
**3 KEYS TO
PASSIONATE SEX
GOD'S WAY**

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I hear every single day from Christians who feel insecure, unsure or even ashamed by the status of sexual intimacy in their marriage. The specific circumstances vary, of course, but I've found that many Christians are dealing with the same key issues.

Let's address three of these now and help you take the first step to unlocking passionate, enjoyable sex in your marriage...the way God desires for you.

KEY ONE

Get Rid of False “Tapes” that are Playing in Your Head

You can embrace a positive view of sex. You truly can! But only if you challenge any myths or outright lies you've believed about sex.

You are not alone if you underestimated how these would take a toll on intimacy with the person you love. I'm going to devote the most attention to this KEY, because it's what all other keys to passionate sex are built upon.

All of us come to marriage with perceptions about sex, whether they are from sexual experiences prior to marriage, messages from other people or society, or, in tragic circumstances, sexual abuse.

If your view of sex has been mostly negative, do you know why? It's worth exploring, because allowing a false tape about sex to keep playing in your head will continue to bring you to the same point – struggling with seeing sex as good!

Fortunately, God is all about righting the ship and aligning our thinking with His truths. Consider the below false “tapes” that you may have on repeat and what you can do to get rid of them.

FALSE TAPE #1

SEXUAL PROMISCUITY BEFORE MARRIAGE IS UNFORGIVABLE

If you were sexually active – maybe even sexually promiscuous – before marriage, you may be burdened with guilt over those sins. I’ve even had some people, women in particular, tell me they don’t believe they “deserve” enjoyable sexual intimacy in their marriage, because they believe God is punishing them for the sex they had before marriage.

But what do we know about God’s heart and Word? He is in the business of forgiveness. It’s His gig. It’s His wheelhouse. He loves you, and sexual sin is not beyond His reach. If you confess your sins and repent, you are indeed forgiven. Walk in that forgiveness. Make love with your spouse in that forgiveness. And you will start to see sex in a positive light.

FALSE TAPE #2

SEXUAL PLEASURE IS ALWAYS WRONG

If all you ever heard growing up were messages that all sexual pleasure is wrong, then even in marriage you may struggle to see sexual pleasure as good. But guess what? God says sexual pleasure within the exclusivity of marriage isn't just right, it is holy and worthy of pursuit!

Orgasm was God's idea – not just for a husband, but for a wife, too! He designed the gift of sexual pleasure to be enjoyed between a husband and a wife. Sexual pleasure is a good thing!

FALSE TAPE #3

THERE'S NO WAY TO HEAL FROM SEXUAL ABUSE

Tragically, so many people – men and women – have been sexually abused or violated, whether as a child, teen or adult. If this was your experience, my heart breaks that this happened to you. But even more heartbreaking would be if such abuse continued to take a toll on sex with the person you love in the safety of your marriage.

Seek godly counsel through professional therapists and other resources to heal from past hurts. If you don't find a way to heal, this false tape will likely keep sabotaging sex in your marriage.

KEY TWO

Embrace that Your Sexual Pleasure Matters



As a wife, have you downplayed the significance of your sexual pleasure? That's one of the quickest ways for sex in your marriage to be reduced to nothing more than something to check off your list. Some women even make excuses to avoid sex, because they don't find it enjoyable at all.

A better approach? Tell yourself that **both your sexual pleasure AND your husband's sexual pleasure are significant. That's how God sees it.**

When you both experience arousal and orgasm, the passionate sexual connection kicks up several notches! What I hear from husbands is that they find it so sexy when their wife climaxes. Your husband may be more excited about your sexual pleasure than you realize.

KEY THREE

Learn Each Other's Body

Hollywood has led us to believe that amazing sexual passion is instantaneous and solely the result of intuition rather than honest and vulnerable communication.

I've often said that real sex is better than sex in movies – because real sex is real. **Passionate and mutually-enjoyable sexual intimacy in a marriage is a learned endeavor.** You and your spouse can indeed learn, but you have to be willing to show and tell each other what is arousing and what is not.

When you pursue each other, enjoy foreplay and make love, you are in a private setting. Privacy gives you the freedom to try different touches, positions and techniques, to talk, and to show each other what feels good.

The good news is you get several opportunities to keep learning! Push through the awkwardness and know that passionate sexual intimacy is yours to enjoy. Don't be shy in getting specific, such as, "It turns me on when you touch me that way" or "It feels so good when you kiss me on my neck." You get the idea! Learn each other's body.

With a bedrock of love and respect and a shared goal of vibrant sexual intimacy, the above keys will unlock profound physical and emotional connection in your marriage. Go over this guide together to better understand each other's perspective on sex in marriage.

CHOICE ONE

You could continue down the path you've been on and do nothing more than *hope* your intimacy improves "someday" – but I have to tell you that this almost never ends well. As a worst-case scenario, your relationship could suffer, maybe even deteriorating toward infidelity or divorce. Even in the "best-case" scenario of your current path, you will miss experiencing the joy and passion that God desires in your marriage.

Speaking from personal experience, I have been through the pain of divorce that resulted in part from me thinking our lackluster intimacy would simply improve "someday" with no intentional effort from us. What a naïve approach to something so vital as intimacy in a marriage!

The loss of my first marriage taught me many painful lessons that fortunately have served me well in my current marriage to my husband Randy. The biggest lesson I learned is that God wants us to take action and let Him guide us in deepening our relationship with our spouse. I have a healthy appreciation for what it means to be intentional, because I've experienced the benefits of those efforts.

CHOICE TWO

Take these lessons to heart, unpack what I've shared here and intentionally seek the holy and passionate marital love designed by God. I pray that you make this choice and enjoy deeper intimacy and draw closer to our Lord as a result.

Be open and vulnerable about these three keys, pray upon them and commit to taking action to seek God's will in your relationship. It likely won't be easy, but it WILL be worth it.

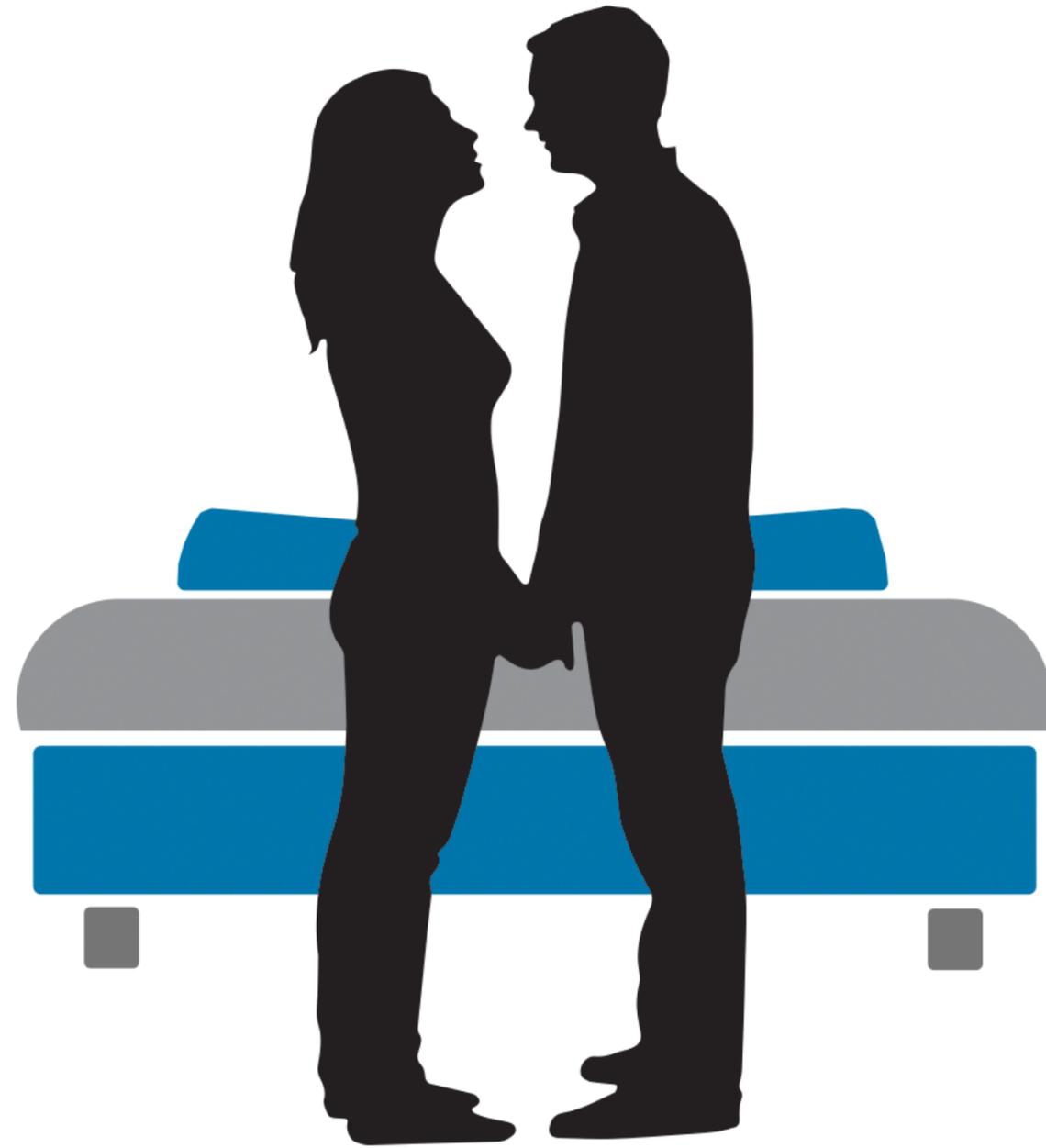


Would You Like More Help?

I invite you to explore our website where you'll find hundreds of articles all aimed at helping you improve intimacy in your marriage.

If you'd like additional help, I currently am offering a limited number of personal coaching engagements with Christian women who desire insights on deepening intimacy in their marriage. If you're interested in learning more, please email me personally at julie@intimacyinmarriage.com for more information.

God Bless You!



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