



AWAKEN
LOVE

Awaken-Love Study
Women's Curriculum
Teacher's Guide

Dear Awaken-Love Teachers –

The following Teacher’s Guide is provided as a resource to give direction and offer ideas for teaching the Awaken-Love study. It is a “living document” that is constantly changing. It is not a script and not intended to be followed verbatim. In fact, it is our recommendation that you make this guide your own by replacing examples with your own and inserting your own insights. Above all, we hope that you follow the Holy Spirit’s leading.

Your own teacher’s guide, should you choose to teach with one, should evolve as you gain a deeper understanding, glean more examples and insights from the women in your classes and continue learning via books, blogs and your own experiences. The examples you share, or even the structure of your teaching, may change with the personality and needs of each class. In some classes, I start with an opening prayer and follow with Song of Songs. In other classes, especially if women need encouragement to participate in discussion, I will start with a prayer and then ask for feedback on the homework and last week’s reading before diving into Song of Songs. In some classes, I switch it up each week. There is not one right way to teach the study. Being sensitive to, and thoughtful about, your class’ dynamics is an important component to teaching.

We are thankful for your investment in sharing God’s design for sex with women and pray that you are encouraged as you see Him doing amazing things through the study.

For His Glory Alone,
Melanie Lloyd

Week 1 - What is Intimacy?

Bring: Name tags, pens, curriculum, books to pass out, set up Wi-Fi, cue video, Bible, and laptop, *Faithful*.

Main Points –

1. God created sex just as much for wives as for husbands.
2. Define intimacy and begin to explore the relationships between intimacy in marriage and intimacy with God, our sexuality and our spirituality.

Hi, I'm Melanie. I'm leading the study.

Welcome to our Awaken-Love class. I hope you are excited to be here.

I've been praying for the Holy Spirit to knit us together so that this group feels intimate and safe because being open, vulnerable and participating in the discussion are invaluable to getting the most out of this study.

I'm so excited to go on this journey with you.

Intro assistant

If you have any questions, concerns or feedback along the way, then come to either of us.

Pass around roster to confirm info. While looking at that...

Go around and get names.

Intro Skypers?

Welcome!

Opening prayer

Thank you for these brave ladies

Want you to be present in discussion

Help become fast friends, safe and transparent

Make our hearts receptive to Truth

Eyes to marvel at Your design

May You be glorified as we seek to understand and live out your unique design for our marriages.

May our husbands come alongside us in this journey – encouraging and supportive.

Desire to apply what we learn to grow closer to our husbands and You.

Congratulations on taking this step to strengthen your marriage. Sex is not easy to talk about and yet it is so powerful. Stepping out in faith to learn God's design for intimacy will change your marriage. And your relationship with God. Do not settle, but instead claim the blessing that God has for your marriage bed.

There are many reasons to take this class - a lot are related to our husband - and most that we hear have to do with our husbands' needs.

1. Physical need – they will explode in 72 hours.
2. Emotional need – similar to our need to talk.
3. Builds them up – they will feel like they can handle anything.
4. Physical benefits – blood pressure, sleep, pain, immune system, and headaches.

Our hope is that you take this class not just for your husband, but for you. This study is about us.

1. **God created sex for us as much as for our husbands.**

Nowhere in Bible does it say that sex is only for men.

In SOS we see the wife is just as involved as the husband.

There is equality and mutuality in the marriage bed.

2. **We can experience a taste of the Garden of Eden in our marriages – naked and unashamed.**

Physically, emotionally and spiritually.

As we study SOS, we'll be taken back to a garden of delights that is possible for us to claim - even in this broken world –

through being known by God and our husband.

3. **Sex is a powerful way that we can experience love and can love our spouse.**

4. **Marital intimacy is a picture of the relationship that God wants with us – He wants to know us and be known by us.** If you take away one thing from our time together, this is it! God is head over heels in love with you and wants to be in a deep passionate relationship with you.

It takes intention. **We have to work toward this as sex is not easy – that is why it creates intimacy.**

It can be hard to share our body
to be physically and emotionally vulnerable
let's be honest, it's tricky and hard stuff.

Though it is easy to think men and women are on opposite ends of the sexual spectrum
God's design is amazing...as usual.

Think about it - easy v hard v compliment

if **hard** for both might give up

if **both launch button then might be too easy**, not build intimacy, lack depth of meaning
instead, **we compliment**

Our differentiated bodies and sex drives are God's good gift

We can take husband on journey rather than point A to point B

He can show us love by becoming in tune with our tricky bodies
God's design of men and women complimenting each other
is best for the lifelong journey of marriage.

To build intimacy...

1. We have to **stretch ourselves**.
2. We have to **let our guard down** and be real.
3. We have to **be willing to receive**.
4. We have to **communicate with our spouse about hard stuff**.
5. We have to be **willing to let God change us and not limit what He can do** through us.

**Sex isn't just about sex. Take a moment to digest that. Most Christian women have erected a thick wall between their spirituality and their sexuality...Our sexuality deeply impacts our spirituality and vice versa. Our confusion and hidden pain related to sex is intricately intertwined with our present relationship with God.
– Authentic Intimacy**

Everyone good?

To give you a high level intro to the curriculum, let's review some foundational truths.

Foundational Truths

As we journey together to discover God's intention for our marriage beds and claim His holy gift of intimacy with our husband, we will stand firm on His Truth.

1. God can transform you and your marriage.
2. God created sex for wives as much as for husbands.
3. Sex is a powerful gift from God that connects us in ways that are unexplainable.
4. Sex must be measured against God's design – oneness, knowing, pleasure, etc.
5. God desires freedom in our marriage beds, but we must deal with the lies, baggage and body image issues that steal our joy.
6. God wants us to experience so much more – marriage is not supposed to get boring. **It should grow deeper instead.**
7. Sex is much more than intercourse – it is seeing each other naked and unashamed, it is joining two into one and it is a holy communion with God.
8. The best thing we can do for our kids is have a lifetime love affair with our spouse.
9. We can learn to talk about sex in good and healthy ways to equip and encourage others.
10. Intimacy is always about our relationship with God – it is a mirror.

Before we go further, let's get to know one another a bit.

Mixer Question

1. Please share your name, how long you have been married and the ages of your children (if applicable).

I'll start.

Great sex is a parable of the Gospel – to be utterly accepted in spite of your sin, to be loved by the One you admire to the sky. – Tim Keller, *Sex and the End of Loneliness*

Any questions?

Tonight we will go over some business and then get started with our lesson.

Introductory Business

- | | |
|--------------------------|---------------------------------|
| 1. Class Outline | 7. Definition of Sex |
| 2. Books | 8. Seek Encouragement |
| 3. Daily Articles | 9. Feedback for Class |
| 4. Homework | 10. Commit to Pray |
| 5. Confidentiality | 11. My Qualifications and Story |
| 6. Discussion Guidelines | |

1. CLASS OUTLINE

Have 6 week curriculum. Review content titles of each week.

Homework is listed at the end of the lesson each week - there are reading assignments and application assignments.

Basic structure of the class is to start with SOS, mixer questions to get discussion started and then learn about ourselves and hopefully share insights with husbands later.

I will do my best to be here by Xpm each week, though the class starts at Xpm.

Coming early is the time to ask extra questions and mingle.

Our lesson will begin promptly at Xpm, as I want to respect your time and we need to be out of the building as soon as class ends at Xpm.

Each week bring your books, Bible and binder.

Where is bathroom?

Feel free to bring dinner or snacks to class.

2. BOOKS SM and II.

Sheet Music is very easy to read

#1 recommendation

good on nuts and bolts of how things work

can tell written by a man.

Intimate Issues written by couple of Christian women.

It's a great book for understating our head games.

Some of it is dated, some is profound

Let dorky parts slide right off – just like my dorkiness – and keep the parts that touch you deeply.

3. DAILY ARTICLES

You will receive an article emailed to you every day – beginning tonight!

Don't want kids to see.

Don't want husband to see in order to avoid pressure to try this or that but please share articles you like with him.

I will use email addresses that I've been using.

Please tell me asap if want to change.

God gives us a big playground within marriage. Articles may stretch you

Articles may push boundaries but nothing is against God's word.

The articles may help you decide what is good and right for your marriage.

As we get further along in the study, the articles get more detailed,

so feel free to ignore articles that are not right for you.

All the articles come from the Christian sources listed on the resources page in back of your curriculum.

They are sent daily to keep sex on your mind

as you strive to create an all-day love affair with spouse.

Can unsubscribe at the bottom of the emails at any time.

4. HOMEWORK

I highly encourage you to do HW to get most out of class.

Make the commitment to this six week journey together.

You will not get in trouble if not doing HW.

If need to take HW on slower pace, then that's ok too.

Don't take this class just for head knowledge, take steps forward and stretch yourself.

Action is required for change.

4 Husband HW's start week 3 lesson.

5. CONFIDENTIALITY

We ask that you to keep names of ladies in the class confidential.

The specifics of what is said in class stays in class.

Please don't share someone else's story with identifying details outside of class.

I say with identifying details, because there may be a place to share generalities in conversations with your spouse or friends,

but don't say that it comes from someone in the class.

For example:

"Did you know that some women have a higher drive than their husbands?"

is respectful and healthy.

"Did you know that Sally wants to have sex all the time but Bob tells her no?"

is gossip and unhealthy.

6. DISCUSSION GUIDELINES

Hope there is a lot of real and respectful discussion.

Women get so much more out of the study when there is discussion.

Want the discussion to glorify God, so keep it classy.

Not a place for judgement.

Place of grace and love and acceptance - be Jesus for each other

No matter where are, have been, have done or are doing

please join the conversation.

Be respectful. Listen. Share. Be sensitive.

No expressions or tones to suggest "yuck."

No looks of shock or disgust - simply not allowed.

Also no reason to feel ashamed or embarrassed to discuss God's good creation.

He created sex before the fall. It IS good and holy.

Encourage you to ask questions.

Don't say anything about your spouse that you wouldn't say in front of them.

Don't say anything so detailed that it allows us to paint a picture of what happens inside your bedroom.

Don't assume everyone is the same and enjoys the same things.

Our sexuality is as individual as a fingerprint.

The Bible is black and white on some things, but there is a lot of gray and freedom.

Best to seek the Holy Spirit's wisdom and discernment if not explicitly addressed by Scripture.

7. DEFINITION OF SEX

Sex is not just penis in vagina (PIV) intercourse.

Sex is all of this great stuff that God gives us within marriage.

That huge playground I mentioned.

8. SEEK ENCOURAGEMENT

Helpful to have someone to talk to as you process.

Maybe even go out together after class.

Encourage you to not shy away from conversations about the study.

Don't hide your books from adults.

Could open up great discussion with someone who is struggling.

There are a lot of women not experiencing God's design.

Christian women need to encourage each other in their sex lives.

9. FEEDBACK

If want a specific topic covered, then shoot me an email.

We will keep you anonymous.

Open to feedback on study.

10. COMMIT TO PRAY

So important to be committed to praying for your marriage during this time.

Satan likes to use sex to divide us.

Though the class, you will change.

When we make changes, it is easy to get frustrated if our husband is not changing at same pace.

Extend grace to him and remember, he is not in the class.

You can share everything you learn and read books with him, but still will not have the benefit of our discussions. Be gentle.

Throughout the study pray for the revealing of God's view and desires for your sex life.

Pray about being changed.

Pray as you are processing your past and identifying baggage.

Pray for healing, for memories to be erased and for truth to replace lies.

God cares about your marriage bed and doesn't feel awkward talking to you about it.

As we'll see in SOS, He is cheering you on to drink deeply, to become intoxicated by your husband's love.

Are there any questions about the study, what we will cover, concerns, or anxieties?

11. MY QUALIFICATIONS AND STORY

Well, I have the t-shirt.

I don't have any qualifications. Not counselor, haven't been to seminary. I'm not an expert.

But everything we are discussing is God's design so can fall back on that Truth.

All of the other teachers and I are just women on a journey seeking God's best for our marriage.

If you came to listen to me share all I know, then we will run out of things really quickly.

I won't know the answer to every question.

Don't even have personal experience with everything in curriculum.

I am figuring it out myself.

But I know the importance of marital intimacy to God and the impact it has on marriages, so I want to share it.

It's too important to wait till I've made more progress.

Perfecting it this side of heaven is not going to happen – it's designed to be a lifelong journey.

So please know my heart in this.

My desire is for you to be on same journey - whether a few steps behind or even ahead of me.

My story.

So that's me.

As we move forward, please talk, ask questions, add comments

the more discussion the better.

I am happy to meet one-on-one, chat via email, talk on the phone....I'm available.

So let's dive in!

(About an hour into class at this point)

Top Twelve Tips to Having a Sexual Awakening

It's about a different mindset more than a new skillset.

1. Pray about it.
2. Read Song of Songs. **Outloud is great.**
Power in God's Word.
3. Surround yourself with other women that will encourage you. **Like these ladies or a close girlfriend.**
4. Read books about sex and intimacy.
Recommended list in back.
5. Practice a lot. **Like anything, get better more you practice.**
6. Receive healing and/or forgiveness for your baggage. **Week 3**
7. Recognize lies about sex and replace them with truth. **They are everywhere! Week 3.**
8. Don't shy away from physical contact with your spouse because it might lead to sex. **We should have the freedom to say no or not now.**
If we can't say no, then have we ever really said yes.
We train husbands that touch = sex and then they only touch when they want to have sex.
9. Pray with your spouse. **With/for/over** depending on where relationship is. **Ask him to pray over you.**
10. Read with your spouse. **Read HW & daily articles to husband.**
11. Share your struggles with your spouse. **Vulnerability builds intimacy.**
12. Laugh and have fun with your spouse. **The word for sex in Eskimo language is "laughing time."**
Foreplay - before play.
Playfulness communicates love.
Laugh it off when things don't work.

Well, for our husbands, we are the only legitimate sexual release they have. Personally, I want to be the best I can be. I want him to feel blessed to have a wife who loves having sex with him. I want him to have the confidence that comes from being sexually satisfied. For you, you are going to find a lot more security in your marriage if you embrace intimacy and pleasure. The more you and your husband are connected in your hearts, the more safe you will feel and that is part of what sex does for us.

- **Giving Up the Good Girl, <http://christiannymphos.org>**

Song of Songs – Chapters 1-2:7: Longing, Insecurity and Praise

Thought to be written when Solomon was young, Song of Songs, is a collection of romantic and erotic poetry. The poems between two lovers – a man and a woman – are not written in chronological order, but are a series of recollections both before and after their marriage. Fire stayed hot. Great example of how to love each other during various stages of marriage. Smack in the middle of the Bible, Song of Songs celebrates the sexual relationship in the covenant of marriage.

The book *Faithful*, Beth Felker Jones describes Song of Songs like this:

“It’s a story of sexual delight, of unabashed appreciation for bodies, and of ardent desire.

There is no better story to think about the goodness of sex.

The delight of the lovers is enthusiastic. It is physical & celebratory. It is human & divine.”

(*Faithful*, P. 51)

“Human kind goes from the Garden of Eden, where the garden of delights was lost, to entering a reclaimed garden where there is love between a man and a woman.

That is a story of goodness redeemed.

God is bringing healing and wholeness and delight to His people.”

(*Faithful*, P. 53)

Solomon wrote 1,005 poems (1 Kings 4:32) but only this one is included in the biblical cannon. Song of Songs title itself suggests a superlative that means "most holy" and that this is the best of all songs.

“For all of Scriptures are holy, but the Song of Solomon is the Holy of Holies” – Rabbi Akiva

Are you ready to read it?

We read this out loud – need 3 readers: Beloved, Friends and Lover. Who would like to read?

READ.

What strikes you most about this passage?

1. It starts with a kiss.

1:2 - We kiss a lot when dating and newlyweds, then it drops off,

Kissing becomes a pathway to intercourse instead of being an activity in itself.

Kissing relaxes, reduces stress, produces warm feelings

v. 2 compared to wine at end of demanding day.

Stops everything swirling in your head so you can transition from mom/employee to lover.

Do you think that physically connecting with your husband could have the same relaxing impact – take the edge off – as wine?

When ignore the chaos of life and connect, then we are reminded that we are in this together.

Can operate better as team.

Kissing tones facial muscles, releases Oxytocin so we feel bonded, transfers testosterone from husband to wife to increase her libido, releases pheromones so feel attracted, releases dopamine and endorphins so we feel happy. What's not to love?

Let's bring kissing back!

2. Battle of compliments.

1:15-16 - Do we intentionally build up our husband like this?

Why stops us from doing so?

Can we even take time to think about what attributes to praise?

We should seek to use words to build up our spouse.

We can use our words for dirty talk, too.

3. Insecurities and assurances.

1:5-1:6 - She is insecure. She is not the cultural standard of beauty = pale skin.

1:9 - His response – stallions in chariot run fast, but put mare in front to make stallions run faster, Mare comparison is saying she beautiful, attractive and desirable.

It's easy to brush off or discount our husband's compliments.

We must learn how to receive compliments.

Brian has gotten really hurt when I have not believed because I'm essentially saying his opinion matters less than my own and that he is lying - which is not his character.

I believe everything else he says, why not his compliments about my appearance?

Should we believe what our husband says or what the world says?

How would believing his compliments affect the way you feel about yourself?

May even need to repent for not believing him.

It is God's design for a husband to affirm his wife's beauty.

It's hard to invite husbands to look at our bodies, but we should.

God designed them to delight in seeing their wife's body.

If we have been guarded, then we may have to give our husband permission to look.

4. En Gedi – an oasis from the world.

1:13 – Sachel of myrrh = perfume that you carry with you all day just as we should think of husband all day

Carry memories of times together to think about and renew warm feelings.

Because Sex shouldn't be separate

Just like prayer should be constant connection/conversation with God. (Pray without ceasing 1 Thess. 5:17)

Think about sex during the day.

1:14 – En Gedi = was a lush oasis in the middle of the desert.
God designed our marriage to be an oasis from world - a place to fill each other up.
When our marriage is truly an escape and sex is a refreshment – as God intends –
then the impact of this secret safe place bleeds over into other areas of our lives.
We are more relaxed, more joyful, and able to handle challenges better.
We should strive to make our marriage our safe place.

It is amazing that SOS is in the Bible, so unlike any other book in the Bible.
Could read as a child and think, “That’s kind of weird” but also we can read it and think “Did it
just say that?”
If your mind goes there, then that is where your mind is supposed to go.
We will see pomegranates and clusters of fruit refer to her breasts,
polished ivory and apple trees to refer to his penis.

In a day and age when men and women were not equals in any way shape or form,
Solomon’s bride (or the Shulamite woman) was very much an equal participant in their marriage
bed as God designed wives to be.
She planned adventures, daydreamed about her husband’s body, asked for what she wanted and
thoroughly enjoyed sex.
Solomon and his bride are equally active and expressive in their marriage bed.

2:7 The passage ends with a refrain that we will see again.
Here restraint is displayed because it is before their wedding.
Not so after.

Notes in case someone asks:

1:7 “veiled woman” = prostitute or more likely woman in mourning.

1:14 En Gedi oasis on west coast of the Dead Sea where David fled from Saul.

1:16-17 Comments on looks and personality. Combo of handsome and charming (lovely).

*2:3-6 She feels protected by him “in the shade.” After working in the sun she rests under his
protection.*

Mixer Questions

1. What gets you in the mood?

It could be everything to nothing to glass of wine to my husband cleaning the toilet.
Maybe a massage, when your husband comes home happy, or a real conversation w/o screens.
If “nothing,” then think about what used to get you in mood or what might get you in the
mood.

Past answers: Feeling depressed/stressed and crave husband to fill cup
Kissing in the dark.
Seeing husband be a great dad or leader in the family.
Husband understanding your love language.

IF answers include “IF he does...” or “IF he has no expectations” then counter the IF. Conditions create a bad pattern. Need to have a direct conversation about what we need with our spouse.

You need to know what gets you in the mood and communicate it to your spouse. Don't make him guess.

2. How do to let your husband know you're interested tonight?

Maybe you are direct and ask, “Want to do it?”
Maybe which PJ's you wear to bed are a signal.

Past answers: Tell him or make a move.

Lock the bedroom door.

When I take a bath before bed.

Use body language - which way facing in bed (sleep/away or sex/toward)

Wear sexy undies and give a peek.

Do our husbands always wait for our signal? Should they have to?

I ask this because many women are the decision makers when it comes to whether sex will happen.

Their husband has been trained to wait for a signal that the gates are open.

Gate keeping is not God's best for our marriages.

If this is the case, then we need to untrain our husband to wait for a signal.

We can unbreak the cycle by alternating who initiates – alternate initiating within 48/72 hours.

This gives our husband freedom from trying to guess whether that was a signal.

“Did she light the candle because she is in the mood or did we forget to pay the electric bill?”

To create a new dynamic in our marriage, we have to be on board and or get our self on board whenever they initiate.

Begs the question, **Do we want our husbands to lead – even in the marriage bed?**

Can we trust our husband to lead our sex lives?

I suggest to you that he cannot lead if we always determine when we have sex.

We have to be committed to getting on board with his initiation and be present.

Can we be ok with him initiating if he sees that we are disconnected,

he needs to feel close,

he wants to love you,

or he wants to remind you that you are a team in a time of stress or struggle?

Does it blow your mind that those could be reasons he is pursuing intimacy?

(Ever been turned down by husband? Changes everything.

Gives you a new understanding of how he may have felt in the past.)

A wife who is enjoying sex and visibly getting into it is one of the most thrilling experiences any husband could have. – Kevin Leman, *Sheet Music*, p. 83

What is Intimacy? (use white board?)

This class is about more than sex. It is about being known – emotionally, physically and spiritually – between husband and wife and between us and God. We are created with a desire to know God and to be known by Him. God designed us to know our husband and be known by him as well. Though revealing ourselves can be scary at times, deep down, we all want to know that we are truly known and still completely accepted and loved. That is intimacy.

1. Let's brainstorm. What creates intimacy in marriage?

Trust, romance, talking about God, dreaming together, playing together, going through tough times together, vulnerability, laughing and private jokes, taking care of yourself, time with full attention/no distractions (sex is just the 2 of us alone), side by side activities (projects, exercising), praying together, worshipping together, having sex, commitment, nick names, openness, granting forgiveness, asking for repentance, good times....

2. What creates intimacy with God?

Talking to Him, knowing His word, knowing who He is, what His character is, being in creation, worshipping Him, prayer.

I asked several women what creates intimacy with God in their lives and they said: spending time reading His word, praying, their morning devotional, and worship.

It boiled down to **spending time with** and **thinking about** God.

Isn't that the same with our husband?

3. How does sex create intimacy?

Learning new things about one another, takes being vulnerable, if enjoying sex then not in charge and not in control, letting go of the reins, exclusivity, sharing parts of you that no one else sees.

Working through the challenge of figuring out what you like or working through what each of you desires can create intimacy as well.

Should we embrace sexual difficulties and differences as opportunities to build intimacy?

Of course! **Differences between husbands and wives can create tension, but working through difficulties together can build intimacy.** Be that talking about desires and needs, sharing our thoughts or praying over past hurts.

In a survey on *The Marriage Bed*, Christian couples were asked what is lacking in their marriage. The top six answers for wives were romance, communication, non-sexual touch, time together, sex and affirmation. The top six answers for husbands were the same in a slightly different order: sex, romance, time together, non-sexual touch, communication and affirmation. All of these things positively contribute to knowing and enjoying one another.

4. How does our sexuality (our relationship with our husband) parallel our spirituality (our relationship with God)?

Hint: Think vulnerability, it's unexplainable, undefinable connection, freedom, letting go of control, surrendering, giving and receiving, etc.

Both:

- Require spending time together to grow.
- We need to think about both all the time. They are all-day love affairs. Just like prayer and Bible reading shouldn't be on our to-do list, neither should sex. It's about relationship, not tasks.
- Are mysterious; A lot is intangible
- Easy to get misprioritized – Both should be our first relationship. The loyalty, trust and fidelity to each allows you to go deeper in intimacy.
- Very individual in how we connect. How we connect with God is individual. Same with husbands. Big playground, don't have to play on all of it.
- Give us a freedom that we can't accomplish on our own.
- Are a means of healing.
- Absolute trust. No secrets. Being fully known – God's design.
- Require us to listen to and communicate with.
- Are covenant relationships.
- Most uninhibited and vulnerable relationships where can reveal true self.
- Relationships including worshipping God. Sex = worship.
- Are a means of truth. God speaks truth to us. We speak God's truth to our spouse.
- Help us and our husband become who God created us to be.

Part of intimacy in marriage is learning to trust God more. We can experience, trust and know God in way that we can't otherwise. We grow in understanding of selflessness and intimacy with God through marriage. Marriage is a place where we meet God in a whole new way. We learn to gaze upon God by gazing upon your spouse. Intimacy in marriage can allow us to experience the fullness of how we were designed before the fall. Bottom line - sexual intimacy can be foretaste of what God desired for us in Garden of Eden and what we will experience in heaven. Do you believe that? Have you experienced that? Do you look forward to that? (Matt Cassidy)

“Intimacy with our husband leads to great sex which touches us beyond the bedroom. Great sex leaves us feeling better, calmer, and better able to give. Great sex leads to us being better

spouses, parents, employees, etc. A great, active relationship with God does the same, right?”
<http://www.the-generous-husband.com/2015/09/04/friday-flashback-optimal-sex/>

Clearly, relationships with God and are husband are connected – they are a mirror.

We all desire to be known. We want intimacy with our Creator and with our spouse.
Within God’s design, we can feel safe to reveal who we truly are to God and our husband.
(includes baggage, hurts, hopes...)

Optional Ex. Russian weddings – blind folded and finds bride by feet and finds husband by face.

Optional: End with video of being known – notice emotion, use of senses which we will talk later.
<https://www.facebook.com/pandorajewelry/videos/10153758110079867/>
or http://youtu.be/DRoqk_z2Lqg (2:07)

Sexual intimacy is a powerful picture of the Gospel – of the degree of intimacy and ecstasy we are capable of having with God. And the Christian marriage is designed to be a showcase of this masterpiece. – Authentic Intimacy

**I’m also wary that our culture tries to replace intimacy with technique. In search of the next great sexual experience, some people seem to go out of their way to concoct a ridiculous alignment of bodies or some new method to bring about a new pleasure, when what they really need is to work on their relationship.
- Kevin Leman, *Sheet Music*, p. 80**

Anyone have anything else to add?

Homework *(Need a bit longer tonight than will in future to walk through HW. 15 minutes minimum)*

1. Reading

- Song of Songs – Read Chapter 4 out loud, thinking about God’s view of sex.
- Intimate Issues Chapter 1 – What Does God Think about Sex?
- Intimate Issues Chapter 2 – How Can I Be Godly and Sensuous?
- Intimate Issues Chapter 3 – How Do I Shift into Sexual Gear?
- Sheet Music Chapter 1 – A Tale of Two Couples

2. Application

- Kegel Exercises.** Will send an article this week, but practice in class first. Review Kegels page. Walk through each one and practice once.

- Give your husband a sensuous massage. Experience the enjoyment of giving, focus on feeling rather than rubbing and encourage feedback in order to practice communication.

Will send an article this week about giving your husband a massage.

The article is pretty detailed, so take it to wherever you want, but consider giving husband a “happy ending.”

Some husbands fall asleep during the massage.

Now I want you to take your hand and rub your wrist.

Now take hand and feel your wrist.

Feel the surface, feel underneath your skin, find the tendons and veins, change the pressure and speed, now just hold still.

What’s the difference between rub and feel?

Rubbing = creates friction, one speed, mindless, lacks intention and connection.

Feeling = has variety, emotionally present, engaging the brain.

While feeling, you were mentally mapping your wrist. We want you to feel your husband and map his body in your mind.

During massage think about getting to know him more.

Learn to read his body. Is he enjoying it? Does he want more pressure? Is he ready for you to move on to a new part?

Thoroughly enjoy looking at your spouse.

Use opportunity to practice communication - ask questions that allow for 1 word responses.

Set mood with candles and music and snacks/drink.

Coconut oil is great massage oil – antibacterial (helps prevent UTI and yeast infections) and friendly for whatever may come next.

- Pay attention to what messages you hear about sex from the world.

Are there any questions?

(If need to fill time can ask everyone how they met their husbands.)

Think about It!

These questions are prep for next week after you’ve done the reading homework.

Thinking through the questions will enhance your experience in class.

We’ll discuss them the following week if you desire. Someone’s gotta bring it up.

Questions to consider on your own, with a friend or with your husband after completing the reading homework. These questions will prepare you for next week's class discussion.

1. Can you relate to all the reasons that God created sex? Why or why not?
2. Can you relate to being both Godly and sensuous? Is there a division?
3. Which characteristics of a sensuous women are easy for you? Which do you want to work on?
4. Do you believe your mind has that much power?
5. Do you believe that sex can be "an amazing marital glue?" How so?

We have fast paced lessons each week - so come early so we can socialize. 6:15 is go time!
Next week we'll talk about why God created sex and the power of our mind.

Closing prayer

Prepare us for journey

Spirit remove obstacles to seeing God's design

Reveal things that we never realized

Open our hearts to hear and receive your Truth.

Ask for Your protection over marriages.

Give us words to discuss class with our husbands

Thank you for the amazing things you have in store for us over the next 5 weeks.

Don't hesitate to reach out if you want to talk this week. Thanks for coming tonight!

Week 2 – God’s View of Sex

Bring *The Sexually Confident Wife*. Cue someone to have Proverbs 5 open.

Main Points –

1. Always go to the Bible – for God’s design for sex – what it should look like, what we enjoy, when we engage, etc.
2. The importance of engaging the mind and permission to do it.

Opening prayer

Thank you for creating and caring about sex
Help us to believe that You can change us and our husband
as You desire us to be connected
and fully experiencing the gift of Your design.
Make us wives who overcome obstacles thru prayer,
have patience, keep inviting God into our marriage,
and never stop pursuing marital intimacy.
Bless our conversation tonight.

A lot of the curriculum is geared to the most common scenarios,
but there is a wide range of "normal" within God's design, so please speak up.
Many women have trouble receiving, but others have trouble giving.
Many women have a lower sex drive than husbands, but some have a higher drive.
Some men don't think about sex every 3 seconds.
So...let's all be sensitive and explore all scenarios by asking questions.

(The check-in on reading and homework can be done at the beginning or after Song of Songs before the Mixer Question.)

Did anyone learn something new about their husband while giving him a massage?

- Placed to touch, places not to touch, things he likes, things he doesn't like.
- Found new places he liked to be touched.
- Built intimacy without PIV.
- Nice to have a block of time together to connect.

Anyone else have other thoughts or feedback on the HW?

Did anything from last week's reading – the chapters or the articles – resonate with you?

What about the *Think about It* questions?

The *Sexually Confident Wife Book* (show it) was mentioned in Article 1-1.

OK. Let's get started.

Song of Songs – Chapters 2:8-3:5: Growth of Love and Intensity during Courtship

#1&2 is one scene. #3 is another scene.
Location change to country near her home.

1. Peering through lattice.

v. 2:9 - Peering through lattice – he anxious to see her, he can't get enough of her.
Remember excitement in courtship to do whatever it took to see your beloved?
Within marriage, God designs us to have an insatiable desire to see our spouse.
Here Solomon is keeping his eyes pure. He's looking at his beloved, not other women.
We should commend our husband for doing the same.
We should also learn to enjoy husband's eyes on us.
We don't have to striptease for him, though it's ok if we do,
but we can let our husband enjoy what he can almost see (ex. thin shirt, no bra).
v. 2:10-13 – Season of spring represents their blossoming relationship
and stimulates the senses of sight, sound, taste and smell. (ex. doves, fruit, blossoming vines,
singing, fragrance)

2. Foxes – wives' intuition.

v. 2:15 – the foxes – Wives have this intuition when things are wrong.
Women often notice problems first.
When he says catch the "little" foxes – he is asking her to address the issues in their
relationship while they are small.
Strong relationships don't lack problems, they address them.
 Fox of uncontrolled desire = create a wedge of guilt
 Fox of mistrust and jealousy = create broken bonds
 Fox of pride = lead to refusal to admit wrong
Willingness to solve "the foxes" is evidence of maturity.
Don't forget that your purpose in marriage is to be used by God to bring your spouse to a place
of completion.
Where he was meant to be without the fall. He does that for you, too.
Sexual intimacy super charges the power that we have in helping our spouse become who God
created them to be – it adds mystery and a spiritual dimension that we don't have otherwise.

v. 16-17 – Since they are not married yet, she tells him to go home.
Keeping God's boundaries.

3. Dream of insecurity.

Now we have a scene change.
v. 3:1-5 – a bad dream; it is a dream of insecurity.
There is no doubt about how she feels about Solomon.
She refers to Solomon as "the one my heart loves" x4 – diff versions say *whom my soul loves,*
my lover.

As her love for him deepens and she becomes more invested, her insecurity rises.
Does he really love me? She needs him to reassure her, so she goes looking for him.
v. 4 – When she finds him, she takes him to her mother’s house = most secure place she knows.
She held him – displaying her contentment in his presence.
Notice that she didn’t badger him or blame him for her insecurity – “You made me feel...”

v. 3:5 refrain – “do not awaken” – warning again that love is not easy, we must let love mature.
Think of “love” in school versus marriage. Very different, right?

It is also worth noting that throughout this passage the praise of one another continues.
He says “your face is lovely” and calls her “my beautiful one” (2:13-14)
She compliments his strength and vitality. (2:8-9)
There is so much power in praising our spouse.
Make praise an intentional part of your relationship.
Regularly focus on his positive attributes and express appreciation to him.
It builds him up and impacts your perspective of him.

Next week – the wedding!

Mixer Questions

1. **Before you got married, how did you learn about sex (not making babies)?**
This is the beginning of thinking about how our foundational thoughts about sex were formed.

Past answers: Learned from kids at school.
Learned from older siblings.
Parents talked about it over special weekend.
Parents never talked about it, but I knew they enjoyed sex.

How do we want to talk to our kids about sex? Do we want it to be different?

We suggest constant conversations that begin as soon as your kids start asking questions – which is younger than you might be comfortable with.
Have ongoing, age appropriate conversations that leave the door open for them to come back with questions.
Kids pick up on our discomfort and interpret that as something to avoid – so practice talking about sex in this class, with your girlfriends and with your husband.
Let’s give our kids the full story about God’s gift of sex – not just how to protect themselves or stay pure.

2. **What messages have you heard from the church about sex?**

Past answers: Don’t do it!
Silence – implying it is not important or shameful to discuss.

What role can and should the church play? Celebrate sex within marriage.

What Does God Think about Sex?

1 Timothy 4:4 tells us that everything God created is good.
Everything includes sex!
Sex is good and holy because God made sex.

1. God gave the gift of sex that you might create life. God allows us to create life out of our love. He could have done it another way. But he chose a very intimate and vulnerable way.

“...be fruitful and multiply, and fill the earth” - Genesis 1:28

Procreation is often our first thought when we think of sex,
but it is likely to be our least frequent reason to have intercourse.

2. God gave the gift of sex for intimate oneness. God desires us to be so bonded to our spouse that our body, soul and spirit are woven together.

“A man shall leave his father and his mother, and shall cleave to his wife;
and they shall become one flesh.” – Genesis 2:24

We often hear about oneness outside of marriage.
Having sex is like gluing two pieces of paper together and when you separate them parts of the other are left on each piece.
That oneness applies inside of marriage as well.
Every time we come together with our spouse, God mysteriously makes us one.
We are recharged and reminded that we are a team.

Everything in this world will try to rip us apart from our spouse –
kids, work, screens, our own selfishness –
and we need sex to keep putting us back together,
to keep getting us on the same page,
to keep clearing out all the junk that tries to divide us.

The amazing thing is that we don't even have to be in the mood for this to happen!
I've heard stories of women who were intimate with their husband even when they were not feeling emotionally connected beforehand.
The disagreement that they were in the middle of grew smaller.
The discouragement that they were wallowing in disappeared.
The young mom's fatigue that overwhelmed her was diminished.

Oneness happens every time – it is God’s blessing to us – whether we are prepared to connect or not.

And if we aren’t in the mood, we can certainly pray for God to help us get there...and He is faithful to do so!

3. God gave the gift of sex for knowledge. The Hebrew word for “sexual intercourse” is “to know.” Sex allows us to know our spouse in ways that no one else can and sex communicates what we cannot say with words. It is a process of revealing who you are that should result in better sex over time.

“And the man knew Eve his wife; and she conceived, and bore Cain...”
– Genesis 4:1

Getting to know our husband – and allowing him to get to know us – requires being mentally, emotionally and spiritually engaged during sex.

It’s being an active participant in the action, communicating desires and feedback, and revealing yourself – not just physically, but in every sense.

When we share all of ourselves with our husband, then he learns how to love us well.
The best lovers always want to learn more.

And truly, we desire to be known and feel unique.

-Red apple demo-

We want our spouse to know and appreciate our unique features.

To do that, we have to share ourselves. We can’t hide.

We have to work together to discover what feels good and even expect that to change over our lifetime.

It takes constant communication and always working to get to know one another better.

We have a choice of how we have sex – we can choose to engage and be known
Or we can just oblige.

Sex without getting to know each other often looks like never trying new things and being emotionally disengaged.

It’s the same old routine – he will touch here, rub here, move his hand here and then boom.
We’re done.

Women get bored and tune out without variety

Because variety shows us that our husband is giving us his attention.

When we are “knowing” each other – it never gets boring.

4. God gave the gift of sex for pleasure. God dedicates an entire book of the Bible to the pleasure of sexual intimacy. He designed our bodies to give and receive pleasure. He desires us to “drink deeply” with our spouse. God wants us to enjoy His gift of abandoned pleasure with our husband.

“Eat, O friends, and drink; drink your fill, O lovers.” – Song of Songs 5:1

Do you really believe that God wants us to experience pleasure?

Our clitoris is evidence that God wants us to experience sexual pleasure.

It serves no other purpose.

God wants us to enjoy His gift of abandoned pleasure with our husbands.

Pleasure within His design is good – very good.

But how much is too much?

Overindulgence is often associated with sin – but not in our marriage bed.

God doesn't want anything to control us or become a higher priority than Him,

But he doesn't limit how much we enjoy sex.

As women, we often hold back – maybe because we think it is wrong, or too pleasurable or too scary.

What are some other reasons why women hold themselves back?

Too revealing

Too vulnerable

Uncomfortable with their own responses

Avoiding hard conversations

Baggage from the past

Each of us should ask ourselves whether we are embracing the full breadth of pleasure God intends for us.

If we are holding back, then we need to take some time to analyze why.

In SOS, the beloved is not just serving her husband.

She is fully participating

physically enjoying herself

excited about connecting

and being emotionally refreshed.

Do you believe sex can be a refreshment – a net gain?

5. God gave the gift of sex as a defense against temptation. – A healthy sexual relationship impacts more than our bedroom. It provides a reservoir of memories so that our eyes and thoughts do not need to look elsewhere.

“Drink water from your own cistern, running water from your own well.”
– Proverbs 5:15

Can someone please read Proverbs 5:15-19?

This is a warning against adultery.

Springs are ever changing, fresh, they provide refreshment.

A cistern is reservoir of memories so our eyes and thoughts do not need to look elsewhere.

The proper expectation of marital exclusivity and unbreakability is that this comes with joy, with satisfaction, and with lifelong “intoxication” of love. (Faithful P. 69)

v. 19 says “may you ever be captivated by her love.”

What does that mean?

- All day love affair
- Playful together
- Glued to each other
- Keeping spouse on your mind

If we are captivated, then are we likely to desire to go elsewhere?

Probably not.

It’s important to add that even though a healthy sex life with our husband is a protection, a wife is not responsible for her husband having an affair or viewing pornography.

Ultimately, we are responsible for own actions - as are our husbands.

I’m also not saying that if you have sex 3x a week that your marriage is in the clear.

That’s a lie that women – especially Christian women - are told.

I’m saying “be ever captivated.”

6. God gave the gift of sex for comfort. Sex full of compassion and love can be a solace; a reminder that you are a team. Physiologically, sex can release tension and stress.

“Then David comforted his wife Bathsheba, and he went to her and lay with her.” - 2 Samuel 12:24

Does anyone have a personal example of this?

Often hear stories of couples comforting one another when there is a job loss, a health crisis or a death which we see twice in the Bible – 2 Samuel 12:24 and Genesis 24:67 -

Genesis 24:67 – Isaac was comforted by Rebekah after his mother Sarah’s death.
And Isaac brought Rebekah into his mother Sarah's tent, and she became his wife.
He loved her deeply, and she was a special comfort to him after the death of his mother.

But it doesn't have to be just big things.

Sex can be a comfort even when we are just stressed out or had a bad day.

Do you ever seek your spouse to relax you?

When I first started homeschooling, my stress level skyrocketed and I turned to my husband for comfort and relaxation.

Sometimes when our husband reaches out during a stressful time we are disgusted that he could even think of sex at a time like this, right?

We want to get things in order, get things back under control before we think about sex.

But is it possible that his initiation is his way of wanting to love us and comfort us?

Is it possible that he knows that coming together will speak the words that he can't?

Instead of crawling into a hole or stiff arming him, we can choose to reach for him and trust that God will get us on board.

Sex as a comfort goes both ways. We should both give and receive relief.

7. God gave the gift of sex as a picture of the intimacy He wants with us. Our sexual oneness with our spouse is an earthly picture of the spiritual oneness between Christ and His bride. It defies comprehension.

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery but I am talking about Christ and the church.” – Ephesians 5:31-32

Sex is two being united into one
just like Christ and His Church will be.

God desires us to be whole and free,
Naked and unashamed,
Fully known and united,
With Him and our husband.

Just as we don't have to be put together before we come to God,
the stars do not have to align before we come together with our husband.

We need to be interruptable.
Willing to change our plans and get on board –
with our husband and God.

Our relationships with God and our husband are not to-do list items.
They are every growing, all day love affairs that are part of our being.
These relationships should impact our thoughts, words and actions.

Our relationship with God is inextricably connected to our marriage relationship.
When we experience more with God, then we experience more with our husband.

Can you imagine being with your husband and thinking about nothing else?
Nothing else matters.

You are not self-conscious about how you look or sound.

You are completely unashamed and freely expressing yourself.

You are not holding back in any way.

Can you imagine that?

Do you desire that?

That is the level of intimacy that God wants with us.

Completely vulnerable, fully unashamed and freely our selves.

He wants us to know Him and be fully known by Him.

What do you think?

Are any of the reasons surprising?

Is there any reason God created sex that resonates with you?

These reasons are the foundation for the truth about a great sex life.

Anything we do or desire to do in our marriage bed can be measured against these reasons that God gave us the gift of sex.

I don't know that we necessarily experience all of these reasons in one encounter with our spouse,

but if we are repeatedly experiencing only one or two,

then are we experiencing God's full blessing in our lives?

Maybe we need to stretch ourselves – knowing that we are stretching toward a safe, good and holy goal?

Your body was created to be sexual and to experience sexual pleasure as part of the image of God. Your sexual drive speaks to the innate, God-given passion to connect, commit, celebrate and share yourself in the most intimate way with another human being. – Dr. Juli Slattery, *Authentic Intimacy.com*

Solomon's Bride

How do you describe a good Christian wife?

Does she have hot sex with her husband?

How can we be both Godly and sensuous? Solomon's bride, whose sexuality God blessed and approved of, provides us an example to emulate with confidence. We need to be:

1. **Responsive** – Let go of control, **be in the moment with our spouse**, allow our self to receive pleasure and show him how much we enjoy it. **Express feedback.** (Song 4:16)
2. **Adventurous** – **Try new things or new places**, initiate, avoid putting limits where limits are not required, and **not hide our body from our spouse.** (Song 7:11-13)
3. **Uninhibited** – Tantalize our husband, **tell him what we want him to do – don't hint**, don't hold back our responses, feel freedom to initiate and suggest new ideas, not be distracted by how we look or sound, and reveal our wants and dreams.
Ex. Whispering in the morning. (Song 2:16, 4:16, 7:1-3)
4. **Expressive** – Be verbally free, show what we feel, **compliment our husband (his character and body, focus on positives, appreciation changes our perspective and builds him up), and seduce him with our words.** **Story starters or write notes** to our spouse – often easier to write than say. (Song 1:16, 2:3, 2:16)
5. **Sensuous** – In II (p. 14) sensuous means “alive to the pleasure to be received through the senses.” **Use all five senses to experience pleasure with our spouse,**
We'll talk about using senses in Lesson 4.
recall memories or meditate on our husband's body to prepare our self.
It is ok to **fantasize about our husband** and to **enjoy thinking about his body.** (Song 5:10-16)

Christian women should be the greatest of all lovers on earth because, as believers, we not only possess physical passion, we have the ability to infuse holiness into our sensuousness. – Intimate Issues, p. 19

God wants us to have these characteristics in our marriage bed but also in all of life. They can all bring us closer to Him, too.

These characteristics actually remind me of little kids. They are playful and freely themselves – why do we lose that? I don't think we are meant to lose it.

Mathew 18:1-4 says:

About that time the disciples came to Jesus and asked, “Who is greatest in the Kingdom of Heaven?”

Jesus called a little child to him and put the child among them.
Then he said, “I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven.
So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven.

Evokes picture of little girl dancing in the rain with unrestrained delight.
Fully embracing experience without care.

(Other characteristics that kids have that build intimacy are trustworthy and dependent.)

We must commit to move forward in our journey to becoming the Godly and sensuous lovers that God created us to be.

Discussion Question

1. Why do many of us think there is a division between being sensuous and Godly?

I challenge you to think about which of these characteristics of Solomon’s bride you relate to and which you don’t relate to and why.

What changes do you need to make?

Choose one area and take one small step toward growth.

Then choose another one. Then keep going.

Commit to becoming the godly and sensuous lover that God created you to be.

Sex is perhaps 80 percent imagination and mind and about 20 percent friction.
– Dr. Douglas Rosenau, *A Celebration of Sex*

The Power of the Mind

Most women know how hard it can be to connect with our husband when our mind just isn’t into it. It seems that our minds have this giant toggle switch, and when it is “off,” it doesn’t matter what our husbands do, we won’t enjoy it.

And sadly we can choose to flip the switch off in an instant – when we hear a baby cry, when we catch our husband giving us a wrong look.

In order for our switch to be “on” it helps to feel:

1. Safe – protected, respected and cared for.
2. Relaxed – we need to transition from mommy or employee to _____.
3. Loved – with our love language, through non-sexual touch, and with eye contact.
SOS is filled with connecting eye contact. Turn off the screens!

4. **Known** – we want our husband to learn to read our body and hear what we really mean when we speak.
5. **Beautiful** – our husband’s guarded eyes lead to him being enraptured by us and our body, he shares his thrill by complimenting us.
6. **Wanted** – he is not doing it just for us, but because he loves doing it and is amazed by us. We want to know that he is crazy about us!

Did any lightbulbs go off? These are real things!

It’s up to us to communicate these needs to our husband with tips on how to help us achieve these things. This can be great vocabulary for conversations. Don’t leave him in the dark.

But ultimately, we must choose to flip the switch on – or back on if we’ve been interrupted. Let’s not let circumstances control us or limit our connection with our husband.

We must realize the power of harnessing our minds to jumpstart our bodies as we engage with our husband as well. Do Christian women allow themselves to think “like that” and is it “ok?” It is ok for Christian women to think “that that.”

1. **Did God create sex before or after the fall in the Garden of Eden?**
Before the fall. In the midst of perfection, husband and wife became one flesh. (Genesis 2:24)
2. **Did Jesus experience sexual thoughts and temptations?**
Yes! The Bible tells us that Jesus was made like us in every respect; fully human in every way. (Hebrews 2:17)
3. **Are sexual thoughts wrong?**
Hebrews 4:15 tells us that Jesus was tempted in every way, but did not sin. Sexual desire itself is not sin. It is actually God’s good creation.

God is the One for whom we were created - the One for whom we long. We are meant to yearn for God and His good creation, including sex and marriage, should point us to Him.

Sexual thoughts can be wrong. For example, if we are fanaticizing about other men or sexual acts that outside of God’s boundaries.

However, having sexual thoughts in good and healthy ways is encouraged and can add enjoyment to marriage.

We must give ourselves permission to think sexual thoughts.

That is the point of the daily articles – to keep sex on our mind.

Think about it, Philippians 4:8 tells us to fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

Sex within marriage is those things. (1 Timothy 4:4 says all God's creation is good.)

4. What is lust?

The Bible has many warnings about lust.

Matthew 5:28 tells us that anyone who looks lustfully has already committed adultery.

But lust extends to so much more:

Romantic notions, erotic novels,

desire for someone other than spouse,

even comparing husband to others or ideal man instead of encouraging him.

We will talk more about this in Week 4.

Scripture explicitly warns against lust. Avoid these things.

5. What role do sexual thoughts play in our arousal?

For women, everything!

Our brain controls whether our body engorges with blood;

whether things will feel good or feel bad.

For women, our pleasure during sex is largely dependent upon where we are mentally.

10% is physical stimulation.

90% is in our head – how we feel about our husband,

how connected to him we feel, and how we feel about sex – our beliefs.

It is very hard - to nearly impossible - to orgasm without engaging our brains.

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

Hebrews 4:15

Our sexual response is made of a composite of three things:

1. Physical stimulation.
2. Our connection to our spouse.
3. Our beliefs about sex.

We also have to intentionally work on our mind games, mental distractions, and to-do lists.

And.just.be.present. Fully in the moment.

We need to practice being present in all situations, not just in the bedroom.

Which is a challenge because it takes trusting God to fill the gaps.

If I stop multitasking, then I might need more time.

But being present increases investment in relationships,

Allows us to love others as God desires us to do,

and increases our contentment.

If we must choose between quality over quantity

Then let's choose quality if comes down to it.

Make memories.

Do you feel like your mind limits your experience?

Have you talked about this with your husband?

This was a total surprise to my husband.

A big ah-ha moment to understand that my brain can be such a barrier to engaging and enjoying sex.

I think most men are wired where physical stimulation can override where they are mentally; they have a point of no return; an orgasm inevitability.

Most women are the opposite; we can shut down on the brink of or even during an orgasm.

In the Awaken-Love Men's Edition, husband are taught that

if their wife is not mentally willing to participate,

then there is little he can do to give his wife pleasure.

It's that important.

We have a choice. We can prioritize connecting with our spouse or we can allow sex to get boring or even stop all together. As we age, our physical responsiveness naturally decreases. It doesn't get easier physically. However, through the years, if we are deepening our emotional and spiritual connection, then we can look forward to having some of the best sex of their lives as an older couple. We gotta get our head in the game now! That's the importance of pursuing a lifelong journey of knowing, and being know by, our spouse.

God desires that a husband and wife be naked and unashamed, glorifying in the giving and receiving of exquisite pleasure and rejoicing in the intimate oneness that sex brings. – *Intimate Issues*, p. 11

Homework

1. Reading – the chapters are not in order.

- Song of Songs – Read Chapter 7, thinking about the freedom the couple enjoys.
- Intimate Issues Chapter 6 – Where Can I Go to Buy a New Body?
- Intimate Issues Chapter 8 – How Can I Get Over the Guilt of Past Sexual Sin?
- Sheet Music Chapter 2 – A Crowded Bed
- Sheet Music Chapter 11 – Turning Off the Turnoffs
- Sheet Music Chapter 16 – A Whale of a Tail

2. Application

- Kegel Exercises. Have resource in back of curriculum and articles from last week.
- It's your turn! Have your husband give you a sensuous massage. Experience the enjoyment of receiving, focus on staying in the moment **BE PRESENT**, focus only on what is happening and practice letting yourself be felt. You will receive an article that you can give to your husband or edit and then give to your husband. Be responsive. Give him an "Atta boy"
- Next week we will talk about baggage, lies and body image issues. Bring one lie about sex or piece of baggage from the past to share next week. When discuss baggage next week, let's focus on the impacts rather than details of our stories. Not how you acted out, but why.
I encourage you to write out your sexual history this week as well.
Start at your earliest childhood memories and work your way to the present.
Think about things that shaped who you are
And if they affected your attitude about sex or yourself
Or how you view men or your freedom in your marriage bed.
Then talk to God about it – pray for forgiveness and healing and receive wholeness He offers.

Think about It!

Questions to consider on your own, with a friend or with your husband after completing the reading homework. These questions will prepare you for next week's class discussion.

If you talk about the lies/baggage with your husband, then focus on how you have let them affect your marriage bed, rather than details.

Ex. I didn't trust men v.s. I had x partners.

1. What lies about sex are hampering your marriage bed? Make a list of the lies about sex that the world, your upbringing or anyone else has fed you. Replace them with God's truth.

2. Do you have sexual sin from your past that you have not repented and been cleansed from? Ask God to reveal memories to you so that you can make a complete list of your sexual history, pray over it and be done with it. Ask God to free you from this baggage and renew you.
3. Are there body image issues that keep you from enjoying freedom with your husband?
4. How have childhood and early experiences shaped your ideas about sex?

Close reading quote on page 10 of Intimate Issues

“The world has desecrated God’s beautiful gift of sex. ... rejoicing in the intimate oneness that sex brings.”

Closing prayer

As we see Your design, help us to view our own marriage beds from your perspective.
Give us an honest assessment of strengths and areas to give more effort.
Help us humble ourselves and be open to Your healing.
Close our ears and eyes to messages of the world and fill us with Truth
Remind us to give ourselves permission to engage minds.
Help us become the sensual women you created us to be.

Next week we will tackle the lies, baggage and body image issues that hold us back.
It can be heavy but it is the path to freedom!

Week 3 – Naked and Unashamed

Bring Husband Homework #1, ALC flyers and Care Ministry cards - on every chair, and the books *Surprised by the Healer* and *ALC Studies*. Write male resource contacts on board.

Main Points –

1. God desires us to be free in our marriage bed.
2. God is a God that heals us, forgives us and makes us new.
3. We must constantly guard against lies about sex.
4. We must constantly deal with baggage as it is revealed.
5. Realize God made you absolutely unique and beautiful.
6. Receive our husband's affirmation of our beauty and learn to enjoy his eyes on our body.

Opening Prayer

Help us to focus as we talk.

Be ever aware of your goodness.

Give us clear thoughts and courage to confront lie and baggage.

May your Spirit be evident.

May we be Jesus to one another – extending grace and comfort.

Give us a taste of the wholeness and freedom that You desire for us.

May we run after you!

Anyone have thoughts or feedback on the homework?

Massage: Enjoy it? Being in moment?

Results – more attracted, more connected, communicated more, affirmed that he liked what he saw and felt

In my experience, the more you practice the massage, the more relaxed, the less self-conscious and the more present that you become. Keep doing it!

Any thoughts about last week's chapter reading or Daily Articles? Or Think about It questions?

Song of Songs – Chapters 3:6-5:1: The Wedding

If not a reader, then I encourage you to close your eyes and listen.

1. The wedding night.

There is so much here!

This is their wedding night.

He builds excitement - preparing his Beloved through his words. He woos her.

Solomon is free with His words - men often express emotions safely in the marriage bed.

v.4 - Neck is tower = her queenly bearing, majestic appearance
v. 5 - Breasts like fawns = softness, entices you to caress.

v. 4:6 repeats the timing in 2:17 "Until the day breaks and shadows flee"
Before their wedding, he left during this refrain.
Now that they are married, he will stay and enjoy her.

v. 4:7 "there is no flaw in you" - though she did not meet standard of beauty in society with dark skin, she was "all beautiful" and perfect for Solomon.
A woman is beautiful in the eyes of her lover simply because he loves her.

Having been raised in the country, Solomon's bride likely understood and appreciated the comparisons in Chapter 4.
Later, after she's been royalty awhile, he adds in more royal comparisons.

v. 4:8 – leave the past and fears behind to focus on us.
Note how much he focuses on her needs rather than his own.
He reassures her.

v. 4:9 – "with one glance of your eyes." Eye contact is important.
v. 4:11 – What kind of kiss allows him to taste under her tongue?

v. 4:12 – "sealed fountain," "spring enclosed," – he is praising her virginity.
Her "garden" – which refers to her genitalia - is pure - "closed" "locked up"
It hasn't been shared.

Later in v. 15, her fountain is described differently.
v. 4:15 – she is now "a well of flowing water."
She refreshes him. A spring is ever-changing, never the same, always new.
Remember last week when we read Proverbs 5:15-19?
In marriage, it is appropriate for her spring to flow.

v. 4:13 – He references a large variety of plants in her garden.
Lots of options and different combinations for them to enjoy together.

v. 4:16 – She is not passive! Hubba hubba!
After being built up by him from head to toe, she is ready.
This is her invitation for your husband to fully possess (come into) her.

5:1a - He has enjoyed wife.

2. God's encouragement to "Eat, O friends, and drink; drink your fill, O lovers."
v. 5:1b - God encourages them to "Eat, O friends, and drink; drink your fill, O lovers."
This is the culmination of the night. God instructs them to drink to the point of intoxication.

Different versions of 5:1b say:

- Be drunk with love - ESV
- Drink deeply of your love - NLT
- Imbibe deeply - NAS
- Drink abundantly - KJB
- Drink freely - NET

Notice there is no shame, no embarrassment, no limiting enjoyment, and no regret.
This is morally permissible ecstasy.
The intensity of their love is connected to super abundant happiness.

How do you feel after hearing that?

How does God's encouragement to them affect how you feel about God?

Does it change how you feel about talking to God about your sex life?

How often do we drink our fill, get drunk with love?

Do we intentionally take the time needed to even make that possible?

Only God would have been the "guest" in their marriage bed.
God approves of their love and invites them to enjoy sexual love in marriage as if it were a banquet.

Mixer Question

1. When have you felt the closest to your husband? Why?
Could be something big or small. There are no wrong answers.

Past answers:

- Family death or new baby
- Praying together
- Wedding
- Resolving disagreements or going through struggles.

There are many ways to create intimacy –
sometimes it is the joyful stuff, sometimes it is the hard stuff.

Ask your husband when he has felt the closest to you and why.

**Life in Lubbock, Texas taught me...that sex is the most awful, filthy thing on earth.
And you should save it for someone you love. – Butch Hancock, singer, songwriter**

Tonight we'll tackle lies, baggage and body image issues.

All things that rob us of freedom and joy in the bedroom.

I am increasingly convinced that everyone has baggage and mistruth holding them back.

That's why talking about it is so important – so we can ask for healing and forgiveness and replace it with truth, wholeness and freedom.

Ready to go?

Lies about Sex

We are continually inundated with lies about sex in general and sex within the covenant of marriage. The world has believed Satan's lies – which are his native tongue and his favorite tool for keeping us in bondage. As a result, sex has been perverted from God's good and holy design. Our upbringing, our church, the media (oh my, THE MEDIA!!!) and even well-meaning friends can lead us astray. What lies are impacting your marriage bed? What lies are impacting who we are as a woman and who our husband is as a man?

Lies about Sex outside of Marriage	Lies about Sex within Marriage
<p>From the Church</p> <ul style="list-style-type: none"> -Sex outside will feel awful (but actually can feel great/adrenaline). -Good girls don't. -Masturbation is a dirty word. -Physical virginity = pure (denies heart, porn use, other act permissible) -Must do it every 72 hours 	<p>From the Church</p> <ul style="list-style-type: none"> -Following God's plan = magical sex life, happen naturally. #1 -Shouldn't talk about sex; Church's silence on sex/SOS -Sex only acceptable for making babies. -Sex is just way to serve your husband, put up with it. -Christian wives don't have strong sex drive -Limit enjoyment – too much is sinful
<p>From Our Family</p> <ul style="list-style-type: none"> -Boys can't control themselves, lust machine, their purity is impossible. -Should save for marriage, but acknowledge might be unrealistic without solution. -Men will take from you; stay away from boys; can't trust men. #3 	<p>From Our Family</p> <ul style="list-style-type: none"> -Example/lack of preparation suggests not a priority. -Old people don't have sex/don't enjoy it – no need after menopause or hysterectomy. -Sex is something you do for your husband -Moms don't have hot sex.
<p>From the Media</p> <ul style="list-style-type: none"> -It's just physical. No emotional/spiritual consequences. #4 -Sexual history will not impact future. -Men always want it. -Women always orgasm/simultaneous common. #2 -Not a big deal/acceptable. 	<p>From the Media</p> <ul style="list-style-type: none"> -Husband always higher drive. -Wife is uninterested/reluctant/doesn't enjoy. -Sex is only physical for husband - not connecting. #4 -Don't need directions, advice or encouragement. #1

<p>-Sex is easy. Men know what to do. #1</p> <p>-Out of touch if not doing it.</p> <p>-No weird sounds; no mess.</p>	<p>-Husband wants wife to look like model.</p> <p>-That outside stresses will not affect our husbands' sex drive.</p> <p>-Sex is boring after kids or married awhile.</p>
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1. That sex is easy for everyone.

Sex doesn't magically fall into place just because you waited.
 Your husband doesn't necessarily know what to do.
 He likely reads less about sex and is less informed about what works for women.
 If he has porn in his background, then that skews what he thinks works even more.
 You may have to figure out how to do things on own and lovingly teach him
 or explore together. It is our privilege to discover how things work together in marriage.

2. Intercourse always satisfies a woman.

On TV, yes. In reality, intercourse alone brings about 1/3 of women to orgasm.
 Will talk more about this in Week 5.

3. Men will take from you.

We are told boys don't have self-control.
 30%+ of girls are abused by the time they are 21.
 We are inundated with stories in the media of men hurting women.
 Godly men are respectful of women and love their wives.
 They desire to serve her, refresh her and fill her up.
 Let's be careful not to project wrong motives or characteristics on our husbands.
 God can heal us from past hurts.

4. It's just physical.

Clearly that is not God's design.
 Communicate with your spouse about what intimacy means to you spiritually and emotionally.
 Martial intimacy is not the shallow and cheap thrill that you see in media, affairs, etc.
 Martial intimacy makes us into One
 allows us to get to know each other
 and gives us the opportunity to share ourselves in ways we will with no one else –
 it's mysterious and invaluable.
 This is important to share with our kids!
 Men get a bad rap for sex being just physical, but women are just as guilty.
 Women have two hormone spikes each month that motivate them to run into their husband's
 arms.
If that is the only time we "feel like doing it," then isn't sex just physical for us?

Thanks for tackling lie.
 We must always be on guard about what we are believing,
 And measure against God's design.

Baggage from the Past

Whether big or small, we all have baggage from our past.
We are all broken.
Our brokenness is often most painfully experienced with respect to our sexuality.
And our sexuality is central to the way we think and feel about our self.
It easily becomes a tangled mess that we want to hide.
But secrets hold power over us.
They lose their power when we bring them into the light.

We all have baggage.
We all are also God's beloved.
Bad things happening to us do not change how God loves us,
values us, or reduce how He can use us in His service.

Don't let fear of embarrassment, judgment, or being labeled (victim, damaged, broken, etc.)
stop you from seeking help or sharing your experience with someone.
The goal is to eliminate secrets.
The enemy loves secrets.
The Bible says everything will come into the light eventually,
so why give Satan temporary ammunition?

I remember a *Word Girl* episode – on public television –
where the bad guy knew everyone's secrets.
His super power was the ability to share those secrets,
so everyone submitted to him to protect their secrets.
It's a kids cartoon, but it's so true.
It is a super power to control and manipulate people through secrets.
Let's take that power away from the bad guys!

There are ministries at Grace and beyond to help –
share about local ministries and resources – Celebrate Recovery, ReEngage, Care Ministry (10x)
and Austin Life Care (sexual abuse, sexual healing, miscarriage and abortion).
Flyer - if you don't need info pass it on to a friend.

Purity of the soul cannot be lost without consent – Augustine

Are we good?

We all have baggage from our past. The question is whether the lies, guilt and shame
are left at the foot of the cross or brought **we will bring it** into our marriage **bed**. Whether
toting an overnight bag or pushing a luggage cart, we must address our baggage with

our Heavenly Father. Only He can free us, restore us, and redeem our past for His glory.

Only God can free us, restore us and redeem our past for His glory.
Until we leave our baggage – our lies, guilt and shame - our secrets –
at the foot of the cross,
we are bringing it into our marriage bed.
If you have never gone through your sexual past, then I encourage you to do so.
Identifying our baggage and being set free from it
can lead to an awakening.
So where do we begin?

Common sources of baggage are:

1. Guilt of promiscuity.

Having previous partners to compare our husband to can lead to discontentment.
Having our body trained to respond to specific ways of pleasure - from a previous partner- can make things trickier with our husband.

2. Baggage can come from husband's past as well. Anger or unforgiveness regarding our husband's past relationship(s).

Pray that you will stop revisiting, stop poking for details, stop trying to read between the lines and just let it go.

3. Husband's unfaithfulness or lust. Whether this be physical or porn.

4. Abuse. If you haven't talked to someone, then you gotta! No matter how long ago or how minor you can rationalize the experience to be.

...I have found guilt over previous sexual experiences, and a sense of being bound to previous sexual partners, to be one of the most common hindrances to a greater enjoyment of sex within marriage. - Kevin Leman, *Sheet Music*, p. 208

Baggage can also include:

emotional ties, thoughts, innocent child's play,
conversations, things exposed to growing up,
physical experiences that you were willing or unwilling to be a part of,
messages from influencers in your life like your family, church and friends –
“grin and bare it”, “don't do it” ...there's a lot at play.

But it is worth the hard work of going through your past.
God's results will be a huge help to your marriage bed.

I personally think that it is only through our healing process
that we understand the full impacts of our baggage.
We're so used to carrying it around, that only when we are healthy,

will we realize just how sick we were.

If there is trust and intimacy in the group, then you are encouraged to step out in faith and go around the room briefly sharing baggage and praying over it.

It is powerful to verbally share our struggles and pray with a sister in Christ.

Everyone has baggage.

Let's go around the room to share one thing - big or small - that you carry.

We can pray for you.

If you want something from God, then ask Him for it and we will stand in agreement.

What does it feel like to have shared?

There is freedom in bringing our muck into the light.

Thanks for being so brave and sharing.

How to Get Rid of the Lies and Baggage

God can heal all this.

Our past formed us, but it does not have to control us. Secrets hold so much power over us, but when we share those strongholds with a fellow believer in prayer, healing takes place. **God may heal you in an instant, or it may happen over time, but God will heal you. Nothing is too big or too complicated for Him to heal and redeem.**

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

– James 5:16

1. Ask God to reveal the full extent of the lies, past mistakes, hurts and/or unforgiveness that you have held on to.

As you consider your baggage, I encourage you to:

Share wrong attitudes resulting from past experiences.

Ask God to show you needs you tried to satisfy through dysfunctional or out of bounds relationships?

Ask what is a scar or expectation came from?

Ask when a fear took root?

Ask God to show you all of your memories,

And to expose every thought or action that was/is outside of His design for intimacy in marriage.

It can be helpful to journal the memories that the Spirit brings to mind.

Pray with your husband over regret and resentment.

Give yourself time to do this.

You need time to process the emotions that will come up.

You are not making a grocery list.

This is heavy emotional stuff.

And most importantly, be super sensitive to the Holy Spirit.

2. Repent and ask God to help you fully forgive yourself and others, to neutralize memories and to replace lies with truth.

Pray specifically for memories to be erased or neutralized, flashbacks gone, and complete healing.

Ask God for specific verses to be given to you to replace the lies.

When embrace truth and our pains are emotionally neutralized, then we can use our past to help others.

3. Actively receive His forgiveness and healing for past mistakes and hurts. Ask for help if necessary.

Actively. Because it takes intention.

It's so important to understand God's forgiveness.

He makes us new.

This was huge catalyst for me during a Bible study on forgiveness.

God forgives completely,

but we also have to forgive our self and really surrender/let go of the past.

I kept waiting for a moment in time where I felt different – there was an obvious change.

Maybe that happens for some people.

But sometimes we have to step into the healing and forgiveness God offers us.

We have to believe on faith that it has happened

And move forward differently even if it doesn't "feel" different at first.

Healing allows us to be more present with our husband,

which increase our connectedness and enjoyment in and out of the bedroom.

4. Fill yourself with truth and new expectations through prayer and by reading Scripture and other Christian resources.

How do we fill ourselves with truth?

Read Scripture – God's word.

Listen for the Holy Spirit to guide you.

Talk to your husband and supportive girlfriends.
Read Christian books and blogs.
Listen to God orchestrating reminders of Truth from sermons, family and friends.

It is a spiritual battle to stay focused and believe truth.
The manipulative, power hungry world
is battling to pull us into darkness, self-doubt, fear, and shame.
Fear and shame lead to silence.
Instead, actively pursue Truth. Talk about it. Seek it out.
Don't aim to replace what you had; aim for God's newness.

5. Practice walking in freedom by taking small steps to create new memories.

We have to walk in our new freedom.
It may not feel different as we take our first steps,
But we can be confident that God has changed us.
He has made us new and given us new capacity to experience His design.
Making new memories – to fill our cistern –
requires being engaged and mentally present with our husband.
It requires believing that God has made it possible for you to experience more and leaning into that.

In *Intimate Issues*, a wife said that her “abuse actually forced us into deeper intimacy because we had to work so hard at making each touch beautiful and meaningful.” (p. 171)

Yes!

6. Stay present with your husband by talking and opening your eyes when you are intimate together.

Strive to stay in the moment, emotionally connected and sharing what you are feeling with your husband.
Be real – I'm feeling vulnerable, I'm scared but excited, I'm so thankful for the freedom to do this.
And remember how eye contact is in Song of Songs?
It reassure. It connects. Make it a priority.

7. Be open to opportunities to share your experience to help others.

God comforts us in all of our troubles, so that we can comfort those in any trouble. *1 Corinthians 1:3-5.*
When we are willing to share our stories
of pain, surrender and healing,
Then we can call others out of the darkness
And help them find the courage to put words to their pain.

God will use us in ways that blow our minds if we are open to being an instrument of His.

Part of class is to equip you to minister to other women.

Our hope is to help you feel confident enough to share your story.

Ex. Woman who felt empowered to put words to her story after hearing mine. Then updated that she's talking to women, practicing.

Although sharing your past and painful experiences with your spouse and others will create intimacy, carefully discern how much detail you need to share. The important part is sharing how you allowed your baggage to affect your marriage bed and relationships with God and others.

Share in a way that your story is about being made whole, not injuring your husband, those who hurt you or anyone else.

Before we move on, let me say,
getting rid of baggage and lies is so much more important than the nuts and bolts of sex.
This is becoming who God made you to be
so that you can offer your whole self to your marriage,
so that you can be known and grow in intimacy with God and your husband.

Working through my own baggage -
in order to be whole and healed -
for my life, for my marriage, for my family, and for God's service -
is the least that I can do out of gratitude for Him.

Also, as many "bad things" as I experienced,
I was spared from lots of potential consequences.
Psalm 124 says – “If the Lord had not been on our side...” and “Our help is in the name of the Lord” Even when I didn't regard Him,
He watched over me.
He cares for you, too.

Any thoughts before we move on?

“God redeems what we have forfeited. God makes the broken whole. God heals the sick and opens to us - again - the good delights of the garden.” - Faithful p 50

**See the Healing Resources page for recommended Bible studies
and books that address sexual healing.**

Walk through resources.

Body Image Issues

Female dissatisfaction with their appearance can begin at an early age and often continues for a lifetime. This may come as a surprise to you, but The vast majority of adult women are unhappy with their bodies. The very same bodies that God fearfully and wonderfully made.

Many women do not see an accurate reflection of their bodies in the mirror or in their minds. This lack of self-acceptance makes it challenging to feel attractive and to share our body with our husband. Whenever we criticize or hide our body, we are essentially saying that our body isn't good enough for him to be amazed by. Conversely, in all stages of our marriage, our husband is captivated by the perfection of our body for him.

Men like curves – the very curves we despise.

Each of us is a unique creation.

Our individually was given to us by the One who has chosen us with an everlasting love – a love that existed from all eternity and will last through all eternity.

How does our self-image change when we think about our self that way?

We challenge you to love all of the body that God gave you.

How can we be open to our husband loving our body if we don't?

Women cringe at the thought because the world has perverted this into selfish, entitled self-love. That's not what we're advocating.

Loving our self is biblical.

The Bible tells us to love our neighbor as we love our self. (Mark 12:31)

Clearly, self-love is good and holy when done according to God's design.

God calls us to look at our body with gratitude.

Making the choice to do so will lead us to see ourselves as God does

So that we stop believing the lies of this dark world.

Under the reign of sin, our bodies and sex are connected to shame.

Sin causes us to hide from ourselves and each other.

“Self-rejection is the greatest enemy of the spiritual life

because it contradicts the sacred voice that calls us God's beloved.” *Life of the Beloved by Henri Nouwen*

What kinds of things make this struggle more challenging?

1. Looking at magazines.
2. Focusing too much on your outer beauty.
3. A husband that has not kept his eyes pure.
4. Comparing ourselves to others.
5. Husbands comments – about others, us, or silence.

6. Only seeing the things we dislike instead of the things that we like.
7. Comparing our pre-baby body to our post-baby body.

Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us God's beloved. – Henri Nouwen, *Life of the Beloved*

Be Encouraged!

God's desire for us and our marriage bed is freedom from the lies, baggage and body image issues that steal our joy. He wants us to love our body and be encouraged by our husband's thrill as he takes in our beauty. What can we do to walk in this truth?

(Go around and have women read the points.)

1. It is impossible to live up to the world's standards, so stop looking at them.

Most of what we see isn't real anyway these days.

If it is, then it was for a moment in time after several laxatives and a week of cleansing shakes.

No thank you!

2. Know that God made you unique and beautiful. He doesn't make junk or mistakes.

Everyone has parts that they find really unique and attractive. Make those your focus!

3. A pure husband should be your standard. Your aim is to enrapture him and only him.

Truly, who needs to think you are beautiful?

God, yourself and your husband.

Seek to please God and the man He gave you to love.

4. Take care of what God gave you. Strive to be healthy so that you will feel good.

Exercise for the endorphin release – which is a mood enhancer and helps with sex – not just to feel stronger.

Better circulation and blood flow = more responsive.

5. Spend time focusing outward by serving others. Let your inner beauty shine.

6. Dress confidently in clothes that flatter you.

It's worth putting effort into at least having some go-to "I feel great when I wear this" outfits.

It's easy to put ourselves last in terms of the family's clothing budget,

but we don't have to spend a lot to refresh our wardrobe.

Ex. Capsule collections, styling services, clothing swaps with friends, consignment and outlet stores, etc.

7. Believe your husband when he says you are hot, sexy or beautiful. Enjoy your husband's thrill and adoration.

Take his compliments at face value,

don't search for lies or hidden meanings
or question his sanity!

Listen to the one who loves you.

Give his compliments more weight.

8. Enjoy soft lighting and take a peek at yourself once in a while.

If you never see something, then it is shocking when you do see it.

Get comfortable just looking at your naked body.

Stand in front of a full mirror before you shower or while dressing.

9. Live out of a fullness instead of an emptiness.

Do you remember the story in *Intimate Issues* when Lorraine stood in front of a mirror and examined her body from head to toe? (p. 57-58)

She started off disgusted and ended in repentance and praise.

We often look in the mirror and focus on the parts we'd like to change.

Instead, find features of your body that you do like and admire those.

Don't insult your Creator by ignoring those wonderful qualities.

Thank God for parts of your body that function properly,

for your husband who wants to enjoy your body,

for your body's ability to produce life and pleasure.

When we can rejoice in the body that God gave us, then we exude confidence.

Remember, when He skillfully crafted you, He said, "This is good."

10. Choose confidence and self-acceptance.

Our inner attitude has a much greater impact than external factors.

"Choosing happiness and self-acceptance can do as much (if not more) for your sexual confidence as losing those ten vanity pounds or getting any surgical procedure done." — *The Sexually Confident Wife*
p. 100

Self-acceptance gives us the freedom to give and receive pleasure
without being distracted by what we might look like.

That is a BIG turn on, my friend.

Men don't usually let insecurity dampen their sexual confidence. [Why do we?](#)

For me, because God loves me so much,

I can't help but pursue right thinking and seeing myself as He does.

It is an overflow of how good He is.

When we keep choosing to see ourselves in the light of God's truth,
we become more and more radiant.

Anyone have any thoughts before we wrap up?

Good girls grow into wives who possess incredible power to give and receive sexual pleasure. - Giving Up the Good Girl, <http://christiannymphos.org>

Homework

1. Reading

- Song of Songs – Chapter 5, focusing on how the couple communicates and uses their five senses.
- Intimate Issues Chapter 15 – How Can Sex Go from Boring to Sizzling?
- Intimate Issues Chapter 17 – What’s Not Okay in Bed?
- Intimate Issues Chapter 18 – Are Quickies Okay with God?
- Sheet Music Chapter 13 – Your Sexual IQ

2. Application

- Keep doing your** Kegel Exercises.
- Pray about the baggage and lies in your marriage bed that you want to get rid of or heal from.** After your time with the Lord, take some practical steps to move forward. If helpful, then create a reminder of your forgiveness and healing.
- Greet your husband with a 15 second kiss or hug – whatever works best to physically connect - every day this week.**
The goal is to disconnect from everything, relax, quiet your mind and come together.
- Body image HW - Take a shower with your husband, if he is willing, this week.**
Experience each other physically and be comfortable in the skin God gave you.
Adam and Eve were naked and unashamed.
You were sent an article about showering together today.
- Wear some under garments that you feel attractive in this week. Go purchase some new undies if you need to!**
YOU! Not what your husband will think is sexy, but what makes you feel confident and sexy.
Could be different color bra, new undies, or whatever else comes to mind.
It doesn't have to be expensive or from a store that makes you feel uncomfortable.
But it cannot be sold in a multi-pack!
In my experience, selecting a new cut created a new awareness – from the seams, where the undies touched or didn't cover.
- Your husband has a secret homework assignment this week. No peeking!**
It's your first husband HW! Don't peek!
You may or may not know if he does it. Maybe he already does this.
If he does something new, then don't ask if it is the homework.

Make sure your husbands knows you don't know what is in there, so he has freedom to do or not do it.

Just be content with him getting the assignment.

There will be an assignment each week through the end of the study.

Think about It!

Questions to consider on your own, with a friend or with your husband after completing the reading homework. These questions will prepare you for next week's class discussion.

1. Do you have preconceived ideas of what is ok, or what is "real sex," that you have brought into your marriage?
2. Think about some creative ways to add sizzle to your sex life based on Song of Songs.
3. Is it hard to talk about sex with your husband? Why?
4. Make a list of ways that you can make your bedroom more romantic.
5. Do you have specific questions about "Our Stuff" or "His Stuff?" Email questions or topics that you would like covered.

Next week we talk about God's boundaries within marriage, communication, using our senses and making our bedroom more romantic. It's a fun week.

We are half way! Taking this class is not always easy.

Change can be hard, especially for our husbands.

It seems like the first few weeks of class, women are often excited to love on their husbands and to experience change,

and quite often after a few weeks, we start to wonder, why isn't our husband doing anything? Why do we always have to be the one?

Keep your focus on God.

He will give you the strength to be the woman that He calls you to be, no matter how your husband acts or reacts.

Make God your first love - the one that fills you up and completes you.

Continue to put yourself out there, to be vulnerable and real.

Continue to look inward and ask God to speak truth to you.

Influence your husband by encouraging him in the little things that he does well.

See your husband as the man that God created him to be and challenge him to live up to that.

Give your husband the benefit of the doubt

and have compassion for him as he deals with his own baggage.

Pray with and for your husband.

God will give you everything that you need.

There is nothing easy about giving yourself completely to someone else, but it is so worth it.

Instead of closing prayer - group prayer tonight?

Any prayer requests?

Pray

Protection of marriages

Build trust and vulnerability

Be known on deeper levels

Week 4 - Boundaries, Communication, Exploring the Senses, & Romantic Bedroom

Bring Husband Homework #2, *Fantasy Fallacy*, chocolate, candles and/or fabric and “Freedom” sticky notes.

Main Points –

1. For boundaries – go the source and design of God, be discerning of the Holy Spirit for your marriage
2. Communication is how we “know” each other
3. Focusing on one of the senses can be one of the most effective ways to get out of your head during sex.
4. Your bedroom should help you transform from _____ to lover.

Check in on everyone after last week.
This week is lighter, a fun week.

Opening Prayer

Continue to open our eyes to your truth
Keep us sensitive to lies and baggage that are uncovered – quick to bring them to You.
May we feel loved by your providing us boundaries.
Embrace being safe to freely explore within them.
May we marvel at your design for our marriages and our bodies.

Anyone have thoughts or feedback on the HW?

15 second kiss
Shower
New undergarmets

Last week’s chapters and article reading?
Think about It questions?

Song of Songs – Chapters 5:2-6:13: Indifference and Reconciliation

1. Another dream and guilt personified.
v. 5:2-8 - The honeymoon is over.
v. 2 - No longer called “bride” but instead called by other terms of endearment.

We have another dream sequence.

It's the middle of the night and Solomon comes in looking for some action.

v. 5 "dripping with myrrh" indicates his desire is more than just coming inside room.

She already got cleaned up and ready for bed. She is settled.

v. 3 - Must I put my robe on again! Essentially, this is seriously inconvenient and not what I had planned!

There are two sides to this dream to consider.

First, it's the middle of night.

Who knows how many to-do's Solomon's bride has on her list tomorrow!

Our husband does needs to be sensitive to us

(already turned in, big meeting tomorrow, sick kids, etc.)

Second, as wives, we also need to be open to the idea of changing plans.

(It can be hard to change our plans.)

Maybe we need to jump on board sometimes.

But rarely does a wife regret doing so in the end.

After he approaches, and she turns him away, she reconsiders and regrets saying no.

Just thinking about him, her desire grows and she goes to find him.

This time the watchmen of the night don't help her find him like they did before (3:3), they beat her (5:7).

The beating is her guilt personified. Things twist weird in a dream.

Essentially, her selfishness is the cause of their separation.

How does Solomon's Bride deal with this disconnection in their marriage?

She searches for him, asks for help searching for him, recalls his positive attributes and seeks to reconcile. She takes all of that on herself to repair their relationship.

She is active. She is not pouting. She is not justifying turning him away.

2. She visually enjoys his body and verbally shares her pleasure. She uses her mind to daydream about her lover.

v. 10-16 – Even after a beating by her guilt, she doesn't give up.

She recruits friends to help her find her husband.

When they ask for his description, she provides a very complimentary description of him.

She works way down his body.

v. 14 - polished ivory = penis, sapphires = scrotum.

She's not providing a description that makes it easy to recognize him – it's not a police sketch.

She is affirming his body, not his character.

We often focus on character (provider, father, helps around house, etc.)

Think of how his affirming our appearance builds us up. Let's do that for our husband, too.

We need to celebrate "our man" – celebrate when he steps up into who God made him to be – "that's my man!"

What does it do for us when we day dream about our husband's physical body?

Does it help us re-engage with him?

Do you daydream about husband? Do you stop and think about him during day?

Builds anticipation and positive perspective.

Also important that we keep our eyes pure, only ogling our husband.

If we guard our eyes, then do you think will we find our man more attractive?

3. Repeat of familiar compliments.

v. 4-13 – She finds him and goes to right the wrong; they reconcile.

He repeats compliments from their wedding night

and then adds more indicating his love for her is growing even still.

He speaks to her insecurity that he still finds her beautiful.

He loves her no matter the circumstances.

v. 6:5 reminds us of the importance of eye contact (repeated from 4:9).

Flirting and non-sexual touch can help us stay connected to husband and keep mind on our sex.

Simple things, like sitting next to each other at church so we can commune together with God and worship together;

Holding hands in the car;

Bottom pats and smiles as you go about your daily to-dos.

This is a beautiful example of positive reconciliation.

In hindsight, wouldn't it have been easier to just get on board when we came knocking?

(put on robe and slippers to answer door)

There was a much higher cost to repair their relationship.

(get dressed, go out, get beaten, humbly to ask for help, took more time, etc.)

I'm not saying we must always say "Yes" but worth thinking it through before we say "Not Now."

In v. 6:9, he calls her unique

In v. 5:10, she calls him better than others.

Do we appreciate how we and our husband are uniquely made for one another?

If your husband complimented you the way Solomon does his wife,

Then how would that affect the way you feel about yourself?

Sex is God's design for getting to know each other over a lifetime.

Our wedding day is when you know each other and love each other the least.

Love grows for a lifetime.

God desires us to echo the Garden of Eden in our marriages.

Mixer Question

1. What's one thing that would help husbands love their wives better?

Past answers: Improve communication, share feelings, reassuring our insecurities,

acknowledge and be sympathetic to wife's circumstances,

be more creative and adventurous in bedroom,

want you to lead – in bed, spiritually; know I am not very good at letting you do it

stop looking at screens, understand what it takes to transition from ___ to wife,

how important it is for us to feel safe and loved to relax,

movement that feels good during intercourse is different for us,

understand what sex means to us spiritually and emotionally,
share what sex means to them spiritually and emotionally,
women typically turned on by touch and words rather than visual,
that we are all crazy and not to take it personally,
we want to feel like our husbands want to pleasure us,
we are physically complicated,
value of purity of his eyes and seeing only us, love us via our love language,
how to successfully surprise us (warning or not),
importance of non-sexual touch, learn more about me
Non-sexual touch with no expectation needs to happen continually
We need help keeping sex on our mind.

Set your husband up for success by communicating specific, measurable, simple things that make a difference to you.

AND

Ask your husband how you can love him.

God gives tremendous sexual freedom within the marriage relationship. But God also sets forth some prohibitions that we must honor. – *Intimate Issues*, p. 199

God leaves much in our sexual relationship with our husbands up to our discretion. – *Intimate Issues*, p. 201

Boundaries – What's okay in our marriage bed?

What is good for my marriage?

In *The Sexually Confident Wife*, Shannon Ethridge describes a trip to the Grand Canyon.

When railings up, presses against them to take pictures that captures as much as background as possible.

When no guardrail, stood several feet from edge for safety's sake but didn't get much of canyon in shot.

Where a safe boundary existed, they felt freedom to confidently go right to the edge.

Where no boundary existed, fear kept them from fully enjoying the view of the canyon.

In marriage, no boundaries often leads to fear

which results in not enjoying our sexuality. (p.155-156)

God lovingly gave us boundaries so that we can confidently enjoy as much as possible.

We likely realize how powerful sex outside of God's boundaries can be,

often in negative way,

but we also need to realize how powerfully good and connecting sex is within God's boundaries.

So what are His boundaries?
There are 3 questions to ask.

(Optional approach: A blog entry from The Generous Wife compares marriage to a playground. The fences around the playground are the collection of guidelines that God has given about sex. God gives us fences so we don't get run over (or hurt). What happens on your marriage playground is about your choices and preferences as a couple. It's perfectly safe and you can be sexual and have creative fun with your husband. See <http://www.the-generous-wife.com/2015/09/18/whats-ok-whats-not/>)

1. Is it against God's Word? The Bible prohibits fornication (repeated sexual sin), adultery, homosexuality, impurity (virginity and lifestyle), orgies, prostitution, lust (~~romantic notions, erotic novels, desire for someone other than spouse~~), sodomy (biblical definition is not between a man and a woman), obscenity, bestiality, and incest.

Is there anything on the list that surprises you?
Let's touch on lust.

Lust = epi thumia
Epi means "add to"
So add to a normal drive.
Longing, desire, such strong longing it becomes idolatry like in nature.
It is normal to have desire, but need to be within God's boundaries.

Lust can include romantic notions, erotic novels, desire for someone other than spouse, even comparing husband to others or ideal man instead of encouraging him, comparing our husband creates unrealistic expectations that can be crushing to a man because he wants to please you.

When set the standard too high, it discourages.
When accept him as he is
and encourage him to grow into the man God created him to be,
praising his strengths and complimenting him,
being appreciative of his efforts,
he stretches and grows in positive ways.
A man will work himself to death trying to please his wife
and I don't think we fully appreciate the pressure that we - even unintentionally - put on our husbands.
At times, I've added disclaimers to conversations with my husband –
sure, we can dream about what new car we would want,
but I don't need or expect a new car anytime soon.
We can talk about how awesome it is that so and so is doing this and that,
but I'm perfectly content being home with you.
I love you and you provide well for me.

Sometimes taking the load off of him –
because I don't think I fully appreciate the weight of being responsible for caring for a family,
be that a wife or wife and kids or more –
taking that load off can be a great aphrodisiac for him.

Plus, there are advantages to keeping our eyes and thoughts pure.
If you are not reading anything else,
or looking at anything else,
then your spouse can trust that what you are bringing into your marriage is simply part of YOU
and getting to know you.
When we or our spouse are looking at other stuff,
things get a lot more complicated.
Motives are questioned. Doubts and insecurities are planted.

2. Is it something that you and your husband are both comfortable with? No one should ever be forced to participate in something that they don't want to, but God gives married couples tremendous freedom to enjoy each other. If you love and trust your spouse, then as he reveals his desires, you need to move towards him. You also need to reveal your desires to him. If you limit what you enjoy, then you must examine why. Have you believed lies? Do you need healing from past baggage? Lovingly communicate as you take steps toward the joy and freedom God intends for your marriage bed.

One woman in class shared that because of pre-marital activities with previous boyfriends,
She limited what she would do with her husband.
When she realized this, she wrote her husband a letter
and explained – and repented.
He was relieved to know that he wasn't doing something wrong.
She had placed a limit where God had not.

There are times to stretch our self,
And times to ask our self why we aren't comfortable with something
that is within God's boundaries.
There are also times to follow the Holy Spirit's lead and keep a boundary in place.
For example, if either spouse previously struggled with masturbation,
It may not be helpful to include it in your marriage bed.

As far as Christianity goes, sexual experience between a husband and wife
is virtually unlimited - it's a free for all - in its creativity and pleasure. (*Sheet Music p. 175*)
Truly, within marriage, Biblical prohibitions are virtually silent.
"Provided no one is being hurt or degraded and both are acting with sensitivity and love." (*Sheet Music p. 175*)

When we hold back on something that isn't morally based
or personally offensive or degrading,
we're stealing from your spouse.
Sometimes we need to force ourselves to grow
and to reconsider a request our spouse has made before. (*Sheet Music* p. 177)

To summarize, we are free to say no,
We should self-assess any limits we have put in place,
And we should lovingly communicate about those limits with our spouse.

3. Is it something that creates intimacy with your spouse? Does it bring you closer together? Does it help you know your husband and be known by him? Are you present mind, body and soul? Be on guard against impure motivations like pornography.

What you enjoy in your marriage bed ought to create intimacy and help you get to know one another.

Having sex exactly the same way for long time may not lead to getting to know one another.
Perhaps this bores women and contributes to the perception that they don't like sex.

Remember, it is a lifelong journey of getting to know your spouse and being known.

I think God intends for the journey,
of moving toward his desires,
And by sharing our own desires,
To be a blessing to us and our marriage.

Sin is more a matter of internal heart and soul conditions than of body parts and their use. - Mary Ann Mayo, *Intimate Issues*, p. 210

Fantasies

The ultimate goal during sex is to be absolutely present – physically, emotionally, spiritually and mentally. Many women fantasize during sex - in fact many sex books recommend fantasizing as a way to help a woman experience an orgasm. Let's understand more about fantasies so that we can move toward God's best in our marriage bed.

1. Dreams. We do not have control over our dreams. If we have a crazy sex dream, then we need to just let it go. However, we do have control over what we feed our mind during the day. We need to take our thoughts captive and only allow our

mind to daydream about our husband. 2 Corinthians 10:5b - we take captive every thought to make it obedient to Christ.

2. **Fantasy to Orgasm.** Using fantasies to experience an orgasm with our husband can be a short cut to avoid hard conversations or growth that God desires to make our sex life better. If you are bored, then do something to change what is happening in your marriage bed. For example, if you are fantasizing about sex on the beach, then live out that fantasy with your husband in your own bedroom. **Let him know you more by sharing your words and creativity with him.**
3. **Ingrained Fantasies.** Some women experience fantasies ingrained from their past that may mask unresolved pain or serve as a coping mechanism. These fantasies can feel confusing, troubling or burdensome. Shannon Ethridge's book *The Fantasy Fallacy* provides biblical insight into understanding these fantasies. Gaining insight to our past through our fantasies often allows us to understand what they are really about and then they don't hold such power over us. For women experiencing these types of fantasies, **it may be a gradual process of gaining freedom while focusing on being more present with their husband during sex.**

Tips to Stay Emotionally Present to Create Intimacy

God's design for sex is to get to know each other.

We need to move towards being more present during sex – that means even our minds.

So, how can we go on a lifelong journey of being more and more emotionally present during sex?

- Pay attention to your body and communicate what it yearns for.
- Talk to your spouse to reconnect.
Use short phrases to bring each other back – “Hey” or “Can you feel me?” or “I’m here with you.”
- Get rid of the “should” and “should not” – stop worrying.
Applies to wife and husband.
Our feedback helps our husband stop doubting and worrying, so he can be 100% present.
- Cultivate a beginner's mindset so that every time is new.
Don't approach sex as “I know where I'm going and I know how to get there.”
Instead approach it as an adventure of discover –
“What happens if I touch here or do this?”
Have a new experience each time.

Like dancing – you learn basic steps of different dances and once you get those down you can add frilling things and variations (like spins), but when really get good with dancing then don't think about it, you can just follow each other all over the floor.
As you are increasingly comfortable with each other, trusting, you are increasingly free.

- Look at your husband; especially into his eyes which are the window to his soul.

We tend to kiss and have sex with eyes closed.
Challenge you to really connect with your eyes open.

Your marriage is unique. There is no other couple in the world who has the exact same needs, struggles, history, personality and questions as you and your man. You need God's help to apply principles to your own unique journey toward sexual pleasure. – Dillow & Slattery, *Passion Pursuit*

And where the Spirit of the Lord is, there is freedom. – 2 Corinthians 3:17

Let's recap God's boundaries for sex within marriage:

Does God forbid it?

What is motivation?

Does it bring us closer?

If there's doubt, then go the source – God's design and Word,
and be discerning of the Holy Spirit for your marriage.

Ask God and He will give you an answer!

In light of God's limited prohibitions and the incredible freedom to explore new sexual delights within marriage, ultimately, we need to pray about the things that are not black and white and be sensitive to the Holy Spirit. We must seek God's wisdom concerning our marriage and discern what is best for us and our husband. What may be good and right for one marriage, may not be for another, and it may even change over time.

Are we good?

Optional Discussion: Acceptable versus Good; Christian Freedom

Be careful, however, that the exercise of your rights does not become a stumbling block to the weak. - 1 Corinthians 8:9

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. - 1 Corinthians 10:23

So whether you eat or drink or whatever you do, do it all for the glory of God. - 1 Corinthians 10:31

To exercise knowledge apart from love results in spiritual and physical harm.

We need to be gentle and sensitive in exploring new boundaries in our marriage bed and helping our spouse embrace the true freedom that God intends.

Even if something isn't specifically prohibited, it can still be harmful, selfish and unloving.

The goal is to play within God's boundaries

and grow in freedom

as you grow in relationship with Him and your spouse.
Strive to grow in freedom together with your husband.
Recognize who you and husband are now,
not who you desire to be in 25 years from now,
and celebrate all steps forward.
You have a lifetime to explore. Do it all for the glory of God!

Discussion Question

1. **Brainstorm examples of how masturbation creates intimacy or creates separation in marriage.**

The Bible doesn't address masturbation.
Many refer to Genesis 38:9 - Onan spilling seed,
but that was pulling out – family planning - not masturbation.

But Onan knew that the child would not be his; so whenever he slept with his brother's wife, he spilled his semen on the ground to keep from providing offspring for his brother. – Genesis 38:9

The Marriage Bed survey results: Masturbation in Christian Marriage
Asked Christians Is Masturbation a Sin? - 283 women/412 men
No, not always – 80% men/ 71% women
Frequency of NO increased with age – greater understanding of freedom?
that have masturbated in last 30 days – 79% men, 64% women
Does this surprise you?
#1 Reason: women - not satisfied; men - wife tired, wants to be kinder gentler husband.

<http://site.themarriagebed.com/surveys/is-masturbation-sin>

Additional Resources: <http://site.themarriagebed.com/surveys/married-masturbating>
<http://www.the-generous-husband.com/2015/09/12/solo-sex/>
<http://thexycode.com/2015/09/11/one-is-the-loneliest-number/>

Let's brainstorm about when masturbation creates intimacy and when it creates separation in marriage. (Wait for answers)

Creates Intimacy	Creates Separation
<p>– shared experience</p> <p>Wife figuring out what works for her – instant feedback.</p> <p>Training body to respond/be flexible</p> <p>Learn what is liked by watching one another. Use to teach him how to finish you after he has orgasm. ***</p> <p>Incorporated into lovemaking as couple. ****</p> <p>Separated from spouse for extended period of time, thinking of each other, use words to build intimacy, shared experience over phone/skype. (Flip side is what if use time apart to build healthy lust, anticipation and passion for reunion?)</p> <p>Post-partum, extended illness. *</p> <p>Being considerate. **</p> <p>Worship God’s creation – your body.</p>	<p>– controls us, replaces spouse/intimacy</p> <p>Previous or present struggle with masturbation controlling you.</p> <p>Leads to thinking about others or creates disappointment in spouse.</p> <p>Coupled w porn.</p> <p>Selfishness, to satisfy self so don’t pursue intimacy with spouse.</p>

*There will be times that we can’t have sex with our husbands, so we need to be proactive and know their struggles.

** Many men masturbate because they want to be better husbands and fathers
They want to meet their needs to focus on others.
Trying to be considerate of a busy and tired wife.

***The same goes for us. If you are being left hanging all the time, then do assist him in getting you there.

****Masturbation can be a very intimate way to get to know your spouse.

The Marriage Bed survey – Do you watch your spouse masturbate?

54% of women/ 90% of men surveyed - like or would like to watch their spouse masturbate.
Men like watching wife touch self.

<http://site.themarriagebed.com/surveys/watch-your-spouse-masturbate>

Note importance of communication - If you masturbate, then you always need to communicate with your spouse about masturbation.
Accountability helps prevent it from getting out of hand.

It goes back to communicating and finding solutions together. Which leads to communication...

What you do in the position verbally will matter more than what position you're in.
Kevin Leman, *Sheet Music*, p. 89

Communication

The most common impact of the study is blowing the doors off of talking about sex with your husband. Once you can talk about sex, then you can talk about anything!

Communication is how we “know” each other – uber important.

Let's face it, I know talking about sex is hard. It can be awkward and terrifying. We gotta break down these walls. However, if our husband can trust that we will gently communicate what we need, then he can stop worrying whether he is doing everything right, and become fully engaged rather than a spectator. If we want our spouse to know us better, then we must reveal our self. We need to communicate:

1. How complicated sex can be.
2. How good we want it to be. *Not always negative; vision casting.*
3. What we need to get there – relaxation, romance, foreplay, full undivided attention, variety, technique, etc. *Give specifics.*
4. That we want to know what will please him, too.
5. Instead of saying “no,” share where we are and how he can help us get to where we need to be. *Let him help you transition or offer a rain check.*
6. Whether we are done. *He might not be able to tell.*

If you want to frustrate a man, tell him nothing. – Kevin Leman, *Sheet Music*, p. 99

Tips for Communicating about Sex *(Can have women read)*

1. Read books together.
Read sheet music out loud together. It's a neutral platform and written by a guy.
2. Show him what you enjoy. Use your own hands, guide his hands or use non-sensual zones for demonstration.
If you are not comfortable showing him on your genitals, then you can easily show him manual stimulation movements on the back of your hand. Use words like pulsing, flat pad of finger, curling/swirling, constant contact. Then have him practice on your hand after you show him
3. Come up with your own terminology.
4. Share your dreams.

5. Practice using fast moving games like 2-Minute Poker.

Can be any fast moving game – rock, paper, scissors, go fish
The winner gets to request other do something for 2 minutes.

Use this as a chance to try new things,
direct him to things you like or want to learn from him,
request him to say what he likes about your body,
give you soft touches on inside of joints,
tease me without touching X,
show me how you touch yourself...
it's a good way to practice communicating.

6. Create excitement using your words.

You could verbally explain what you want him to do to you in explicit terms,
Text him what he should look forward to during the day,
Or write him an erotic note.

7. Take a sex quiz and compare answers.

Take separately, then compare answers.
Will send you a quiz next week as part of your HW.

8. Play a game where one person has to vocalize what they want the other person to do to them.

Ex. Blind fold and walk through step by step what you want spouse to do.
Keep doing what is requested until further instruction.

9. Talk when you are alone with your spouse in the car.

Use the time to talk about sex for fun
when you aren't acting on the information.
(I use as check-in. or share what I'd like to do.)

10. Explain feelings or movements by noting similarities in his and your genitalia.

Our parts are mystery to him (and sometimes us).

Relate his parts to our parts:

Head of penis = head of clitoris - needs to be warmed up,
can be too sensitive to touch after orgasm.

Ridge of Head = skin around clitoris - gentle tugging and pulling that creates tension is nice.

Shaft = inner lips - long vertical strokes along them.

Scrotum = outer lips - Less sensitive, gentle stretching and pulling.

Secure base of penis = hand on mound.

Different types of touches feel better for different areas.

Think about it.

Being the confident husband leading in bed is a hard job because we are tricky.

We need to give him as much positive insight as we can and try to be flexible.

To open oneself up to another, to be honest about desires,
to stop hiding fears...that is evidence of presence of Holy Spirit. (*Abba's Child p. 88*)

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” - 2 Corinthians 3:17

I encourage you to talk to your husband about any of these ideas that resonate with you.

Exploring the Senses

God gave us five senses to explore and experience our husband. So much noise in life can numb us to the world around us. Just like the blind person that hears a pin drop, we too can strengthen our senses, as we eliminate distractions and focus. During sex we can draw ourselves out of the craziness of our head by focusing on what we experience through our senses. We can increase the passion in our marriage bed by appealing to all five senses.

All 5 senses appealed to in Song of Songs.

Taste, touch, sight, hearing, smell.

God desires us to know Him through all of our senses as well.

Psalm 34:8 says “Taste and see that the Lord is good...”

So, let’s do an exercise.

A lot of times we just munch down snacks instead of really enjoying them.

How does that translate to sex?

Are we just munching it down or enjoying it?

Our bodies are so amazing because when we taste something,

the taste goes from our tongues to our brains

where it connects to past experiences, feelings, memories, etc.

Practice enjoying sex with our senses: c

lose eyes, quiet, take a deep breath and

focus only on chocolate candy, savor it, suck on it.

(options other than chocolate – fabric, candle, perfume)

We will do this for what seems to be an uncomfortably long time so get comfortable.

Focus on experiencing the chocolate.

WAIT AT LEAST TWO MINUTES

Was it difficult to maintain focus?

Do you notice more than the taste?

Past answers: the texture, creamy.

One chocolate was enough.

What would it be like to be that focused on your husband during sex?

It helps for us to focus on one sense rather than everything that is going on.
That is actually homework this week to focus on one sense when you are with your husband this week –
focus on seeing his body, tasting him, feeling him, hearing him (his breath or heart beat), smelling him.
Pick one to be more present with and get lost on purpose.

Focusing on one of the senses can be one of the most effective ways to get out of your head during sex.

Slowing our brain down benefits all areas of life.
It leaves us thinking more like a child,
less stressed and more playful experiences.
That playfulness overflows into our marriage bed.

Optional Approach – Explore how Tabernacle built in manner to appeal to senses.

Sense	Example	Describe Your Experience
Taste		
Touch		
Smell		

Discussion Questions

1. Do we limit what we experience through our senses during sex? With God?

Easy to get trapped in busyness,
need to slow down to hear Him.

There is much more that we are not experiencing.

Endless experiences with God and our husbands.

2. What happens when we are worried about the future rather than enjoying the present?

3. How do we incorporate and expand our senses during sex? With God?

There are ideas in *Intimate Issues*.

Yesterday's daily article.

Did any resonate with you?

A Romantic Bedroom

Our bedroom should be inviting to us and our husband. We should strive to make our bedroom our own retreat from the world to be refreshed by one another. Your bedroom should help you transform from _____ to lover.

I encourage you to establish your bedroom's purpose – exclusively for resting and relaxing, enjoying good sleep and sex. Get rid of anything that doesn't fit that purpose.

Some simple ways to turn our bedroom into our personal En Gedi are:

1. Get rid of the clutter.

Having one room in the house that is clean, without kid stuff, can help you transition into sexy mode.

2. In the winter, use an electric fireplace or electric blankets.

Pre-warm sheets

3. Nightlight for easy mood lighting.

Low level light to set mood.

4. Pads and pillows – for propping and different positions.

5. Create a tool kit – massage oil, lube, blindfold, vibrator, etc.

6. Lock the door.

Don't listen for distractions.

Be present.

If you are at someone else's house without a lock then barricade the door with a chair or suitcase.

7. Try to avoid hard conversations in the bedroom.

This room is your sanctuary.

Not the place to talk about finances or in-laws...that's couch or dining table.

No conflict zone.

8. Candles and mirrors.

Smells have a strong memory association.

Mirrors carry light.

9. Music for setting the mood.

10. Sensuous artwork.

11. Dark chocolate or other favorites.

12. Invite God into our bed.

Discussion Question

1. How do we invite God into our marriage bed?

This is bridging the divide between being sensuous and godly. How can we make both part of our experience with our husband?

Pray before/after out loud together,
Pray about struggles with sex, seek His design,
Read Bible out loud, worship God through your enjoyment of sex,
Praise God after sex for time of connecting,
Encouraging other Christian women in their marriage beds.
Ask God to help you clear your minds and let go.
See the spiritual connecting with spouse and God.
Largely a mental shift.

Any thoughts on tonight?

**WARNING - Some of the daily articles this week may be very detailed.
Skip over the ones that are not right for your marriage bed.**

Don't read if uncomfortable.

Homework

1. Reading

- Song of Songs – Chapters 1 and 2, noticing who takes the lead and when.
- Intimate Issues Chapter 4 – How Can I Relate When He's a Microwave and I'm a Crockpot?
- Intimate Issues Chapter 7 – How Do I Make Love with Children Wrapped Around My Knees?
- Sheet Music Chapter 6 – The Big “O”
- Sheet Music Chapter 7 – Oral Delights
- Sheet Music Chapter 12 – Sex's Greatest Enemy
- Sheet Music Chapter 14 – Too Pooped to Whoop

2. Application

- Kegel Exercises.
- Pass around notes** Write FREEDOM on a sticky note and put it on your bathroom mirror, dashboard, undies drawer or somewhere that will remind you of the freedom God desires for your marriage bed.
- Play 2-Minute Poker or another game to practice communicating.
- Work on expanding your senses during sex. Use silk, feathers, music, lighting, your voice, food, etc. There are more ideas on pages 229-230 in *Intimate Issues*.
- Take some steps to make your bedroom a sensuous oasis.
Not telling you to spend \$!
- Your husband has a secret homework assignment this week. No peeking!
You know the drill. No peeking.
Ensure he knows you don't know what this says.
Pass out husband hw.

We are talking about our physical stuff next week.

Feel free to come with questions

or if want to remain anonymous

email questions to be covered next week.

Think about It!

Questions to consider on your own, with a friend or with your husband after completing the reading homework. These questions will prepare you for next week's class discussion.

1. Why is sex typically so much more complicated for women than for men?
2. Are you really open to new possibilities in your marriage bed or have you just found what works for you and expect that is what will happen?
3. Do you consider knowing your husband more, and being known by your husband more, a lifelong journey?
4. Email questions or topics about "Our Stuff" that you would like covered.

Closing Prayer

Give us ideas and courage to step out and be creative.

Help us know the opportune time to start conversations to talk about what is best for our individual marriages.

Make us aware of any boundaries that we have set but you have not.

Help us be bold and allow husband to know us more by communicating in the bedroom.

May we fun free within your boundaries - knowing that you want us to enjoy freedom within your perfect bounds.

Thanks for loving us enough to give us boundaries, freedom and creativity.

Week 5 – How Our Body Works

Note: Can't cover all this in 2 hours. Pick which sections to go deeper on and which can be covered quickly.

Bring Husband Homework #3, *Orgasms*, *She Comes First*, *For Yourself* books and anatomy posters.

Main Points –

1. God designed our bodies exactly like He wanted- complicated, tricky, and mysterious – so that it would be a lifetime of getting to know each other.
2. Our bodies have amazing capabilities

Opening Prayer

Help us appreciate how You created our body to experience so much,
To become one with husband.

Perfect design calls for a journey of discovery with our husband.

Open are hearts to receive your truth.

Give us an understanding of our body that leaves us in awe.

Respectful conversation that honors you.

Thank you that you care about us – every detail.

Anyone have thoughts or feedback on last week's homework?

Communication games like 2 minute poker

Using senses to get to know your husband

Impacts of making bedroom romantic

Any of the chapters or articles?

Think about It questions?

Song of Songs – Chapters 7-8:4: Increasing Intimacy, Desire and Freedom as Marriage Matures

Start at 6:13b - need 2 readers – Beloved and Lover.

1. The dance – striptease.

v. 6:13b-7:9 – we are reminded again to share our body with our husband.

She is presumably doing a strip tease.

He compliments her from toes to head – the opposite direction as before.

He doesn't skip to only erotic zones, but closely reviews all of her.

Just like we hope our husband does during foreplay – awakens all of us.

We should know ALL of our spouse.

v. 7:2 - Solomon's wife is his "food" (wheat) and "drink" (wine)

in sense that her physical love nourishes and satisfies him.

v. 7:2 - rounded goblet = vulva. Vagina has same pH as wine.

During wedding night he compared her to common farmer things,

who she was at the time,
in contrast, he now compares her to royal things,
representing who she has become.

v. 7:3 – What do we want to do with baby deer? Touch them!

v. 7:4 - Heshbon is a city famous for its fertility and water reservoirs.

A well-shaped nose reflects strong character.

v. 7:7-9a – This is imagery of his sexual desire toward her.

He wants to touch her, smell her, taste her – consume her.

v. 7:10 - She is growing in confidence of his love.

"his desire is for me" rather than "is mine" in 2:16 and 6:3

is more emphatic way to state possession.

2. Go to the countryside.

v. 7:11-13 -She takes the initiative.

1st time she makes a direct, unambiguous request for sex.

Aren't we all more forward when confident from our husband praise?

She previously expressed desire in 3rd person (ex 1:2a and 2:6)

She invites him to spend time out in nature - no royal/work or city life distractions.

v. 11 – “let’s go, come away”

We can escape the craziness of life in our spouse’s love

not just a physical location change, but escaping into the oasis of our marriage bed.

v. 12 - Spring indicates the same freshness and anticipation is still in their relationship.

v. 13 - "every delicacy, both old and new."

She has “stored up” – prepared – for their time together.

Exploring new things even into the mature years of their relationship.

3. Like a brother – kiss outside.

v. 8:1-4 - She desires greater intimacy.

v. 1 - Public displays of affection were frowned upon except for certain relationships.

Brother ok.

v. 2 "she who has taught me"

Are we teaching our children beyond the nuts & bolts and protecting themselves?

Are we teaching how to enjoy married love?

How do we do that?

v. 2 – she wants to give him “spiced wine” = “nectar of my pomegranates”

v. 3 – If nectar wasn’t enough - position describes intimate embrace – repeats 2:6.

v. 4 – The familiar refrain returns

Even in the maturity of marriage timing is critical.

Mixer Question

1. What is your ideal date or most romantic thing that your husband could do (not necessarily has done) for you? OR What about a small romantic gesture?

The word “romantic” adds pressure to guys.

They feel that they can never live up to expectations.

But there are simple things our husbands can do to add romance.

Making breakfast, running errands with me, helping with kids without asking, advanced notice of his plans, stealing me away for the day, slow down/slower pace of life, delay dinner after kids in bed, light a candle...seriously simple wins big!

If we want our husbands to plan (lead)

can we enjoy their choice of movie, restaurant, etc...?

We need to praise our husbands' attempts

and not offer better suggestions to their choices too often!

Can we set our husbands up for success by sharing ideas? specific, small doable ideas to encourage him.

Should asking for what you want or communicating your ideas negate his effort?

As wives, we also need to take a turn at romance.

We should also remember and recall moments that we've really enjoyed experiencing with your husband.

Back to the cistern in Proverbs 5:15.

Tonight we will talk about our bodies designed by God to have amazing capabilities.

This is descriptive, not prescriptive.

I'm not suggesting all these things are right for your marriage bed.

I'm just describing things that are within God's bounds.

Over the past four weeks we've talked about our relationships with God and our husband first because that foundation supersedes any technique we may discuss.

Warning - Our sexuality is as individual as a finger print. Be sensitive to others because we don't have the same experiences. Be careful with your voice and expression during our discussion.

Please don't say "yuck" or have looks of shock and surprise.

This is a safe place to ask questions, be accepted and have respectful conversations.

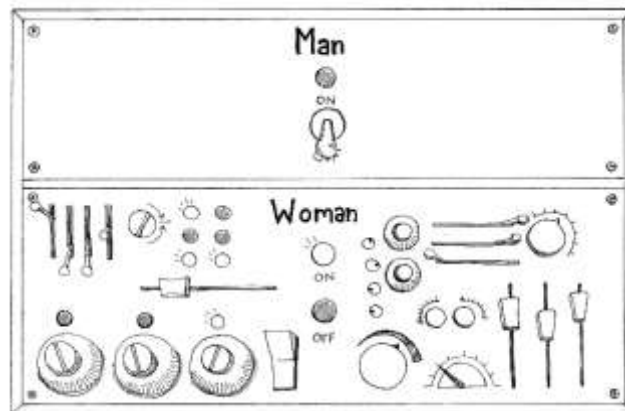
**God's created differences between man and women are nothing short of holy.
Differences bring balance, fullness, and completion to a marriage.
– *Intimate Issues*, p. 41**

Our Stuff

If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married. - Deuteronomy 24:5

What does “bring happiness to his wife” mean?
Why does it take a year to figure it out?

God knows that we are tricky...He designed us!



Complicated. Tricky. Mysterious.

Women have dozens of knobs and dials – which is not all bad

They create a journey of discovery together.

This is God’s design, so husbands learn to read our bodies,
so they must connect during sex.

Remember when we talked about if we and our husband were both easy,
sex wouldn’t build intimacy.

If we were both tricky, then we might give up.

Our differences are truly God’s perfect design

to bring us together and build intimacy.

God designed our bodies exactly like He wanted

complicated, tricky, and mysterious

so that it would be a lifetime of getting to know each other.

We can choose to see our multitude of knobs as good.

If one doesn’t work, then we are able to try a different combination.

Part of our role as a wife is to teach our husband how to enjoy more than just on and off.

Author Lou Paget, wrote a book about orgasms.

Lou didn’t come to write a book about orgasms by watching people in a laboratory,

but through conversations with real women while teaching sex classes, and she says there are 10 different ways for women to experience an orgasm. 10! We have a huge God that has created our amazing bodies and we are likely not experiencing all that He has for us. Did you read J. Parker's article about the Amusement Park of Orgasms this week? – the roller coaster orgasm, the twirly gig, etc. – all offer different sensations. When we map the brain, orgasms from stimulation of different areas of the body light up different areas of the brain they indeed do feel different.

The 10 ways are....

These are all words used to describe our bodies. We can begin to think that we got the short end of the stick...why didn't God just give us a "LAUNCH" button?

But what we tend to think of in a very negative light can also be looked at through a positive lens.

Every inch of the female anatomy can trigger sexual longing.
- *Intimate Issues*, p. 37

God created our bodies capable of experiencing pleasure in an endless variety of ways. Our creative and erotic minds can connect emotions to physical expression. We can enjoy different pathways to orgasm, different triggers, combined stimulation, and discern real connection from just going through the motions.

In her book *Orgasms*, based on information collected from first hand conversations with thousands of women, Lou Paget shares the ten ways which women have experienced orgasms:

1. Clitoral
 2. Vaginal and Cervical
 3. G-Spot
 4. Urethral
 5. Breast and Nipple
 6. Mouth
 7. Anal
 8. Blended – more than one area.
 9. Zone – a new arousal area typically experienced by people with spinal cord injury.
 10. Fantasy – the mind alone.
- We told you your mind is powerful!**

Your plants are an orchard of pomegranates with choice fruits, with henna and nard, nard and saffron, calamus and cinnamon, with every kind of incense tree, with myrrh and aloe and all the finest spices. You are a garden fountain, a well of flowing water streaming down from Lebanon. – Song of Songs 4:13-15

This list shouldn't add pressure to our life or serve as a to-do list, but hopefully helps us appreciate the amazing capabilities of our body.

If you are content after sex,
then you should not take on pressure of needing to experience a specific orgasmic sensation.
Orgasm is not the end goal anyway
and is not required if you are satisfied.
However, if you feel frustrated when your husband is done,
then you are not done.
Further, if you are expecting not to orgasm,
then that expectation can lead to disappointment and disconnecting with your husband,
which makes experiencing orgasm an even bigger challenge.
It's so important to communicate with our husband!

For years, scientists have tried to define what women should experience during sex. Let's instead begin to trust our own body, delight in the pleasure that we enjoy and not limit what God gives us to experience.

Relaxing, communicating with our husband and being vulnerable can be a challenge, but that is part of the reason that sex creates intimacy. We are on a lifelong journey with our husband, and as we continue to "know" each other, sex will never get boring.

Let's talk about orgasms, ladies.
Orgasm is a learned response.
Have to practice to become more responsive.
The more you orgasm, the easier it gets and the faster your body responds.

In 1960's, Lonnie Barbach developed a program to teach women to experience orgasm. You can read her techniques in her book entitled "For Yourself". These ladies were very successful in learning to orgasm, but they had to dedicate time to it daily.

Orgasm and sex will not improve if working on it 1x a week.
What if set aside 30 min every day to work on it?
Would we become more responsive?
Would our body recognize pleasure faster?
It can be a long journey, but imagine the payoff!

Lots of Christian books say the wife doesn't need to orgasm every time that she enjoys the closeness – but why not both?
In the Awaken-Love Men's Edition classes, men often ask how often their wife needs to orgasm?
Um, how often does he need to?

96% of women who masturbate achieve orgasm –
to be fair it's easier because of immediate feedback –
but clearly women enjoy orgasm, too.

As we discussed last week, masturbation can be a good tool to figure out what works for you,
but it shouldn't replace intimacy with your husband
and once you are more in tune with your body
you should teach your husband what works.
Take the time to find what works for you AND your husband
because orgasm is possible!

OK. Some interesting orgasm statistics:

On average, it takes men 2 minutes and women 20 minutes.

Women whose partner spends 21 minutes or longer on foreplay only fail to reach orgasm 7.7%
of time. (That's a 92.3% success rate!)

56% of women experience their first orgasm by age 18
many through self-exploration

17% of women experienced first orgasm after age 25

8% over 30 yr old

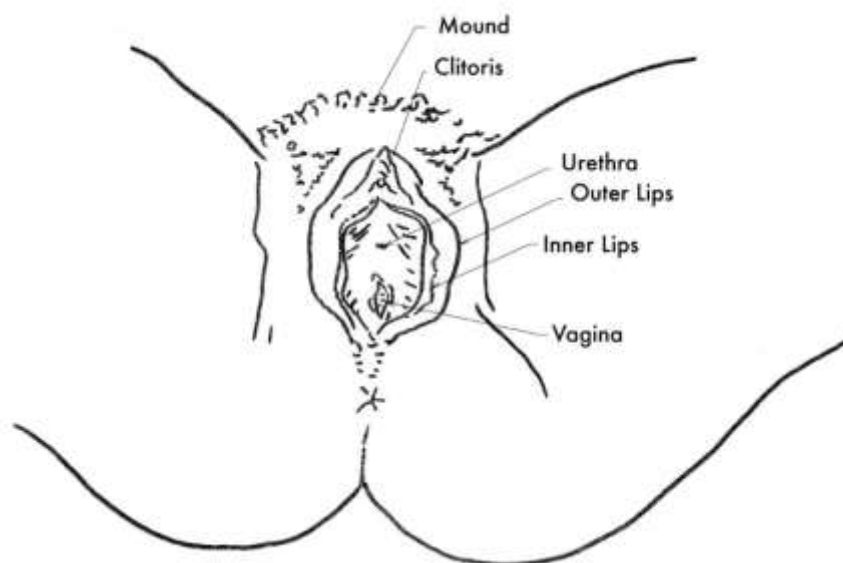
3% reported never having an orgasm.

There is a wide range of experience.

TMB 1st orgasm survey - <http://site.themarriagebed.com/surveys/first-orgasm>

So. Orgasms, clearly we all want one. Or multiple.

Our Genitalia



Now, let's get familiar with our genitalia.
Do you like your genitalia?
Boys love their body.
Their penis is their best friend from an early age.
Girls don't look at and touch themselves as often as boys do.
Why would you like your genitalia
since you never see it or touch it?
You don't even have to look at it to go to bathroom.
And it brings you pain during menstruation.

I challenge you to love all of the body that God gave you.
How can we be open to our husband loving our entire body if we don't?

Do you really believe that your husband loves this part of your body?
Most women's feelings toward their own genitalia
are the total opposite of how men feel about their own genitalia.
So let's change that and take a peak.

My beloved has gone down to his garden, to the beds of spice... – Song of Songs 6:2

POSTER

This whole area is called the vulva.
The vast majority of the nerve endings that contribute to our pleasure are on the surface of our vulva, not in our vagina where penetration happens.

The mons is the soft mound of fatty tissue that protects the public bone.
It is covered with hair and may enjoy your husband's hand covering it
Or even stretching it up toward your belly while he stimulates your clitoris
Similar to holding the base of your husband's penis while you stimulate him.

The labia majora – outer lips – run from the mons to below the vaginal opening.
They are like pillows that protect your vagina.
Like our husband's scrotum, they include fat, nerves, hair and sweat and oil glands.
Less sensitive, they can be a great place to get started with light touching or gentle stretching.
Pulling the lips apart, lying them flat against your body, can increase arousal as well.

The labia minora – inner lips – run from just below the clitoris to below vaginal opening.
Like our husband's shaft, they are smooth, don't have fat, there is very little if any hair
But there are many more nerves than our outer lips.
These nerves make our inner lips sensitive.
Long vertical strokes feel nice.

God created a lot of variety in the size, shape and color when it comes to our inner lips.
Some hang evenly, some don't.
Some inner lips tuck inside the outer lips,
while some inner lips hang lower than the outer lips.
Some have smooth edges and some have scalloped edges.
A woman's inner lips can be numerous shades of pink, red, brown or even purple.
There is a very wide range of "normal" and beautiful.

The inner lips come together to form a hood that protects the head of the clitoris.
The clitoral tip is at the very top.
It may be visible or you may need to gently pull up the hood to see it.
This pea sized nub contains twice the number of nerves as the head of your husband's penis.
(8,000 nerves)
Similar to the head of your husband's penis, the clitoral tip may become uncomfortably sensitive after orgasm.
As we'll talk about more in a minute, the clitoris extends way beyond the tip.

The urethra is inside the inner lips between the clitoris and the vagina.
This is where your urine comes out.
It is a small opening that is hard to see unless you stretch it open.

Below the urethra is the vagina.
The vagina is not visible; it is tucked inside.
Our vagina is pretty amazing – it can stretch enough for a baby to pass thru
And also shrink to snugly hug our husband's penis.
Unaroused, our vagina is about 3.5 inches long.
It expands and lengthens during arousal. (wider due to cervix and uterus moving up, 2+ inches longer)
Most of the nerves in the vagina are near the entrance – the first 1/3.
The inner 2/3 can often be operated on without anesthesia.
At the end of our vagina is our cervix.

The area between the vagina and the anus is the perineum.
It is filled with nerves and
May enjoy gentle stroking and massage.

And the anus.
This is another area with a lot of nerves that tends to relax during arousal.

As we become aroused and our body engorges with blood,
Our genitalia changes.
Our inner lips may get thicker,
And then when highly aroused, become silky smooth and flatten against our body.
Our outer lips may flatten, too.

The tip of our clitoris may get thicker, deeper in color and protrude more,
Before it hides beneath the hood just before orgasm.
These changes can provide signals for our husband so he knows where we are.

Any questions?

We are going to talk about 3 types of orgasms.

Clitoral Orgasm (reference WOT/CAT articles)

- Typically the easiest orgasm to experience.

Most common orgasm women experience.

- There's more than just the clitoral head. The shaft extends up, while the legs and glands extend around the vagina. **POSTER OVERLAY**

Clitoris is a lot more than just the magic button – feels great to touch all of it – hood and legs.

Clitoris can engorge with as much blood, or more, as a man's penis.

Also has 2x as many nerves as head of penis.

Sole purpose is to give us pleasure.

- Most clearly defined orgasm – a pinpoint of pleasure caving into a radiating outward – courtesy of the pudendal nerve system.
- Manual or oral stimulation typically are the simplest paths to orgasm.

For some women, just pressing on her vulva – whether dressed or nude - can lead to a clitoral orgasm.

- Use a lubricant.

Smooth connected stimulation is key.

Keeping his fingers connected to your skin reduces friction.

If soreness results from manual stimulation, then request that he circle around the clitoris rather than direct contact.

When talking to him describe movements – finger pads, 1.2.3 fingers, pulsing, side, circles, pulling, stillness (allow for pauses for sensations to resonate), vigorousness.

Experiment to find what you like.

- Tease the area to warm it up.

Around, across, down the legs...don't just target tip.

- Engage your mind and senses.
- Combination of tensing (legs, abdomen, pelvis) and relaxing your mind.

Orgasm is a paradox of relaxing and being stimulated.

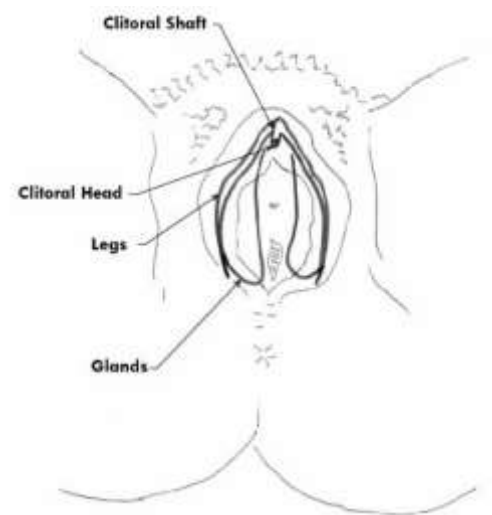
Create tension by stretching legs or hips, while emptying your mind.

Some women find it easier to orgasm with their legs together.

- General ramping up of stimulation.

Your husband can see the changes to your body that we discussed – the engorgement, the flattening, and the retracting of the clitoris.

- Once you find the spot, stay steady and lean into it.



- Deep abdominal breathing, acting out, holding your breath, or rapid breathing can trigger an orgasm.

Not faking it, but acting fully engaged and free can help you orgasm.

“Can act your way into a feeling, can’t feel your way into an action.”

Deep breathing gets blood flowing and is relaxing.

- Show your husband what works for you.

We need to engage with our husband because he will likely move as it feels good to him which is typically not what brings us to orgasm.

- A vibrator can help in learning.

Any questions?

G-Spot Orgasm POSTER

- The G-Spot is deep tissue between the front wall of the vagina and the urethra.
Some say that the G-spot, which is about an inch inside on the front wall, feels like the roof of your mouth, and when it becomes aroused, it feels like a smooth patch.
- It may feel like nothing or it may feel great when you are highly aroused.

Not something you warm up with, typically doesn’t feel good unless highly aroused.

- Less clearly defined orgasm, more of a full body experience and a pushing out – courtesy of the pelvic and hypo gastric nerve system.

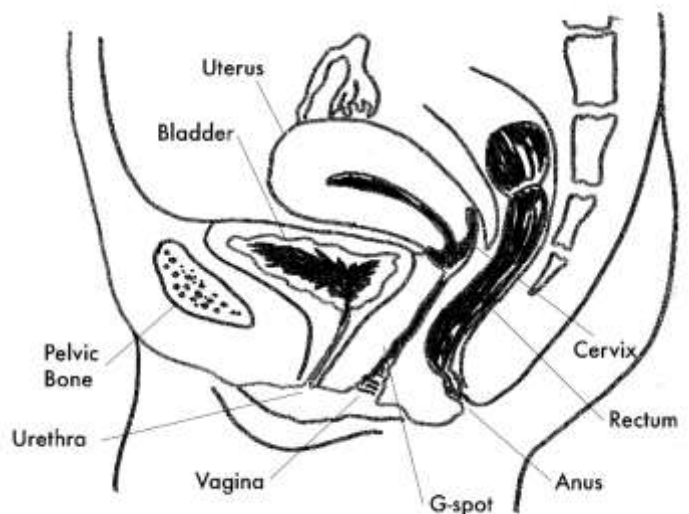
In contrast to clitoral orgasm, it is a less focused orgasm

full body, pushing out sensation. Doesn’t travel up spinal cord.

Often associated with female ejaculation.

- Responds to firm stimulation in a “come hither” motion with the pad of the finger.
Can experiment with varying speed, pressure and # of fingers.
- It is not unusual to feel like you need to urinate, so relax and move past this worry.
Go pee before you get started so you are not thinking about that.
The feeling goes away after a while and with regular stimulation.
- Can be combined with manual or oral stimulation of the clitoris to provide a turbo boost.
- If your body does not initially respond, then be open to a gradual awakening over time as you revisit this area.

There is debate about whether the g-spot exists for everyone.



Our body may not recognize pleasurable sensations unless we visit the spot multiple times.

If you want to explore the g-spot, then manual stimulation is the way to go. Start with foreplay in other areas of your body – kissing, fondling breasts, massage, etc. Then when you get highly aroused, the g-spot may bulge out a bit or it may not be clearly defined area on the front wall. Another good time to play around with it is perhaps when aroused through oral stimulation and then have your husband use a finger or two to “come hither” in that area and see what happens.

Any questions?

Deep Spot Orgasm

- The Deep Spot is located deep in the vagina near the cervix, usually on the front wall.
- It feels similar to a G-Spot orgasm; same nerve system.
- Responds to firm stimulation like the G-Spot.
- Must be highly aroused so that the uterus has tilted up and moved the cervix out of the way. **Otherwise it can be painful, don't want to hit the cervix.**
- Can be stimulated manually or during intercourse.
- For some women, the Deep Spot acts as a surefire trigger for an orgasm.

Women on Top is a good position to try to stimulate the deep spot. You can control the depth and pace of movement. And make sure the head of his penis is targeting the right area.

Does anyone have experience with a deep spot orgasm?
Some women report having them and then being unable to have them after a hysterectomy.

Intercourse

- The number one question asked – “How do I have an orgasm during intercourse?”
- Statistically – 1/3 of women orgasm hands free, 1/3 of women can with help (“help” may be your hands, his hands, vibrator), and 1/3 never orgasm OR 1/3 always orgasm, 1/3 sometimes do, and 1/3 never orgasm during intercourse.

Some argue that a woman's ability to orgasm during intercourse is related to the distance between her clitoris and her urethra...which obviously, you cannot easily change. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3894744/>)

God designed it all and it is all good. There is not specific way that you must have an orgasm to please God. There is no hierarchy of orgasm. The important question is **“Are you getting to know each other?”**

But intercourse should be enjoyable to us.

Intercourse is something to enjoy together, not to be done to us.

Just like in our faith, sometimes we receive and sometimes we give. There's a balance.

Tips to Experience More Pleasure during Intercourse

- Kegel exercises. *We've been telling you this for weeks!*
- Combined stimulation – his hand, your hand, or vibrator – *can help you get over hump.*
- Think in terms of the other ways that you experience orgasms and adapt your positions and movements to mimic them.
- Take control of the movement to figure out what feels good to you.

The movement you enjoy may be slower than what your husband defaults to.

This week, you were sent an article about positions that help some women experience an orgasm during intercourse.

Woman on Top (WOT) - Body leaning forward.

Grinding clitoris on his pelvis in a motion that feels good to you.

In-n-out feels good to him, but likely need a different motion for your pleasure.

Coital Alignment Technique (CAT) – He's laying on top

Instead of going in-and-out, he is rocking on your pelvis

and his shaft is putting pressure on clitoris

or g-spot depending on the angle.

Essentially missionary position shifted up.

You can try him shifting his legs on the outside with your legs together as well.

Another “help” is the magic thumb.

Have your husband position his thumb where it rubs/adds pressure against your clitoris during intercourse.

Sometimes the extra pressure provided by his thumb does the trick.

To hit the g-spot during intercourse,

Your husband needs to pull out far enough that the head of his penis is rubbing the g-spot.

So his penis will not be going into your vagina very far.

Maybe even change the angle.

The missionary position with your hips up

or your legs on his shoulders

or him kneeling

or doggy style helps

because trying to hit about an inch inside vagina.

Clearly this is not what he will naturally do to maximize his enjoyment.

Can use sex wedge to position self.

(This info in daily article)

- **Come up with a Plan B to take the pressure off of both of you.**

Just because he is done, doesn't mean you have to be.

We don't have the same refractory period that he does.

Have a code word about wanting to keep going after he orgasms because if you are highly aroused your husband may not know if you finished or not.

- **Focus on connecting intimately during intercourse, not just trying to have an orgasm.** The more senses engaged, the better. Making orgasm the goal adds pressure.
- **Train your body to become more flexible in what it responds to.** Keep trying new things. Don't give up on something the first time. It can take time for the body to awaken.

There is a secular book called "*How to Have an Orgasm Whenever You Want*"

A woman was sleeping around and not having orgasms during sex.

She decided she wanted to learn to be more flexible,

so she stimulated herself in different ways

– laying on back, standing, kneeling, hands, objects stimulating, her house, someone else's house, bathroom stall –

through this process she trained her body to be easily responsive.

Then she started doing it with something inside her.

Then with a penis inside her

and then had orgasm every time she had sex.

I am not advocating this, but the take away is your body can learn to experience pleasure in more than one way.

Don't stop exploring with your husband!

The other side of the equation - Warning - a women who touches herself the same way for years will train her body to only respond to that – which limits her husband.

So if you are exploring alone - maybe separated from husband - then try new things.

- **Never say never.**

If you set the expectation of being disappointed, then you will be disappointed.

If you set the expectation of what feels good or is acceptable in your marriage bed will never change,

Then you will miss out on connecting in new ways

as you experience different season of life and your body changes.

It takes time, experience, knowledge and practice to excel at being a good lover.

– Kevin Leman, *Sheet Music*, p. 96

Your spouse's commitment to you should be your motivation to excel!

If figure out how to orgasm during intercourse,

Then don't think you've "made it,"

And don't make that route the standard routine.

You don't want get stuck.

The goal is to increase flexibility in your responsiveness and

Most importantly, continue to get to know one another for lifetime.

Oral Sex

Clearly part of SOS – 2:3, 4:16, 5:1, 6:2-3, 7:2, 8:2.

- One of the most consistent ways for women to orgasm.

Women reach orgasm 81% of time – IF they enjoy it.

- Utilizes natural lubrication.
- The tongue provides 360 degrees of movement.

The tongue is not limited by bones and can move in all directions.

- Superior to manual stimulation because no hangnails or calluses.

Avoid if husband has mouth sores or cuts on tongue though.

- One of the most intimate ways to be known by your husband.

A very different vulnerability than intercourse.

- Can be combined with manual stimulation of the clitoris or G-spot.
- Set patterns to entice and awaken the body – ex. lick 3 times part way up and then the 4th time over the clitoris and hood.
- Balance of movement and stillness – action and reaction.

Let movements resonate to get full impact.

Stillness and pressure of flat tongue v.s. types of movements.

Try with legs together or apart for different experiences. Legs together focuses (by limiting) the area stimulated.

- Three reassurances we need to hear from your husband:

- We have all the time in the world.

Insecurity about taking too long.

- I love your scent and taste.

If insecure, then take shower beforehand; make part of transition or foreplay.

- I love doing this.

Be freshly showered and believe him when he says these things!

- Prop your hips up on a pillow to make it more comfy for your husband.

He can put his hand under your bottom to hold you.

Another hand on your mound to create tension and stability.

He should plan on being there for awhile – up to 45 minutes.

See Comes First is a secular book with step by step instructions for oral sex.

Written by a man, it doesn't contain any photos, only sketches.

It offers very specific, straight forward directions that men like – “just tell me what to do.”

It starts with the basics and then advances to combinations – like oral with G-spot stimulation.

You received a summary article this week.

Pubic Hair Grooming Resources

<http://hotholyhumorous.com/2011/05/trimming-the-hedges/>

<http://site.themarriagebed.com/surveys/pubic-hair-survey>

Awake, north wind, and come, south wind! Blow on my garden, that its fragrance may spread everywhere. Let my beloved come into his garden and taste its choice fruits. – Song of Songs 4:16

Female Ejaculation

Was anyone already aware of FE?

Sent article about it this week.

- Some women do, some woman don't.

For some women it's a dribble and for others it's a flood.

- Years of women feeling ashamed because they thought they were peeing the bed has now been skewed the opposite direction by pornography depicting many women squirting across the room to set up a whole new expectation.

The fluid comes out of the urethra,

The same area where urine comes out.

The fluid is actually emitted from urethral gland,

Which may be similar to prostate gland fluid.

It is a clear sweet fluid that doesn't stain.

Recent studies show diluted urine in some women's ejaculate – but urine is clean.

- Can happen before, during, or after orgasm, but at very high levels of excitement and after extended arousal.

So aroused you don't really care if you pee.

- Can be associated with G-Spot stimulation, but not always.

Some women suggest being well hydrated if you want to ejaculate.

Toys

- The Bible does not address toys. Prayerfully discern what it right for your marriage. Does it create intimacy?
- Based on Deuteronomy 24:5, recommend spending at least a year figuring things out without toys. It takes time to get to know each other.
- In order to stretch in other ways of knowing each other (words, feeling, thoughts), there may be times to put toys aside to focus on just the two of you. Learning new things takes time.
- Can provide a different way to be known and can be very intimate to share with your spouse.
- Can aid in figuring out how to have an orgasm or how to experience an orgasm during intercourse. Useful for quickies, variety, or Plan B.

Use toys to experience new things with husband,
fun way to enjoy sex with less pressure or added relaxation.

Toys can be used in a variety of ways.

- Can help a wife enjoy sex even when there are physical challenges.

Perhaps illness, but especially as we age.

In our 70's and 80's we may be much less responsive physically.

- No more addictive than having sex exactly the same way every time.

Which we already established is a bad idea.

Toys shouldn't replace exploring, prevent you from connecting with your husband, hinder you discovering new things about your husband or be a band-aid instead of talking about hard things.

Anal Sex

- The Bible does not address anal sex. Sodomy was men raping men. Prayerfully discern what is right for your marriage because there are many cautions.
- A wife should never be pressured into anal sex. The wife must be the one that wants to try anal sex because she must be relaxed to avoid injury. **Requires a lot of trust.**
- Beware of the motivation. Anal sex is prevalent in pornography.
- Diligent hygiene is critical - whatever goes in this area goes nowhere else.
- The tissue in the anus is very thin so injuries can occur – fissures, infections, sexually transmitted diseases (STDs), tearing, prolapse, evidence of increased incidence of colon cancer. **Anal tissue is more delicate than vaginal tissue.**
- There is no natural lubrication.
- Going slow, extended foreplay, trust and clear communication are essential.

Some women enjoy anal sex and say their strongest orgasms are from anal sex. Others are not drawn to the act at all.

Anal sex is included because you need to be aware. It is becoming more mainstream due to porn so your kids or grandkids might not have some of the same hesitations that you do. Some teens see anal sex as not crossing the "don't have sex" boundary. Important to be informed.

TMB Survey: <http://site.themarriagebed.com/surveys/anal-sex-okay,-sin,-unhealthy,-or>

Multiple Orgasms

- More common in older women. Older may be easier because women have learned what works, maybe because they have more time at home without babies, maybe they have embraced God's freedom in their marriage bed, or maybe because their clitoris is bigger so there is more area to stimulate. Our clitoris naturally continues to grow over our lifetime. Some sources say that at menopause a woman's clitoris is more than twice as big as it was when she was 18. Pregnancy makes it permanently grow bigger as well. (<https://www.ncbi.nlm.nih.gov/pubmed/1603495>) Our bodies change a lot as we get older, so what felt great or bad before, may be the opposite later.
- **Try a short cool down period and then ramp back up.** When you think you can't take it anymore, then stick around. Often times, the 2nd orgasm is easier than the first.
- **Vibrators can be a good way to get there.** Multiple orgasm is more common with masturbation than in an encounter with our husband. Men are also capable of multiple orgasms – we'll talk about that next week.

Painful Sex

- There are numerous causes – Vaginismus, yeast infections, dryness, certain positions, hitting the cervix, menopause and more.

If dryness may be an issue, then error on the side of too much lube.

Even if you think you don't need it, use it.

- Seek medical help and don't give up. Find a different doctor if you need to.

Doctors rarely ask if sex is painful during our exams.

We must initiate the conversation.

And keep talking about it until we find answers.

There are dilator protocols, locally applied hormones, pelvic floor exercises, physical therapy...

Don't let painful sex stop you.

Hormones

- Menstrual cycles typically provide two hormonal peaks that increase our sex drive, but we should **choose to prioritize intimacy all month long and creatively stay connected** even when intercourse isn't an option.

Pregnancy and post-partum offer their own physical and hormonal challenges.

- Hormonal birth control can flat line the libido in some women.

- Menopause will be an adjustment in your sex life. No longer physically driven by hormonal peaks, the power of your mind becomes even more important. Dryness and thinning vaginal tissue, possibly taking longer to orgasm, the vaginal cavity not expanding as much, lips not engorging as much become a common struggle, so lubrication, Kegel exercises, and frequent sex become essential – basically “use it or lose it.”

You need a good blood supply in that area.

Frequent sex may also help maintain vaginal elasticity.

Some women who have regular sex notice fewer changes during menopause.

Whatever our age and season of life, we don't want to let our hormones

Or lack of hormones dictate our sex life.

We must intentionally choose to pursue intimacy frequently

And keep exploring what works as our body changes.

Any questions?

We can talk technique all day long, but ultimately,

You are responsible for your orgasm.

Men take responsibility for their orgasm

they move their bodies, they ask for what they need.

If 90% of our sexual response is in your head,

then if your head isn't right,

it doesn't matter how your husband touches you.

See the Resources page for additional books and websites covering these topics and more.

Go over resources page.

**The goal of sexuality is to express oneness and intimacy with your mate.
– Kevin Leman, *Sheet Music*, p. 95**

It is important to understand how our bodies work, but having the biggest orgasm is not the goal of sex. God designed sex so that we might know each other.

Are you getting to know your spouse through sex and is he getting to know you?

Focus on staying connected by looking at each other, by feeling each other, by hearing each other and by smelling each other. **Make your marriage bed less about getting from Point A to Point B and more about truly connecting.**

Be present.

The goal is to ever connect and be present with husband more and more, not having a bigger orgasm.

...denying your spouse the joy and fulfillment of having someone who is pursuing him or her sexually. From a faith perspective, it's not morally permissible for anyone else to fulfill the role. If you don't do it, nobody else can. Your denial means your spouse will have to go without. – Kevin Leman, *Sheet Music*, p. 215

**WARNING – Some of the daily articles this week may be very detailed.
Skip over the ones that are not right for your marriage bed.**

Homework

1. Reading

- Song of Songs – Chapter 8, focusing on her attitude and expectations for pleasure.
- Intimate Issues Chapter 19 – How Can I Recapture the Passion?
- Intimate Issues Chapter 20 – How Long Does It Take to Become a Godly, Sensuous Woman?
- Sheet Music Chapter 5 – A Very Special Connection: Sexual Positions
- Sheet Music Chapter 9 – For Women Only
- Sheet Music Chapter 10 – Thirty-One Flavors – and None of Them Are Ice Cream!

2. Application

- Kegel Exercises.
- Take a sex quiz with your husband and discuss the results.

You will receive the quiz via email.

Print 2 copies, complete the survey separately and then discuss and compare answers.
Don't rush to discuss in one sitting – can break up discussion if don't have block of time.
To help your husband be completely honest, you must be respectful of his answer.
Don't say, "you wanna do what? You perv!"
Don't be overly sensitive if he disagrees with your answers.
Communicate so you can find a place in the middle or agree on steps to work toward something.
The survey can help you know which articles to read, focus your time on and share with husband.

- Spend some time getting to know your husband's penis. Take him from flaccid to erect to high arousal. Focus on feeling, seeing how his penis works, learning what feels good to him and appreciating just how amazing his body is.

Spend at least 20 minutes just getting to know your husband's penis.

This is average time it takes for women to orgasm.

Encourage him to enjoy what is happening rather than racing to finish line.

The goal is not to take him from point A to point B, but simply get to know him.

This is for you, not him.

Use your hands, mouth, eyes or whatever else to feel him,
see him, smell him, taste him.

Take him from flaccid, to playful, to searching, to urging, to imminent.

Pay attention not just to his penis, but to his testicles.

Notice how his skin changes

Study him and map his responses.

How does he react to stillness, to pressure,

to your hands, to your mouth,

does his penis search for you?

Try some motions and sensations that you like,

try new things y'all haven't done,

ask him to show you what he likes,

promise a happy ending

but ask him to be patient with you as you explore.

Ask him for feedback along the way – short answers.

Then tell him how amazing his penis is!

- Your husband has a secret homework assignment this week. No peeking!
Pass out husband homework.

Think about It!

Questions to consider on your own, with a friend or with your husband after completing the reading homework. These questions will prepare you for next week's class discussion.

1. Think about your husband's ideal date.
2. Think about a way you could blow his socks off.
3. Has your attitude about sex changed over the last five weeks? How so?
4. Email questions or topics about "His Stuff" that you would like covered.

Next week are talking about his physical stuff,
Frequency, date ideas and wrapping up the study.
Feel free to ask questions
or if want to remain anonymous email questions to be covered next week.

Closing Prayer

give us patience to understand our bodies
give our husbands words to express their amazement of our bodies
give us wisdom as to what is right for our marriage bed.
thank you that sex brings us together.
Thank you that sex reflects your creativity and faithfulness to us.

Week 6 – How His Body Works, Frequency, Date Ideas

Note: Can't cover all this in 2 hours. Pick which sections to go deep on and which can be covered quickly.

Bring the books *Just Do It*, *Through a Man's Eyes*, *Shattered Vows*, *The Sex Starved Wife*, *Faithful*, *Husband Homework #4* and anatomy posters.

Main Points –

- 1. We have the honor of stretching our husbands to more than on/off**
- 2. Increased frequency starts with intentional choices and can become craving**
- 3. Create memories by being creative**
- 4. God wants you to have a passionate marriage and a passionate love affair with Him.**

Opening Prayer

Thank you for our husbands

his drive

his desire to see us

his amazing – but oh so different than ours – body

Thank you for your design for husbands and wives to compliment and stretch one another.

Help us to love our husbands well – in our thoughts, words and actions.

Help us choose to make connecting with him a priority.

Thank you for your perfect design for intimacy in marriage and

Your specific design for each of our marriages.

May you ever continue to call us closer to You and our husbands.

Anyone have thoughts or feedback on the HW?

Anyone talk through the quiz with their husband?

Anyone get to know their husband's penis?

What did you learn?

What did your husband think?

Thoughts on the chapter or article reading?

The Think about It questions?

Song of Songs – Chapter 8:5 – 8:14: Nature of Love; How Love Began

1. Love is intimate, intense, indestructible, and invaluable.

v. 8:5-7 -

v. 8:5 – “coming out of desert” = they have overcome obstacles in their marriage.
Not always smooth sailing, but always together.

v. 8:5b - her love "awakened" him giving him new life/perspective on life.

v. 8:6 – she wants her love to impact his complete being.

“over heart” = influence where people can’t see

All of your thoughts, meditations, commitment, and fantasies are focused on me.

“over arm” = influence what people can see

I want to own you and be owned by you.

Wherever you go I want everyone to know that we belong together.

It is God’s commitment to us,

that leads to our trust and safety,

which gives us freedom to love our husband this way.

v. 8:6b-7 – the power of love.

Love is supported by Our Creator who possesses all power.

"Like a mighty flame" = like the very flame of the Lord.

God is source of powerful love.

Ultimately love is gift from God.

2. Her family protected her purity.

v. 8:8-12 – this is a flashback explaining the protection provided by older brothers and her initial meeting with Solomon.

Protection

v. 8:8-9 - Because they loved her, her brothers protected her from injuring her soul and prevented her from having baggage = stolen future joy

v. 8:9 - Older brothers said they would reward her if she displayed good character (is a wall) or restrict her freedom/barricade if she was open to advances (is a door).

We need family and friends to help us safeguard purity,

hold us accountable, and ask us how we are doing with this...inside and outside of marriage.

v. 10 - She is a wall. She chose wisely.

Her purity gave her husband contentment – she had no one else to compare him to.

Initial Meeting

v. 8:11-12 - She first met Solomon in his vineyard that her brothers leased and she worked in.

She chose to give her "vineyard"/body and "shekels"/possessions to Solomon.

v.12 - Those who tend her garden are her brothers because they protected her.

3. She can now give herself.

v. 8:14 – the book ends with her initiating again.

Mimics her description of him during their courtship. (2:8,9,17)

Her original desire for him is still there.

Their love has not lost its intensity.

v. 14 - Spice laden mountains = her breasts – which Proverbs 5:19 says should satisfy him always.

4. An allegory of God's love for us and our love for Him.

Have you ever thought of Song of Songs as an allegory for God's love for us and our love for Him?

Faithfulness in marital love beautifully pictures God's love for and commitment to His people.

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

- Ephesians 5:31-33

God is our first love,

And this love relationship can lead to joy, praise, worship, pain, discipline, and growth.

It's a lifelong journey with God and our husband.

Any questions?

How has entire book impacted you?

SOS reminds us that physical attractiveness and fulfillment of our longings within marriage are both natural and honorable.

Sex in marriage is pure and holy.

Warning - Our sexuality is as individual as a finger print. Be sensitive to others because we don't have the same experiences. Be careful with your voice and expression during our discussion.

Just like last week, let's be sensitive to one another.

This is descriptive, not prescriptive.

We're not suggesting all these things right for your marriage bed,

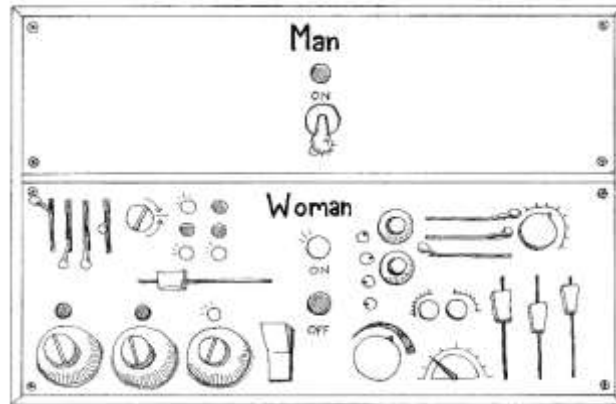
We are just describing things that are within God's bounds.

There are things that are permissible, but still not good,

so seek the Spirit's wisdom for your marriage. (1 Corinthians 10)

And ask questions - this is a safe place to ask questions.

His Stuff



Our husbands are typically pretty simple. Many of them could operate with an on/off button like this stereo and be pretty ok with it. However, this picture isn't quite right. Men have the capability for much more than just an on/off switch. They just don't naturally go there.

We have the honor of stretching our husbands to more than on/off.

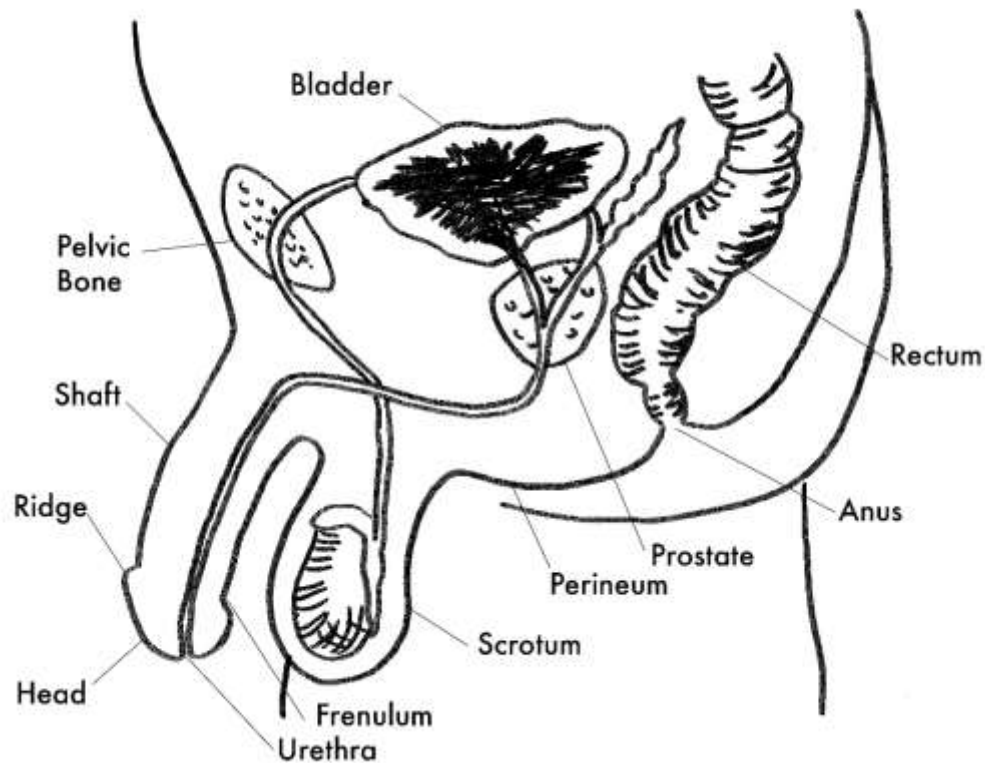
Perhaps one of the reasons that God created women so complicated is so that we can show our husband a whole other world of intimate experiences. **We can show him how to slow down and really connect in emotional and spiritual ways during sex. We can take him on a circuitous path of pleasure, with dips and turns around every bend. We can show him how to enjoy and linger in other zones of his body that might surprise him. Part of our pleasure as a wife ought to be expanding our husband's horizons. As he grows, he understands more of our desires.**

We can show him how to experience more - because we are so complicated ourselves.

It's God's good and perfect design.

Our sexually differentiated bodies are God's good gift and reflect His goodness.

His Genitalia - Poster



Let's start with the penis.

Head of the Penis – It is super sensitive and swells with arousal. It is often the area that husbands focus on when masturbating. Similar to our clitoral tip, the head of your husband's penis may become uncomfortably sensitive after orgasm.

Ridge – The ridge of the head of the penis is a sweet spot. The underside, where the frenulum is, is especially sensitive. Gentle tugging and pulling may be nice. Pressing your tongue into the frenulum is enjoyable. The ridge and frenulum are areas that you want to connect with during every stroke during manual stimulation.

Shaft – Similar to our inner lips, the shaft of the penis is smooth, doesn't have fat, and there is very little if any hair. The shaft has more nerves than the scrotum and responds to long vertical, connected strokes. Holding the base of your husband's shaft also grounds him and builds tension while you manually or orally stimulate him.

God created a lot of variety in the length, girth and tilt when it comes to penises.
There is a very wide range of “normal” and amazing.
So make sure you have eyes of amazement when you see your husband’s penis.

Scrotum – The scrotum is similar to our outer lips and contains fat, nerves, hair, and sweat and oil glands.

It can be less sensitive than other areas,
Or it may be ticklish.

You can gently fondle it,

Massage around it, gently tug down on the scrotum,

Massage it up toward his penis,

Run your tongue up the sides of it,

Or envelope them in your mouth.

There are a lot of options.

The Scrotum can help you relax your husband, prolong an encounter
or gauge his arousal level.

Perineum – This is the area between his scrotum and anus.

The area has a lot of nerves, can feel good when massaged or gently stroked,
and swells with arousal.

And the anus.

This is another area with a lot of nerves that tends to relax during arousal.

Just like with us, different types of touches feel better for different areas.

Ask your husband to teach you what he enjoys.

Do we have a good roadmap?

Did you know our husband can have 3 types of erections?

1. Psychological stimuli (thoughts)
2. Physical stimuli (physical stimulation)
3. REM erections – (while sleeping, morning wood).

But that one location [a man's genitals] contains so many stimulation points that even a mild touch drives him wild. – *Intimate Issues*, p. 37

Four Ways to a Stronger Orgasm for Men

1. Stronger Kegel muscles. The first one is Kegels, which we have talked about. The other three ways are related to the amount of ejaculate passed during orgasm. More = better.
2. Longer time between ejaculations – not a trade-off most men would take.*
3. Extended arousal – by creating anticipation during the day.*
If you mention that sex is on the evening agenda, then his body will create fluid though out the day so he has more to move past that evening.
4. Peaking – the process of taking them close to orgasm and then backing off and repeating.* This takes really studying your husband and learning to read where he is and quite frankly, him trusting you so he doesn't race to the finish line.

* Related to how much fluid is ejaculated. More fluid = stronger orgasm.

Kegels

- Helps men control ejaculation by relaxing muscles during arousal and contracting muscles at the point of no return.
- One study showed that after several months of doing Kegel exercises, 40% of men had regained normal erectile function - as effective as Viagra.

Kegels are super important.

Kegel exercises can help prolong sex

With the added bonus of stronger muscles resulting in more pleasurable orgasms.

PC muscles naturally weaken with age.

When a man gets to be 50-55-60, erections may not happen at a drop of a hat.

In a way, it's nice, because men enjoy foreplay more, but Kegels exercises done over the course of months can help a man's erection just as much as Viagra.

Kegel exercises are also key for men to have multiple orgasms.

By better controlling their PC muscles,

They can relax their muscles during arousal

And contract their muscles at the point of no return

So that they don't ejaculate.

They will still have pleasurable orgasm contractions.

Then they can continue on to orgasm again and ejaculate later.

Male multiple orgasms require distinguishing orgasm from ejaculation.

In women, you cannot separate the two.

Women are capable of "true multiple orgasms" because the blood flow is more diffuse

and not blocked from going in and out.
Interestingly, this is also why men are exhausted after orgasming –
lots of blood flowing out quickly –
versus women bring awakened –
because the blood exits more slowly.

A couple bonuses – during intercourse,
If he flexes his PC muscles inside you, then he can hit your Gspot.
Also, you can try mutually squeezing your PC muscles rather than thrusting.

Premature Ejaculation

Premature ejaculation and erectile dysfunction can impact men of any age.
Advertising for pharmaceuticals to address the issues are being aimed at younger and younger men.

Premature ejaculation is often anxiety or stimulation driven.
Likely anxiety driven when orgasm happens fast during intercourse.
Likely stimulation driven when orgasm happens fast all the time.

It can become a very bad cycle if a husband is worried about orgasming too fast.

Contributing factors for premature ejaculation and erectile dysfunction are:

- **Frequency and age are contributing factors.**

For sure, less frequent sex will make premature ejaculation harder to avoid.

With respect to age - enjoy what you have now...often!

- **Avoid anxiety or worry by using Plan B. Go back to Plan B.**

Just because your husband comes, doesn't mean intercourse or stimulation has to be over.

Some couples decide to have sex quickly and then have sex again right away.

- **Men need to become in tune with their body to know when to slow things down.**

They need to relax their Kegel muscles during sex and back off the stimulation a bit.

Changing positions can help too.

For example, if he is orally stimulating his wife

and is concerned about ejaculating too quickly,

then he should position himself where his penis is not in contact with her body

and being simulated while she is pleased.

If he is concerned about losing his erection,

Then he should straddle one of her legs

so that his penis rubs up against it as she is pleased.

Adding a little lube on her leg can make the stimulation even better for him, too.

- **Instead of avoiding foreplay for him, train him to last longer by enjoying manual or oral stimulation for longer and longer amounts of time.**

Sometimes men don't want you to touch them because it may trigger ejaculation,
but then the trigger gets shorter and shorter.

You need to do the opposite – don't stop foreplay.
Using oral or manual stimulation to bring him close
and backing off can help him release some tension and last longer.
You can move to hugging and kissing or stimulating other body parts
before returning to genitals for intercourse or otherwise.
The goal is to increase and distribute pleasure
to areas other than the head of his penis to extend the experience.

For some, spending more time on communication,
building desire and sharing fantasies
helps a man struggling with premature ejaculation
to make love with more than his penis
and open the definition of sex beyond intercourse.

Erectile dysfunction can be one of earliest signs that something else is not working –
A holistic approach – weight loss, stress reduction, increase activity in sedentary life, etc. –
can be helpful.

**Like an apple tree among the trees of the forest is my lover among the young men.
I delight to sit in his shade, and his fruit is sweet to my taste. - Song of Songs 2:3**

Oral and Manual Sex

Oral and manual stimulation are interconnected.
You can easily go back and forth between both.
Both are opportunities to be much more in tune with your husband's body than intercourse.
And husbands like it!
Let's strive to relax and enjoy him
and maybe even enjoy it as much as he does.

- **In order to be more comfortable, you need to be the one in control of any movement.**

In oral, use your hand at the base of his penis to prevent gagging,
create tension and give yourself more control.

- **It is a new way to intimately get to "know" your husband.**
Manual is versatile and opens up locations (bedroom, car, backyard)
that you can get to "know" your husband.

Oral is about getting to know your husband up close and personal.
Both are great ways to stretch him to enjoy new things.

- **Use lubrication – they naturally have none.**
There is not natural lube on penis except a small amount of pre-cum.
With manual many men prefer lubrication.

Coconut oil or other edible oil transition into oral nicely.

Coconut oil stays smooth – whereas spit can leave him sore.

- **Think about experiencing him with all five of your senses.**
- **Focus on feeling him, not rubbing.**

Remember rubbing versus feeling

The mouth is a great way to feel your husband, your hand is another way.

Think about how you can the experience thing in new ways.

- **The ridge of the penis is the most sensitive area, especially the underside.**

The ridge is his sweet spot so catch the ridge in all of your motions – whether your hand, mouth or tongue.

With manual sex, don't lose contact with his penis. (demonstrate hand over hand)

- **Have him show you what he likes.**

You can learn from him and

apply this information to both manual and oral stimulation.

- **During oral sex think about the motion, what you can do with your tongue and varying degrees of suction. Combine these elements.**

In and out is effective in getting there fast,

but we can take them somewhere else.

press our tongue into his penis, especially the frenulum.

stillness allows movements to resonate.

Sometime when you are alone (or turn backward and close eyes),

put your finger in your mouth and pretend it's a penis.

Explore different the sensations you can create by moving it in and out,

varying suction,

moving your tongue and being still.

Then try different combinations of those elements.

You can also change the sensations with ice, warm tea, humming, mints, etc.

Or extend the sensations by using a hand in unison with your mouth to extend "the tunnel."

- **Don't be afraid to take him somewhere new – like stillness or swirling or _____.**

Slow and steady...full steam ahead...wandering

- **A hand combined with the mouth works great and helps prevent gagging.**

Typically there is some manual mixed into oral.

Switching to a hand that is already there can give your jaw a break during oral

Or provide a smooth transition if you do not want him to ejaculate in your mouth.

You should learn the signals for when your husband is close to coming

if you are not comfortable with ejaculate in your mouth.

A lot of men enjoy oral even without swallowing.

And the Bible doesn't address it.

It is a personal decision – pro – finish in mouth, con – can feel like rejection.

Talk to your husband about it

And get a code word so you know when to transition

or you can pretty easily get to know his physical signs that he's about to go,

It is possible to change the taste of his ejaculate by diet
recommend pineapple, kiwi, melon and strawberries to sweeten it up.

- **Set up rhythms and expectations by establishing patterns of stimulation.**

His body will awaken and come to expect it.

ex. 4 swirls of tongue and then pressure.

When his testicles raise to hug his body and become ripe peaches, and the skin of his penis stretched thin by his engorged penis, he is very close to orgasm and you need to make a choice.

- **Finish strong;**

With your mouth, with your hand.

Take him hard and fast so that there is no doubt in his mind, this is it!

- **Take a step back to extend the ride; or**

Bring him to the brink of the point of no return,
then switch it up and then ramp him back up later.

Taking a step back to cool him down extends the journey.

Husbands may have to adjust to this

because they want to finish

but tell him he can trust you to finish him.

This is called peaking.

- **Or Hold him at the crest for as long as you can so he can gently fall over.**

How long can you hold him there?

This is a different experience than surging forward.

See how long you can gently keep him at ripe peaches,
so that his body can gently tumble over into euphoria.

This takes being so in tune with his body

that you know exactly when to gently apply the gas,

when to coast, and when to gently brake.

This is called plateauing.

- What are some more ideas for the big finish?

The basic motions of manual stimulation are

endless tunnel up, endless tunnel down, and hand over hand

The website – www.Handjobadvice.com - offer short videos of motions.

It is not a Christian site, but it tasteful and not pornographic.

Lou Pagets book *How to Be a Great Lover* also has manual stimulation techniques.

For oral, a shower before is a reasonable action to take or request to make.

You were sent a detailed article about loving your husband through oral sex this week.

For both, remember not to touch the head of his penis after he ejaculates.

It can be painfully sensitive.

Some grooming beforehand can be helpful.

You can also incorporate perineum massage with plenty of lube.

And positions can change the experience.

What he is looking at (our genitals, our face, etc)

and where he is (edge of bed, leaning on car, standing, kneeling, etc.)

or if we warm him up or just slam him

husbands like variety just as we do.

Any questions?

Perineal Massage – the area between the testicles and the anus.

This can be a hard area to be given access to as it takes a lot of trust.

Try to get your husband to relax first – a full body massage works.

- Men tend to carry their tension in their pelvic area. During foreplay and arousal, spend time warming up and relaxing the pelvic area.

Focus on his inner thighs and testicles, before moving to perineum.

Can also massage his scrotum with a lubed hand or mouth.

Then simply find the cord close to the anus,

place the pad of a finger on each side,

and gently rock your fingers side to side as you slowly work your way towards the penis.

- Light tickling or touching can feel great if he is not ticklish.
- At times of high arousal, when his peaches are ripe, externally stimulate **massage** the prostate by pressing firmly into the perineum with the pads of your fingers.

Or use a knuckle if your nails are long.

You can feel him start to pulse before he comes.

When he is super close, stop pumping his penis,

And instead hold him at the base of his penis to stabilize him

and explore his perineal area.

You received an article about this.

See also <http://awaken-love.net/2015/11/23/unclaimed-territory/>

Prostate Massage

Prostate massage is a vulnerable way for a husband to be known.

It may be something your husband becomes more aware of and willing to experience with time.

- Originally developed to help men with inflamed prostates.

Dr's would "milk" the prostate to get men to ejaculate

to empty the fluid in their prostate.

The prostate is made up of millions of tiny sacks, so it is easy for fluid to get trapped

and for the prostate to become inflamed.

Ejaculation from prostate stimulation is more "cleansing" and less likely to irritate prostate

versus ejaculation from penis stimulation.

- Aneros, a medical company, developed a t-shaped tool to stimulate the prostate. It is now sold as a sex toy.

- An orgasm from prostate massage feels different and is transmitted through a different nerve system. Just like the G-Spot for women, it is a gentler orgasm and more of a full body experience.
- Hygiene is crucial – whatever goes here goes nowhere else.
- Any toy used in the anal area must have a stop to prevent it from getting sucked in.
- Lubrication and no sharp finger nails are a must. **There is delicate tissue in his anus.**
- Being in this most vulnerable position can help a husband understand how vulnerable his wife is during sex.

You husband must be uber relaxed during prostate massage.

The area will be loose if he is comfortable.

If it is tight, then go somewhere else.

Inside the anus is pretty empty as long as he doesn't need to go to the bathroom.

Once inside, you can feel the prostate bulge out against the anal wall.

Use the pads of your fingers in a come hither motion. *(Compare to our G-spot.)*

Pressing on his prostate during ejaculation can take his orgasm to another dimension.

Make sure you use firm pressure.

There is some thought that emptying out the prostate (via sex or massage) helps protect men against prostate cancer and the prostate getting backed up, so it's a health issue.

You were sent an article sent to you with detailed instructions.

Ask your husband for feedback on all the things that we discussed tonight.

in the middle of the action keep it to yes/no or one word responses (harder, faster, etc.) but before or after talk about it more in depth.

Low Drive Men

- At least 20% of marriages have a lower drive husband. –

It is hard to talk about it.

Husbands to admit they have a lower drive or to seek help.

There is a perception that not wanting sex makes them less of a man.

A husband can have a lower drive because that is his normal libido,

Or it can lower for a season (ex. babies, stress, illness, depression)

Or he may be a sexual refuser.

- Many things can affect a man's sex drive – stress, medications, depression, low testosterone, feeling disrespected and porn use, to name a few.

Tiredness, stress, depression, anxiety are big ones.

But ones that we can help our husbands with.
I've heard of sensory issues limiting a husband, too.

If a husband struggles with porn, then his low drive may be associated with shame,
not a lack of desire for you.

The book *The Sex Starved Wife* by Michelle Weiner Davis is especially helpful if your husband is refuser.

Additional resource: Why Men Say No - <http://site.themarriagebed.com/surveys/husbands-saying-no-to-sex>

Pornography

This is a giant issue – for men, women AND children. Our kids are growing up in a different world.

If you don't have an issue with porn in your marriage,
then you know someone who does.

It is prevalent - every other man – literally 50% or more - even inside Christian circles.

Men and women are both using it.

There is double standard where it is abnormal for girls to view,
but normal for boys to view.

It's not “normal” for either.

Even a little bit of porn impacts how we see our spouse
and how we act in the bedroom

- it sets unrealistic expectations.

It creates doubts and distrust about the creativity and ideas our spouse brings into the bedroom.

In book *Through a Man's Eyes: Helping Women Understand the Visual Nature of Men* by Feldhahn and Gross, the authors describe how God wired our husbands.

They conclude that men who have grown up watching porn

or are now are consuming porn on a daily basis

have a greater disconnection with sex

than people who lost their virginity on prom night,

because they have no understanding of how to connect with a real woman.

The book *Faithful* describes the current porn epidemic even more dramatically saying –

“Pornography is a symptom of a diseased relationship

in a world that privileges polished images over human truths,

a world in which human bodies are offered up on the altar of consumer capitalism.

On that unholy altar, those bodies are broken, mutilated,

and cut off from real relationship with God

and with other human beings.” *Faithful*, p. 37

- We must have a compassion for men and how hard this world is to live in.
What can we do to be a safe place for our husbands to tell us if they are struggling?

We need to offer compassion and not be reactive.

The more we can open communication

and get the secret out of the closet, the more we can help.

If your husband is viewing porn,

then it is an issue that you two need to work through together

Like any other issue in you marriage, you tackle it **together**.

Grace has Celebrate Recovery groups for men and women

for husbands and wives viewing porn

and for the spouses of those struggling with porn.

- Most start viewing pornography as a kid or teen.

The current average age for boys is 7-8, but the trend is getting younger.

The fastest growing age group is 13-18 year old girls.

Companies are targeting children – hook them early.

- Viewing pornography is not about you, whether he finds you attractive, or whether he loves you.

It's not about intimacy.

It's a coping mechanism...like alcohol or food.

- Most husbands are ashamed and afraid to talk about it because they don't want to hurt their wife.

It is ok to gently and compassionately share with him how the silence is hurtful to you.

- ~~It is not about intimacy. It is a coping mechanism like alcohol or food.~~

A man who is actively involved in porn, likely wants sex with great variety, often or not at all. He is satisfying himself.

A man fighting hard to get clean from porn

will sometimes only want intercourse, missionary position, vanilla sex.

If this is your marriage, then we suggest that you:

Read SOS together for him to see variety in God's design,

pray over struggles together,

be patient in healing

celebrate small steps forward.

Get filters, accountability, extend grace, get help.

And know that it takes years to overcome – to not feel tempted –

but is lifelong awareness of that temptation.

Book recommendation: *Shattered Vows*

If pornography, infidelity or any other past sexual hurt – even trust issues - affect your marriage bed, then you need to put God at the center of the healing process. Don't try

to get back to what you previously had, but instead transform your marriage bed to be a sacred time of connecting that is holy, healing and right. Pray before sex, pray about struggles and praise God for the moments of connection and healing.

Praying together in bed,
reading the Bible together,
and inviting God into our marriage bed
benefits all of us whether we are struggling or in a great place.

See the Resources page for additional books and websites covering these topics and more.

**There are times when a guy wakes up hornier than a toad...see how much you can love your man by sending him to work with his need met rather than having him leave the house trying to keep his lustful thoughts at bay.
– Kevin Leman, *Sheet Music*, pp. 86-87**

Frequency

Just Do It by Douglas Brown - He was columnist that wrote about 100 day club – men who didn't have sex for at least 100 days - is a fun book that chronicles what happened when his sassy wife decided they should have sex for 100 days in a row. Together they made very intentional decisions in order to make sex happen. and were really surprised by how it impacted their already good marriage They:

1. Found babysitters for regular date nights.
2. Redecorated their bedroom to make it romantic.
3. Physically made feeling healthy a priority – she did yoga, he lifted weights.
4. Put dates on the calendar.
5. Bought some new bedtime outfits – lingerie for her and silk pants for him.
6. Planned several weekend get-aways to interesting places.
7. Invested in some ways to spice things up when they were having an off night.

What they didn't expect was:

1. They became so connected that they actually noticed when the other was having a bad day.
2. They started to flirt with each other again.
3. They were forced to resolve conflict before bed.
4. They started taking advantage of opportunities for quickies.
5. Their kids thrived.

6. They began loving each other throughout the day with notes, phone calls, service and gifts.

Just like we make intentional decisions with our relationship with God – reading, praying, Bible study –

we have to make intentional decisions in our marriage relationship.

Intentional decisions and lots of “becoming one” turned what had been a *good* marriage into a *great* marriage. **The frequency of which we are intimate with our husband is unique to our marriage. However, knowing that God designed sex to be a marital glue and a means of connection that positively impacts other areas of our lives, we need to be intentional and ensure that sex is a priority. Generally, more is better than less.**

We need to have sex frequently enough

Principal for Most Women

The less we have sex, the less we want it and the harder it is to respond. The more we have sex, the more we want it and the more responsive we are.

that we aren't always starting at square one, needing to overcome nervousness and to get comfortable with one another again.

Optional discussion: You don't let your hormones drive your intimacy with God, right? Why with husband?

Principal for Most Women

The less we have sex, the less we want it and the harder it is to respond. The more we have sex, the more we want it and the more responsive we are.

Most of us may never have a sex drive like our husband, but that does not mean that sex is unimportant to us. It just means we need to go at it from another direction.

Think about your love affair with God. **The more you spend time with Him, immersed in His Word, praying continually, and worshipping freely, the more you crave Him. What initially was a choice, becomes something that you desire and miss when it does not happen.** You notice that you are disconnected.

Could you have the same love affair with your husband? If you have sex often, and became increasingly connected to your spouse, could you get to the point where you actually crave your husband? Could sex transform from another thing on your “to-

do” list into something that fills you up? Would you miss the connection that sex with your husband provides when it didn’t happen? Many women have experienced just that and marriages have been transformed.

The more you have sex, the more you will want to be intimate with your husband.

Sex that connects you to your husband is a totally different experience than sex that is on your to-do list. The goal is to move from obligation and duty to craving and refreshment.

(More on the idea of refreshment: <http://awaken-love.net/2015/02/08/refreshment/>)

We ought to intimately connecting with our husband daily – not necessarily sex – that can turn into obligation again – but sex, prayer, cuddling, deep conversation, etc. – do something that builds connection in your marriage every day.

Discussion Question

1. Has this class changed the frequency that you have sex? If so, has it changed the way your husband acts or the way that you act? How has this impacted your marriage?

Past Answers: Feel connected to husband on more consistent basis.
 Opened conversations and that builds connection too.
 Feel less modest.
 Opened up definition of sex – connection, laying skin to skin, etc.

Tips to Make It Happen *(go around and have women read)*

1. Spend time connecting – weekly dates, annual overnights.
 Don’t wait to pay for a counselor to give you this advice.
2. Daily non-sexual touch and at least a 15 second kiss.
 This is what keeps us connected.
 We ought to be kissing in public to show how great marriage can be.
 Let’s live like it is special and counter lies from the world.
 (marriage boring, homosexuality)
3. Exercise – it increases libido, strong abdominal muscles help with orgasm, Kegel exercises keep sex on your mind.
4. Use the lock on your door so you can have sex when someone else is in the house, even your kids.
5. Don’t always have sex at 11:00 pm – nap time, lunch time, morning, or the middle of the night. Too tired that late!
 You may need to get creative with finding daylight time.
 Send the kids to school or have your husband come home for lunch.

6. Put sex on the calendar – something to look forward to, not a to-do especially during the busy years, we schedule everything else.
7. Think about sex throughout the day to build anticipation.
Have you found the daily articles helping you think about sex?
Read the married sex blogs listed in the resources.
8. Share initiation responsibilities - come up with a plan if necessary.
We can unintentionally train our husband to wait for our signals and always wait for him to initiate.
That's unfair. We get upset when he waits too long or he is unsure of our signals.
It's not the example we see in SOSs either.
How can you break cycle?
Alternate initiating. Agree to trade initiation within 48 (24 or 72) hours. Could be 1 hour. ;) To work, you must have an agreement that when someone initiates, the other will get on board.
9. Give your husband a chance to get you in the mood – bath, back rub, talk time, no pressure touching, kissing, foreplay, etc.
If we are struggling and need a transition period from work/mom/etc. then directly, but lovingly, communicate what you need.
Let him be your hero!
10. Get medical help if necessary – beware of birth control pills - flatten libido, medication side effects depression, anxiety meds, SSRI (selective serotonin reuptake inhibitors), and pain during intercourse.
I know a woman who switched her anxiety meds because she could no longer orgasm. It's real.
11. Don't worry about your kids knowing – it's good for them.
It's good for kids to know that you prioritize your marriage
12. Teach a child that is too young to babysit alone to put the other kids to bed, so that you can have a bedroom date. Your bedroom is your oasis; your escape from the world.

Bottom line: It doesn't just happen. Nothing in the world drives you toward your husband. The world separates. It requires intention to connect, make sex a priority and grow together.

Any other ideas or thoughts?

Date Your Husband

When we think about a going out on a date with our husband, we often think about dinner and a movie. Then we often ready to conk out after that. What if the next time you surprised your husband, you took the kids to a friend's house, spread out a blanket in front of the fireplace, grabbed some wine and cheese, slipped into something silky, and waited for him to arrive home to receive **the gift of simply being fully present?**

Date nights should be fun and creative – to show that you know him.
Doing something different from time to time often becomes a treasured memory.

How handsome you are, my lover! Oh, how charming! And our bed is verdant.
- Song of Songs 1:16

What most men need is reassurance of manhood in addition to sexual gratification.
- *Intimate Issues*, p 38.

Use your words to reassure your husband.

Date Ideas (have women read these)

1. Drive-in movie theater in the car – in the garage.
What is your husband's fantasy? What do you desire?
Think of creative ways to fulfill them where both of you are comfortable.
(Warning - Don't turn car on!)
2. Thunderstorm sex.
Your kids will not hear you - assuming they are not already in your bed,
but if they are, then just go somewhere else.
3. Invite him home for a meal and you're cooking in nothing but an apron.
4. Picnic at a park making out and you're wearing no underclothes.
Teasing and flirting are sometimes just as fun as sex.
5. Progressive dinner - in each room you get a different course and a different base.
Recipe in *Intimate Issues* book.
6. Pretend beach party in the middle of winter – act out that fantasy in your house.
Have "sex on beach" without pesky sand.
7. Write an erotic story about the two of you and read it to him out loud.
8. Hide your panties in his pocket for the day.
9. For extended business trips – skype sex, phone sex, instant messaging with permission.
Kids are doing this and it is awful,
but within marriage sexting can be good thing. Let's reclaim it.
Added benefit that typing rather than verbalizing can be liberating.

10. Do a striptease, put on a lingerie fashion show, or have a photo shoot.
 Make it your own, an extension of who you are,
 not what you see when you have a \$2.99 steak.
 What is your alter ego - the sultry waitress, the stuffy librarian?
 You were send an article about strip tease.
11. Have a picnic in front of the fireplace. Always a winner!
12. Next time you are stressed out, ask him to help you relax.
13. Make it a goal to christen every room of your house.
14. Have backyard sex or sit out by the bonfire and get creative.
15. Next time you go out to dinner, get dressed like you are going to the prom.
 We tend to dress up for weddings and funerals.
 Dressing up changes dynamic of date.
16. Each of you make a personal wish list of date night ideas and sex scenarios that
 you take turns enacting over the next year.
 It can be a date idea or a sex scenario.
 It is a great way to get to know one another.
 Take six index cards each.
 Can include small stretching, but be mindful of who you and husband are today.
17. Buy a couple of decadent desserts and meet him after the kids are in bed with a
 glass of wine and dessert in a candle lit room.
18. Get dressed up and dance junior high style to Frank Sinatra in the privacy of your
 home. If go out dancing, then we tend to be tired when get home.
 Dancing at homes allows you to keep the vibe going without interruption.

**What most men need is reassurance of manhood in addition to sexual gratification.
 – *Intimate Issues*, p 38.**

What are some of other creative dates?

Go out to dinner, go to bathroom, and your slip panties in his pocket when return.
 Build a fort or camp in the backyard.

More ideas listed on: <http://www.thedatingdivas.com/you-and-me/intimate/>

Realistically, there will be busy seasons of life,
 but keep an eye on your spouse and look for a chance to plant one on him or something,
 so you stay connected until it passes.
 Don't get distracted by the busy.
 Steals moments to connect in the middle of chaos.

We are formed in God's image full of creativity and life. Let's have fun making memories with our husband. Strive to create memories by being creative and showing that you know and love him. and then store the memories in our cistern to draw on in a dry spell or to inspire new ideas. God gave us a huge playground to enjoy while we get to know our husband and become known by him.

Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love. - Proverbs 5:15-19

God is the Author of Passion

As we reach the conclusion of our time together, let's remember that this study is about more than sex. It is about being known – emotionally, physically and spiritually – between husband and wife. God designed us to know our husband and be known by him. Our differences, which are God's good and perfect design, create a journey of discovery that stretches us and builds intimacy in our marriage as we work to better understand each other's bodies, needs and desires.

This study is also about being completely known between us and God. We are created with a desire to know God and to be known by Him. God desires us to be in a profoundly personal and intimate relationship with Him. The deep knowing that God invites us to experience with Him calls us to abide in Him and orient our lives so that we continually connect more and more. In the most beautiful way, we lose ourselves to gain all of Him.

God has a zealous love for us. He has a holy passion for us; a devotion of fiery intensity that never ends. He loves us immeasurably right now - even with our faults, failures and doubts. When we truly embrace His love for us, we experience freedom to walk in the fullness of all He desires for us. If we are not jumping in with both feet with Him, then everything in this study is pointless. We simply can't go deeper with our husband.

Knowing God is essential to knowing our husband and being known by him. We need God to be our stronghold trust so that we can risk being fully vulnerable and loving our husband with abandon. The surety of God's love allows us to share our innermost thoughts and feelings and gives us the freedom to love without restraint.

**The LORD appeared to us in the past, saying:
“I have loved you with an everlasting love;
I have drawn you with unfailing kindness.”
Jeremiah 31:3**

Practically speaking, what does this look like? It's loving our husband out of an overflow of God's abundant love – not because he earned our love. It's asking God to give us that extra push to move closer to where our husband's desire is and then walking in faith that God will provide in that very moment. It's extending forgiveness to the imperfect man that we married because we know that we too are imperfect and that God fills in all of those gaps. It's asking our husband to pray over our hurts and insecurities and trusting that his love and acceptance is not diminished by our baggage. It's graciously and unashamedly sharing our needs and desires with our husband – I need to hear your words, can you move your hand here, please just hold me – and being responsive without self-consciousness or apology. It means choosing each day to walk in God's glorious design – pursuing both Him and our husband - whether we feel like it or not. His truth is not changed by our emotions. It's running after God because we realize that ultimately, it is our love for, and relationship with, Him that makes us better wives and better lovers.

**Perhaps sexual climax brings us closer to God than anything else on earth. Isn't a powerful and pleasurable sexual connection, when freely enjoyed between husband and wife, a sweet foretaste of the connection we'll one day experience in the afterlife? When we can intimately know God as fully as we are known by Him and basking unashamedly in His presence?
– Shannon Ethridge, *The Sexually Confident Wife***

Discussion Questions

1. What are the differences between being a lukewarm Christian and being on fire for God?
2. What are the differences between having a good marriage and a great marriage?

duty v. joy

obligation/going thru motions v. refreshment

Earning v bargaining v. loving because 1st loved

Guarded v. trusting vulnerability, fully known including all of brokenness and yuck

Remember in week 1 when we saw the parallel between intimacy with God and intimacy with our husband? Hopefully it has become more and more obvious.

Lasting and loving marriages
are the best way to demonstrate
the lasting and loving relationship
God wants to have with His people. Dr. David Jeremiah

God is a Lover that wants to be loved.
He gives us countless chances to answer the question, "Do you love me?"

Our sexuality reveals our enormous yearning for communion.
The desires of our body belong to the deepest longing of the heart
and are concrete signs of our search for Oneness.

Just like God wants us to be crazy in love with Him, God desires us to be crazy in love with our husband. Similar to our relationship with God, we have to make intentional choices to grow closer to our husband – it doesn't just happen. God wants us to have an all-day, every-day love affair with our husband that is passionate, physical, and vulnerable. That intense marital relationship moves you and your husband toward a deeper relationship with Him. Sex is a gift that God created to join spouses together more powerfully than words or deeds. It is a Holy Communion with Him and a reminder of the Covenant with each other. It is a profound picture of the intimacy that God desires with us. Sex within marriage is but a foretaste of the ecstasy and delight of Heaven, when we, His bride, are united to Jesus in perfect Oneness.

As good as it gets here with our husband...it will be even better.

**“For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery - but I am talking about Christ and the Church.
– Ephesians 5:31-32**

Mixer Questions

1. Share something from the study that was surprising, impactful, or fun.
2. How have you or your marriage changed since taking this class?
3. What steps will you take to continue on this journey?

The journey involves prayer, self-examination, and accountability.

It takes growing deeper with God and celebrating every step forward – no matter the size.

Homework

1. Reading

- Song of Songs – out loud with your husband in bed.

2. Application

- Kegel Exercises.
- Surprise your husband with a sex date.
- Your husband has a secret homework assignment this week. No peeking!

Think about It!

Questions to consider on your own, with a friend or with your husband as you continue your journey.

1. What do you most hope to “know” about your husband?
2. What do you most hope he “knows” about you?
3. How will you remind yourself of your commitment to pursue knowing your husband when times get busy, you get tired or new challenges come your way?

Recommended Resources

Books

1. **Orgasms** by Lou Paget – a respectful secular book filled with explicit instructions. The position sketches are sorted by what area is stimulated during intercourse.
Author has other books, pick and choose parts to read.
2. **A Celebration of Sex** by Dr. Douglas Rosenau – a Christian textbook that covers everything from communication to how to have an orgasm.
3. **The Sexually Confident Wife** by Shannon Ethridge- a secular book by a Christian author. This book will take you from confronting your past to realizing your sexual potential as a woman. This book was transformational in Ruth's life.
4. **She Comes First** by Ian Kerner – a respectful secular book written for men with detailed step by step instructions for how to pleasure a woman with oral sex.
5. **Completely Overcome Vaginismus** by Mark and Lisa Carter – a great resource for women who experience pain during intercourse due to vaginismus.
6. **Passionate Marriage** by David Schnarch – a secular book that talks about how to keep passion alive, not through technique, but through connection. Not an easy read, but it will inspire you to so much more.
7. **Intimacy Ignited** by Dr. Joseph & Linda Dillow and Dr. Peter & Lorriane Pintus – a couples eight week Bible study on the Song of Songs including real life application for your marriage.
8. **Kosher Lust** by Rabbi Shmuley Boteach - a great book about the importance of lust or deep desire in marriage filled with practical tips to keep passion alive.
9. **Creating an Intimate Marriage** by Jim Burns – a Christian book filled with practical strategies to create intimacy which then makes everything else easier.
10. **Talking to Your Kids about Sex** by Mark Laaser – a Christian book about how to have a lifetime of age-appropriate conversations with your kids about healthy sexuality.
11. **The Sex Starved Wife** by Michelle Weiner Davis – a secular book that unveils the many reasons men lose interest with steps to move towards renewed intimacy.
12. **Shattered Vows** by Debra Laaser – a great book that offers hope and healing for women who have been sexually betrayed.
Addresses pornography and ways to help your husband.
13. **Surfing for God: Discovering the Divine Desire beneath Sexual Struggle** by Michael John Cusick - a Christian book that goes beyond just practical methods of retraining or accountability and digs to the core issues that hold people in bondage to pornography.
14. **Clean: A Proven Method for Men Committed to Sexual Integrity** by Douglas Weiss – a Christian book filled with practical ways to retrain your mind and body as you journey to break free from lust or pornography.
15. **Pulling Back the Shades** by Dannah Gresh and Juli Slattery – a Christian response to *50 Shades of Grey*. This book addresses the legitimate desires of women and how the world exploits them.
16. **The Fantasy Fallacy** by Shannon Ethridge – a topic seldom addressed by the church, fantasies can be a window to our past and do not have to control us.

17. **Faithful: A Theology of Sex** by Beth Felker Jones – a Christian book sketches a theology of sexuality that demonstrates sex is not about legalistic morals with no basis in reality but rather about the God who is faithful to us. This book is part of Wheaton College's Ordinary Theology series.

Websites

The Marriage Bed - <http://site.themarriagebed.com/>

Paul and Lori Byerly have been offering scripturally based, scientifically accurate information on sex and intimacy for married Christians since 1997. Their website offers informative articles, surveys and a discussion forum.

Surveys are enlightening. The Byerly's also have the [Generous Husband](#), the [Generous Wife](#) and the [XY Code](#) websites.

Hot, Holy and Humorous - <http://hotholyhumorous.com/>

J. Parker is a Christian wife who has written three books and been blogging to encourage sex and marriage by God's design since 2010.

[Julie lives in Friendswood, TX.](#)

Awaken-Love – <http://awaken-love.net>

Ruth Buezis and Melanie Lloyd blog about intimacy to stretch you to embrace all that God has for you within the marriage bed - from the spiritual aspects of sex to the nuts and bolts. We invite you to be part of the revolution of Christians speaking God's truth about sex and encouraging Christians to grow in intimacy with God and their spouse.

[Encourage you to subscribe to our posts to keep sex on your mind. Post 2-3 times a week.](#)

Intimacy in Marriage – <http://intimacyinmarriage.com/>

Julie Sibert is an author that encourages Christian women toward healthy sexuality.

Christian Nymphos - <http://christiannymphos.org/>

No longer an active website, the archived articles written by multiple Christian women tackle any and all issues women face in their sex lives. They communicate fun and freedom in the bedroom.

[Many of the daily articles are from this site. Reading the comments on the posts can be just as interesting as reading articles. Women from all over the world engaged in the discussion.](#)

Covenant Spice - <http://covenantspice.com/>

A discrete online store for Christian couples.

[There is a growing number of online Christian stores. The Marriage Bed website keeps a list of safe shopping links.](#)

Quick Links to Specific Subjects

Sexual Positions - <http://christiannymphos.org/the-cn-position-page/>

[The positions are categorized. Some can seem complicated, but most are variations on basic positions. Our website Awaken-Love.net has a Positions category full of posts as well.](#)

Orgasms - <http://intimacyinmarriage.com/resources/the-orgasm-page/>

Orgasm During Intercourse - <http://awaken-love.net/category/how-to-have-an-orgasm-during-intercourse/>

Oral Sex - <http://hotholyhumorous.com/tag/oral-sex/>

Adjustments to Aging - <http://awaken-love.net/category/aging-adjustments/>

Song of Songs - <http://awaken-love.net/category/live-the-song/>

Healing - <http://awaken-love.net/tag/path-to-sexual-healing/>

More from Awaken-Love

Follow us on Facebook ([facebook.com/4awakenlove](https://www.facebook.com/4awakenlove)), Google+ ([Awaken-Love](#)) and Twitter ([@AwakenLoveClass](#)).

Healing Resources

Bible Studies

Path to Sexual Healing by Linda Cochrane – a 9 week Bible study journey toward wholeness for victims of sexual abuse, former abusers and those with past willful sexual sin. God used this study to surprise Melanie by the completeness of His healing.

Surprised by the Healer by Linda Dillow and Juli Slattery – a book that shares women's stories of healing from sexual abuse, betrayal in marriage and other sexual brokenness; includes a 10 week Bible study.

Forgiveness: Breaking the Power of the Past by Kay Arthur – a Bible study that acknowledges that when wounds run deep, forgiveness doesn't come easy. God's mercy moves us to choose forgiveness so we can be freed from a painful past and propelled toward being all that God intends us to be. This study helped Melanie truly understand that experiencing more freedom with God and her husband was possible. *This study isn't about sex.*

Books

Dirty Girls Come Clean by Crystal Renaud – a guide for women that want to be free from the bondage of pornography addiction. It includes practical strategy woven with stories of real women.

No Stones: Women Redeemed from Sexual Addiction by Marnie C. Ferree – this Christian book tackles an often taboo topic: female sexual addiction. It describes the problems, unearths the root causes, and offers solutions.

Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation by Dan B. Allender – the Christian authority on healing from sexual abuse. He addresses the topic with sensitivity and compassion and offers hope and healing.

When Trust is Lost: Healing for Victims of Sexual Abuse by Dan B. Allender – A short, but profound, booklet that helps victims and offenders discover how they can find hope that leads to healing and peace. *A must read! PDF version available free.*

View PDF: <http://discoveryseries.org/discovery-series/when-trust-is-lost-healing-for-victims-of-sexual-abuse/>

Forgiveness Prayer

This is a great model prayer whether working through sexual baggage or offering forgiveness to the person who cut you off in traffic this morning.

Heavenly Father, I choose as an act of my will to forgive _____. I forgive _____ for _____ (List specific offenses). I release _____ to You, Heavenly Father.

Heavenly Father, I ask You to forgive me for holding unforgiveness, bitterness, resentment, etc., in my heart towards _____. I receive Your forgiveness now and Your cleansing of my heart from all unrighteousness.

Heavenly Father, forgive me for holding resentment towards You for allowing these hurts to happen to me.

Heavenly Father, if I have any more negative feelings stored up within me towards _____ I ask You to cleanse them from me now. I open myself to replace these negative emotions with the fruit of Your Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Heavenly Father, I ask that You now heal the wounded places in my soul. Heal every memory of those offenses so that I can look back on them, realistically accepting that they were hurtful, but also trusting that You, Lord, have healed the hurt. Enable me to use this experience to help others with whom I come into contact.

Now, Heavenly Father, I ask that You bless _____ with Your abundant mercy. Prosper _____ in every way, body, soul and spirit. In the Name of Jesus I ask.

Used with permission: Kyle Miller, Global Care & Response, Austin, Texas

Kegel Exercises

What are Kegel exercises?

Kegel exercises were originally developed in order to cure urinary incontinence. During follow up visits to their doctors, women began reporting that they were experiencing orgasms during intercourse for the first time. Kegel exercises can benefit women and men.

To find the correct muscles to exercise, **shut off your urine in midstream**. The goal is not to just strengthen the muscles, but to have **good control** over them. Therefore, focus on the contraction of the muscles, as well as the full relaxation of the muscles.

The exercises can be done discretely any time of day – at stop lights, while on the phone, in the shower, while watching TV, etc.

What are the benefits of Kegel exercises for women?

1. To keep sex on her mind.
2. To connect her mind to her sex muscles.
3. To increase circulation and engorgement, resulting in increased sensations during intercourse.
4. For stronger orgasms.
5. To aid in consciously relaxing the muscles to prevent painful intercourse.
6. To prevent urinary incontinence.
7. For pelvic floor health.

What are the benefits of Kegel exercises for men?

1. To last longer through the conscious relaxation of his Kegel muscles during sex.
2. To prevent ejaculation by squeezing his Kegel muscles when he is close to the point of no return.
3. For stronger erections.
4. For stronger orgasms – and possible multiple orgasms.
5. To prevent urinary leaking.
6. For prostate health.

What are the recommended exercises?

1. **REPS** – Alternate contracting and relaxing your Kegel muscles for 3 seconds each. Do sets of at least 10.
2. **ELEVATORS** – Contract your Kegel muscles for 3 seconds, then contract to a tighter level for 3 seconds and repeat until you cannot go any tighter. Then work your way down. Relax to the lower level and hold for 3 seconds, then relax at the next lower level, until you are all the way back down. Do sets of at least 5.
3. **FLUTTERS** – Contract your Kegel muscles as quickly as you can at least 10 times.
4. **ZIPPERS** – Contract your Kegel muscles starting at the front and working to the rear until your entire pelvis floor feels zipped closed. Then gradually unzip working from the rear to the front. Do sets of at least 10.

Try to do all four exercises at least a couple of times a day.