

“A porn plague is raging in homes across the world today, and for every addicted husband there is a brokenhearted wife. While there is an abundance of powerful, biblical resources to help men overcome addiction, their wives have largely been overlooked. I am grateful that Vicki Tiede has filled that void. In a book that is sensitive, biblical, and conversational, she comes alongside hurting women as a friend and guides them to the hope and peace only the gospel can give.”

Tim Challies, Pastor; blogger; author of *Sexual Detox: A Guide for Guys Who Are Sick of Porn*

“This is an outstanding, significant, invaluable, and essential resource for today’s women and particularly today’s Christian women. (I am confident that men would benefit from reading it also.) Vicki presents hard information in a most gracious and gentle way. She is relational and honestly cares about the women who will be reading this book. She conveys an earnest desire to be a comforting resource to those suffering with a wounded heart. I recommend this book as a source of comfort, strength, and hope. It is saturated with Scripture and prayer.”

Elsie E. Woolf, M.A., Board Certified Christian Counselor,
National Coalition For Purity

“When your world is rocked by your husband’s infidelity, God can seem far away and Scripture dry. This book will be a breath of fresh air during those days. Having been in that situation, Vicki earns the right to challenge us to turn to the true Source of our hope, strength, and healing. Her blend of hopeful stories, helpful information, and pure Bible study fills a gap in the healing journey not seen in other materials.”

Melissa Williams, Women’s Director, Pure Life Alliance

“*Heartfelt, restoration, and complete* are the words I would use to describe this book. It is by far the most thorough book on helping a woman deal with her husband’s struggle with pornography. As I read the book, I could see the restoration happening in women’s lives. Each chapter (week) leads you to the next step in getting your life and relationship with God back on track. Vicki’s comment at the beginning of the book is ‘The purpose of this book is to take you on a journey to discover how your broken heart can become a work of splendor in the masterful hands of God.’ As a man who has broken trust with his own wife, this book made me realize that it was important

for me to see the full betrayal this addiction has on a marriage. My recommendation is that every man who is serious about restoring his relationship with his wife reads this book after his wife has finished it. He will see his pornography addiction in a completely different way—and that will be a good thing.”

Brent Barrowcliff, Transparent Ministries,
www.transparentministries.org;
Freedom Begins Here, www.freedombeginshere.org

“Vicki Tiede has come alongside the millions of wives whose husbands are addicted to porn, to bind up their broken hearts and give them hope—as only one who has been there can.”

Bob Tiede, Director of Global Operations Leadership Development
for Campus Crusade for Christ International

“If you are one of the increasing numbers of women who have discovered their husband losing the battle with pornography, Vicki Tiede gives you an informed, practical guide offering Christ-centered hope and restoration. Be sure to make this book a part of your journey to healing.”

Michael John Cusick, author of *Surfing for God:
Discovering Divine Desire Beneath Sexual Struggle*

“Vicki Tiede guides, comforts, and encourages hurting and heart-bruised wives to ‘fix your eyes on the One who calms the storms and stills the raging seas, and find peace in the midst of it all.’ I’ve been refreshed and helped in my own ministry to hurting women by this book which clearly and compassionately points us to the grace of Jesus Christ and the healing power of his Word.”

Ellen Dykas, Women’s Ministry Coordinator for Harvest USA
www.harvestusa.org; editor of *Sexual Sanity for Women*

“I will recommend this book for women to read. It will serve as a valued addition to therapy, and the thoughtful questions interspersed throughout the book are rich opportunities for exploring feelings, truth, and faith further. The author has an easy-to-read writing style and has tackled a difficult subject with grace and truth.”

Margaret P Moore, MA, LMFT, LADC, RN, Licensed Marriage
and Family Therapist, Experiencing Moore, LLC

WHEN YOUR
HUSBAND IS
ADDICTED TO
PORNOGRAPHY

HEALING YOUR
WOUNDED HEART

Vicki Tiede



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This book is dedicated to
every woman who is seeking hope and healing
in the midst of her husband's addiction
and
to Jesus,
for putting my heart back together and
making something beautiful out of my mess.
I'll love you, trust you, and follow you forever.

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A book this honest and sensitive could have been written only with the support of many treasured people.

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This book is filled with stories from incredibly brave women who dared to share their deepest hurts. Because your stories are personal and I desire to protect your privacy, I am not able to list your names, but you know who you are. I am forever grateful for your transparency and willingness to be vulnerable so that other women

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Most of all, I thank Jesus, my Healer. This is my offering to you. *Soli Deo Gloria.*

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Introduction

As I sit here with my fingers poised over the keys, ready to write what God is calling me to write, I am reminded of Christ's final hours before he was crucified. As the crowds followed him, surely they thought Golgotha was the last mountain Christ would climb. They were wrong. When he climbed his last mountain, he never stopped until he was in glory with the Father.

If you are reading this introduction, it's most likely because God has unveiled your husband's secret addiction to lust, masturbation, and pornography. Perhaps I am the first to say this to you: I'm so sorry. I'm sorry for all the feelings you have experienced that have risen from the depths of your toes and threatened to strangle you. My heart breaks for the things you've seen, the choices you've had to make, and the ramifications of this addiction on your marriage and your family.

This mountain in your life may look like Golgotha, but if you have Jesus as your Lord and Savior, this mountain only makes possible your Mount of Olives—the place where you stand in the presence of your Father.

This book is not meant to give you tools and skills to fix your husband. It is for and about *you*, not your husband.

When Your Husband Is Addicted to Pornography addresses six themes: hope, surrender, trust, identity, brokenness, and forgiveness. Rather than dividing the book into chapters, I divided it into weeks. Each week addresses one theme. The six weeks are further broken into five days of reading and contemplation. You may approach the text in a variety of ways. You might read it exactly as it's written, completing one week's theme in one calendar week, or

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you might choose to linger on a particular day or week of reading for a longer period before moving on. You might also read the book straight through at a quicker pace and then cycle back through it a second time to work through the questions. Perhaps you have a friend on a similar journey and you will choose to go through the book together. In other words, I hope you will approach this book in whatever way works best for you. Just please take the time to make it truly meaningful by answering the application questions.

To be sure we are speaking the same language as you read, I want to define the four levels of sexual addiction I will describe in this book. Dr. Patrick Carnes, a nationally known speaker and author on sexual addictions, identified three levels of addiction in his book *Out of the Shadows: Understanding Sexual Addiction*. I've chosen to divide his Level I category into two levels.

Level I: This is often considered “acceptable” by mainstream society and includes lust, fantasy, masturbation, and pornography (magazines, video, cable/satellite TV, Internet).

Level II: Fulfilling sexual desire with live porn: strip clubs, nude dancing, massage parlors, physical affairs, and fetishes.

Level III: Criminal behavior including voyeurism, exhibitionism, phone sex, inappropriate touching, and prostitution.

Level IV: Violent criminal behavior including sexual assault, rape, and child molestation.

As I did my research for this book, I interacted with twenty-five women who were willing to be part of a focus group. They completed an extensive questionnaire, participated in an interview, and read and completed the questions on each chapter as I wrote them. At least 25 percent of the husbands represented in this group exhibited behaviors from Levels II–IV. One hundred percent of those men started at Level I.

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This book is for women whose husbands have engaged in Level I sexual behaviors. If you are aware that your husband has struggled with lust, fantasy, pornography, and/or masturbation now or in the past, this book is for you.

If your husband has engaged in Level II–IV behaviors, this book is also for you. I want to be clear, however, that the primary focus of the book will be to deal with our own issues and feelings regarding a husband’s lust, masturbation, and pornography. It will only minimally address issues in Levels II–IV. Therefore, if your husband has had an affair, paid for prostitutes, or raped someone, and you are looking for a book that will focus on those specific issues, it will not be this book. However, many of the feelings you have, the ramifications of these behaviors on your relationship with your husband, and the needs you are experiencing are addressed in this book, and I pray that you will be blessed by what God teaches you here.

This book is not a handbook for fixing your husband. However, I’m very aware that you may be seeking information specific to your situation. In the appendix I have listed numerous nonfiction books that I encourage you to investigate. I have also listed sexual addiction ministries, online resources, and counseling opportunities for you to prayerfully consider.

In the end you are only responsible for yourself and the choices you make. Sometimes in life you have to make the best decision you know how to make, given the information you have at the time. When my first husband did not take responsibility for his actions or recognize a need to repent of his behavior, the behavior escalated, and my emotional, physical, and spiritual health was at risk. I was advised by a Christian counselor and my pastor to end the marriage, and I did. Please hear me when I say this: God hates divorce (Malachi 2:16 NIV), and I have never met anyone who has gone through a divorce who doesn’t agree with God on this one. It is God’s desire that every heart and marriage be restored (Job 22:23). Some issues may make a marriage irreconcilable, but the purpose of this book is not to point you in that direction. Rather, it is to point you to the One who can bring about restoration and reconciliation.

Introduction

I decided to write this book for women who want and need to know that there is hope and that God is big enough to meet all of their needs. However, this subject is extremely sensitive and complicated, and many women and couples will need outside assistance. The appendix contains information on how you can find the right assistance.

I thank God that you are holding this book in your hands right now. You are not alone. As you make your way through this book, you will meet many other women who have experienced the same hurt and betrayal you are experiencing. I pray that you will find the help and hope you need in these pages.

My prayer is that you will focus your eyes on the God of hope rather than base your hope and happiness on your husband's choices. Learning to allow God to meet your greatest needs is a long process, probably longer than this six-week book. It's a slow dance through brokenness in the arms of the Almighty. I know. I have been in your shoes, and I have learned the intricate steps to finding hope in the midst of a husband's addiction to pornography.

Our God longs to meet you in the center of your pain. He can handle your tears. He knows your anger. He understands the feelings you are experiencing. He was "a man of sorrows and acquainted with grief" (Isaiah 53:3 KJV).

I invite you to step into the embrace of Jesus as you face your Golgotha. The sin has been unveiled. Now allow Jesus to reveal God's grace, truth, and hope as he leads you into the Father's presence, picking up the pieces of your broken heart and creating a new mosaic heart that reflects the beauty and grace of the Redeemer.

I have used the *English Standard Version* of the Bible unless otherwise noted. If you do not own the *ESV*, you will still be able to answer nearly every question without confusion.

HOPE

WEEK 1

Day 1: Truth Unveiled

Greg has always been a little unfocused. I've noticed that he's often inordinately distracted at the checkout counter, and he lingers on racy scenes longer than necessary when surfing TV channels. I've chalked it up as normal guy behavior our whole marriage.

When I caught him lying to me about petty things, I concluded that I was married to Peter Pan. Why else would he tell a ridiculous story about working late and not being hungry after missing dinner, when, according to the receipt left in his jeans pocket, he was at a gas station buying a donut and Dew at dinnertime? There was no point in confronting him; it wasn't worth it. He was just a boy who didn't want to grow up.

Then one afternoon as I puttered around on the computer, I discovered a new tool our Internet provider offered. In the Favorites menu, it automatically created and displayed all of the sites most frequently visited so the user could easily return to them. The more frequently a site was visited, the higher it appeared on the list. To my shock and horror, there was a lengthy list of pornography websites topping the list.

—Audrey

HOPE: WEEK 1

No doubt the beaming faces of your friends and family members reflected the joy on your own face as you walked down the aisle on your wedding day. Your heart overflowed with love for the handsome man waiting to exchange vows with you at the front of the church. You never felt more beautiful, loved, and desirable. Your mind was a warehouse of dreams and expectations for the rest of your days as Mrs. Right.

Then the unthinkable happened. Whether you have been married a few months or celebrated numerous milestone anniversaries, your “happily ever after” has been tarnished by the discovery of your husband’s sexual addiction. Perhaps you stumbled upon something on the computer, or you unwittingly uncovered a secret stash of pornographic magazines and movies. Maybe you walked in on your husband in the middle of an act of self-gratification.

Each of our experiences is different. Our reactions, needs, and solutions will be different as well. How I wish I could peer into your life and offer you an individualized solution to your unique situation! I’d love to be able to say, “Friend, if you do X, then Y will happen.” If you think that is what this book will provide, you are going to be sorely disappointed. I can’t possibly offer that kind of hope and healing myself. However, I have walked in your shoes, and I know how desperately you long for a solution and some guarantees. I don’t have the answers, but I know Who does.

I believe that the most pressing need we all share is to embrace the hope that God is able and willing to pluck us out of the slimy pit, remove the filth that’s clinging to our hearts and minds, and usher us to the next step of healing. Amen?

For a while you didn’t even know you were in a pit. Like undetected termites that eat away at a foundation until one day the house collapses, an ongoing sexual struggle has been undermining your home. God had to expose what was going on with your husband for you to rebuild on a firm foundation. As 1 Corinthians 4:5 says, God “will bring to light the things now hidden in darkness and will disclose the purposes of the heart.”

Day 1: Truth Unveiled

While the discovery of your husband's sexual addiction pulled the rug out from under you, it came as no surprise to the Almighty. He sees the sins committed in a darkened office or bedroom just as clearly as those done in broad daylight.

It's not uncommon for a revelation to come as a complete surprise, however. Consider the apostle John. As an elderly man he was banished to the island of Patmos by the Roman authorities for faithfully preaching the gospel. In his wildest dreams, he probably never thought he'd meet Jesus on Patmos. The title of the book chronicling this experience is found in the first five words of Revelation: "The revelation of Jesus Christ" (Revelation 1:1). The Greek word for "Revelation" is *apokalupsis* (ä-po-kä'lü-psēs), meaning "unveiled." God knows what has been unveiled in your current situation.

Read Daniel 2:22: "He reveals deep and hidden things; he knows what is in the darkness, and the light dwells with him."

What does God reveal?

What does he know?

How does it make you feel to realize that he knows and reveals things that were once hidden in secret?

Secrecy shrouds sexual addiction. Until a man confesses or is caught, his struggle with lust is his own burden to bear. For 70

HOPE: WEEK 1

percent of sex addicts, the Internet is the primary source of their pornography.¹ Online porn is extremely accessible, anonymous, and affordable, making it especially easy to hide. When your husband's addiction is made known to you, the secret becomes the albatross around *your* neck.

I've been married for forty-five years and learned about my husband's struggle with masturbation two years after we were married. He's a good man, but he once said, "If this came to light, there would be nothing for a man to do but commit suicide." I felt so alone. For all these years, I couldn't tell a soul.

—Esther

Read Psalm 44:21: "Would not God discover this? For he knows the secrets of the heart."

What does God know?

It sounds ridiculous to suggest that you should be grateful that God has unveiled the truth about your husband's addiction to you, but that's exactly what I'm going to do. Christ longs to set us free from the things that have been hiding in the shadows. To do so, those issues must be brought to light.

Read Ephesians 5:8–14 (NASB):

For you were formerly darkness, but now you are Light in the Lord; walk as children of Light (for the fruit of the Light *consists* in all goodness and righteousness and truth), trying to learn what is pleasing to the Lord. Do not participate in the unfruitful deeds of darkness, but instead even expose them; for it is disgraceful even to speak of the things which are done by them in secret. But all things become visible when they are exposed by the light, for

Day 1: Truth Unveiled

everything that becomes visible is light. For this reason it says, “Awake, sleeper, and arise from the dead, and Christ will shine on you.” (italics mine)

Verse eight is like the *Reader’s Digest* version of the gospel, neatly wrapped up in one verse. Read the first half of the sentence very carefully: “For you were formerly darkness.” Most of us tend to read what we *think* something should say or what we would prefer it to say rather than what it actually says. This passage reads, “You *were* . . . darkness,” not “you were . . . *in* darkness.” Ouch. But that makes sense in light of Paul’s words to us in Romans 3:23, doesn’t it? “For *all* have sinned and fall short of the glory of God” (emphasis added).

How are we to live according to the second part of verse 8?

What do you think that might look like for you right now in your circumstances?

What *doesn’t* it look like?

HOPE: WEEK 1

(For the record, whenever I see the word “but” in Scripture, I find that it often means “That was the bad news, but here’s the good news.” It’s certainly true in this passage.)

By what means are you now “Light”?

That little preposition “in” carries the meaning “through.” We cross from being darkness to being light *through* Jesus Christ when God takes the wages of our sin and puts them on his Son instead of on us (Romans 6:23). Jesus took all our darkness onto himself and threw open the gates of heaven for us at the same time.

The second sentence in verse 8 tells us that in response to this amazing news we are to “Walk as children of Light, trying to learn what is pleasing to the Lord.” Let’s be honest: when we first learn of our husband’s addiction or realize that he’s relapsed into pornography after a period of sexual sobriety, we’re not always sure how to “walk as children of Light.” Living as children of Light doesn’t feel natural when your emotions are off the charts. Feelings of rage, despair, betrayal, grief, self-loathing, and stupidity have you on emotional overload.

Listen to the promise we are given in Jeremiah 32:17: ““Ah, Lord GOD! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.””

Did you catch that? *Nothing* is too hard for our Lord God.

Jesus is “the light of the world” (John 9:5) and “the light shines in the darkness and the darkness has not overcome it” (John 1:5). In other words, he can handle this, even when—or *especially* when—we can’t. By his outstretched arm, he has pulled back the curtain and revealed what you needed to see in your marriage so that he can shine his light into those dark places.

Psalms 139:11–12 assures us that the darkness doesn’t have a chance in heaven of overcoming the light: “If I say, ‘Surely the

Day 1: Truth Unveiled

darkness shall cover me and the light about me be night,' even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you."

Pay special attention to the last line of that passage. First John 1:5 says, "God is light, and in him is no darkness at all." When we become Light, we are filled with the light. The sinister quality of the darkness no longer has any effect on us.

It's sad but true that sin causes a chain reaction. Your husband's sin may very well have triggered a sin reaction in you. Now that light shines into darkness, shadows of sin are bound to be cast.

What do you suppose might be lurking in the shadows of your heart?

Ephesians 5:13 tells us that "when anything is exposed by the light, it becomes visible." When the light of Christ shines into the shadows, the shadow disappears. God has chosen to reveal to you the truth of your husband's sexual addiction to free you from what was growing in the shadows. One day "night will be no more. [We] will need no light of lamp or sun, for the Lord God will be [our] light" (Revelation 22:5). Hallelujah!

As we wrap up our first day together, I want to encourage you to persevere. You are beginning the journey of healing a broken heart. The two parts of the word "persevere," "per" and "severe," actually mean *through* and *causing great discomfort, damage, or distress*. Press onward despite the discomfort, because at the end of the journey is hope.

HOPE: WEEK 1

What has God revealed to you about your husband's sexual addiction?

Take a moment to thank Christ for shining into the shadows.

Day 2: Needing Hope

I believe God is able to meet my greatest needs as I deal with my husband's addiction to pornography, and that he is in the process of doing that even now, but I'm not sure exactly what that looks like . . . sounds like . . . feels like. Most of the time I feel hopeless and overwhelmed. There are occasions when I feel a glimmer of hope that "better" is possible, but it's rare.

—Amy

"So now faith, hope, and love abide" (1 Corinthians 13:13). If hope is a confident expectation that God will bless you in the future, then you need hope now more than ever. Yet in the early days of discovering your husband's addiction to pornography or masturbation, a sense of hopelessness and abandonment by God may prevail. It feels like the fabric of your life is unraveling and the threads are too knotted up for anyone, including God, to untangle.

Your present circumstances may seem overwhelming. Perhaps your husband has lost his job because of his addiction, your credit cards have been maxed, and your marriage bed has been defiled (Hebrews 13:4). While all may seem hopeless, there is always hope in Jesus. His Word has the power necessary to give you hope.

HOPE: WEEK 1

Match the following verses with their promises of hope:

Romans 5:5	Scripture instructs us so that we will patiently persevere and hold fast to our hope in Christ.
Ephesians 1:18	Trusting the God of hope results in joy and peace.
1 Timothy 1:1	The eyes of our heart must be opened to understand the hope we have in Christ.
Romans 15:4	Christ Jesus is our hope.
Romans 15:13	Hope is not unrealistic optimism; it's the assurance of our future based on God's love.

God isn't about to beat you over the head with a wet noodle for feeling hopeless. It's perfectly normal for you to experience feelings of hopelessness right now. From the very beginning, people have struggled with feeling hopeless.

When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he saw he couldn't do but on what God said he would do. And so he was made father of a multitude of peoples. God himself said to him, "You're going to have a big family, Abraham!" (Romans 4:18, *The Message*)

Like Abraham, sometimes we must choose to believe even when there seems to be nothing to believe in, simply because we have hope in God and his promises.

It is amazing to me how God works in my heart and head, even when I doubt I will ever recover from a difficult trial. I have convinced myself that, while coping with my husband's addiction

Day 2: Needing Hope

to lust and masturbation, the sun won't shine as brightly as it once did. Then this feeling of brightness sparks in my heart, and I can't help feeling pricks of hope in what I thought was a dead place in my heart.

—Stephanie

The book of Hosea tells the shocking story of Hosea, a prophet who was commanded to marry a known harlot, Gomer. She bore three children. The jury is still out on this one, but the paternity test on these three would not likely point to Hosea as their father. In fact, Gomer pursued love elsewhere and deserted Hosea. Their marriage vows were broken by unfaithfulness, but Hosea didn't seek divorce. He sought reconciliation.

Before we read too far into this story, you must understand that scholars have wrestled with Hosea for generations. One thing is clear: Hosea's life illustrated how difficult it is to love someone who is unfaithful, the way God continued to love Israel. Israel had been unfaithful to God by worshiping other gods. Despite their disloyalty, God longed to take them back, just as Hosea was instructed to take Gomer back. Hosea demonstrates what it looks like to reach out to someone who has strayed even before repentance has occurred. Yet true restoration cannot occur until there is brokenness and repentance.

Consider Hosea 2:2–23, where God confronts the unfaithfulness of Israel, symbolically expressed as a failed marriage. God appeals for repentance and threatens punishment. His judgment was designed to effect restoration. “Therefore I will hedge up her way with thorns, and I will build a wall against her, so that she cannot find her paths” (Hosea 2:6). God's consequences continue, bringing Israel to a point of desperation. When it seems as if the trouble can't get any worse, Israel looks to God and is rewarded with a restored relationship and a promise of better things to come.

I haven't asked you to consider this passage in a secret attempt to

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advise you either to stay in your marriage *or* to leave. Rather, I want you to glean two important messages from this story.

What does Hosea 2:6 say the Lord will do instead of punishing Israel?

With all your might, pray that the opening for sin in your husband's life would be sealed. Ask God to surround you and your husband with a hedge of protection that is impenetrable by the wicked ways of the world.

Use God's own words to ask him to do that right now.

That's the first point I want you to remember. The second thing I want you to take away from Hosea requires a little background investigation.

Read Joshua 6:17–19:

The city and all that is within it shall be devoted to the LORD for destruction. Only Rahab the prostitute and all who are with her in her house shall live, because she hid the messengers whom we sent. But you, keep yourselves from the things devoted to destruction, lest when you have devoted them you take any of the devoted things and make the camp of Israel a thing for destruction and bring trouble upon it. But all silver and gold, and every vessel of bronze and iron, are holy to the LORD; they shall go into the treasury of the LORD.

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What did the Lord command Israel to keep away from (v. 18) in Jericho?

What would happen to the camp of Israel if they didn't obey (vv. 18–19)?

God was quite clear in his command. Everyone in Jericho except Rahab and those in her home was cursed to die, and everything that wouldn't burn was devoted to the Lord's house. Israel was not to lay one finger on anything that was devoted to the Lord. You probably remember how this plays out, don't you?

In Joshua 7, we learn that Achan's fingers itched, and rather than cramming his fists in his pockets, he scratched. Hidden inside his tent was a "beautiful cloak from Shinar, and 200 shekels of silver, and a bar of gold weighing 50 shekels" (Joshua 7:21). As a result of his blatant disobedience, Achan, his wife, his children, his livestock, and all his possessions were taken to the Valley of Achor where they were stoned and God's anger was appeased. "Therefore, to this day the name of that place is called the Valley of Achor" (Joshua 7:26).

In Hosea 2:15 God says, "There I will give her her vineyards and make the Valley of Achor a door of hope." The word "Achor" in Hebrew is *ʾAkowr*, meaning "trouble."

The second thing I want you to remember from this allegory in Hosea is that God can and will usher us out of the Valley of Achor to a door of hope. He will transform this place of trouble into a place where Christ reigns with the hope of glory. When the Israelites turned their back on God, choosing idolatry, sexual immorality, and evil hearts, they deserved to be punished. Instead, they experienced the God of hope.

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Read the second half of Hosea 2:15 (NASB): “And she will sing there as in the days of her youth, as in the day when she came up from the land of Egypt.”

How will God’s people respond when he gives them hope in the midst of their trouble?

I have tears in my eyes as I consider the song of exodus I sang when Jesus shined his light into my darkness and rescued me with living hope. He doesn’t promise to give you everything you want, but he will most certainly give you everything you need, and whether it feels like it at the moment or not, you will survive. He will deliver you from your trouble.

Close your eyes for a moment and imagine what that deliverance might feel like. Share your song of exodus—your praise for what God will surely do in your life—with him now.

In the story of Jericho, we read that Rahab was delivered because of her courage and faith. To ensure that she and her household would be safe when Jericho was devastated, she was told to hang a red cord from her window.

I know that right now you may feel that there is no one to hold onto. Your husband has betrayed you, and right or wrong, fear of additional repercussions for you and your family may be preventing

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you from sharing your pain with anyone else. Every day that red cord reminded Rahab of the God she clung to and the fact that he chose to use her to accomplish his will. Jesus is your red cord. Now is the time to cling to him, when you have nothing and no one else to hold onto. He has a purpose for the pain you are experiencing, or he would never have permitted it. He is using your present circumstances to accomplish his will.

One of my favorite Scriptures about this is Romans 8:28: “And we know that for those who love God all things work together for good, for those who are called according to his purpose.” If you don’t believe this is true, then all the hurt, suffering, anger, and betrayal are for absolutely nothing. I pray that you will believe that *all* of his promises are true for you.

I am well aware that your hopes may have been dashed repeatedly in the past. You have hoped again and again, only to experience disappointment and pain anew. It’s tempting to stiff-arm hope in an effort to avoid further heartache.

I do feel hopeful, but this has been a process. Some days are better than others. Through my Christian walk, I’ve seen time and time again that it is while in the valley that God can prune me and mold me to be more like him, if I just surrender to him. Sometimes that’s easier said than done, but he is a patient, just-in-time God. Every time my husband has had a season of struggling with pornography, he has never lost the desire to have victory over it.

—Nora

I don’t want to be the bearer of bad news, but we are talking about addiction here, and the likelihood of recurrence exists. As a result, you can’t base your hope on your husband. You will hear me say this many times and in many ways throughout this book, but your hope and happiness must not be dependent on the choices your husband makes every day. “God is faithful” (1 Corinthians 10:13), and that’s a promise that will never fail. This journey is a process that requires faithful endurance. It’s not a one-time event.

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Read 1 Thessalonians 1:2–3: “We give thanks . . . remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.”

According to this passage, your endurance, patience, and perseverance are inspired by your hope in our Lord Jesus Christ. In what, or whom, are you placing your hope today?

Fill in the following blanks with your first name. This prayer reflects biblical promises God has made to you.

My daughter, _____,
I have heard your prayers and your cry for mercy. I am faithful and righteous, and I will come to your relief. Regardless of how deep your pit of despair, my hand can reach you, _____. I want nothing more than to set your feet on a firm place to stand. Before you were born, I arranged the details of your life, _____, and my plans for you have not changed. Will you trust that whatever I allow in your life has eternal value? I will be your rock of refuge and your firm foundation, _____. Let me be your hope.

Faithful and True Always,
Your Father

Congratulations on completing Day 2.