

HANDOUT MODULE FIVE

Enriching your marriage – intended for pleasure

What we need to understand first is that God intends sexual intimacy both for procreation and pleasure. let us focus on pleasure. The Bible does not shy away from the reality of romantic love – nor even from the sensations of physical passion. The song of songs is a love song in the Bible describing sexual love between a husband and a wife. see song of songs 1:2–4 and song of songs 7:6–8. Genesis 1:31 says ‘God saw **all** he had made, and it was very good’ note the ‘all’. it is for the pleasure of **both** husband and wife.

Some untruths about sex–life:

- The whole world is enjoying sexual intimacy except us – **not true**
- sexual intimacy is always wonderful – **not true**
- sexual intimacy is a measure of love – **not true**
- The time comes in life when our sexual intimacy will cease– **this would be sad**

let us remind ourselves that ‘love seeks one thing only: the good of the one loved’. With this in our minds we need to understand that men and women are different in the bedroom. To put it directly, most men like the physical act of sexual intimacy while most women prefer the gentler romantic aspects of sexual intimacy. again this is a generalisation but broadly true.

Most men	Most women
sex is a high priority	other priorities such as family may be higher
stimulated by sight and smell	stimulated by touch and tenderness
Quick excitement	slow excitement
Usually initiates	Usually responds
Difficult to distract during lovemaking	easily distracted during lovemaking
satisfied after climax	needs to be cuddled after lovemaking

it is said that men are like a pot of water that comes quickly to the boil while women are more like charcoal which takes time to glow and then continues glowing for a long time.

These are some basic steps you need to take as to enrich your sexual life within the context of a Christian marriage:

- Agree that you want an enriched sex life.
- Share where you think things are in your sex life
- Discuss together the differences listed above about what men and women enjoy
- Discuss your approach to tenderness and anticipation
- Discuss together any mutually agreed variety you would like in your sex life
- laugh and have fun

‘Every physical union should be a contest to see which partner pleases the other most ’