

HAVING A GOD HONORING MARITAL SEX LIFE

God blessed humans above all other living things with a heightened need for sexual fulfillment. Most other living creatures participate in sex simply for procreation but for humans, sexual desire and activity exists beyond procreation. He made it so, that through marital sexual union, we experience spiritual union.

Sexual union with our spouse is truly a blessing from God and we honor Him and our spouse by engaging in a healthy sexual relationship.

1 Cor 7: 3 -4

“The husband should fulfill his wife’s sexual needs, and the wife should fulfill her husband’s needs. The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.” NLT

One wife’s perspective:

1. Honor your spouse’s need for sexual intimacy. This means that you should say “yes” in most circumstances. Engage in intimate moments often. God has blessed us with this special bond for husbands and wives and we honor him and each other when we connect in this way. In addition to this, we honor our spouse when we are the initiator at least half of the time.

1 Cor 7 : 5

“Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward, you should come together again so that Satan won’t be able to tempt you because of your lack of self-control.” NLT

2. Communicate with your spouse about what “feels good”. This is meant to be fun. That means laughing, talking, and showing each other what works is a good thing! Make it about mutually satisfying each other.

Gen 2: 24-25

“This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.” NLT

3. Never stop trying something “new” and trust your spouse when it comes to those moments of uncertainty. In every way, try to be accommodating in exploring new territory. If you are feeling apprehensive, tell your spouse and then prayerfully make every effort to reach that common ground. Husband and wife should be equal regarding their sexual relationship. Neither should seek dominance or autonomy.

1 Cor 7:33 - 34

“But a married man has to think about his earthly responsibilities and how to please his wife. “...But a married woman has to think about her earthly responsibilities and how to please her husband.” NLT

4. Cherish your spouse and the time you have for intimacy. Don't be thinking about what else in our busy lives we could be doing. If you honor your spouse, God will honor you by working out all the other details. If necessary, schedule time to be together intimately. Preparing for that special time can be just as fun as being spontaneous!

One husband's perspective

1. Create an affectionate environment in your marriage. Sexual union is the result of an affectionate marriage.

Eph 5:25

"For husbands, this means love your wives, just as Christ loved the church" NLT

Eph 5:28

"In the same way, husbands ought to love their wives as they love their own bodies." NLT

2. I'm not exactly sure why, but God appears to have created women in such a way that it takes them longer to become sexually aroused. Similar to starting your truck in the deep of a cold winter, you need to take steps to ensure that it will start and run smoothly; first you prepare the truck by plugging in the block heater the night before, second start the truck, third let it run to warm up for a few minutes, and only then put the truck in gear to drive. So before "turning on" your wife, you need to take the necessary steps to prepare. Consistent loving behavior will help our wives feel cherished and safe and will make them more responsive sexually. Suggestions for creating a cherished wife:
 - i. Give undivided attention to your spouse. Make spending time with her a priority.
 - ii. Praise her in big and little things. Thank her.
 - iii. Create opportunities for physical touches such as hugs, hand holding during prayer, messages, cuddling, etc.
 - iv. Love on her and make her feel special.
 - v. Pray together often. Be in the word together. Constantly examine and apply God's commands to husband and wives.

3. Stay clean. Avoid pornography and other forms of sexual perversion at all times.

1 Cor 6:18-20

"Run from Sexual sin! No other sin so clearly affects the body as this one does... You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." NLT

4. Keep your bedroom special. Never argue, never discipline children, never pay bills, and avoid watching television in the bedroom. Your bedroom should be for sleeping and love-making.