

More than 30 Specific SEX TIPS for Marriage!

TIPS for you as a couple...

1. **If you don't already have a quality comfortable bed, shop for one together.** If you can't afford one right now, start saving! This is not only an investment in better health for you overall, but also better sexual intimacy!
2. **Remember that real sex isn't movie sex! Real sex is BETTER!** Don't be discouraged by the awkwardness and messiness of real sex, but rather embrace the joy of being naked together and learning together!
3. **Leave some light on in the room so you can visually enjoy each other during lovemaking.** Some ideas include a side table lamp, a closet light with the closet door slightly open, a master bathroom light with the door slightly open, or candles. If you use real candles, be cautious as to avoid any fire hazard. There also are candles with simulated flames that are realistic, provide romantic light and are safer than a real flame.
4. **Pay close attention to personal hygiene, including brushing your teeth regularly and showering or bathing regularly.** Also consider grooming your genital area. Some people are more open to oral sex if their spouse's pubic hair is trimmed and the genital area washed.
5. **Take your time undressing each other, using your hands and mouth and body creatively to touch each other during the process.**
6. **Shower together.** This can be a great aspect of foreplay and at the same time helps you come to bed clean, which lowers inhibitions. You may want to bring some lubricant into the shower for some fun play with your hands.
7. **Tell your spouse when you are about to climax. Say it in a way that feels comfortable to you and affirms your spouse.**

"You're going to make me come so hard..."

"What you're doing to me right now feels so good. Don't stop..."

8. **Try different types of kisses.** Talk about what you both like – deep passionate kisses? Gentle soft kisses? Kisses where you use your tongue creatively?
9. **If you can maintain your privacy, have sex someplace in your house other than your bedroom.** Different types of furniture may allow you to experiment with different angles or sexual positions or techniques (couch, recliner, chair, desk, counter, etc.)



10. **Be intentional with your emotional relationship, as well as your physical relationship.** Learn the five love languages and talk with each other about how you each enjoy receiving and giving love.
11. **Explore various sexual positions besides missionary position.** Be sure to check out the site www.ChristianFriendlySexPositions.com. Three positions that may be easiest to try:
 - (a) Wife on top facing husband.
 - (b) Husband entering wife's vagina from behind, either while she is on her knees or lying flat on her stomach. He can use his hands on her hips to guide her, which can be super arousing for both of them.
 - (c) Husband on top, while she raises her feet up near his neck. This can be a great way to increase tightness, as well as penetrate at an angle slightly different than traditional missionary position.
12. **Express your sexual desire and sexual playfulness.** The more affectionate you are, the more comfortable you'll become with sensual expression. Sexual desire is a lot about attitude and placing a high value on your marriage. Yes, you make love in private, but when you're making love isn't the only opportunity to express sexual desire. Grow in the ways you express it at other times, too!
13. **Be generous and genuine in saying "I love you" to each other often.** This expression is affirming and increases emotional and physical attraction.
14. **Choose blog posts, books or other resources that are specifically aimed at building great intimacy.** After both of you read what you've chosen, discuss relevant takeaways for *your* marriage.
15. **Ask your spouse insightful questions about sex in your marriage, such as...**

"What do I do that makes you feel most desired by me?"

"What do you enjoy most about the times we make love?"

"What could I do to make sex more amazing for you?"

On the next few pages are specific tips for wives and husbands.

What will you do to bring more sexual passion to your marriage?!



TIPS for Wives...

1. **With your husband lying on his back, use your breasts to caress his penis.** Try using your hand around his penis to then rub the tip of his penis on your breasts and nipples. This can be super arousing for him and for you.
2. **Have your husband lie back on the edge of the bed, while you kneel in front of him and perform oral sex on him, if you both are open to this.**
3. **Use your finger nails and fingertips to lightly and firmly caress up and down his legs.** Touching behind his knees, across the tops of his feet, on his hips and on his butt can feel especially arousing.
4. **Plan a spontaneous date night by calling him or texting him during the day to say, “Don’t make plans for tonight. I have something planned for us.”** Make sure the plans involve intimate emotional and physical connection.
5. **Focus not only on his penis, but also on his scrotum and testicles.** Try different touches, including gentle pulls on his scrotum, cupping his testicles in your hand and/or massaging them, caressing in the creases of his leg near his scrotum, licking or sucking his testicles gently – ASK him what feels good and how he wants you to touch him in this area.
6. **While sitting in church or any place where you are next to each other, run your fingernails across the back of his neck or near the bottom of his shirt sleeve.** If he’s wearing a short sleeve shirt, this should be near the elbow crease. If he’s wearing a long sleeve shirt, this would be near his wrist. Light touches with your fingernails on the arm can be very arousing.
7. **While he is driving, place your hand on his leg and slowly move it toward his penis and then back down his thigh.** This is a great way to show affection and convey you are interested in making love as soon as there is an opportunity, whether it’s soon after your drive or later that day.
8. **Tell your husband what you want him to do to you sexually.** Use language you both are comfortable with, being clear and confident about what turns you on.
9. **When he’s thrusting in you, place your hands on his hips to pull him back and forth into you.** This is a great expression of desire and it also helps him understand the rate and depth you want him to thrust.
10. **Give him a sensual massage, paying close attention to every part of his body.**



11. **Give your husband a hand job.** Have him recline comfortably on the bed with some pillows behind his head and neck (so he can see what you are doing). Arouse him to bring him an erection. Use lubricant with your hand wrapped around his penis, stroking him up and down. Ask him to tell you or invite him to show you what feels good as far as type of stroking and pressure around his penis.

TIPS for Husbands

1. **Experiment with different ways to caress your wife, learning how she desires you touch her face, hair, breasts, genitals and other erogenous zones.** Ask her about her monthly cycle and whether there are times of the month she is more easily aroused, as well as times of the month when her breasts may be more tender.
2. **Plan a spontaneous date night by calling her or texting her during the day to say, “Don’t make plans for tonight. I have something planned for us.”** Make sure the plans involve intimate emotional and physical connection.
3. **Prop yourself up in bed with pillows, leaning against the wall or headboard. Have your wife lie with her back against you, so your hands are free to caress her neck, breasts, nipples and genitals.** Take your time exploring her with your hands, using a small amount of lubricant if necessary when you explore her clitoris and vagina. Kiss her neck and head and ears gently. Bring her to climax with your hand or use this position simply as foreplay before making love.
4. **Try stimulating her G-Spot.** Use lubricant if necessary. Have her lie on her back. While caressing her, gently bring your pointer finger and/or middle finger into her vagina and do a “come here” motion with your fingertips on the front wall just inside of her vagina. Ask her to tell you what feels good. Use your other hand to caress her breasts and nipples.
5. **If your wife has a difficult time having an orgasm through intercourse alone, express to her that you want to help her enjoy sex to the fullest.** Encourage her to stimulate her clitoris with her hand or to guide you in how to use your hand to help her climax. Suggest different positions that may stimulate her clitoris more. Talk about whether you both are comfortable with bringing a sex toy into your intimacy.
6. **Hold her hand more, whether it be in the car or in public settings.** This can be such a genuine affirmation to her that you are grateful she is your wife.
7. **Give her a sensual massage, paying close attention to every part of her body.**



8. **Come up behind her when she is in the kitchen or bedroom (or anyplace, really!), and hug her.** If the timing seems right, tenderly express your desire for her by caressing her breasts lightly or running your hand along the front waist band of her jeans or sweats. Allow your hand to gently move between her legs and near her genitals. Tell her you love her and desire her.
9. **When caressing her genitals, really take your time, using your fingers and your tongue, if she is open to this.** There are many nerve endings not only in her clitoris, but throughout her vaginal area.
10. **When making love, vary the depth and speed at which you thrust within her. Ask her what feels good.** Some wives do like aggressive deep thrusting, whereas others prefer slower movement that is not as deep.
11. **While in missionary position, try to move your body forward enough so the shaft of your hard penis is in more direct contact with her clitoris.** This will likely bring her greater stimulation.

Of all the tips listed on these pages, which ones are you most excited to try?!

Be intentional to keep investing in your marriage!

