

Session 6

Good Sex







RECAP

Ask your partner what was most important for them from the impact of family on the last session?



One thing we could each do to improve our relationships with our families is...

Session 6 – Good Sex

Emotional connection creates good sex, and good sex creates a greater emotional connection.

Sex is the ultimate body language through which we communicate our desire for our partner; for:

- closeness
- comfort
- love
- protection
- wanting to have a child together

Our sexual relationship:

- restores our emotional wellbeing, which helps us cope with the pressures of life
- expresses and deepens the “one flesh” bond
- is dependent on the emotional connection between us

What does sex mean to you?



I am my lover's and my lover is mine...

– SONG OF SONGS 6:3 NLT

Five secrets for keeping the spark alive

S.P.A.R.K.

1. Speaking

Difficult at first because it is deeply private and requires vulnerability.

Tell each other what you enjoy—don't leave it to guesswork.

Most couples struggle with their sexual relationship at one time or another

- 40% of women and 30% of men will experience a sexual problem at some point

Don't regard any issues in your sexual relationship as "your" issue or "my" issue but "our" issue.

CONVERSATION 1

10 minutes



UNDERSTANDING EACH OTHER

- Discuss with your partner whether you grew up with positive or negative messages about sex.
- Tell each other whether your upbringing made it easy or difficult for you to talk about your sexual relationship now.

2. Prioritizing

Guard the physical space for your lovemaking:

- leave screens outside the bedroom
- invest in an alarm clock if necessary

Be creative:

- vary the atmosphere—soft lighting can help
- vary how you make love
- vary who takes the initiative
- approach variety with sensitivity at a mutually agreeable pace
- our attitude should be to seek to give pleasure to our partner and not just take it for ourselves

Sex isn't just the icing on the cake of a marriage—it's an important ingredient of the cake itself.

What creative change could you make in the bedroom to improve your sex life?



3. Anticipating

Our most potent and important sexual asset is our mind.

Having your own private language and private signals around sex spark thoughts that create anticipation and build desire (the best sex starts at breakfast!).

Mutually agreed periods of sexual abstinence can enhance a couple's sexual relationship.

Romance creates the setting for lovemaking.

Be sure sexual thoughts and desires are directed towards your partner.

Romance is the bridge between the everyday world of practicality and the private place of our sexual relationship.

Visit alphausa.org/marriage to see recommended books for building a good sexual relationship and for help on issues relating to pornography addiction.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

— PHILIPPIANS 4:8

CONVERSATION 2

10 minutes



MOST ROMANTIC MOMENTS

- Tell each other what have been the most romantic moments for you in your relationship, whether that's recently or when you first met.
- Listen carefully as it will help you create romance in the future.

4. Responding

Sex often starts as a decision and then arousal follows.

Responding sexually can give our partner a sense of confidence and wellbeing.

Giving ourselves sexually requires a climate of trust.

What stops you from responding positively when your partner initiates sex?



...at our door is every delicacy, both new and old, that I have stored up for you, my lover.

– SONG OF SOLOMON 7:13

5. Kindness

Sex is about giving

- showing support in practical ways and taking time to tune in to each other's emotional needs

Men and women are wired differently when it comes to sexual arousal.

Be "OTHER-oriented" rather than "SELF-oriented".

Our kind words will build confidence in our partner

- never criticize your spouse's natural shape
- keep telling each other what you love about their body

What is one way you could show kindness to your partner for the sake of your sexual relationship?



There is a very strong link between building each other's self-esteem and building an intimate sexual relationship.

His left arm is under my head, and his right arm embraces me.

– SONG OF SOLOMON 2:6

CONVERSATION 3

30 minutes



TALKING ABOUT SEX

A. Rate your lovemaking

Circle a number for each of the five qualities—first for yourself (A) and then for your partner (B)—which you feel best describes your sexual relationship, where 1 = not so good and 5 = very good:

A. You	Qualities	B. Your partner
1 2 3 4 5	Speaking	1 2 3 4 5
1 2 3 4 5	Prioritizing	1 2 3 4 5
1 2 3 4 5	Anticipating	1 2 3 4 5
1 2 3 4 5	Responding	1 2 3 4 5
1 2 3 4 5	Kindness	1 2 3 4 5

Which area(s) do you need to work on?

B. Identify any problem areas

1. What, if any, are the differences between you, as husband and wife, in the way you respond sexually?

Are these differences having a positive or negative effect on your marriage?

If positive, give the main reason:

If negative, give the main reason

Please turn over

2. Does your self-esteem and body image affect your lovemaking negatively?

If so, explain why:

How could your partner help you?

3. What, if any, unresolved emotions (for example: *resentment, hurt, unforgiveness, anxiety, or guilt*) affect your lovemaking in any way?

How could these be resolved?

4. Does your lovemaking lack excitement?

If so, what new element would you like to see introduced?

5. Does over-tiredness take a toll on the frequency of your lovemaking?

If so, identify the reason for over-tiredness:

What could re-energize you? (For example: *conversation, better communication, resolving past hurt, planning and prioritizing sex, more sleep, less going out, more fun, and less work*)

6. Do you feel free to talk together about your lovemaking?

If so, write down two or three things your partner has told you recently that have enhanced your lovemaking:

If the answer is no, identify some of the reasons for your difficulty:

Suggest something you would like your partner to say that you have never heard:

7. What are the main romance killers for you?

C. Write the script

List below the different criteria that would create good lovemaking for you.

Be specific about things such as timing, taking the initiative, anticipation, position, atmosphere, place, romance, tenderness, seduction and arousal (foreplay), afterwards. (We cannot guess each other's expectations.)

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

D. Seek to understand each other better

- Once you have finished, read each other's responses to Sections A, B, and C.
- Now start to talk about what the other has expressed—beginning where you feel most comfortable.
- Give each other the opportunity to ask questions about what you have written. Tell your partner what surprised you most. Ask for clarification if you do not fully understand.

Protecting our marriage

Practical steps to affair-proof our marriage:

1. Build each other up

The most common cause of affairs is a failure to meet each other's emotional needs.

It's our emotional connection with each other that ultimately maintains our sexual attraction to each other.

2. Set boundaries

Infidelity starts and stops in the mind.

We can't help being attracted to other people, but we can decide whether or not to entertain such thoughts.

Many affairs begin not with immediate sexual attraction but through intimate conversation.

3. Talk to someone

If feelings become overwhelming, tell your partner or someone else. This can help burst the bubble.

4. Keep sex alive

It is normal to have different levels of desire at times.

Loving involves giving to each other—sometimes making an effort, sometimes showing restraint.

As we increase emotional intimacy, physical desire usually increases.

Sometimes we need to go back to the basics of enjoying touching and being touched.

So guard yourself in your spirit and do not break faith.

— MALACHI 2:15

CONVERSATION 4

5 minutes



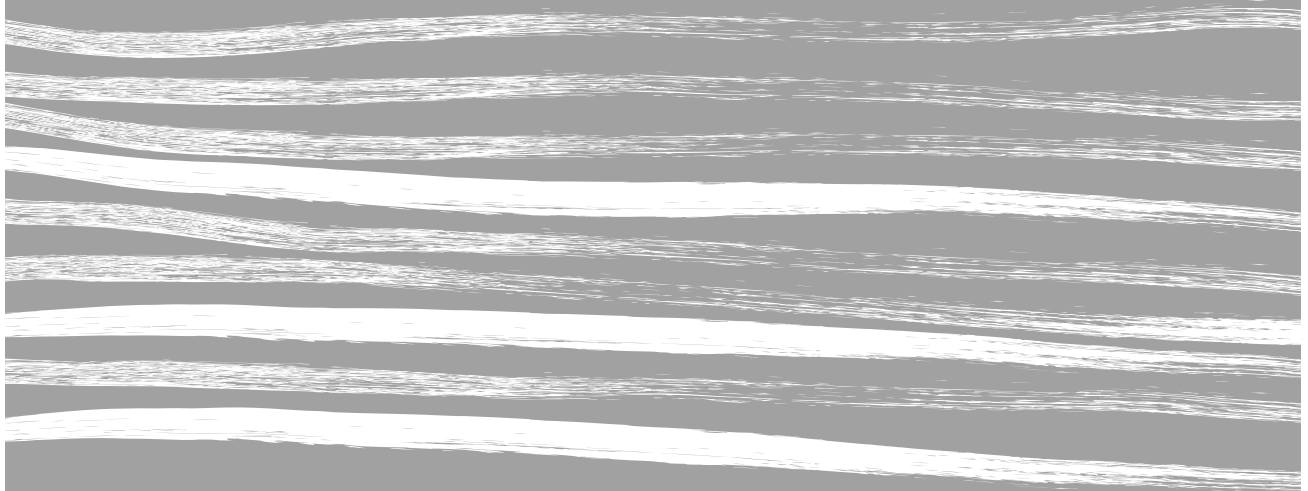
SUPPORTING EACH OTHER

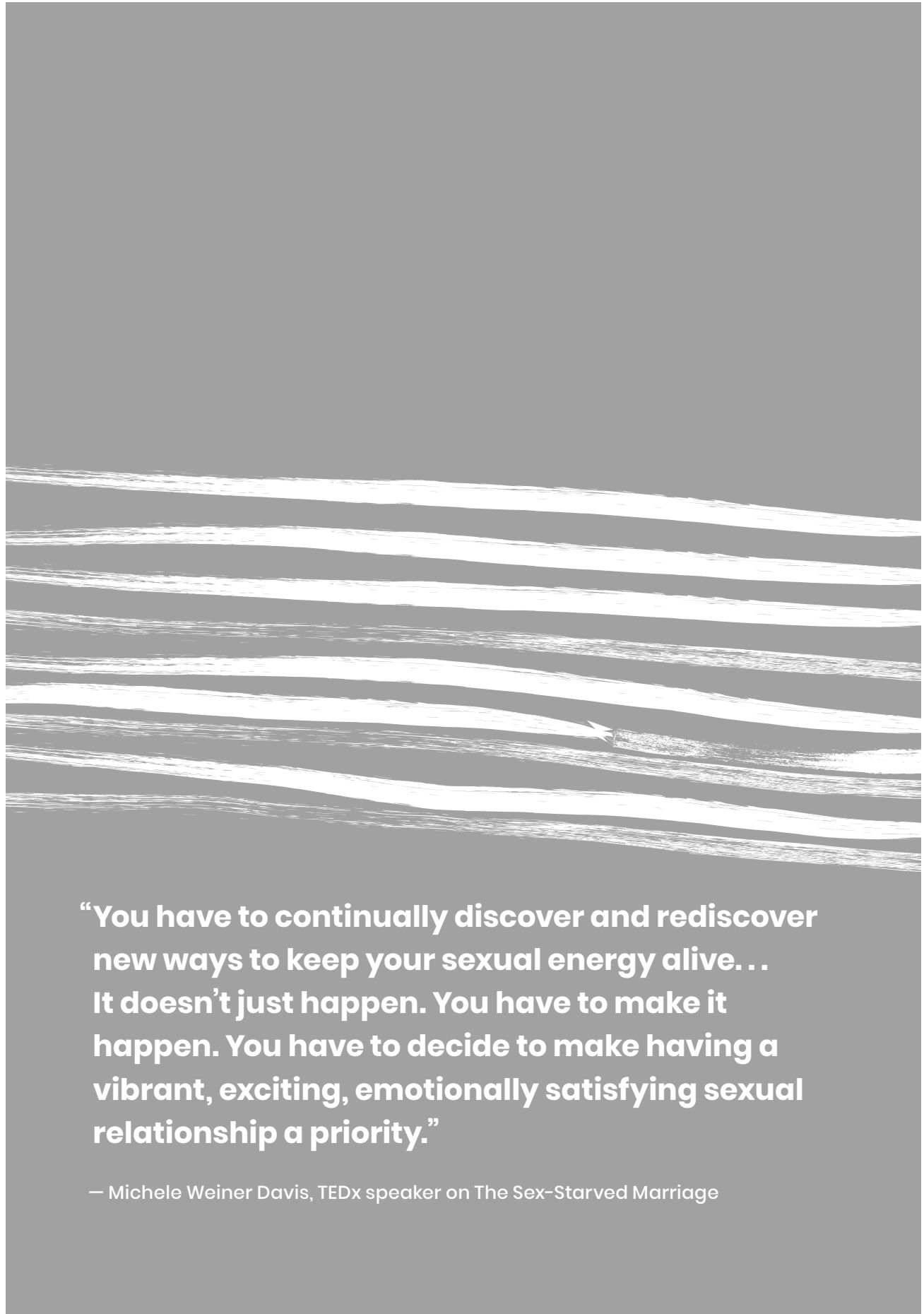
- Tell your partner what was important for you in this session.
- Say sorry to each other for any ways you've spoiled your sexual intimacy and, if appropriate, express forgiveness.
- Ask your partner how you can support them this week. If you feel comfortable, pray for each other, aloud or silently. Otherwise express your support in another way.

Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot wash it away. If one were to give all the wealth of one's house for love it would be utterly scorned.

– SONG OF SOLOMON 8:6-7

Continuing the Conversation








“You have to continually discover and rediscover new ways to keep your sexual energy alive. . . It doesn’t just happen. You have to make it happen. You have to decide to make having a vibrant, exciting, emotionally satisfying sexual relationship a priority.”

— Michele Weiner Davis, TEDx speaker on The Sex-Starved Marriage

Plan a date together

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
 Morning							
 Afternoon							
 Evening							

My turn / your turn to organize what we do.

This week, we could.....

This week you made me feel so loved when you...



One thing I will change to improve our sex life...



Emma Waring’s three top tips to help you prepare for making love

1. One of the biggest barriers to sex is tiredness. Rather than expending a lot of energy shopping and cooking, why not agree to get a takeaway one evening or order something in? This will create a sense of occasion and give you more time to prepare.
2. Consider sending flirtatious text messages to your partner, such as, “Guess what underwear I have on.” Even if your partner is busy and can’t respond that moment, they can send a short flirtatious message back, which creates fun and builds anticipation.
3. Both take a shower or bath as soon as you get home from work. This will help you to wash away the cares of the day. Then get into some comfortable clothes or nightwear to set the tone.

Plan times of making love (even if it seems contrived at first) to fulfill what you both feel comfortable with from Section C of the conversation “Talking About Sex” (page 103). Happiness and fulfillment in this area of our marriage will depend on meeting our partner’s needs, as we would like them to meet ours. Be careful not to push your partner to fulfill your desires—look to meet theirs.

Conversation starter on your next date:

The most romantic thing you have ever done for me is...

