, she would manipulate you by denying you the conjugal rights. But since she also needs the sex, she will seek to relieve the sexual tension that is building up in her by being adulterous. That is why Paul advised, 'do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourself to prayer. Then come together again so that satan will not tempt you because of your lack of self-control' The husband should reason with the wife why he wants to allow temptations to control her and be firm she stops the baseless manipulation. 1 Corinthians 7:5.

Chapter Eight: Work or community activities

Indicator Eight: A wife is overzealous to be at work or Community activities

A wife should keep herself busy with whatever her hands find to do. A wife needs to be strong and industrious. This is because, she has to wake up early and sleep late even if she has maid - servants; it is her obligation to prepare nourishing food for the family and cloth them with warm clothing. She should have her own money which she can invest in land, real estate, shares or any venture of her choice. She has to enhance the image of her husband by being generous to the poor and the needy. Proverbs 31:10-27

The above duties of a wife show that other than looking after family affairs, she would be involved in work and community activities. Unusual Involvement in work or community activities is where a wife neglects her family; she prefers being at work or community events to being with her family. Family is paramount, if a woman neglects her family, as nature abhors a vacuum, she will get another family outside her family. This is the genesis of cheating.

Yassin's husband owns a fleet of long distance transit goods vehicles. He is also a driver to one of the trucks. This means, he may be absent from his house for at least a week. Yassin has maid - servants and house boys. She is employed by a county

government therefore she leaves home at seven in the morning and returns by six in the evening.

But to fill the void left by her husband, Yassin decided to devote extra time to her employment work. Her children are taken care of by maid - servants, who take them to school and pick them from school in the evening. The maid - servants feed the kids and do their laundry. Yassin would thus leave for work at seven, the same time children are sent to school and arrive home just before midnight when the kids are a sleep. As a result of spending many hours at work, Yassin has found herself cosy with Hemed, a colleague at work. Hemed is close and real than her distant husband. She sees Hemed every Monday to Friday of the week for about eight hours each day. Hemed has suggested to Yassin that they should copulate. She is okay with the arrangement provided it remains a top secret.

Freda is a Seventh Day Adventist woman. She takes some time a week to sell from office to office the Seventh Day's publications. She met Bro in one of the offices who got interested in the publications. Bro does not want her colleagues to know he is interested in SDA's publications and has told Freda to stop bringing the publications to him. Freda wants to know why he changed heart when he was at first enthusiastic about them. Bro has told Freda the truth. Freda suggested that if he gave her his house address, she would deliver the publication at his door step. Bro likes the arrangement and he agrees the books be delivered on Sunday between ten in the morning and three in the evening.

Freda punctually delivers the publications to Bro the next Sunday at ten in the morning. Bro stays alone; most of his neighbours have gone to church. She invites Freda in his house. She accepts the invitation. Bro take the publication, pays for them but seeing Freda is reluctant to go, he brings a tea pot, two cups and some snacks. He pours tea in the two cups and hands one cup to Freda. They drink as they talk of general things. Freda finally leaves at two in the afternoon after she has taken lunch with Bro. They agree to meet again the following Sunday.

On the dot, at ten in the morning the next Sunday, Freda avails herself with SDA's publications at Bro's house. This Sunday both of them know what unites them is not the publications but a budding intimacy. This Sunday they talk about personal things. Bro comes to know Freda is married with one teenage girl. Freda is unhappy in her marriage as her husband wants another child but she is not conceiving. Both Freda and her husband have consulted a doctor and they have been cleared to be fertile and quite okay. Because of her husband's growing impatience, Freda frankly tells Bro, she would not mind if he impregnated her. Bro is shocked! He expected SDA's to be disciplined morally. But he likes Freda and tells her there was no hurry; they should get to know each other first.

Mary is an employed civil servant. She has a great libido while her husband has low sexual drive. Her husband is a disciplinarian and short tempered. Therefore communication between them is stifled. Mary used to stay at home during

weekends expecting his husband who does not work on weekends to initiate sex as they all stay indoors; but the husband just distracts himself with a newspaper, books and watching football. Mary has started to spend weekends at funerals, weddings, women 'chamas' or merry go rounds. She is meeting men who are flirting with her during the events. She is encouraging them on and she is eagerly waiting to sleep with one of them. His husband is okay with her absence during weekends as he prefers to be alone, which is fuelling Mary to commit adultery.

Yassin, Freda and Mary are all hardworking mothers. They do not eat the bread of idleness but are all earning a living. However, they have all gotten involved in work or community activities than is necessary. Yassin has increased the hours she is supposed to stay at work. In so doing, she has transferred her motherly work to maid - servants. This no doubt would lead to adultery as Hemed replaces her family. Freda has increased her community work than is necessary. She is missing in her house on Sunday well before ten in the morning till three in the evening chatting to a man, instead of mentoring her daughter. She is telling a man her fears, what she should be sharing with her husband, such increase in community activity than warranted would lead to infidelity. Mary has also increased her community involvement by being present at any imaginable event. This has allowed her to let down her guard as a married woman and would commit adultery when conditions favour.

Work, Community activities and unfaithfulness

How to contain infidelity resulting from the wife's eagerness to be at work or Community activities

1. Pray to God to protect ones wife from predators. Yassin's husband is busy trying to fend for his family which is commendable. He does not know the hidden dangers that may befall his wife. Yassin should be praying for his husband to be safe instead of seeking short lived gratification. Freda is spreading the gospel by selling SDA publications. But it seems she denies the power of the gospel. She should emulate Sarah and Rachael who stayed for a long time without a child but they got the child anyway. Mary is afraid to talk with her husband forgetting the bible has promised wild animals would be docile and a small kid would lead them. Or God closed the mouths of lions that they were unable to devour Daniel.

As menacing as her husband is, she should not shy telling him her needs. She should not wait for her husband to initiate sex, in a marriage arrangement, any couple can do so. Leah, Jacob's wife is known to have initiated sex as a wife. 'So when Jacob came in from fields that evening, Leah went out to meet him. "You must sleep with me," she said. "I have hired you with my son's mandrakes". So he slept with her that night'. **Genesis 30:16**

Therefore, all the three ladies above are making poor decisions that are invigorating them to be adulterous.

What their husbands should do is pray so that they remain faithful. God loved Abraham since he prayed to him to protect all that was his. There is an account where Pharaoh forcefully took Sarah, Abraham's wife. Though he treated Abraham well for the sake of Sarah by enabling him to acquire sheep, cattle, donkeys, camels and servants, God inflicted Pharaoh's household with deadly diseases. Pharaoh was forced to send Abraham away with his wife and everything he had. If Yassin's, Freda's and Mary's husband entrust their wives to God, to protect them from infidelity; God would afflict the men craving to sleep with them such that they are unable to do so. The prayers husbands bind their wives with, restrain them from being unfaithful. **Genesis 12:15-20.**

God not only protected Sarah from infidelity once, He did it repeatedly. When Abraham was staying in Gerar, Abimelek, the King of Gerar took Sarah. God appeared in a dream and said to Abimelek, 'you are as good as dead because of the woman you have taken; she is a married woman'. Since Abimelek had yet to sleep with Sarah he said, 'LORD, will you destroy an innocent nation?'...Then God said to him in a dream, 'yes I know you did this with a clear conscience, and so I have kept you from sinning against me. That is why I did not let you touch her. Now return the man's wife, for he is a prophet, and he will pray for you and you will live. But if you do not return her, you may be sure that you and all who belong to you will die'.

Early the next morning Abimelek summoned all his officials, and when he told them all that had happened; they were very much

afraid. Then Abimelek called Abraham in and said, 'what have you done to us? How have I wronged you that you brought such great guilt upon me and my kingdom? You have done things to me that should never be done'. And Abimelek asked Abraham, 'what was your reason for doing this?'

Abraham replied, 'I said to myself, "there is surely no fear of God in this place and they will kill me because of my wife." Besides she really is my sister, the daughter of my father though not of my mother; and she became my wife. And when God had me wander from my father's household. I said to her, "this is how you can show your love me: everywhere we go, say of me, 'he is my brother'"'

Then Abimelek brought sheep and cattle and male and female slaves and gave them to Abraham, and he returned Sarah his wife to him. And Abimelek said, 'my land is before you; live wherever you like' To Sarah he said, 'I am giving your brother a thousand shekels of silver. This is to cover the offense against you before all who are with you; you are completely vindicated.' Then Abraham prayed to God, and God healed Abimelek, his wife and his female slaves so they could have children again, for the LORD had kept all the women in Abimelek's household from conceiving because of Abraham's wife Sarah. **Genesis 20:1-18 (NIV).**

Therefore, husbands should not shy from letting their wives go to work and get involved in community activities. But in letting them go, they should cover them with prayer. Remember the Lord's prayer? It talks about not letting us fall into temptations

and delivering us from the evil one. That should be a prayer husbands cover their wives with; not leading them into temptations and delivering them from the evil one. The Psalmist had said that unless God builds the house, builders build it in vain. Unless God guards a city, watchmen stay awake in vain. It is pointless policing morality, but God would restrain wayward wives and bar wife predators who have power to sleep with them from doing so. **Matthew 6:13; Psalms 127:1**

2. Encourage ones wife to keep her covenant. The husband should dissuade the wife from being fond of the workplace or community activities just because they give her an avenue to flirt and sleep with men. The workplace should be a place where she secures her future and gleans resources to invest in her ventures. The community should be a place where she finds chance to help the needy and the poor. Sex should be confined in the wedlock. Couples should be faithful to each other and this pleases God. **Hebrews 13:4**

Chapter Nine: Habitually praising her faithfulness

Indicator Nine: The wife characteristically praises her own faithfulness

Kathy was sitting with her husband on the balcony in the afternoon. They were enjoying glasses of soft drinks looking down at the ripples caused by dragon flies as they flew about touching the surface of the swimming pool water. Earlier in the day Kathy went shopping and he met her boyfriend. Her boyfriend nearly saw her nakedness in her car at the Mall's parking lot. But she summoned enough strength to keep him at the bay. When she was unloading her goods, she was a bit confused. One part of her mind accused her of missing an opportunity with his boyfriend and the other part congratulated her for staying firm.

As she was sitting with her husband, enjoying each other's company, an evil thought crossed her mind. 'Next time accept to lower your pant for your boyfriend', the thought ordered her. 'No! You should not. You should not have a boyfriend in the first place. You love your husband and would not like to leave him. What do you think he will do if he knows you have a boyfriend?' Cautioned yet another thought. Then she said aloud to her husband, "Yesterday as I was getting out of my car in the parking lot at my work, there were at least five men chatting eight metres from me. They stopped chatting and one whistled to attract my attention. I heard yet another cautioning the

whistler to stop saying I was a woman of standards and I did not entertain immoral men, I was not an easy lay.” She finished talking wondering where those words came from, or it was the evil thought taking hold of her tongue and voice box?

Her husband turned abruptly upsetting the drink in his glass that quite a substantial amount of it poured on his bare chest. He looked proudly at his wife with half closed eyes. The lips of his mouth assembled to form a smile that drove her wild. She perceived immediately her words were like a pure gold present offered to her husband on a silver tray. He trusts me; he does not know I have a boyfriend. Tears welled in her eyes, she could not pinpoint if they were tears of guilt or his smile elated her.

“That is good of you my dear Kathy”, his husband said proudly. “Kathy, when you are holding an ox plough you should concentrate, therefore, do not look back. Remember Lot’s wife. After being saved from Sodom and Gomorra, she remembered what she would miss; the sexual escapades prevalent in the towns and the juicy gossip. She turned into a pillar of salt. Now Kathy, you are married, forget all men and your boyfriend in your past. Forge forward and let’s make this marriage a success.”

Kathy had mixed feelings. One feeling was that she could cheat secretly as her husband trusted her. The other feeling was to drop her boyfriend and stick to her husband. Her husband continued to advise her drawing examples of specific women in bible times although she heard nothing as her mind was

wandering. But she kept nodding from time to time and he thought; she hanged on every word from his mouth.

Dorrie got a phone call from one of the man she was flirting with at the wrong time. She was curdling with her husband on the sofa when the man made the call. She had not saved the man's number but she had memorised it. She disengaged from her husband to pick the call. Realising who he was, she hastily blurted into the phone, 'who are you and what do you want?' The man explained that he was her work colleague and was just checking on her. 'Okay', she said, 'wrong number'. She put off her phone and resumed to curdle her husband.

So as not to betray her feelings, she quickly told her husband that a certain fool had just called her mistaking her for his girlfriend. The husband had seen the un-saved number and was quite satisfied it was a wrong number. But the wife continued rumbling on, 'some men are fools, how can he humiliate me like that yet I am not close to any other man. You are the only man I know. And how did he get my number?' Her husband had to console her. 'Don't worry Dorrie, such things happen, maybe he made a mistake by keying in just one wrong number and you became the recipient. Let stray calls not disturb your peace, relax and breathe.' Satisfied that her husband was not suspecting her, Dorrie breathed a sigh of relief and in a sensual voice said, 'okay darling, you are the best, I love you!'

Rosie liked to receive pornographic pictures and videos from her college mates, both ladies and gentlemen. She was fond of a

particular man who sent her top notch porn clips, that sometimes they messaged each other for an extensive period. She had a habit of watching the materials and deleting them immediately. One day she forgot to put off the social media notification alert. She was discussing a project with her husband and both of them had their phones on the table before them. A message popped in the wife's phone and the phone screen came alive to show an image of a pornographic video. The wife was discomfited!

She drew a pattern to open the phone screen rumbling at the same time how social media is useless and why someone should send her such shit. She deleted the video, and then asked her husband how one deactivates a social media account. The unsuspecting husband helped her to disable all her social media accounts. She thanked her husband and boasted how chaste she was. She continued; she was not the one to tolerate nonsense. She opined that she had handled herself with decorum all through her life and then satan was using social media to soil her mind, she concluded she would not allow it.

Her husband just listened without interjecting or having the desire to stop her. He was only afraid if she suggested he should also exit social media. He liked the gossip and comedies on social media that he was not ready to leave. He was glad when he suggested to his wife that they should continue with their discussion, she put her phone aside and became attentive.

Self Praise and cheating

How to stop betrayal of a wife that characteristically praises her faithfulness

1. Make it a goal to praise a wife for anything she does well.

Proverbs 31:31 is resounding that, 'Give her of the fruit of her hands; and let her own works praise her in the gates.' KJV. This means that whatever one's wife does properly, she should be praised. If she cleans and arranges the house furniture skilful, she should be praised. If she prepares a scrumptious meal, she should be praised. If she makes the bed well, she should be praised. If she dresses up nicely, she should be praised. If she dutiful takes care of her household and children, she should be praised. Eventually she would realise you have praised everything good she did but you have not praised her faithfulness. She would strive to be faithful anticipating that praise.

Kathy, mentioned at the onset of this chapter realised how much her husband loved her and how proud he was she was 'well spoken off'. She fathomed if she made one mistake, her husband's trust for her would evaporate. She had read somewhere that husbands who trust their wife's are unforgiving if they discover, they just trusted a common adulteress. She remembered how her husband had looked at her with half closed eyes and a bewitching smile that played on his lips. She resolved to drop her boyfriend and be faithful to her husband.

Dorrie could not understand why she encouraged a co-worker to crop into her private life. She remembered how her husband had been understanding when she got the 'stray call'. Then she recalled a seminar she had attended where the speaker had mentioned that some workers were surveillance cameras for the bosses. The colleagues befriend others, then they try to extract as much information as possible from them. The information is always to implicate them or curtail a promotion they deserve. She grew worried. It vividly occurred to her she may be trapped at work and she may lose her loving husband. No more flirting with men; that was her decision, which she stuck with.

2. Bear in mind, good wine needs no bush and one should not blow ones trumpet. If a wife boasts of her faithfulness and needs validation from the husband, the husband should tactfully refuse to give one. The husband can say, 'I have never thought of that, now that you have introduced it, I will see and then I will tell you.' To compliment the saying good wine needs no bush and the idiom to blow ones trumpet, King Solomon said, 'The wicked flee when no man pursueth: but the righteous are bold as a lion.' This means once a wife starts praising her faithfulness, something is bothering her. The wife that is confident of her loyalty will not need validation; everyone can see she is dependable. **Proverbs 28:1 (KJV).**

Rosie who I mentioned in this chapter, reactivated all her social media accounts when she was out of her husband's eyesight. But she forgot again to disable the message alert. While they

were in their bedroom, she received several message alerts from Facebook, X, Instagram, Whatsapp, Tiktok.... Those were the only social media sites visible on her screen. Her husband saw them and laughed. 'So you are addicted to social media?' he asked, 'I was afraid you would also influence me to deactivate mine. I was not ready.' She kept mum; she had not expected to be busted. Her husband continued, 'just have discipline and block persons who are a nuisance to you. Social media is just like a knife, you use it well, and it is very useful. You misuse it, it is very dangerous and it can kill! You said you had conducted yourself well and you are faithful; now prove it by using social media properly.'

Rosie nodded knowing she had no room to boast of her faithfulness. She knew the only way she could do it was to stop porn and un-friend his/her porn sending buddies.

In songs of Solomon, the Shulumite lady knew her lover trusted her and she needed no validation from him. In our present world, most ladies would prefer to marry a rich man, be they second or third wife of the man. None would marry a struggling young man given a choice between a rich established man and the young struggling man. The Shulumite lady, given a choice between the wise, rich king Solomon and a Shepherd young man, she chose the Shepherd. King Solomon tried to woo her to no avail. That is why it was evident to all that she was chaste and her shepherd boyfriend trusted her. **Songs of Solomon 8:10 (GNB).**

3. Whoever thinks he is standing firm had better be careful that he does not fall. If a wife boasts of being faithful without requiring validation from the husband, the husband can compliment her. Then quickly ask, 'what are you doing to maintain your faithfulness? What should I do to help you remain faithful?' Her answers would tell you all you need to know. If she was trying to gauge how much you know so that she can cheat or continue cheating, she would reconsider her decision. Faithfulness is not a place one visits and it is over, it is something one works on daily. That is why we pray, do not lead us into temptations and deliver us from the evil one daily.

Chapter Ten: Marital rights

Indicator Ten: Denying her husband conjugal rights or giving him half-heartedly

Sophie could be seen energetically weeding her flower beds and watering them. She dutifully cooked breakfast and supper for her husband. She did the laundry work and ironed the husband's clothes. She prepared children for school and occasionally assisted them in their homework. Outwardly she was the best wife ever. Everyone praised her. Men teased her that they wished they had married a woman like her. She received the compliments from men happily given that she had not received any praise from her husband for a long time. She knew she was amorously attracted to men flattering her and was ready to have sex with them if they requested. But she would deny her husband the conjugal rights claiming backache and her body not desirous of sex. Her husband understood and never pressed any further. He took her no to be no.

Sophie had not given her husband any problem in their first five years of marriage. In fact she would initiate the marital process. She never complained and would honour her husband's demands. Her husband could not understand her change. He suggested that she should see their family doctor. Sophie would do so but would not share the findings clearly with her husband. Her husband would be left guessing.

Lennie started to distance herself from her husband once she realized he had lost his Job. Her husband was discontinued due to fabricated indiscipline charges labelled at him. It was impossible to refute his employer's claims or seek justice in law courts since he lacked evidence. He had no close relative and to be given a cold shoulder by his wife was too much to bear. He started to drink to stifle any desire for her. Her wife would out rightly refuse his advances for intimacy. It pained him to realise he was only valued because of a job and he never made any more advances to his wife.

The wall the wife erected between her husband was a bridge for other men. She soon started confiding her problems in one man that looked concerned. After crying on his chest, the man would try to sleep with her, she resisted several times but when alone, she regretted. She wished she had given in, but committing adultery she was sure she would, her husband no longer cared whether she was alive or lifeless.

Rennie had no desire for intimacy with her husband. However, she desired to have intimacy with several men she had met at the workplace and social gatherings. She was brought up in a Christian background and no lady in her lineage is reported to have divorced her husband. They were all faithful to their husbands until natural attritions separated them. She remembered her mother's counsel to her on the wedding day that she should continue with the tradition. She should give her husband his due whether she liked it or not. As a result, she slept with her husband nonchalantly all the time.

The bone of her contention was because her husband seemed to give support to everyone in need from his side. When he had asked her husband to pull down her parents' house and build a new one, he had refused. He had argued that the house was okay and only needed minor repairs and painting. She considered this as an insult and the desire for him was killed. Yet because she wanted to keep her marriage, she just forced herself to share a bed with his husband.

Conjugal rights and infidelity

Curbing infidelity that may arise due to denial of conjugal rights

1. Do not deny yourself to each other, unless your first agree. Christian's couples are advised by Paul not to deny each other conjugal right unless they agree for a time. In biblical times a woman on menses was unclean and remained unclean for further seven days after the blood flow. Anyone who touched her during these days was unclean also. The days are roughly twelve days. After the twelve days they were to reunite again. I can say within a period of 28 days (the menstruation circle), the man was to touch his woman for 16 days only. Other factors that could have contributed to a man not touching his wife are: the man had travelled or was at war, the man or the woman was sick, the couples agreed to devote their time to prayer and fasting and anything else that separates them.

Since it is Paul who gave the above advice and not the Lord, couples may deny each other conjugal rights if they are

annoyed with each other. They are not sinning, unless it leads to adultery. Paul was emphatic that he said the above as a concession, not as a command. In an Ideal situation, couples should not deny each other sex due to their personal differences or they are bitter with the other. But in practise when one is bitter with the other, the sexual drive wanes. The key here is; couples should solve their differences as fast as possible. As nature does not allow existence a vacuum, couples who deny each other the right find themselves in great temptations. While one may not feel like sleeping with his/her mate, he/she would feel like sleeping with an outsider. Like Sophie in this chapter, she denied her husband the right, she found herself getting attracted to other men. 1 Corinthians 7:3-6

2. Informal separation. If couples do not feel like copulating due to some marital friction, each mate should consider this as an informal separation. The woman should know ultimately she would reconcile with his man and there is no need of sleeping outside the wedlock. A man should closely follow King Solomon's counsel, 'so be happy with your wife and find your joy with the woman you married-pretty and graceful as a deer. Let her charms keep you happy; let her surround you with her love. Why should you love another woman, my son? Why should you prefer the charms of another man's wife?' The couple realising that eventually they would reunite, they have to solve their issues as quickly as possible. Proverbs 5:18-20 (GNB).

Ephesians 4:26, 27 underscores the need for settling issues between couples swiftly. It says, 'in your anger do not sin: do not

let the sun go down while you are still angry, do not give the devil a foothold.' This is quite true, like Rennie in this chapter, she had no intimacy feelings for her husband, but she felt attracted to outsiders. When couples get angry with each other, they don't have sexual desire with each other, but certainly they would have the desire with other people! Thus there is need for couples to reconcile swiftly.

Couples who are unable to communicate and re-unite after falling out, they should involve a mediator. Depending on the type of marriage, the mediator ranges from parents, pastors, elders and professional counsellors.

3. Weaker vessel. Peter advised men to live with their wives according to knowledge. People say a woman is weak that is why the devil used Eve to bring man down and such stories like Jesus did not have a female disciples. I have never looked at the statements keenly and would not in the near future. The weakness I know Peter is referring to here is the mood of women. Women pass through lots of pain in menstruation and pregnancy that during such time their thinking is impaired. Nobody who passes through pain is expected to think clearly. Therefore husbands have to support their wives handling them with care. When she denies a husband sex, she may be in pain, annoyed, bitter, worried or misadvised. It is upon the husband to decode this complex code and make her willing to copulate with the husband. Neglecting her is driving her to find solace in hands of other men. ¹ Peter 3:7

4. Cheerful giver. We can rely on 2 Corinthians 9:7 where Paul advises Christians that each of them should give what he has decided in his heart, not reluctantly or under compulsion for God loves a cheerful giver. Man is created in the image of God. Therefore most men would love if the wife gives them sex willingly and cheerfully. Rennie in the above account gave his husband the right just as a duty without cheerfulness. I like one physics concept that says energy is not destroyed but can be transformed from one state to another. If willingness and cheerfulness is lacking when a wife is giving sex to her husband, definitely she has reserved the willingness and cheerfulness for another man. The husband should thus strive to bring out that cheerfulness. This is a problem that has to be solved the same way as I discussed the 'Informal separation'.

5. Denial of faith. Those who do not subscribe to Christianity can deny their husbands sex as long as they wish. But one thing is clear, denying your husband sex would only drive you to commit adultery. Mpezi was dating a man that believed they should only have sex after marriage. Since Mpezi loved the man she agreed with the arrangement. But she confesses she was always horny with his boyfriend but would not ask for sex since he wanted it after marriage. Then she discovered an outlet.

Whenever she was horny with her boyfriend she would go to a married man who made love to her; and she calmed down. This made her ready to wait for whatever period his boyfriend wanted. What I mean is, so long as the wife is not asexual and has desire for sex, denying the husband the same would only

drive her to relieve her sexual tension with another man. But ladies who profess Christian faith should know; we please God, so we should not conform to what the world believes. If a wife does not provide for his husband, she has denied the Christian faith.

6. It is God who has the final say. In this Chapter we discussed Lennie who started denying her husband sex since he had lost his job. Most women would just do what Lennie did as it is their nature. Man was made to think strategically and to provide for his family. It is the man who provides hope and secures the future of his family.

A man losing a job is a heavy burden to the wife as she was never made to provide and think strategically. She becomes worried and immobilized. This kills her sexual desire with her husband. Worse still, she is tied to the husband by a covenant and cannot just walk out and start life with a more promising man! She feels trapped. Job was sick, full of blisters, poor and useless. Yet his wife could not sleep with another man or move on with her life since her husband was alive and there was no plausible ground to obtain a divorce. She only thought she would be free if he died. She approached Job and mocked him that he was still clinging to God in the state he was. 'Curse God and die' she said. **Job 2:9**

We all know the end God intended for Job. Therefore, husbands denied sex by wives since they have lost a source of income should tell them to understand it is God who has the final say.

Human beings do not hold all the aces, but God does. Wives should instead be prayer warriors praying that their husband should get out of joblessness and fend for their family. Wives can also help husbands to get a job through their networks.

Chapter Eleven: Accepting everything the husband does

Indicator 11: The wife is totally permissive or gives the husband silent treatment.

A wife is essentially a good helper to her husband. This means she may advise her husband on anything and impede him from making bad decisions. Sarah is said to be the best model for women who fear God since she respected her husband to the extent of calling him my 'lord'.

Respect does not mean she could not advise or bring to halt poor decisions made by her husband. Sarah told Abraham to chase away Hagar as she disrespected her after conceiving; forgetting it was Sarah that handed her to Abraham. Abraham resisted Sarah's advice as he thought it was unfair to Hagar and her/his son. But God told Abraham to heed Sarah's advice and chase Hagar away. God promised Abraham to take care of Hagar and her son. **Genesis 16:2-5**

A Wife as good helper ought to advise her husband and prevent him from being reckless. It does not matter whether he rebuffs her advice and action at first, when he is alone, he would see the logic his wife had. If the wife had not planted that seed of dissenting, the husband would not have reviewed his decision. A husband would be pleased to have someone who has his best

interests at heart. He would be glad someone helps him in decision making and cautions him when he is likely to mess.

When a wife accepts everything the husband says or does, that wife does not value his husband; one way of devaluing ones husband is cheating. She would thus cheat with a man she can discuss issues or share advice freely. That is always true, if she is not at ease with her husband, she will be free with another man.

Joma was perceived to be a harsh and a cruel man. All neighbours feared him and children in the neighbourhood hid from his present. His wife could not argue with him because of this perception. One day, his wife had disconnected the fridge by loosening the plug in the socket such that it did not transmit electricity though it was still plugged in the socket. The wife wanted ice in the deep freezer to thaw so that she could clean the whole freezer.

Unfortunately she became sick few hours after disconnecting power. She was hospitalized for two days. Her husband carried her home in his car. As they were heading home, he told her the fridge had stopped functioning and he was selling it second hand and would replace it with a new one. His wife raised her voice to speak but she was quickly shut. Her husband waved her with one hand that he was still talking. He told her since she was invalid; she should concentrate on getting better and leave such small decisions to him. He said he knew she wanted the fridge repaired instead of acquiring new one. Those words

effectively made her tongue tied. The wife knew he was selling a properly functioning fridge, but she decided to accept anything her husband said and did.

Not all wives who accept everything the husband does or says have a husband who is mistaken to be harsh and cruel like Joma's wife, some just learn to despise their husband. Michal was King David's wife. His father married her to another man. Though David repossessed her once more, she was not the same woman again. She loathed David. David thus had no wife to advice him and he quickly took Abigail who he considered to be a wise lady and married her as the second wife. But Abigail knew she would not usurp the role of the wife of one's youth. Michal was the wife of David's youth and she was to take the lead. Since Michal did not play her role, the role was taken by Bathsheba who became David's advisor/helper as far as a wife's role is concerned.

Sonia detested his husband after discovering he had a mistress. She cut all the advice, criticism and help she gave him. Sonia wanted to commit adultery in retaliation but she was ashamed since she had carried herself as a woman of high standards. This had made men see her as aloof thus approaching them was so humiliating. She decided to wait until an opportunity availed itself. She grudgingly did everything to her husband but they did not talk much. Their talking could be likened to a monologue.

Permissiveness and adultery

Preventing wife's adultery when she is permissive

1. Good helper. The wife was created to be a good helper to her husband. A wife can adjust and be anything to spur the growth of her husband. That's why it is said behind a successful man, there is a woman. Man needs some balance in his life which can only be provided by the wife. When the wife accepts anything the husband does or says, it means she is totally permissive. She may give the husband the silence treatment or she may leave him to do most of the talking. The husband thus does not get sound advice and no one can remind him he is making a mistake.

If a wife is not free with her husband, definitely she would be free with an outsider which leads to adultery. It may be claimed the wife is an introvert that is why she does not talk much. That is wrong; an introvert is talkative when she is with the right person! In our present world where arranged marriages rarely exist, why should a woman choose a man she would give the silent treatment?

Couples ought to communicate. Human beings are social animals; that is why they were given the most advanced ways of communicating. The success of a marriage depends on communication. A wife should understand if she harbours some resentment or bitterness towards her husband, she is making him unsuccessfully. God does not attend to prayers of a husband ill-treating his wife. For a wife to be permissive, to give

the husband silent treatment or to allow him to do what he wants or says; it points to deep seated hurt within the wife's soul.

Both couples should make it a goal to communicate effectively. If the husband does not succeed in his endeavours, the wife fails. It is just as simple as that, one couple fails, they all fail. Adultery that might result since one couple has decided to look outside is just a rubber stamp to the failure. Therefore, spouses should make an effort to help each other reach his/her goal.

2. Respect. There is an African president who needed his ministers to give him total loyalty. It is said whenever he was to visit any part of his country; all the ministers were to arrive at that part beforehand to welcome him. The visit was highly publicised by the national radio and television station, therefore no minister had reason to contest being un-aware of the visit. On alighting from his plane or car, a red carpet would be laid for the president and on one side a queue of the ministers. He would walk along the red carpet greeting them. If any minister missed from the queue, he was sacked immediately. If any minister had a shaky or his greeting to the president was not firm, he was sacked immediately. Some ministers went to the extent of kneeling down or bowing when shaking the president's hand to retain their job. That was their show of respect.

A husband is the president of the family. The wife is the deputy president. The wife therefore has to choose a husband she would respect as long as they are husband-wife. The respect the wife gives the husband is different from the respect the

ministers gave the African president I have discussed above. The respect ministers gave the president was pretentious and exaggerated. A minister might have knelt and even licked the president's shoe when in his heart he felt like exterminating the president's life given a chance. It may also occur that the ministers the president sacked were most loyal than those who acted and were retained.

The respect the wife gives her husband stems from her heart and she does so since she loves God. This means, where the husband deviates from God's statutes, the wife would reprimand him instead of licking his shoes. The respect is also based on knowledge and not what the husband has to offer for instance, riches. The respect is informed that the wife can correct, help and even bar the husband from an injurious action. A wife who respects his husband would not become permissive, give him the silent treatment or allow him to do what he wants or says. No! If she does so, she does not respect her husband. She would definitely commit adultery with the man she respects.

To stamp out adultery, the husband has to restore communication in the family if the wife becomes permissive, gives him the silent treatment or allows him to do what he wants or say.

3. Family projects. The greatest family project is raising kids. Kids should ideally be raised by both parents. But the reality is; kids could be raised by grandparents or single parents or foster

parents. God recognises this when he says he is the Father of the fatherless and foreigners.

But where a kid has both parents living together and the wife accepts everything the husband does, the kids become confused. The kids would have divided loyalty. Some would obey the father and disdain the mother. In the event all kids love the father and take no note of the mother, she becomes lonely. This is a recipe for adultery. There are men who would see her lonely and reach out.

The husband should know kids have to be raised in such a way that when they grow up, they remind their mother she is blessed. He should not therefore allow his wife to be permissive. He should discuss with her and find out why she is allowing him to do anything without restraint. He should endeavour to ensure kids see them as parents talking with one voice. That is, what the father hates, the mother hates also, what the mother loves, the father does love.

Chapter Twelve: The Grapevine or chitchat

Indicator 12: Husband receives no grapevine from the wife

My parents had a large compound. The gate was several yards from the house. Whenever we heard the gate creaking open, we peeped through the sitting room window to find who was opening it. If it was dad or mum, we all came out of the house and outran each other to welcome dad or mum. Whoever was the first would be allowed to carry the father's or mother's bag.

Normally these bags were destined for the kitchen. Dad would not have given anyone a bag that contained his vital documents. When the carrier was placing the bag on the kitchen counter, he/she would peep inside to see what it contained. The other siblings would be waiting eagerly for the revelation. They wanted to know what a parent had brought them.

Equally, our parents wanted to know how we had spent the day. There is a day we messed up and none of us wanted to betray each other to our parents. Then father asked us to look at his framed picture hanging on the wall. 'You see that picture, it saw everything you did, if you do not tell me, I will ask it and you will be in hot water!' We all grew afraid as the picture seemed to observe every angle of the sitting room.

We told our parents everything. They just smiled and did not punish us. But you guess we became guarded whenever we did anything 'in the view of the picture'.

Everyone likes chitchat. Believe it or not, it unites families. Most husbands stay away from home and do not interact with neighbours much. But they would like to know what is going on. A wife is usually accessible to the neighbourhood gossip. She may be cleaning the garden then a neighbour's wife approaches with some juicy grapevine. She may go shopping and then someone stops her for some chitchat. She may just be sited then someone calls her on phone just to gossip. If the wife does not share some of this grapevine with the husband, she is cheating on him or would soon cheat.

King Solomon was right when he said gossip is sweet. In his words: 'The words of a gossip are like choice morsels; they go down to the inmost parts' If a wife can gossip with neighbours and enjoy these morsels that sink deep, would it make sense if she does not share with her husband? It is through gossip that a husband may know good neighbours, since if a neighbour features in gossips often, 'a gossip betrays a confidence, but a trustworthy person keeps a secret'. 'Similarly, a perverse person stirs up conflict and a gossip separates close friends'. **Proverbs 11:13; 18:8; 26:22 (NIV).**

Why would a wife who denies a husband the chitchat be considered to be cheating or would cheat if she is not doing so already? Because words have power; she may hear some

demoralising gossip which may weigh her heart down. If she had shared what she heard with her husband, she would have been given another perspective of the words or they may be exposed to be fake. If she does not share that bad news with her husband, she would probably share with another man. If she shared with another woman, the woman would blow it out of proportion and she would die of fear. But another man would try to comfort her. And as anxiety weighs down a heart, but a kind word cheers it up, she will warm up towards the man with words of comfort. The man would replace her husband. **Proverbs12:25**

The grapevine and adultery

Stopping a wife who killed the chitchat from committing adultery

1. Shower her with love. If a wife no longer shares the grapevine with her husband, then she does not trust him. The husband builds trust by loving her. This is because love always protects and always trusts. The wife trusts that her husband would not gossip to other persons and tell them she was informed by his wife. The wife is sure the husband would protect her if the grapevine is misleading and is likely to 'stir up conflict and separate close friends'

Like the food we eat, we must execrate, so is gossip. What the wife has heard must have an outlet. If she does not tell her husband, she will tell a man she is comfortable with. Unfortunately, this would lead to adultery. The husband thus should love his wife as he loves himself. As People who love

themselves cherish their bodies by feeding them, cleaning them and wearing nice clothes, the wife needs some pampering. It is said a wife grows fat listening to sweet words, the husband should praise her. It is said for a banana to grow luxuriantly, it should be weeded often. But for a wife to look nice, good clothes have the effect. The husband should buy her some high-quality clothes. A wife given attention by her husband would share with him the grapevine curbing instances of adultery.

2. Show leadership. Family leadership falls on the shoulders of the husband. A good leader is slow to answer and listens attentively so as to offer the best solution. If a wife shared grapevine and the husband dismissed the chitchat as nonsense, you are sure the wife would never try to share with him information again. But if the husband listened till the wife had finished talking, then he suggested they look again at the story with known facts, the wife would bring more stories. The wife would see the husband as the best leader and her friend. This would prevent her from confiding in other men and stop adultery.

3. Good communication. To ensure the husband and wife always have chitchat, elders in a certain community recommended the bed size to be three by six feet. Any other larger bed, they claimed encouraged discordant couples to sleep far away from each other at the edges of the bed. But the recommended bed size allowed couples to fight for the little space on it forcing them to start communicating. This is not good communication at all. What this means the couples bodies

would respond to touch and sexual stimuli. They would copulate and sweep under the carpet pertinent issues.

Good communication is calculated to meet the needs of the user, is kind, is considerate and is timely. If I met a city person who has never seen a banana plant and thinks the banana he buys from the mall is made by some food processing company; he may not understand the saying, 'weeding is for bananas as clothes are for wives'. But someone who was brought up on the farm would quickly grasp that for bananas to thrive, weed them and for a wife to look good, clothe her! The husband therefore, should consider the comprehending level of a wife when communicating. This ensures the information meets her needs.

The husband may tell his wife the grapevine she brought is fake and she should not spread it further. Yet depending on how the husband framed the phrase, the wife may get disheartened or may receive the counsel happily. Indeed, 'the words of the reckless pierce like swords, but the tongue of the wise brings healing.' If the husband talks kindly, he would receive more gossip, if he talks recklessly, the wife would unburden her heart to another man, and we cannot overemphasize the repercussion of this act. **Proverbs 12:18 (NIV)**

A husband should also consider the lengths the wife went through to bring him the grapevine. He should thus give a gentle answer when he perceives the gossip is repugnant. If he answers harshly, the wife would stop sharing with him what is happening in their environment. She would find other persons to

share the tales with. The husband should talk graciously to his wife. King Solomon equated such talk to a honeycomb, sweet to the soul and a healing to the bones. Proverbs 15:23; Proverbs 16:24 (NIV).

In communicating, the husband should share information when he is sure the wife would be more receptive. Proverbs 15:23 states, 'A person finds joy in giving an apt reply – and how good is a timely word!' (NIV). After sharing the grapevine, the husband should gauge if the wife needs advice, encouragement or an opinion at that time. Sometimes nothing is to be spoken. The husband needs discernment to communicate timely. This will ensure the wife continues to communicate with him, and this stems out adultery.

Chapter Thirteen: Independence

Indicator Thirteen: A wife considers herself independent and ceases to depend on her husband.

Winnie loved her boyfriend. When they started co-habiting, she was jobless but her boyfriend was employed. They married a year later. Life was blissful and she obeyed and did all her husband's bidding. She never disobeyed her husband or despised him. They got one child and all was well. Soon Winnie was employed also. She cut reliance on her husband claiming she was an independent woman. She still wanted her husband to foot all household bills a hundred percent and her income was untouchable.

Winnie feigned bodily pain to deny her husband his conjugal rights. She could claim to have a severe backache or her legs were in pain. Since she did it deliberately, she subjected herself to pressure that she let it out by sleeping outside the wedlock. She was aloof and was incorrigible. She cut-links with her in-laws and leaned towards her family; giving her own money and whatever her husband gave her to her brothers as if they were her employees.

Juju and Risha were married. They were all employed. Juju considered herself as self-sufficient and could do as she pleased. After work she would go to a club and party till midnight. She arrived home in the wee hours of the morning partially drunk. Her husband tried to advise her but she brushed him aside. At the clubs she attended after work, men were

noticing her. They started approaching her and soon she was feeding them on her lap.

One thing is common between Winnie and Juju, they are women who thought they could live without depending on their husbands. This generally occurs when a woman in the flower of youth chooses any man who happens to be interested in her. As the flower of youth wanes, she realises the man was not her perfect partner. She may have endured sexual incompatibility or stifled her sexual exploration desires since she depended on the man to foot all the bills. Once she gets a source of income, she thinks she can then break free.

She starts looking down on her husband and doing whatever she wishes. She may leave home early and return late in the evening, mostly drunk. She starts spending time in a company of other men denouncing her marriage vows. If her husband tries to recall her to mind, she claims he does not satisfy her, he is poor or good for nothing man. She is quite a vulnerable woman; she can commit adultery without blinking. In time she discovers the men she sleeps with are only interested in her body and not long term relationship.

Can a wife be independent of her husband? Paul answers, 'In our life in the Lord, however, woman is not independent of man, nor is man independent of woman'. Nature itself does not allow independence. The gases in the atmosphere are mixed as 78% nitrogen, 21% oxygen, 1% inert gases and 0.04% carbon dioxide for a reason. If oxygen increased, there would be fire

outbreaks everywhere. If carbon dioxide increased, there would be rise in atmospheric temperature. The mix therefore is ideal to support life and to avert a catastrophe. If we breathe out, plants benefit, and if plants produce oxygen, we benefit. When we are alive, we feast on plants and when we give up the ghost, plants feast on us. The interdependence can be seen all through the universe.

Therefore, a wife is not independent from the husband. Paul Continues to edify, 'for man was not created from woman, but woman from man. Nor was man created for woman's sake, but woman was created for man's sake...as a woman was made from man, in the same way man is born of woman...' 1 Corinthians 11:8,9,11,12.(GNB).

A woman claiming to be independent of her husband is just saying, 'I want to commit adultery'. It is like out of a frying pan into fire, that is, the woman leaves her husband to be a prey to immoral men. God created a woman to crave man. In Genesis 3:16b it says, 'your desire will be for your husband, and he will rule over you'. We have to agree both husband and wife depend on each other. Those who don't want to depend on their husbands like Winnie and Juju, end up being promiscuous. As a result, an indicator that a woman is headed towards committing adultery is cutting her dependence on his husband.

Independence and unfaithfulness

Curbing infidelity of an independent wife

1. Wifely deference. The husband has to make the wife appreciate she was created as a helper to compliment him. Husband and wife are not competitors but a team. They cannot stay together if each is independent. They have to depend on each other. The wife was supposed to choose a man she would submit to willingly and respect him as long as they stay together. What would be the point of leaving the husband to seek men outside the wedlock?

A wife should remember Paul's admonition, 'Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour'. *Ephesians 5:22, 23*.

2. A healthy outlook of "freedom". Most women, who end up committing adultery since they claim to be independent, do not have a healthy outlook of the word freedom. Women who want to be independent claim they want to have their own investments and buy their own land. This is quite okay! The only problem is disparaging their husband and sleeping with other men. Women can actually own investments, businesses and land while being submissive to their husbands. Let's look at the model wife.

Proverbs 31:16 is absolute that the model woman considers a field and buys it. The value of a field depends on its location. Is it accessible to social amenities like electricity, transport networks and security? Is the field fertile? It is said the model wife "considers", therefore she is probably checking on these

parameters. The account continues, out of her money, she buys the field and plants a vineyard. Women like Juju and Winnie discussed in this chapter wanted to be independent so as to spend their money. Unfortunately, they were spending on consumption endeavours. The model wife invests her money and she does not claim independence from her husband! Women would still obey their husbands and own real estates, businesses and land in their names.

If you remember Winnie, she spent most of her income and part of her husband's on her brothers. Nothing is wrong with this. Compared with the model wife, she first invests her money. It is said her food is brought from far, meaning she buys nutritious food cheaply, thus saving her income. She invests in land, she carries a profitable business, she provides food for her family and female servants. She has no fear for her household as they are adequately clothed. Then she extends her hand to the needy. Unlike Winnie who straightway used her income to help her brothers, the model wife first ensures the family is self-sufficient. Next she creates the capacity to continue giving by having investments and businesses. Then she reaches out to the needy, let's say her brothers. Notice the stark difference, Winnie would have impoverished her family by giving, but the model wife enriches her family by giving. Proverbs 31:10-31

Chapter Fourteen: Happiness and Composure

Indicator 14: A perpetually sad wife always returns home happy and composed.

The heart of a human being is inclined to do evil. There is an adage that heightens this that says; laws are there to be broken. As a result there are human beings who get the adrenaline surge by doing what is against law and morality. They feel thrilled cheating without being caught, it is exhilarating to them. They feel animated. Cheating without getting caught sometimes when the husband is just in the next room gives such wives an incredible sense of power. The wives who cheat for no reason at all but for satisfaction of remaining uncaught include but not limited to: libidist, asexuals, those who feel their husband's member is small and those who feel sexually incompatible with their husbands.

Libidist, since they have high libido, they will resort to cheating if their husband is constantly not meeting their needs. They would also cheat if they have that evil streak, cheating makes them happy. Asexuals are women who have no desire for sex but can live a sexual life as any other human being. Since sex does not excite them, some would cheat to have that thrill of cheating without being caught.

Mara was married to Jerry. They lived 'happily' for three years. In that period of three years, Mara was dissatisfied with Jerry's

small vessel but endured him since she was jobless. She was always quarrelling and seemed unhappy. Then, they had a baby girl. When the girl was two years, Mara got a job in another town that was four hours drive from her husband's home. To say she was overjoyed is an understatement! She hatched a plan immediately, she would find men to service her during the weekdays and her husband would fill in on weekends.

Mara missed her periods, she was sure the pregnancy was not her husband's. She waited until it was Friday; she swallowed an overdose of quinine tablets. On Sunday while with her husband blood started trickling. She told her husband she had lost a child. Upset, her husband took her to the hospital. The doctors wanted to write on records that the cause of bleeding was an incomplete abortion but Mara bribed the doctor in charge and the records were changed to a miscarriage. Mara was not ready to leave Jerry as he was rich and understanding. She was also a devoted church goer and wanted to maintain her reputation as 'a faithful wife'. In fact, pastors gave her as an example of a good wife when they were counselling errant couples. She did not want to become one of those women exposed by DNA tests. She could only retain pregnancies she was sure were Jerry's.

But ever since she got a job, Jerry had noticed a change in her. She was no longer arguing baselessly. She looked happy and relaxed. She allowed Jerry to poke the marital pot and pretentiously groaned wildly to hood wink Jerry he was a hard working man who knew his job. Jerry had equally noticed her

happiness doubled when she left for her job. He thanked his gods that the job was a blessing. He had wished to see her as happy as she was from the time he had married her. Therefore, he doubled his effort at work to get more money to surprise his wife with gifts.

The extra effort saw him travel abroad. Mara got pregnant again. She waited with bated breath for her husband to return. Luckily her husband came back after a month. She slept with him and then waited for another month before terminating the pregnancy. His husband was devastated! He needed another child, but the miscarriages! When his wife was feeling better, he scolded her for not taking care of herself. But Mara was secretly happy. It was the eighth year of their marriage. She had cheated almost four times a week for three good years without being caught or suspected. It gave her the greatest delight!

When she was fully healed, her husband ordered her to take a work transfer and stay with him. He reasoned with her that she needed more comfort after losing two babies and their girl should be under care of both parents. She agreed but she did not work on it. She became extremely careful such that she did not become pregnant for two years. But she cheated and she slept with her husband.

She was ovulating when her husband was abroad. This period was always tough for her, blood surged in her veins with increased pressure causing her vulva to inflate. Her clitoris was always erect with longing and anything like a pant touching it

was disaster. She always felt like dragging the nearest man to a private place to quench her thirst. She had been given an injection a week before the ovulation and she wondered why she was on heat. But first things first, she called a man to do the job at night and went to the chemist to buy the morning after pills. For the whole night, she was fed to her satisfaction and even rewarded the man handsomely with some money. When the man had gone, her craving satiated, she swallowed the morning after pills. She missed her period that month. She could not believe it! She took the self-testing pregnancy kit and tested herself, she was pregnant! As luck was on her side, the weekend after confirming her pregnancy, her husband was back. She fed him to satisfaction.

Jerry only thanked the heavens for such a wonderful wife. She made him so delightfully exhausted every time that he desired no other woman. Mara waited for one month, then terminated the pregnancy. His husband did not receive the news of a third consecutive miscarriage gladly. When she was healed, he threatened her that if she did not take the transfer, he would divorce her and marry another wife. Mara was not ready to leave Jerry. She sought for transfer and started living with Jerry.

She reasoned, she could travel to the town she used to work early in the morning, have her meal and return late in the evening. Or her men would travel to her town; they would meet in one of the guest houses and finish their dealing. However, in this case, she needed to be extra careful. The only challenge for her was her mother-in-law. As for her husband, he trusted her

and she could lie to him successfully. But with time, she realised there was no need of thinking hard. Her mother-in-law was devoted to church meetings which were predictable and took at least four hours. She could use these hours resourcefully.

She dropped all the men at her former work town and cheated with men in her own town. She identified a pastor, a doctor, a plumber, an electrician and a painter. The advantage of these new persons was that, she could cheat with them even when her husband was in the next room and in the cause of her duties. She could also befriend their wives, visit them and if an opportunity arose, cheat in their house. No one would suspect her if she went to the hospital for check-up, went to church or called the other lovers to do minor repairs in the house or went to gossip with their wives.

The only challenge she realised was, identifying if the pregnancy was her husband's. Since she lived with her husband, there was a possibility her husband and one of the men may lay her on the same day. This posed a danger of not knowing the father of the child. She then resorted to complaining of having severe backache and general body pains if she slept with another man during ovulation or near ovulation period. She denied her husband the conjugal right faking pain. Her husband understood and had self control. He deliberated that having three miscarriages was not a joke; her wife's pain was genuine. She must have been really battered by the vagaries of miscarriages.

What made her husband to start suspecting her was that, in the days she gave him the candy, it was half-heartedly. She was not the woman he had known. She never made an effort to moan and it seemed like she was eagerly waiting for him to finish his business and dismount. She was unhappy with him but looked happy being with anybody else. She became less talkative to him but she talked animatedly with everyone else. She was happy outside their house and gloomy when he was in the house. Did her mood relate to miscarriages, he pondered? But he quickly rubbished the thoughts a side since she was happy with anybody else. She missed her, and then a thought of another man being in the picture crossed his mind.

Mara went to gossip with a neighbour's wife. She knew the wife was not around as she had visited her parents and was scheduled to return the following day. She also knew her husband does not mingle with neighbours easily so he was unlikely to know what was happening unless she told him. She was ushered in the house by her friend's husband. After the task, she had a leisurely bath, cooked supper for the man and left satisfied smiling from ear to ear. Her husband saw her arriving and she was evidently happy. She paused to gaze into her husband's eyes. Seeing he was not suspecting anything, her lips curled into a smile then she said, 'The Thomases sent their greetings to you!' her husband smiled and said, 'oh! Thank you, how are they?' The wife replied, 'they are doing great; they opined that next time you accompany me visiting them'. Her husband replied, 'Oh, that is good of them, we shall see'. 'Nice

let me prepare you a meal,' the wife scampered to the kitchen feeling greatly thrilled. She had cheated for seven goods years and there was indication she would be caught soon!

As she was preparing supper for him, Jerry stepped outside. Took a dog and went to visit the neighbour. He found him eating the food Mara had cooked. He asked jokingly why he was eating alone, where were his children and the wife. The neighbour told him the children had visited their grandparents accompanied by their mother; they would return the following day. The neighbour did not know Mara had told Jerry she was visiting his wife. Jerry nodded at his answer. Then he told him, he had a power surge in one of the up-stairs line; he came to request him to look at it the following day. The neighbour agreed and Jerry left. He found her wife just finishing the supper preparation. She over trusted him to be naive and she did not suspect Jerry had gone far beyond their compound. But Jerry was beginning to see through the veil.

Happiness, composure and infidelity

Dealing with cheating where external situations make the wife satisfied and happy

1. Communication. All human beings are advised to rejoice always. But if the husband perceives the source of her wife's happiness is always external, then the wife is cheating. The wife is getting the adrenaline surge for cheating without being caught. The wife's heart is inclined to do evil. She gets satisfaction by being immoral and at the same time being seen

by the husband to be faithful. It is expected that the husband talks sweetly with the wife and he is her best friend and source of encouragement. If the wife is joyful and encouraged whenever she is outside her home, another man has taken over her husband's role.

2. Godliness. If the fear of God is inculcated in a wife that rejoices in adultery, then she would have the greatest motivation to stop the habit. Jesus was of the view that our desire to do evil starts from the heart. From the heart come evil ideas like committing adultery. In the case of Mara in this chapter, she had thought of being unfaithful before she got a job, a job only gave her the perfect conditions. Serving God is accompanied by a reward as He rewards those who seek Him. The happiness and satisfaction from doing the right thing outweighs the temporal happiness from cheating. **Matthew 15:18-20**

But, before anybody can do the right thing, there has to be a change of heart. If we examine the story of Mara, it seems she had only one or two steady partners she was cheating with when she worked away from her husband. But when she started living with her husband, her situation worsened. She identified men she could cheat with when going to church, visiting a hospital, visiting neighbours and when minor repairs were needed on their house.

That is why Jesus said, 'when an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left. When it

arrives, it finds the house swept clean and put in order. Then it goes and takes seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first.' **Luke 11:24 – 26 (NIV)**

When Mara returned to stay with her husband, she changed momentarily. She planned to maintain her adultery mate by travelling back to the work town and returning home the same day. She also contemplated inviting him to her town. Then she discovered it was not necessary. She became worse committing adultery with anybody conceivable.

When a person wants to change and live a Godly life, one must replace ones evil deeds with the word of God and Godly deeds. This is praising God and learning His righteous laws and meditating on them. **Psalms 119:7, 11, 15.**

Chapter Fifteen: Spending on the family

Indicator 15: The wife's income is never spent on the family

A wife that is cheating would not like to spend her earnings on the husband and her children. Her brain is wired to think she would be wasting her resources on a person they would at one time, part. She would spend freely on her parents and brothers. Some stimulus directs her to sense that if she is caught cheating and chased a way, her parents and brothers would be the only people who could accommodate her. She would therefore not waste her hard earned money on her husband and children. Let's compare the model wife in Proverbs 31:10-31 according to the Good News Bible Version with a cheating wife.

The model wife for Christians is described as; 'her husband puts confidence in her and he will never be poor'. Compare this with a cheating wife. A wife that is carting all her income to his folks and part of her husband's earnings would surely make one poor. She does not believe in investing in her husband, since by cheating, she knows they would one day part. vs 11

The model wife comes up with ways to save her income. Other than buying all clothes, since she is rich anyway, she makes wool and linen cloth. 'She spins her own thread and weaves her own cloth.' 'She does not worry when it snows, because her family has warm clothing. She makes bedspreads and wears clothes of fine purple linen.' In addition, 'she brings food from out of the way places, as merchant ships do'. We all agree

feedstuffs (unless one is a farmer or lives near farmers) sold near ones dwelling are expensive. But if one made an effort to do research, he may find where the same commodities are sold cheaply. That is what the model wife does. Conversely, a cheating wife does not spend on her husband and children; therefore, she would not think of saving electricity, other fuels, saving on foodstuffs and clothes. She would want her husband to foot all the wastages. vs 13, 14,19, 21, 22

The model wife wakes up before daylight to prepare food for her family. 'She is busy and looks after the family needs. Her children show their appreciation and her husband praises her.' A cheating wife would be reluctant to wake up early to prepare food for someone she knows, they would one day part. In addition, she did not contribute to what is in the kitchen so she lacks the motivation to be in the kitchen early. If she left her husband through divorce, we don't expect her children to call her blessed; but they will question why she left them. vs 15, 27-31

'The model wife looks at land and buys it, and with money she has earned she plants a vineyard. She is a hard worker, strong and industrious. She knows the value of everything she makes and works late into the night.' 'She makes clothes and belts, and sells them to merchants. She is strong and respected and not afraid of the future.' The model wife spends her primary income on investments. She also invests on some business lines. Due to the streams of income she has made, she is not afraid of the future. She has enough income and savings. The cheating wife does not invest but transfers her primary income to her parents

and brothers. The transfers are informed by her fear of the future. She fears if she parted ways with her husband, he would be the greatest beneficiary of all her hard work. Vs.16-18, 24, 25

The model wife is generous to the poor and needy. Having created several income streams, the model wife not only helps her needy brothers and parents, she also helps the poor. Note that she does not transfer her income to her parents and brothers when they need it or not, she is available to help them if need arises. She is not an income generating venture to her folks, but most probably helps them to generate their own income. The cheating wife transfers all her primary income to her folks such that she has nothing to help the poor. Vs 20.

Family expenditure and cheating

How to handle a cheating wife whose income is private

1. Wife's obligations to help her parents and the needy. The role of fending for the family lies on the husband shoulders. The income of the wife may be private as she wishes but she should have priorities. The first priority is to help her husband in taking care of the family as a good helper. The second priority is to help her parents. She has no obligation to help her brothers and sisters; though she may do so under the provision of helping the needy. If her brothers and sister face a need, she may help them.

If a wife does not help her husband, then she is afraid of her future with the husband since she is cheating. She would thus help those persons she feels would take her in if the husband is unforgiving and leaves her. In 1Timothy 5:4, children and

grandchildren should care for their own family and repaying their parents and grandparents by caring for them. Therefore the wife's priority with her income is to help her family and parents. The husband should try to reason with a wife missing the goal that these are the priorities.

2. Saving and increasing the ability to earn. Though the wife's income can remain private, it should be evident she is saving and increasing her ability to earn. She should have a savings account. She should be buying land, real estates, stocks and any other income generating assets. She should be recycling and reusing the resources at home. She should be cost effective and saving on the family bills for instance having a kitchen garden. She could also make clothes for her family as opposed to buying. When the wife is spending, she is constantly broke and the expenditure cannot be traced, such a wife is cheating. If she is faithful with her incomes she would also use her vessel honourable. **Proverbs 31:16-19**

Chapter Sixteen: Calls and Chats

Indicator 16: A wife Prefers Calls to Chats

Why did it take long for Jerry to suspect Mara was cheating as narrated in chapter 14? It is because cheating wives prefer calling their mating mates as opposed to chatting. If they chat, chats are done during working hours and they are deleted immediately. To boost their husband's trust rates, a cheating wife's phone does not have a password, if it has; it is known to the husband. The profile picture of their social media would be that of their husbands.

Mara's phone had no password. It was the husband who suggested it should have a password. She pretended to object saying no one touches her phone, so there was no need. But he encouraged her that their daughter might accidentally change the phones settings and inadvertently delete phone contacts. Mara started to 'Understand' and suggested that her husband should put a password for her that if she forgets it, he would remind her. Thinking it was a perfect idea, her husband drew an inverted V pattern as her password. She also activated her finger print password and face recognition which she forced him to use his face; to make him trust her completely.

Mara memorised the numbers of her lovers and deleted the call logs immediately. She advised her lovers to call using the private number so that in case her husband picked the call, they

would disconnect immediately and he would not be able to call back or trace the caller. She was gifted at recognising her lovers by voice.

Mara thus left her phone to lie around and she was not afraid of her husband touching it and scrolling through. She also preferred face to face meeting and the next date was arranged during this dates. Over time, the people she cheated with were those she ordinarily met in the course of her duties. She therefore did not need her phone at all. She could even leave the phone at home while meeting with her lovers. Most of her dates were impromptu and were not arranged beforehand: this made it difficult to track her schedule and suspect her of cheating.

Calls, chats and adultery

How to contain infidelity of a wife that Prefers Calls to Chats

1. Encourage the fear of God in a wife. Psalms 119:1 advises that blessed are those whose ways are blameless, who walk according to the statutes of God. It is not possible to police morality. People decide to fear God and follow his laws out of love and due to the benefits they would receive. A woman like Mara who was constantly thinking of outwitting her husband in the cheating game was repudiating God's law. She was putting her life at risk by aborting and possibility of contracting venereal

diseases. Ultimately she would lose her guard and she would be caught. She would get the divorce she feared.

If a wife receives only calls and her chats are empty, her husband should tactfully question her. He should make her appreciate she is not cheating on him but God. She has an obligation to honour the marriage vows she took. Husbands should learn to suspect wife's who are outwardly showing they are trustworthy by making their phones easily accessible and those pretending they are hiding nothing. Naturally, since we are imperfect human being, spouses would hide something from each other which is not sin.

It would not be a good idea to leave a spouse to intrude into work conversation. And because maturity level differs, it would be prudent to hide communication and chats from a probing husband who wants to know everybody that called and everyone in messages. A wife would find it sensible to hide all her conversation from a husband who judges everything.

King Solomon advised, 'do not pay attention to every word people say, or you may hear your servant cursing you. For you know in your heart that many times you yourself have cursed others.' A wise wife would hide something from her husband to cushion him from "hearing everything people say". Therefore if a wife allows her husband to access her phone freely, that is a red flag. She has cleaned up her act, and you will not find anything to implicate her in that phone. Wise husbands desist from

spying their wife's phone so that they do not "hear everything people say". And in that case, the wives do not make their phones easily reachable. Ecclesiastes 7:21, 22

2. Marital Communication. Anxiety in the heart of man weighs it down, but a good word cheers it up. What matters between couples is not how free they are with each other's gadgets; it is the communication between them. Abraham had told Sarah to refer to him as her brother. She was his step sister. When human beings were near perfection, they married close relatives. As the health of human beings deteriorated over time, God established laws to forbid marrying close relatives.

Abraham and Sarah communicated well. Abraham called upon Sarah to always refer to him as my brother whenever they were within ungodly environs. This was to protect Abraham from being killed. Sarah understood and she did so. She did not defy and say, 'you are my husband; I will never call you my brother!'

Therefore, a husband needs his wife to gossip with him. A husband needs his wife to hag and cuddle with him and he needs his wife to willingly accept his leadership. This is only possible if the phones are put aside and they are rendered useless during this period. In that case whether a wife communicates using chats or calls, it is irrelevant.

Chapter Seventeen: Violence

Indicator 17: The wife is violent if confronted.

A cheating wife, who feels she is strong physically or her husband would be shut down by verbal utterances, would be violent if confronted for cheating. A violent wife would actually beat the husband suspecting her of cheating. If the husband is strong than the wife, the wife would use words to pierce him like a sword into quietness. 'The words of the reckless pierce like swords...' Proverbs 12:18a (NIV).

Rume heard from people that his wife was distributing the marital bread with reckless abandon. At home, he waited until a time he thought his wife was settled enough and dropped the bombshell. Without a warning, his wife descended on him with blows and kicks. She threatened him from prying into her affairs. She actually told him if he asks the same question again she would cut off his vessel. Afraid, Rume curled on a chair with intense fright. He knew, judging from the look of his wife, she meant business.

Mwadia was asked by her husband if she was cheating. Like torrential rain, she hauled insults at him most of them unprintable, hurtful and piercing into his soul. Her husband immediately regretted asking the question. Then a fuming Mwadia insulted her hubby for one hour straight until he ran out of the house and went drinking with his buddies.

Cheating and violence

How to stamp out cheating of a violent wife

1. Wifely Subjection: A wife has to be a good helper to her husband. She has to respect her husband. If a husband cannot reason with his wife to be subject to him, they can separate and if she remains adamant, they should divorce.

2. God's view on violence: Psalms 11:5 states that, 'the Lord examines the righteous, but the wicked, those who love violence, he hates with a passion'. This means that a husband should seek separation immediately he encounters violence. If he dilly-dallies, he can easily become violent himself. King Solomon advised, 'do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared'. **Proverbs 22:24, 25**

3. God's view on insults: Proverbs 12:16 gives us insight that, 'fools show their annoyance at once, but the prudent overlook an insult.' A husband should overlook insults from his wife and cease insulting her back. He should instead pursue remedies like separation or divorce.

4. Separation: A violent wife can endanger the life of her husband. She can even kill him. The husband should thus separate with the wife until she is remorseful enough for her behaviour. If she unrelentingly holds unto her behaviour, divorce would solve the problem.

Chapter Eighteen: Depressants and alcohol

Indicator 18: The wife constantly uses depressants and alcohol

A wife who still has a conscience and the fear of God would always be accused by her conscience that she is doing the wrong thing. Consequently, she may have headaches, stress and depression. To ease these conditions, she might resort to drinking or using depressants.

Felo, an accountant of a large corporate organization was busy preparing the financial statements for the year. They needed to be signed the following day and made available for distribution. The activity was tedious particularly since the statements included non-financial parts, which he disliked compiling.

It was half-past two in the morning, when he was finalising the work, that he received a call from his wife. 'Halo dear, I miss you!' blurted a half drunk wife in his ear. Felo replied, 'Martha, are you drunk, why do you call me at such time at night, are you not asleep?' In a slurred voice the wife answered, 'I miss you dear, when are you coming back, I wish you worked here and we stayed in the same house!' Felo was annoyed; he shouted into the mouth piece, 'Martha, can you sleep, I will call you later', and he disconnected the phone.

Martha had bowed to pressure and had committed adultery. Her conscience accused her greatly that she resorted to drinking to distract her conscience from accusing her. One day while drinking, she had stayed awake till morning and that was when she had called her husband.

Lamuel's mother had advised, 'alcohol is for people who are dying, for those who are in misery. Let them drink and forget their poverty and unhappiness.' When ones wife has nothing to make her unhappy, say: the husband pays all bills, all their parents have been sorted and they are not in need and she has no terminal disease, but gets drunk, she is trying to forget her 'unhappiness'. The unhappiness is her mind accusing her of infidelity-the wicked run when nothing is chasing them. Women who not drink would use pain killers and depressants. Proverbs 31:6, 7.

Depressants, alcohol and adultery

How to end cheating of a wife using alcohol and depressants

1. Forgiving. A wife who still has a conscience that she is doing the wrong thing can be corrected. If she is remorseful, she would shun using alcohol and depressants.

She should know that Jesus Christ forgave us all our sins, including hers. She ought to endeavour to live faithfully and

submit to her husband. Her husband should forgive such a wife and show her love.

Chapter Nineteen: When a wife is caught cheating

Remedies available to the aggrieved husband

In Biblical times, adultery was solved in a simple way. The adulterer and adulteress were stoned to death. Where the husband had no evidence but suspected his wife of committing adultery, he took the wife to the priest and a curse was pronounced on her just as I have discussed in the introduction to this book. If the wife was guilty, her genitals shrunk, she would never give birth and she would be cursed among her people. Adultery is still painful to the pained husband just as it was in Biblical times.

Though the adulterer and the adulteress may not be killed in modern times; but a man who sleeps with another man's wife will be punished. Proverbs 6:29-35 explains;

“People do not despise a thief if he steals to satisfy his hunger when he is starving. Yet if he caught, he must pay sevenfold, though it costs him all wealth of his house. But a man who commits adultery has no sense; whoever does so destroys himself. Blows and disgrace are his lot, and his shame will never be wiped away. For jealousy arouses a husband's fury; and he will show no mercy when he takes revenge. He will not accept any compensation; he will refuse a bribe, however great it is.”

Simply stated, the proverb gives the analogy of a thief. When he steals to satisfy his hunger no one would raise an eyebrow.

Similarly adulterers may boast wherever they are that they laid such and such man's wife. People would praise them for being conquerors and dare devils. No one would raise a hand against them.

The likeness continues but if the thief is caught, he would have to pay seven times what he stole even if it costs all his wealth or his house. But comparing an adulterer and a thief, the proverb says an adulterer is stupid. Because if caught, he will not pay seven times like a thief, it would cost him his life, since the husband's anger can never be satiated.

Adultery can still lead to the death of the wife and her lover. The hurt husband can murder them. Murder is unlawful. The legal ways an aggrieved husband can use to deal with an adultery case are; forgiving, separation and divorce.

1. Forgiving.

Christians believe Christ died for our sins. Therefore any sin is forgiven if one is contrite. Those who wash their robes in the blood of the Lamb, the robes would be white. The psalmist knew this that he implored God, "Cleanse me with hyssop and I will be clean; wash me, and I will be whiter than snow". Christ introduced a new era where human beings had to be tolerant with each other and forgive. We should forgive one another if one has reason to be bitter with the other. Therefore an adulterous wife that pleads with the husband to be forgiven, the husband may do so. **Psalms 51:7; Colossians 3:13; Revelations 7:14.**

2. Separation

Separation is where the husband and the wife would not copulate for some time. They may live far away from each other or they may live in the same house each having his/her own bedroom. Should they mate during the separation period, the separation is cancelled and they have to live together again as wife and husband.

Separation allows the errant wife, especially the violent type to be repentant so as to be forgiven by the aggrieved husband. It also allows the alcoholic or a wife hooked on depressants to undergo treatment to stop using the drugs.

During the separation period, none of the couples should sleep with an outsider, it amounts to adultery. Adultery is a perfect ground for the wounded spouse to seek divorce.

By law, if the separation goes beyond two years, any of the parties may request for divorce.

At any period during separation, the parties may forgive each other, the separation would be called off and they would start living together as husband and wife.

3. Divorce

Divorce is where the husband decides to dissolve the marriage. It happens when the husband is so hurt that he cannot forgive his adulterous wife.

In the Old Testament times, Moses allowed husbands to give their wives a certificate of divorce and send them away. Men gave certificates of divorce on flimsy grounds. In the present age, divorce depends on the type of marriage. If the marriage was customary, elders would be involved in deciding the divorce. If the marriage was Islamic, the husband gives a certificate of divorce the way Moses stipulated; the wife may contest the divorce at Kadhi's Court. For Christian and civil marriages, the divorce has to be contested at the law courts.

Jesus emphasized that all divorces should be based on sexual immorality. Couples, who have parted ways (divorced) due to sexual immorality, are allowed to marry other partners. **Matthew 19:8, 9**

Chapter Twenty: How to contain Infidelity

Infidelity is basically adultery. Infidelity is generally accepted and it may look strange to some people when I talk of containing it. Naturally the aggrieved husband has unappeasable rage. Most women can condone infidelity since traditionally; man was allowed to marry multiple women.

Other than the upset husband's fury, children resulting from an illicit affair may grow up unloved. Venereal Diseases may be spread by an adultery network. The Adulteresses and adulterers may be left with psychological and emotional trauma. Above all, infidelity is sin. It displeases the one who created the marriage institution. It is best to obey God for his unfathomable wisdom in declaring, 'You shall not commit adultery'. The following are ways of containing infidelity.

1. By having Godly fear. There are varied reasons why people commit adultery. But they all point to lack of a standard to base their moral system. Since many disdain the Bible, what majority of people do is what is accepted as a moral standard. For instance when an adulterer tells his buddies of having committed adultery; they would cheer him on for being a dare-devil and for his newest conquest. The adulteress would on the other hand boast that the birth canal is not a piece of bar soap that would get depleted, both the adulterer and the husband can have it.

The reasons for committing adultery also show lack of Godly fear. If one bought a microwave, he would read carefully the

user manual. He would keep referring to it in case of trouble shooting. It is easy to distinguish between a buyer who read the user manual and the one who didn't. The one who read it will use the microwave for many years without any trouble. The one who did not read it may be throwing the microwave in a dustbin within a week having voided the available warranty.

God created us. It is thus reasonable that He would give us instructions on how to enjoy life for a long time. God himself reiterates, 'this is what the LORD says – your Redeemer, the Holy One of Israel: "I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go. If only you had paid attention to my commands, your peace would have been like a river, your well-being like waves of the sea."'

Isaiah 48:17, 18

When God commands that we should not commit adultery; it is best for us. We are shielded from the incessant anger of the hurt husband. We stay clear of venereal diseases. We steer clear of the societal stigma. And we avoid our conscience condemning us of wronging a neighbour. And sure enough we have never ending peace like a river and our health and well-being is boisterous like waves of the sea. Godly fear enables one to contain infidelity since obeying God is beneficial.

2. By showing respect for life. A person who respects life would ensure that his environment is safe from accidents. In Deuteronomy 21:22 we read, 'when you build a new house, make a parapet around your roof so that you may not bring the

guilt of bloodshed on your house if someone falls from the roof.' This means the surroundings of a person who respect life should be safe and what he does should as far as possible limit accidents.

Would it be safe to sleep with someone's wife? If adultery results to pregnancy, is there likelihood the woman would abort? If she carried the pregnancy till birth, would the child be respected? Sleeping with someone's wife shows contempt to life. The parties may be killed by an angry husband. The parties may be transmitting venereal diseases. The action may lead to a child which may be aborted. If the child is not aborted, it may be mistreated. All these actions point to disrespecting life. By respecting life, one would not commit adultery.

3. By casting ones burden on God. A wife going through some problem may emit enhanced vaginal discharge. If she is avoided by her husband due to the discharge, she may be tempted to commit adultery. Psalm 55:22 reads, 'cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken'. A wife going through some challenge should call upon God and He would comfort her.

Any spouse who is for a short time neglected by his mate should not use adultery to gratify his/her desires. The spouse should to wait as he/she solves the lingering problem. Marriage mates have to be longsuffering.

4. By Praying to God for guidance and protection. Psalm 91:3-6 talks of fowler's snare and deadly pestilence, terror of night and arrow that flies by day, pestilence that stalks in darkness and the plague that destroys at midday. All these are hidden dangers that may befall someone.

Someone may fall in the trap of adultery unexpectedly. The good news is, spouses may pray for each other to evade the hidden dangers. Jesus Christ told us to pray, 'do not lead us into temptations but deliver us from the evil one'. This is the prayer couples should pray for each other and God would protect them from the trap of adultery.

5. By being a good leader. A husband should be a good leader by loving his own wife as he loves his body. If one loves his body, he cherishes it by eating nutritious food. He does exercises to keep fit. He gives it medical attention and ensures he is safe. One would not hit and insult his body. For this reason, the husband should be ready to emulate Jesus Christ. Jesus Christ humbled himself to wash his disciples' feet as well as sacrificing himself for our sins.

Therefore, a husband should not assault and insult his wife; but he should treat her tenderly as Jesus washing his disciples' feet. A husband should be able to sacrifice for the welfare of his wife as Jesus Christ died for us. Colossian 3:19 is clear, 'husbands, love your wives and do not be harsh with them'. A wife treated kind-heartedly would be free with her husband and would be reluctant to commit adultery (NIV).

6. By helping ones parents. Children are given a command to obey their parents in the LORD. This commandment has a reward, 'so that it may go well with you and that you may enjoy long life on earth.' *Ephesians 6:1-3 (NIV)*

Children should also care for their own families and also repaying their parents and grandparents for these is pleasing to God. Pleasing God is accompanied by a reward, 'whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty'. Resting in the shadow of God enables one to be protected from the snare of adultery. *Psalms 91:1(NIV)*

7. By showing wifely deference to ones husband. *Colossians 3:19* states that, 'wives, submit yourself to your husbands, as is fitting in the Lord.' Wives therefore would respect and revere their husband because they are doing so for the sake of Jesus Christ. When a wife is doing something as doing it for the Lord, she would remember she should not commit adultery; because she has Godly fear. *Ephesians 5:22, 23,33. (NIV)*

8. By being a good helper. A wife was created as a good helper to her husband. In *Genesis 2:18 (NIV)*, The LORD God said, 'it is not good for the man to be alone. I will make a helper suitable for him'. A wife, for that reason has to willingly be a good helper to her husband.

All adultery cases stem from a wife first disrespecting her husband. She ceases being a good helper and dangles among several men.

The wife's responsibility is so weighty that if she took it seriously, she would not find time to commit adultery. She would always be busy looking after her family needs. She would be teaching her children. She has to get up before daylight to prepare food for her family and to tell her servant women what to do. These tasks are heavy to allow infidelity to crop into them.

Proverbs 1:8; 31:10-31(GNB).

9. By spending quality time with ones wife and gratifying her sexual needs. In 1 Corinthians 7:33, Pauls says, "But a married man is concerned about the affairs of this world – how he can please his wife." True enough, if a wife is not given the necessary attention by his husband, she strays. A husband has to plan how to please his wife. This would include spending ample time with her, meeting her physical, emotional and sexual needs.

If a husband neglects his wife, another man would fill that void resulting to adultery.

10. By loving ones wife. In 1 Corinthians 13:4-8 (GNB), Paul defines love as; love is patient and kind. Love is not jealous or conceited or proud. Love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope and patience never fail. Love is eternal.

Husbands should love their wives just as Christ loved the church and died for it. They should love their wives as they love their own bodies. He who loves his wife loves himself. One who loves

his body feeds it and takes care of it. If a husband gives the wife such attention, she would not commit adultery.

11. By communicating effectively with ones wife. When communicating with his wife, a husband should do so; lovingly, compassionately, kindly, humbly, gently and patiently.

A husband should also consider the time when the wife is receptive. Communication should be timely and delivered skilfully.

12. By praising ones wife for anything well done. In 1 Corinthians 13:4-8(GNB), Paul defines love as; love is patient and kind. Love is not jealous or conceited or proud. Love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope and patience never fail. Love is eternal.

The above definition explains the intrinsic qualities of love. You can clearly see they are intangible. A husband could have and could do all the above but a wife would not see it! To show love to a wife; praise her! Proverbs 31:28, 29 (GNB) puts it this way, ‘...and her husband praises her. He says, “Many women are good wives, but you are the best of them all.”

Women feel loved if praised and given attention. A husband may buy her gifts and treat her well but she would still feel unloved and commit adultery with that man praising her. To contain infidelity in such case; her husband should praise her.

Proverbs 31:31 phrases it this way, “Give her credit for all she does. She deserves the respect of everyone.”

13. By looking for long term happiness. When Potiphar’s wife wanted Joseph to lay with her, Joseph refused. He refused because he did not want to gratify the fleeting pleasure. This would have denied him the ultimate goal of being the second most powerful person in Egypt.

By comparison, Esau was quick to gratify short-lived pleasure of having a morsel of food disparaging his birth right. It is said that, he later sought a blessing with tears but lost it. It is because he did not look for long term happiness, but he looked for the moment’s happiness.

Similarly, adultery is short lived happiness that closes ones door to long term happiness. Think of a woman who would have enjoyed her marriage life but she was divorced due to adultery and no one wants to remarry her! That is what Esau did!
Genesis 39:10-20; 41:41; Hebrews 12:16

14. By reigning over ones thoughts. Jesus Christ said, ‘but I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart’, why? ‘For out of the heart come evil thoughts – murder, adultery, sexual immorality, theft, false testimony and slander’. **Matthew 5:28; 15:19**

To contain adultery, couples should cease glorifying fornication in their hearts as the rest of the world is doing. They should concentrate in keeping their marital covenant.

15. By controlling ones vessel. 1Thessalonians 4:4,5 is self explanatory that, ‘it is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honourable, not in passionate lusts like the pagans who do not know God.’

While those who do not know God may glorify all forms of sexual lust, God fearing persons have to have a restraint. All forms of lust is seeking a moments pleasure, forgoing long term happiness. Couples should therefore deaden their bodies as regards lust (infidelity) or control their vessel and seek long term happiness – being faithful to each other.

16. By living a lowly life and appreciating everyone. The Psalmist praised God, ‘You listen, O Lord to the prayers of the lowly; you will give them courage.’ (NIV). Living a lowly life is appreciating that all human beings are important and esteeming them. This is the opposite of being proud and conceited. God loves the lowly and all human beings like the lowly.

By living lowly, one’s spouse cannot ostracize you from other people so that he/she gets the freedom to commit adultery. Besides, he/she may live in fear that someone would give you evidence of his/her adultery. This becomes a safeguard if ones thought would trail and think of infidelity.

17. By drinking moderately or not drinking at all. Ecclesiastes 10:17 (GNB) underscores the need to drink

moderately when it quips, 'But a country is fortunate to have a king who makes his own decisions and leaders who eat at the proper time, who control themselves and don't get drunk.'

Getting drunk weakens ones resolve to remain chaste and to keep the marriage covenant. Immoral men would take advantage of a drunken lady and lay her. Equally wayward women would take advantage of a drunken man and lay him.

To contain infidelity, one should drink moderately or shun alcohol altogether.

18. By giving cheerfully. In 1 Corinthians 7:3-5 (NIV), Paul exhorts; 'the husband should fulfil his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that satan will not tempt you because of your lack of self-control.'

Couples should willingly and cheerfully give each other their conjugal rights. The willingness makes couples faithful to each other.

19. By earning, saving and increasing one's ability to earn. Other than devoting their time to pleasing each other, couples have to work hard and build their wealth. Good parents are able to leave an inheritance to their grandchildren. Being busy and

focused on improving the family status would distract couples from committing adultery. **Proverbs 13:22; 31:12-19**

20. By having self-control. One of the couples may fall sick. A wife may be on menses. Either of the couples may have travelled for days. And many other things may happen that separates the couples temporarily. This is not freedom for a couple to be unfaithful; it is a test to the couple to have self-control. Couples can contain infidelity by having self control. A person without self-control is likened to a city whose walls are broken. The city is easily invaded by intruders. Meaning he would commit adultery recklessly. **Proverbs 25:28**

Unmistakable Pointers that your Wife is cheating: How to contain infidelity

Why do women commit adultery? Women commit adultery due to peer pressure, desire for adventure, desire for money and power, sexual incompatibility, need to feel loved, revenging a wrong on one's spouse, desire to have children, being blackmailed by a man for past misdeed and for no reason at all!

Unmistakable Pointers that your Wife is cheating: How to contain infidelity; is a book that aids readers to indentify signs a wife is headed to commit adultery. It suggests actions a husband should take to stop the looming betrayal.

In Biblical times, adultery was solved in a simple way. The adulterer and adulteress were stoned to death. Where the husband had no evidence but he suspected his wife to have committed adultery, he took the wife to the priest and a curse was pronounced on her.

Adultery is still painful to an aggrieved husband even today. Find out the remedies a hurt husband can take against an adulterous wife by reading this book.