

Five Steps You Can Take Now to Improve Sexual Intimacy with Your Husband

By Julie Sibert

A Christian wife committed to encouraging other wives in healthy sexual intimacy.

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1. Decide if you really want things to change. Sounds simple enough, but you may be surprised that I talk with some women who are very content with having little or no sex with their husbands. They don't want things to change. I'm guessing you are not one of these women. It can take a lot of courage to admit that your sexual intimacy has not been a priority or has been a source of tension in your relationship...**and that you are ready for this to change.** While you cannot control your husband, you can do what is within your power to nurture the intimacy in your marriage.

2. Pray specifically. Does God care about your sexual intimacy? Absolutely. Scripture clearly indicates that God cares a lot about sexual intimacy in marriage. He knows that such intimacy is powerful. **Sex was His idea, meant as a gift, not as a burden.** If you and your husband have struggled with sex for a long time (maybe your entire marriage), God knows this. Have a heart-to-heart talk with God and get real... cry out to Him about your pain, frustration and confusion. Share with God that you want sexual intimacy to be an enriching and enjoyable aspect of your marriage. Ask God for His wisdom, guidance and compassion.

3. Take an honest look at any past sexual issues that may be affecting your intimacy now. Having great sexual intimacy with your husband takes effort. I do not take it lightly that many women have been sexually abused, have past relationship issues that still linger, or have other painful triggers associated with sexuality. Some of the sexual struggles with your husband may be rooted in painful experiences that happened before he was on the scene or in unhealthy patterns from early in your relationship with him. **If you have unresolved issues that are inhibiting your sexual intimacy with your husband, you owe it to both him and yourself to seek healthy healing in these areas.** Seek trusted resources and/or Christian counselors who can help you navigate on a path toward healing. And if you are currently being emotionally, physically or sexually abused, please seek trusted professionals who have the skills and resources to help you out of abusive relationships.

4. Talk to your husband about sex. No idea how to do this? Here is a start... ***"I know that sex has been a challenge for us. I'm sorry. I want this to look different. Can we talk?"*** I encourage you to do this in a non-sexual private setting when you both truly have some time and energy to focus on the conversation. Not exactly a conversation you want to have when you are tired, trying to get out the door for work or distracted by small children or eye-rolling teenagers. You get the idea. Find the time to have a vulnerable uninterrupted conversation with the man you married.

5. Help your husband learn what feels good for you sexually. I know... this can seem embarrassing and treacherous, right? Truth is that many women don't like sex because they are not enjoying pleasure when they are intimate with their husband. I'm not just talking about orgasm, although that's a vital experience. Couples fall into patterns, and sometimes those patterns perpetuate unfulfilled experiences. THIS is often how sex turns into a chore...just something to cross off your list. Do you know what feels good? Whether you do or not, you and your husband can discover pleasure. A good place to begin is honest communication and a willingness to continually learn about each other.

BONUS TIP: Stay in the moment. Whenever you embark on changing something that has been a strain in your relationship, defenses are likely to go up. If things start to get tense in a conversation, resist the urge to retreat. Resist the gut reaction of becoming defensive, stopping the conversation, or falling back into unhealthy patterns. Stay in the moment. Take a deep breath and do what you can to continue the conversation and listen. And if you can't carry on the conversation at that moment, continue to seek future opportunities to engage your husband in nurtured sexual intimacy.

**Has this been helpful? Do you want to hear more?
Great! Consider reading my blog (you can
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recommend on the site and embracing a healthier
perspective on sexual intimacy.**

Remember: You can't just make copies of this or forward it to your friends. What you can do is encourage them to visit the site www.IntimacyInMarriage.com. As a Christian wife, I am passionate about coming alongside other wives in their journey on this sensitive issue of sexual intimacy.

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