

The Hedges Challenge

Husband, hedges are rules you follow to honor your wife by protecting yourself from temptation.

These seven are personal to the author, Jerry Jenkins. If they apply to your temptations, plant the hedges! As for those that don't apply to you, ignore them and create rules your own to that will set you up for success to love your wife well. Know your weaknesses and plant hedges to help you avoid even the appearance of wrongdoing.

1. When you meet or dine or travel with an unrelated woman, invite a third person.

Should an unavoidable complication make this impossible, make sure your wife hears about it from you first.

2. Be careful about touching. Although shaking hands or squeezing a shoulder in greeting is acceptable, embrace only dear friends and relatives, and only in front of others.

3. If you pay a compliment, let it be on clothes or hairstyles, not on the person herself. Commenting on a nice outfit is much different than telling a woman she herself looks pretty.

4. Avoid flirtation or suggestive conversation, even in jest.

5. Remind your wife often, in writing and orally, that you remember your wedding vows: "Keeping you only unto me for as long as we both shall live."

6. From when you get home until the children go to bed, put away any work. This gives you lots of time with the family and to continue to court and date your wife.

7. Do anything and everything to avoid porn. Make yourself accountable to other men for what you do online.