

Faithfulness Pledge

I, _____, do promise and commit to be faithful to my spouse,
_____. I am now, and will remain, physically, emotionally, mentally,
spiritually, and financially faithful.

Physically – I will not have sex with anyone but my spouse. I will not engage in any physical contact with another person that my spouse would not approve of.

Emotionally – My primary emotional commitment is to my spouse. While it is necessary for both of us to have friends, remain connected to family, and care for our children, I will not allow these relationships to take precedence over my relationship with my spouse.

Mentally – I commit to thinking positively and constructively about my marriage. I will take note of the good in our marriage and seek solutions for any difficulties. My thoughts about others will remain appropriate. I will concentrate on remaining faithful and refuse to act on any thought that my spouse would deem unfaithful.

Spiritually – I will remain faithful to my spiritual commitments realizing that such commitments are foundational to me personally and promote faithful loving marriages. I will share my faith with my spouse.

Financially – I will be faithful to our budget and financial goals.

Signed

Date

Received By Spouse

Date