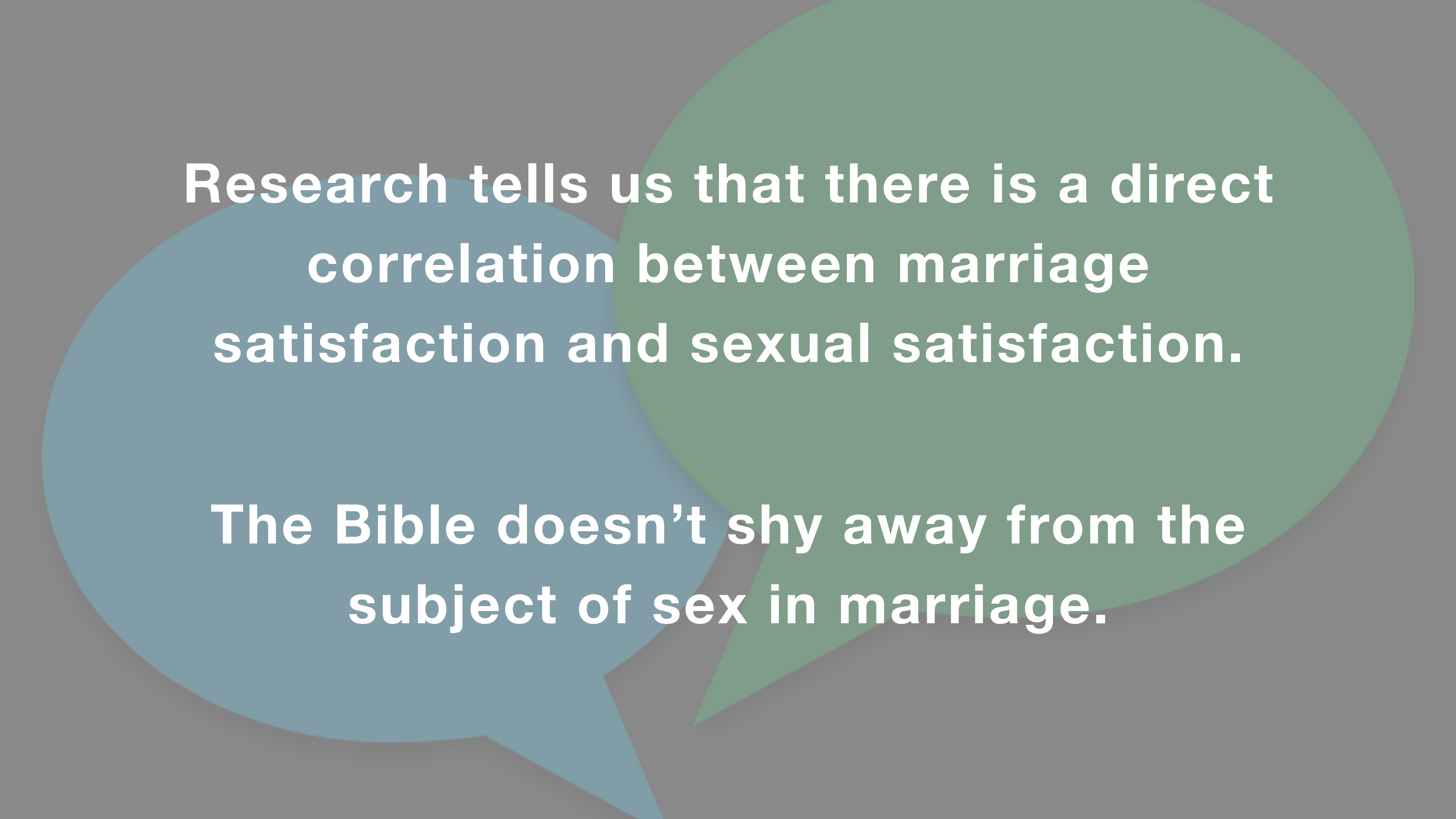




for
HOW TO LIVE WITH YOUR SPOUSE



**KEEP THE BEDROOM FROM BEING
THE BORED-ROOM.**



Research tells us that there is a direct correlation between marriage satisfaction and sexual satisfaction.

The Bible doesn't shy away from the subject of sex in marriage.

¹⁸ Three things are too wonderful for me;
four I do not understand: ¹⁹ the way of an
eagle in the sky, the way of a serpent on a
rock, the way of a ship on the high seas,
and the way of a man with a virgin.

—Proverbs 30:18-19 (ESV)



THE PROBLEMS

THE PROBLEMS

DIFFERENCES

THE PROBLEMS—DIFFERENCES

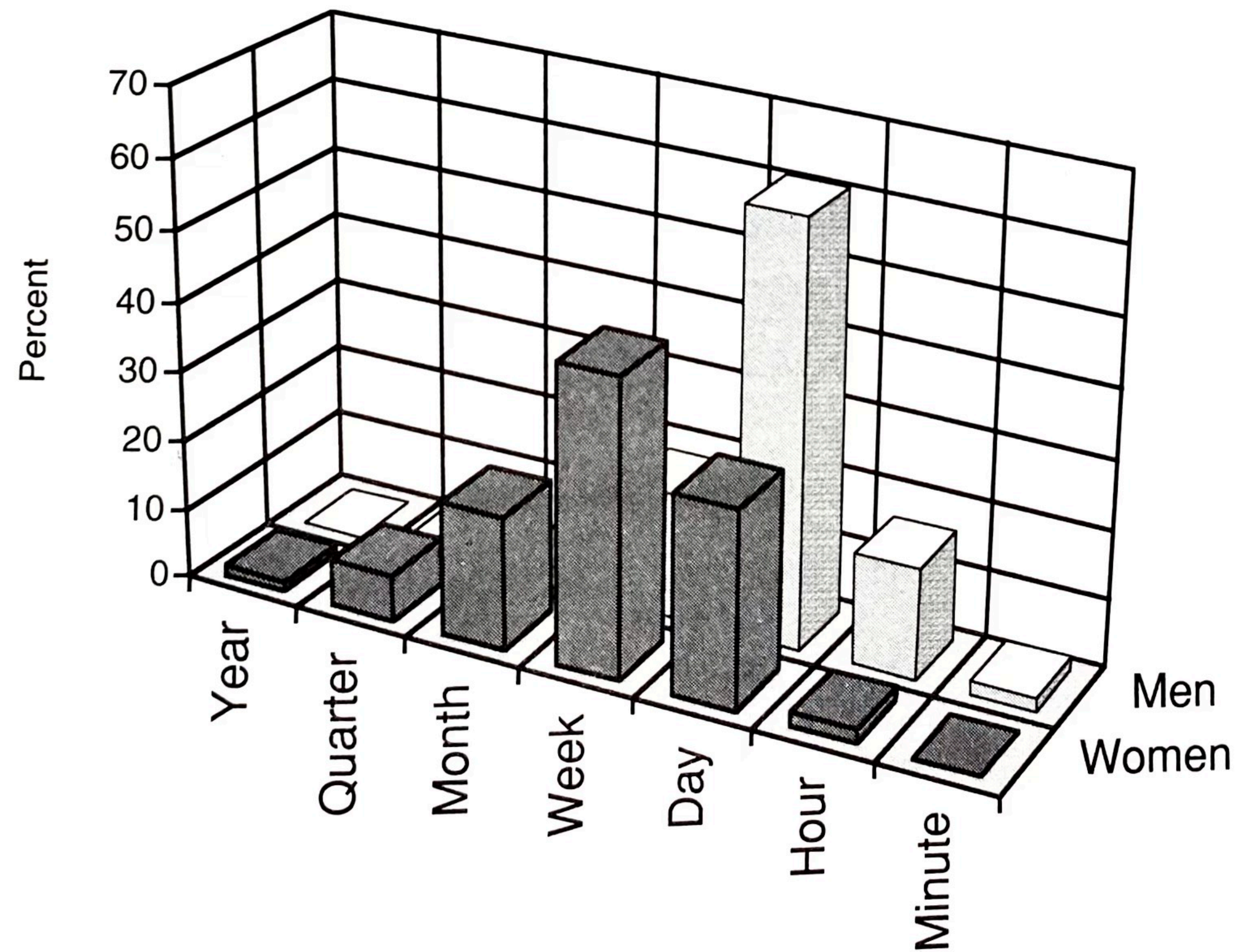


Drives

THE PROBLEMS—DIFFERENCES

HOW OFTEN DO WOMEN AND MEN THINK ABOUT SEX?

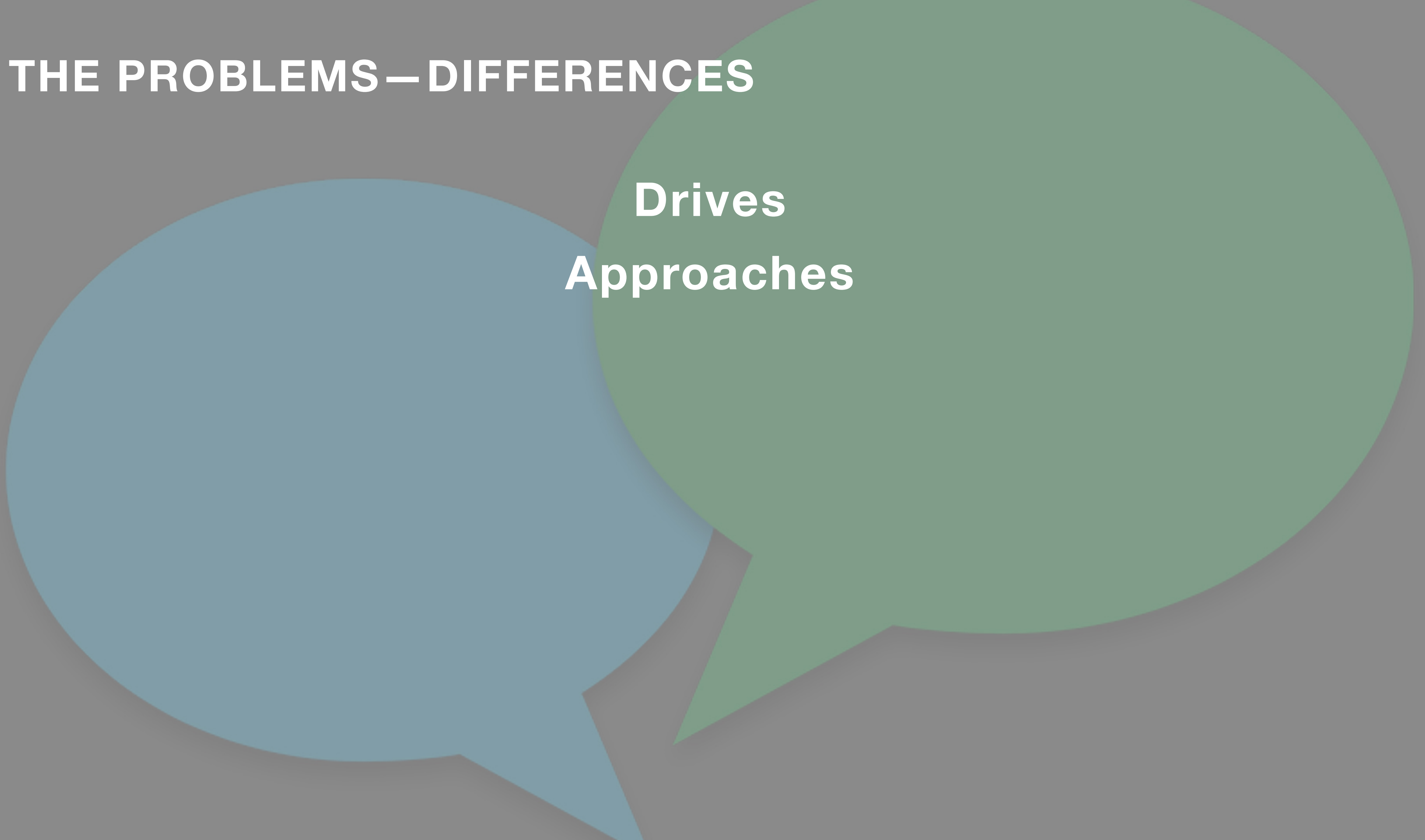
Figure 4.5

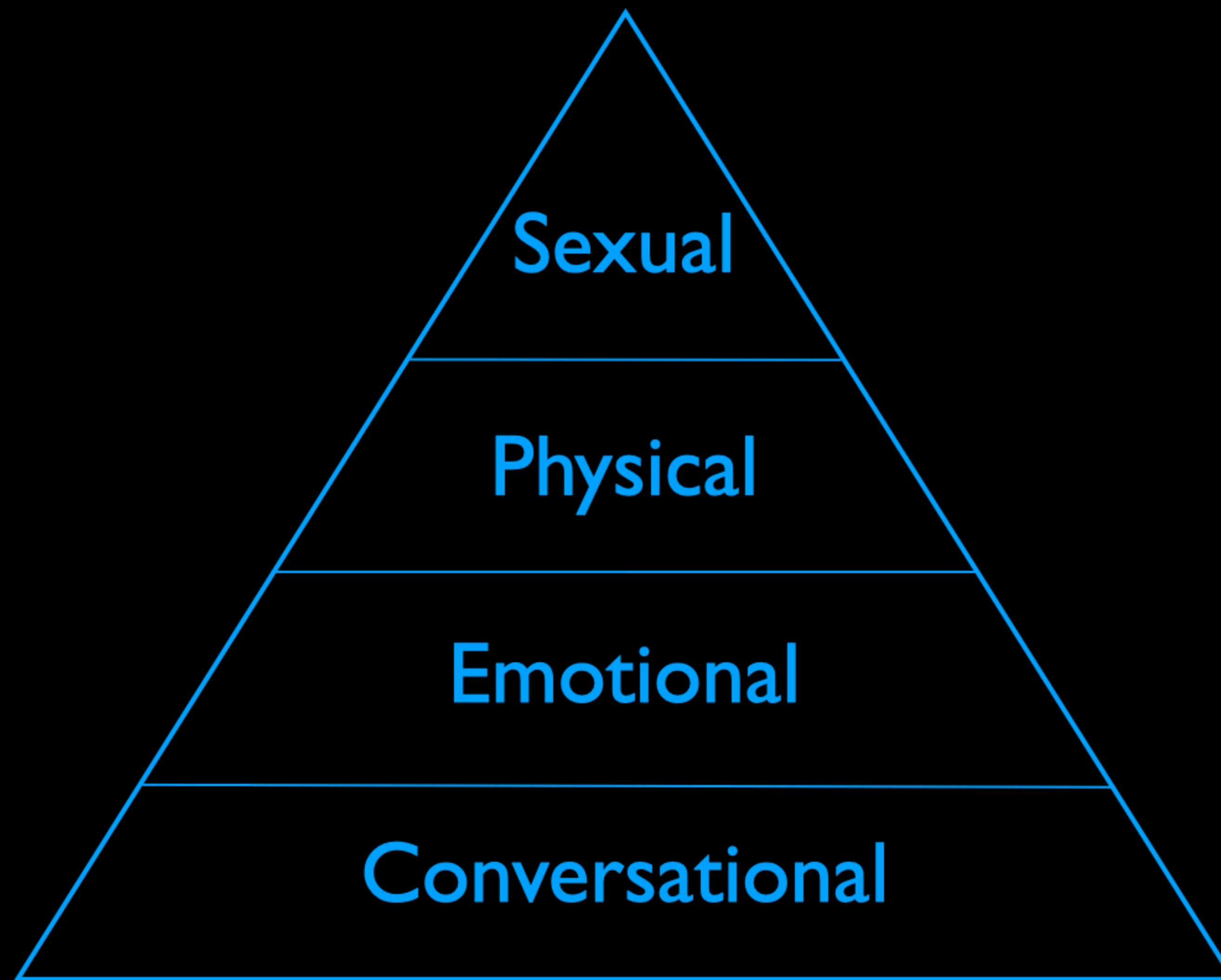


THE PROBLEMS—DIFFERENCES

Drives

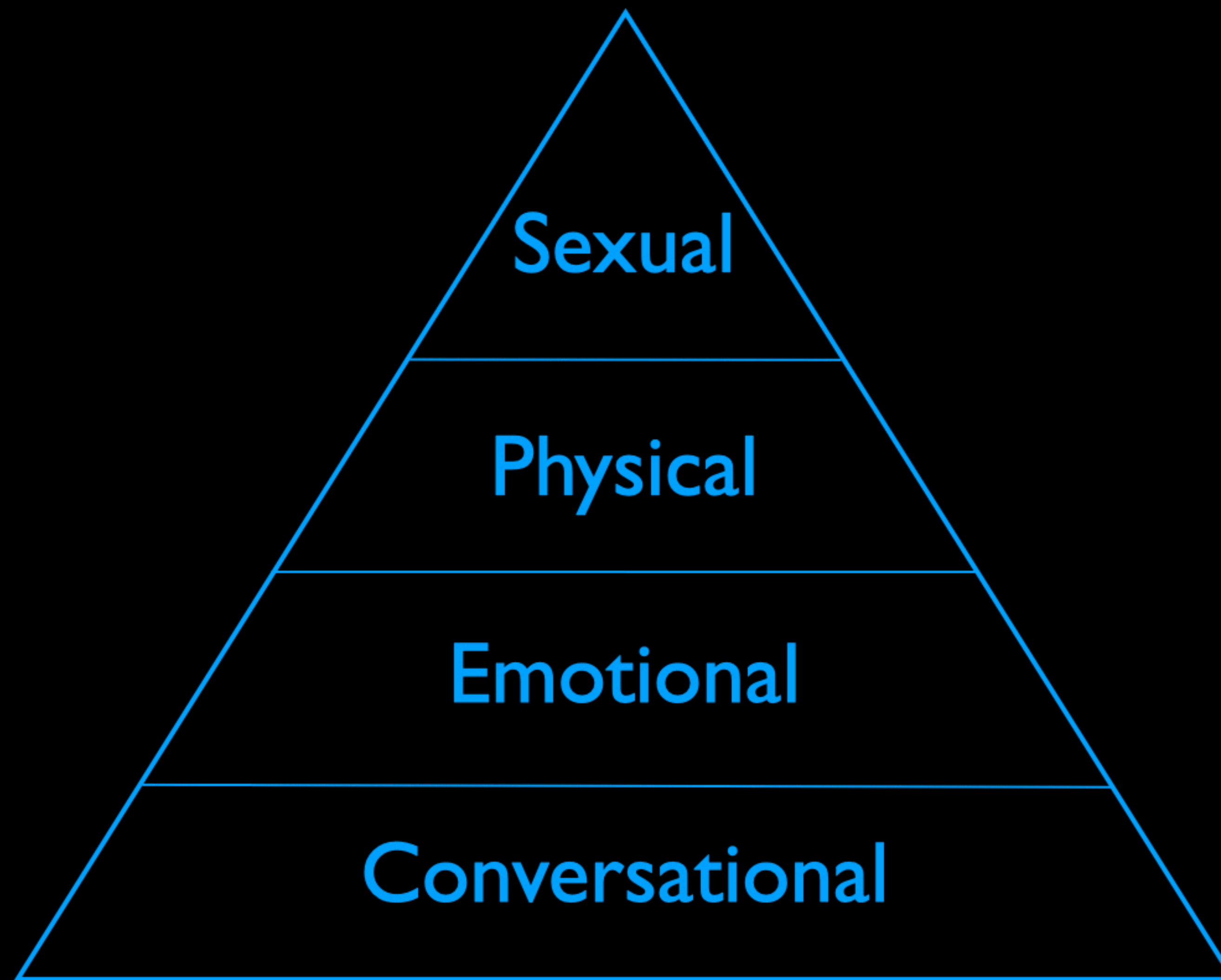
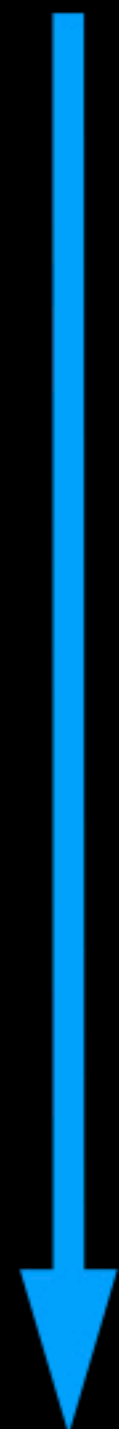
Approaches





Intimacy

Men



Sexual

Physical

Emotional

Conversational

Women



Intimacy

THE PROBLEMS—DIFFERENCES

Drives

Approaches

Anatomy

Hormones

Family Up-Bringing

Societal Messages

Experiences

Life Stages

THE PROBLEMS—DRAINERS

Fatigue

Family

Work

Health

Erroneous Thinking (Myths)

THE PROBLEMS—DRAINERS

Erroneous Thinking (Myths)

Being in love means great sex

Men are suppose to initiate sex

Spouses need to be in sync with one another

Sex involves just two body parts

You should only have sex when you feel like it

³ The husband should give to his wife her conjugal rights, and likewise the wife to her husband. ⁴ For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does. ⁵ Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

1 Corinthians 7:3-5 (ESV)

THE PROBLEMS—DRAINERS

Erroneous Thinking (Myths)

Being in love means great sex

Men are suppose to initiate sex

Spouses need to be in sync with one another

Sex involves just two body parts

You should only have sex when you feel like it

The act of sex should be natural for spouses

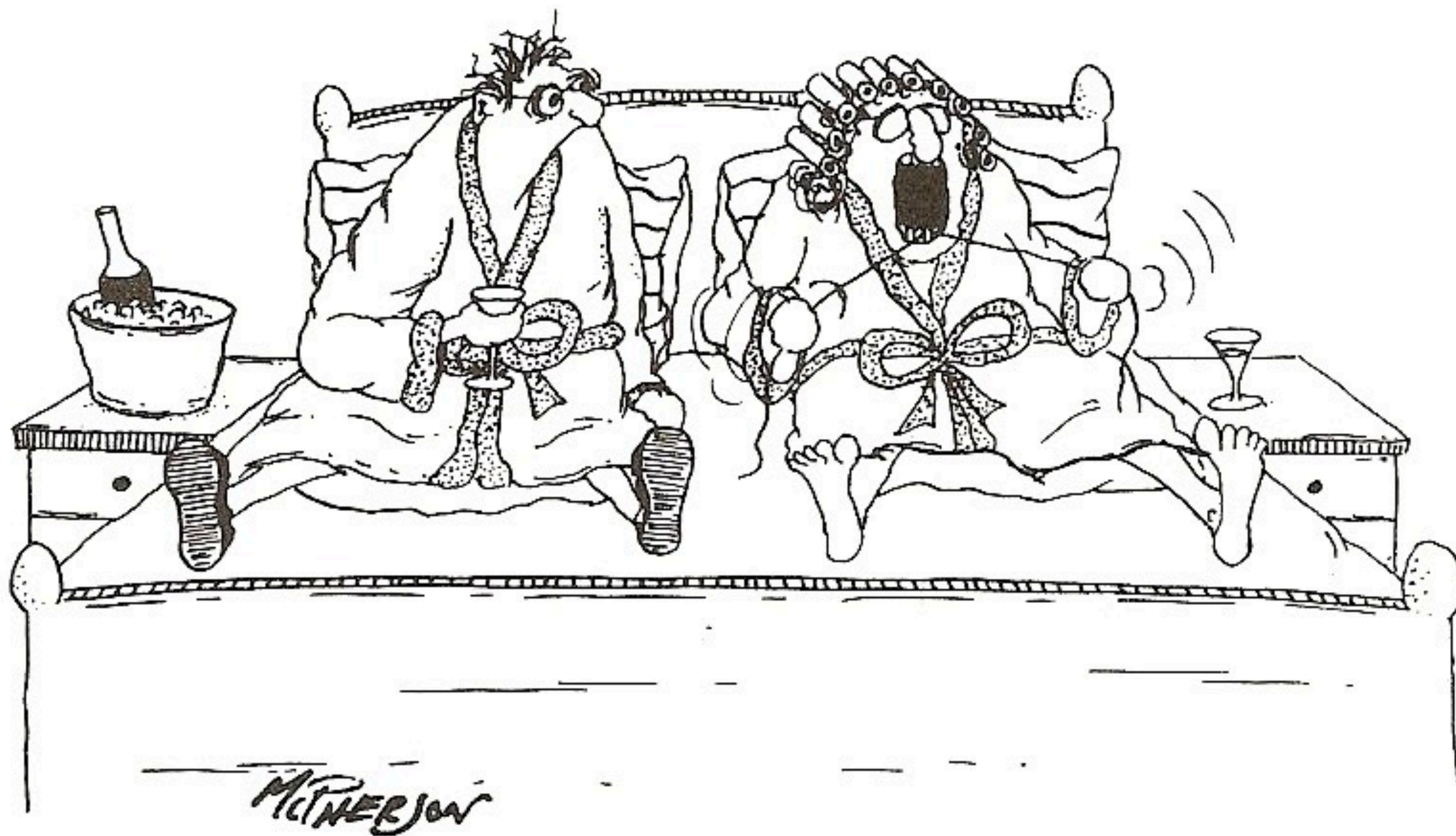
Your spouse should intuitively know what you want

There is a “right” amount of sexual frequency

THE PROBLEMS—DRAINERS

Erroneous Thinking (Myths)

**Sex will never be as good as it was
that first year of marriage.**



One of the 10 Warning Signs that the honeymoon is over.

THE PROBLEMS—DRAINERS

Erroneous Thinking (Myths)

**Sex gets boring the
longer you're married**

THE PROBLEMS—DRAINERS

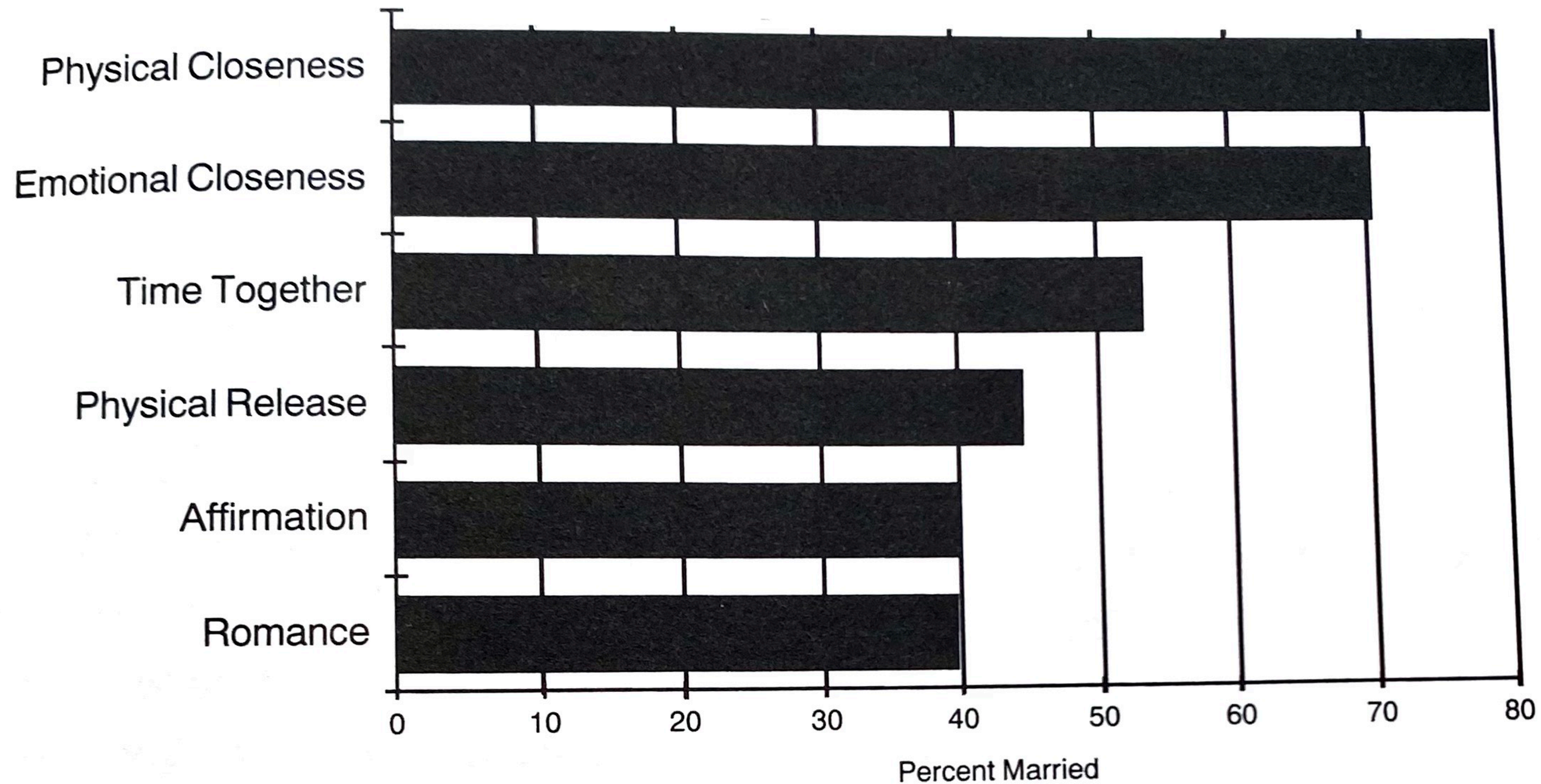
Erroneous Thinking (Myths)

**Sex should always be a #10...
for both spouses.**

THE PROBLEMS—DRAINERS

WHAT MARRIED WOMEN LIKE MOST ABOUT SEX

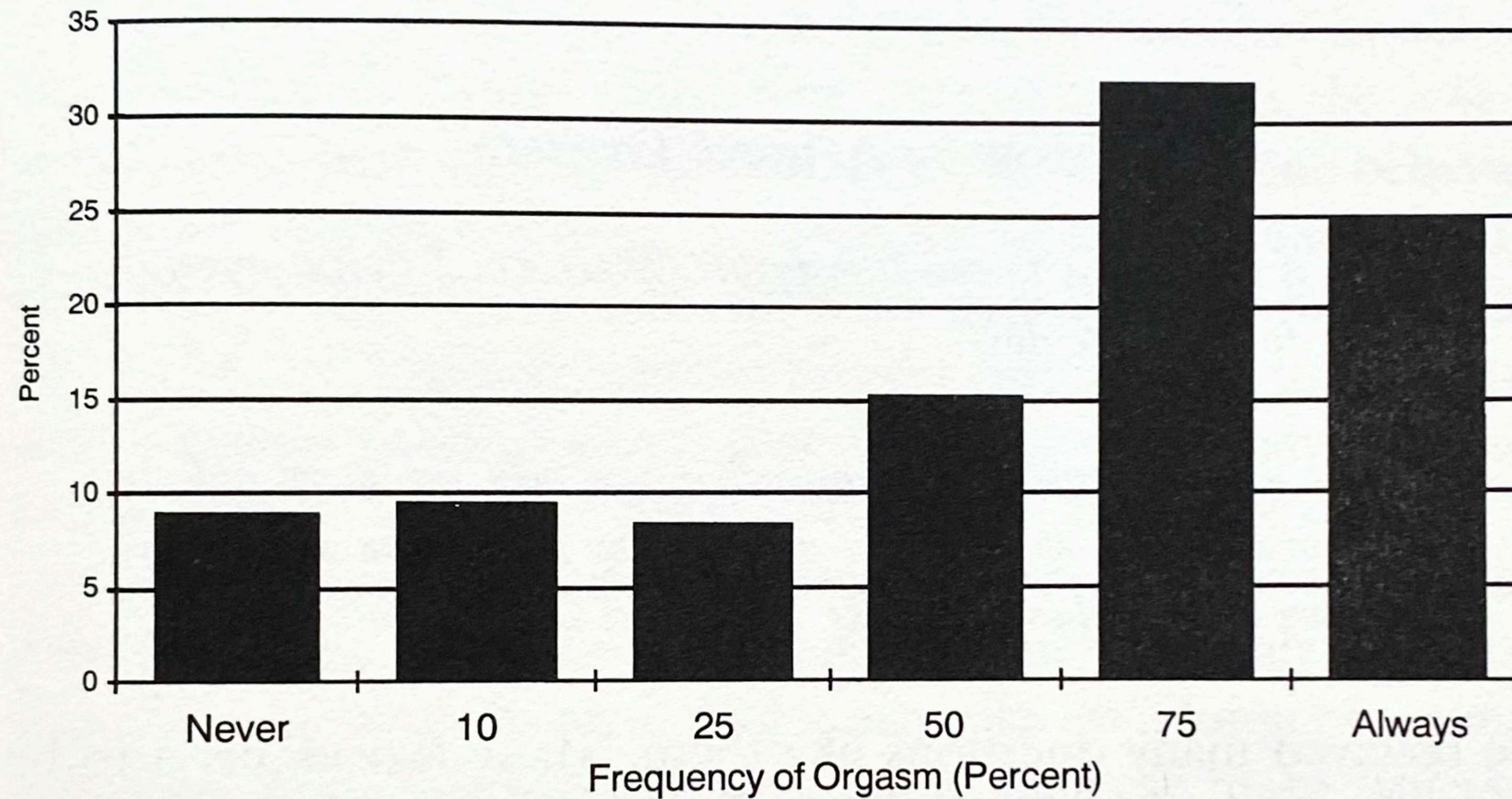
Figure 3.1



THE PROBLEMS—DRAINERS

HOW OFTEN WOMEN REACH ORGASM

Figure 5.1



THE PROBLEMS—DRAINERS

Fatigue

Family

Work

Health

Erroneous Thinking (Myths)

Erroneous Theology

THE PROBLEMS—DRAINERS

¹⁵ Drink water from your own cistern, flowing water from your own well. ¹⁶ Should your springs be scattered abroad, streams of water in the streets?

¹⁷ Let them be for yourself alone, and not for strangers with you. ¹⁸ Let your fountain be blessed, and rejoice in the wife of your youth, ¹⁹ a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love.

—Proverbs 5:15–19 (ESV)

THE PROBLEMS—DRAINERS

⁶ So Isaac settled in Gerar. ⁷ When the men of the place asked him about his wife, he said, “She is my sister,” for he feared to say, “My wife,” thinking, “lest the men of the place should kill me because of Rebekah,” because she was attractive in appearance. ⁸ When he had been there a long time, Abimelech king of the Philistines looked out of a window and saw Isaac laughing with Rebekah his wife.

⁹ So Abimelech called Isaac and said, “Behold, she is your wife. How then could you say, ‘She is my sister’?”

—Genesis 26:6-9 (ESV)

THE PROBLEMS—DRAINERS

Song of Solomon 7 & 8

THE PROBLEMS—DRAINERS

Let marriage be held in honor among all, and
let the marriage bed be undefiled, for God will
judge the sexually immoral and adulterous.

—Hebrews 13:4 (ESV)

THE PROBLEMS—DRAINERS

BODY IMAGE ISSUES

THE PROBLEMS—DRAINERS



THE PROBLEMS—DRAINERS



POOR COMMUNICATION

THE PROBLEMS

DEVASTATION

THE PROBLEMS—DEVASTATION

**25% - 30% of women have experienced
some level of sexual abuse.**

THE PROBLEMS—DEVASTATION

Ways past sexual abuse can cause problems

- Aversion to and avoidance of sex.
- Promiscuity
- Difficulty with trust and openness.
- Fear and anxiety.
- Checking out, not being present (dissociation).
- Triggers that create fear and panic.
- Inability to relax and let go.
- Wishing for a quick completion to sex.
- Always taking the dominant position to stay in control.
- Possible pain during sex (constriction and spasms).



THE PRINCIPLES

THE PRINCIPLES

BEFORE SEX

THE PRINCIPLES—BEFORE SEX

HUSBANDS

- **Diligently practice what we talked about in sessions 1-5.**

THE PRINCIPLES—BEFORE SEX

HUSBANDS

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.

THE PRINCIPLES—BEFORE SEX

HUSBANDS

- **Diligently practice what we talked about in sessions 1-5.**
- **Educate yourself.**
- **Read good Christian books on sex.**

THE PRINCIPLES—BEFORE SEX

- Under the Sheets: The Secrets to Hot Sex in Your Marriage by Kevin Leman
- Sex Begins in the Kitchen by Kevin Leman
- The Naked Marriage by Dave and Ashley Willis
- Intimate Issues: 21 Questions Christian Women Ask About Sex by Linda Dillow and Loraine Pintus
- Real Questions, Real Answers About Sex: The Compete Guide to Intimacy as God Intended by Dr. Louis & Melissa McBurney.
- Intended for Pleasure: Technique and Sexual Fulfillment in Christian Marriage by Ed and Gaye Wheat.
- Secrets of Eve by Archibald Hart, Ph.D.
- The Sexual Man by Archibald Hart, Ph.D.

THE PRINCIPLES—BEFORE SEX

HUSBANDS

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.
- Read good Christian books on sex.
- Diligently and consistently give non-sexual attention and affection to your wife.

THE PRINCIPLES—BEFORE SEX

HUSBANDS

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.
- Read good Christian books on sex.
- Diligently and consistently give non-sexual attention and affection to your wife.
- Improve your communication.

THE PRINCIPLES—BEFORE SEX

WIVES

- Diligently practice what we talked about in sessions 1-5.

THE PRINCIPLES—BEFORE SEX

WIVES

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.

THE PRINCIPLES—BEFORE SEX

WIVES

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.
- Plan.

THE PRINCIPLES—BEFORE SEX

WIVES

- Diligently practice what we talked about in sessions 1-5.
- Educate yourself.
- Plan.
- Give him something to anticipate.

THE PRINCIPLES

DURING SEX

THE PRINCIPLES—DURING SEX

HUSBANDS

- **Ensure privacy.**

THE PRINCIPLES—DURING SEX

HUSBANDS

- **Ensure privacy.**
- **Pay attention to aesthetics.**

THE PRINCIPLES—DURING SEX

HUSBANDS

- **Ensure privacy.**
- **Pay attention to aesthetics.**
- **Go slow.**

THE PRINCIPLES—DURING SEX

HUSBANDS

- **Ensure privacy.**
- **Pay attention to aesthetics.**
- **Go slow.**
- **Focus more on the pleasure than the “project.”**

THE PRINCIPLES—DURING SEX

WIVES

- Be a little aggressive.

THE PRINCIPLES—DURING SEX

WIVES

- Be a little aggressive.
- Be a little visual.

THE PRINCIPLES—DURING SEX

WIVES

- **Be a little aggressive.**
- **Be a little visual.**
- **Be a little more verbal.**

THE PRINCIPLES—DURING SEX

WIVES

- Be a little aggressive.
- Be a little visual.
- Be a little more verbal.
- Be a little more adventuresome

THE PRINCIPLES—DURING SEX

WIVES

- Be a little aggressive.
- Be a little visual.
- Be a little more verbal.
- Be a little more adventuresome
- Be a little more “pleasure focused”
than “proper focused.”

THE PRINCIPLES

AFTER SEX

THE PRINCIPLES—AFTER SEX

HUSBANDS

**Be as interested in her after sex, as
you were before and during sex.**

THE PRINCIPLES—AFTER SEX

WIVES

- **Affirm your husband.**
- **Don't take his fatigue personally.**
- **Don't be frustrated that he feels closer to you after sex than he did before.**



THE PLAN



THE PLAN

AGREE



THE PLAN

AGREE

EDUCATE



THE PLAN

AGREE

EDUCATE

HEAL



THE PLAN

AGREE

EDUCATE

HEAL

AFFIRM



THE PLAN

AGREE

EDUCATE

HEAL

AFFIRM

COMMUNICATE



THE PLAN

AGREE

EDUCATE

HEAL

AFFIRM

COMMUNICATE

PLAN



QUESTIONS & COMMENTS



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