



A Conversation About Sex

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Every married couple wants great sex! We should, God created it. There's nothing like being truly connected with our spouse spiritually, emotionally, and physically. In fact, that's exactly why God created sex—to experience oneness and pleasure in our relationships that illustrate Christ and the Church.

10 Biblical Truths About Sex

1. God wants you to be sexually intoxicated with your spouse. (Proverbs 5:19, Song of Songs 5:1)
2. God does not want you to be sexually intoxicated with some one else's spouse. (Proverbs 5:15-16, 20)
3. Sexual desire is emotionally and physically healthy. (Song of Songs 1:4)
4. The marriage bed is lush and full of life. (Song of Songs 1:16)
5. Physical intimacy begins with emotional communication, not sexual connection. (Song of Songs 1:9)
6. The wife should set the boundaries in the bedroom. Safety is key. (Song of Songs 1:17, Song of Songs 4:8)
7. Sexual exclusivity in marriage says, "I want only you." (Song of Songs 2:2)
8. Your body belongs to you and your spouse. (1 Corinthians 7:3-4)
9. Long, passionate kisses increase our pleasure. (Song of Songs 4:11)
10. Love-making is best slow and non-rushed. (Song of Songs 2:17)

What is Great Sex?

Research shows the average couple spends just under one percent of their married life having sex. So how do we make the most of this one percent?

With the hype of sex through pornography and even oversexualized Hollywood movies, TV shows, magazines, and novels, it has become increasingly difficult to give "great sex" a definition based on reality.

For some couples, sex is pretty much the best thing ever. They prioritize it, enjoy it, and have a healthy view of what it is and where it comes from. But for other couples, one percent is way too generous. For them, sex is more like a big disappointment. They view sex as something to do only on special occasions, if there's time. They've lost their excitement



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and passion for sexual intimacy. Life always seems to get in the way, robbing them of the desires they once had. Still others see sex as an inconvenience or even impossible. Those couples may feel like their married life has been robbed of the joy, pleasure, and fulfillment that come with physical intimacy.

Do you want to rekindle the romance and start rocking the house again? We want to help you reclaim your marriage bedroom and make what has perhaps become mediocre to be great again—redeeming what God has created as an enormous gift for marriages.

It's absolutely vital to understand that God created sex as a benefit of marriage, not outside of marriage. Hebrews 13:4 says, "Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous."

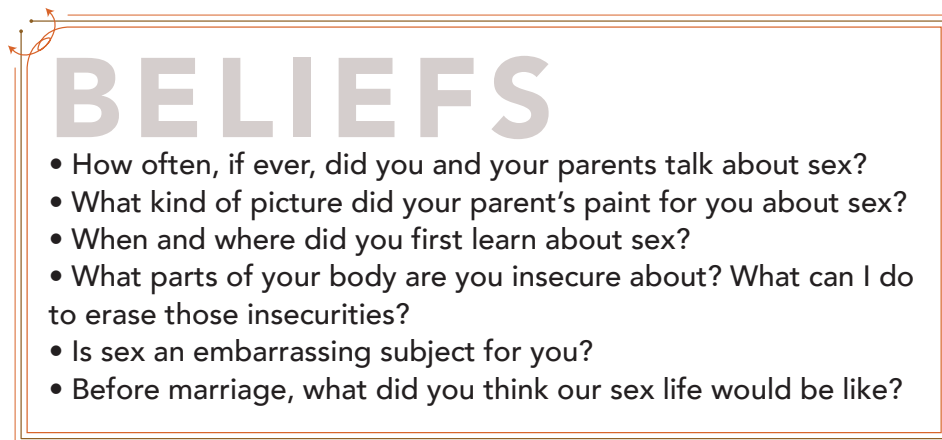
Also critical to understand is that God wants you to enjoy your life and marriage. Ecclesiastes 9:9 says, "Relish life with the spouse you love, each and every day of your precarious life. Each day is God's gift. It's all you in exchange for the hard work of staying alive. Make the most of each one!"

So, let's make the one percent of our marriage relationships the very best they can be!

Talk About It

The first step on the pathway to a mutually fulfilling sex life is to engage in a healthy, meaningful conversation about sex. It's amazing how many married couples have never had a constructive conversation about sex. If that is you, make a date with your spouse of uninterrupted time where the agenda is to talk about sex. Your mission is to gain greater understanding of your mate's feelings and thoughts on sex and your sex life.

Below are some questions to help you begin the conversation with your spouse:



BELIEFS

- How often, if ever, did you and your parents talk about sex?
- What kind of picture did your parent's paint for you about sex?
- When and where did you first learn about sex?
- What parts of your body are you insecure about? What can I do to erase those insecurities?
- Is sex an embarrassing subject for you?
- Before marriage, what did you think our sex life would be like?

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FREQUENCY

- On a scale of 1 to 10, how satisfied are you with how often we have sex?
- How many times each month would you enjoy having sex?
- How often do you reach climax/orgasm when we make love?
- Have you ever been frustrated thinking "tonight's the night" only to be disappointed? Does this happen often?
- What time of the day is the best time for you to have sex?
- What should our code word be around the kids on the night we are in the mood? (i.e. "working on the budget" or "do we need anything at the supermarket")
- Do we do well sharing the initiation?
- Do we offer grace to each other when "tonight's the night" doesn't work out?
- Do we ever show anger?

PERFORMANCE

- On a scale of 1 to 10, how satisfied are you with our performance?
- What can we do to make our sex life more enjoyable?
- Do you like it when I undress in front of you? Should I slow it down?
- Do you like what I wear leading up to sex?
(i.e. should I throw away the sweatpants?)
- Can you give me two or three ideas for foreplay?
- Do I move through foreplay too quickly? Too slowly?
- What is a surefire way to get you in the mood?
- What are some practical ways we can prepare the bedroom for lovemaking?
- What position is most enjoyable for you?
- Do you prefer to be on top or bottom?
- Should we sleep nude together more often?
- Should we shower together?
- Is there anything I do that makes you uncomfortable or causes you pain?
- Are you okay with oral sex?
- What sounds do you like hearing to know that I'm enjoying it?
 - What genre of music would you want on our love-making playlist?
- Lotions, oils, scents? You in?
- I like it best when you ...?
- What are the distractions that keep us from getting together?
- Can you show me how I can help you have a better orgasm?
- What can we do to be more creative?
- Are you good with making love outdoors?
- Who sets the boundaries for creativity?

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ENDURANCE

- On a scale of 1 to 10, how satisfied are you with how long we spend making love?
- How long should sex last?
- Do you ever feel like we rush it?
- On the days where life is crazy and when it has been a while since we have been intimate, are you good with introducing quickies into our marriage?
- What concerns do you have about quickies?
- Have you ever been frustrated at how long it takes me to get in the mood?
- Have you ever been frustrated at how long it takes me to reach climax?
- Is getting to an orgasm at the same time important to you?