

## Making Love – Thrilling and Fulfilling!!!

*Oh, the red rose speaks of passion,  
And the white rose whispers of love.  
The red rose is a falcon,  
And the white rose, a dove.*

*But I send you a white rose,  
With crimson on the petal tips.  
For the love that is purest and sweetest,  
Has a kiss of passion on the lips.*                      *Anonymous*

### Cultivating Affection (Taken from “His Needs, Her Needs” 1986 Willard F. Harley, Jr.)

- To most women, affection creates feelings of protection, comfort, and approval.
- When a man shows affection, the message to his wife is:
  - 1) I’ll take care of and protect you;
  - 2) I’m concerned about the problems you face, and I am with you;
  - 3) I think you’ve done a good job and I’m proud of you.
- Most women love to be hugged. A hug can communicate all three of these messages to her!
- Other forms of affection like cards, notes expressing love and care, or a bouquet of flowers can bring all these same thoughts to your wife too.
- Flowers send a powerful message of love and concern to your wife that you have been thinking about her.
- Opening the door can tell her, “I love you and care about you.” (Old fashion, but it works!)
- Most of the affection women give and receive is not intended to be sexual.
- Men want to skip the affection because they are aroused already!
- ***When it comes to sex and affection, you can’t have one without the other.***
- The wife is the best teacher for the man to learn how to be affectionate. Men don’t have a strong need for affection, but they need to become aware of their wife’s vital need for it.
- Encourage him to take your hand or put his arm around you, and praise him any time he starts displaying affection spontaneously! He needs positive reinforcement!
- Most affairs start because of a lack of affection (for the wife) or a lack of sex (for the husband). – Crazy Cycle – She doesn’t get enough affection so she shuts him off sexually. He doesn’t get enough sex so the last thing he feels like doing is be affectionate.
- Affection is the ***environment*** of the marriage, and sex is the ***event***. “You need to express affection all the time because it forms the canopy that lovingly covers a marriage and provide shelter for the lover’s couch.”
- Need to shower your wife with affection, but without sex. Sex can come naturally and often, ***if there is enough affection!***
- Without affection first, the sexual event may not be very pleasant for the wife. A woman gets many pleasurable feelings from affection which then prepare her to get the most pleasure from sexual arousal and intercourse.

### Are You Making Love or Having Sex?

- There is a big difference between making love and just "having sex."
- **"Having sex" is when each person is focused entirely upon themselves and getting their own sexual needs met with no regard for the other person.** “Having sex” is the world's substitute for an intimate relationship between a man and a woman.

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- *When just having sex*, emotions, feelings, and the spiritual experience between the two individuals are suppressed or not even thought about.
- Making love, on the other hand, is God's plan for a man and woman to fulfill their marriage union with each other.
- **In making love the focus is entirely upon meeting the other person's needs and experiencing the joy, thrill, and wonder of being physically united with each other.**
- Your whole spirit, soul, and body are involved in the oneness that can only be achieved in the marriage bed undefiled. **The ultimate goal is to help your mate achieve complete sexual fulfillment and release.**

### Sex helps keep the marriage together

- When you consider the total number of hours in a week (168 hours) and the number focused on sex (1-5 hours), not much time is actually spent in the act of marriage.
- However, sex is a crucial part of a healthy and vibrant marriage that will last a lifetime.
- **There is no substitute for sexual fulfillment in a marriage and it is part of the "glue" that keeps the marriage together and the relationship exciting and alive.**
- Even Paul recognized the importance of making love, instructing a married man and woman to give their body to the other (except for brief periods of time of prayer and fasting)  
**1 Cor. 7:1-5**
- Before marriage Satan tries to get a couple to have sex, but after marriage he tries to keep them from having sex!

### Achieving Sexual Oneness (Taken from “*Every Man’s Marriage*” 2001 Artherburn & Stoeker)

- Father knew our desire and need for intimacy when he created man and woman.
- The women receive intimacy through sharing, talking, hugging, and touching. He didn’t want the man to be lonely! When the man ignores her needs, she withers emotionally, becomes bitter, and sexual oneness never grows.
- The man gives and receives intimacy through intercourse. Without this vital part of his emotional health, he begins to wither and turns to other ways to meet his need for intimacy. Sexual oneness never happens.
- Sexual oneness has **terms** and **conditions**. Meet the terms and oneness blossoms.
- Men need regular intercourse to share intimacy. As young men, their physical bodies need a sexual release at least two to three times a week. (It gets less as you get older!) It’s a vital **term** for achieving sexual oneness for a man.
- For the woman, her greatest needs are regular affection, intimacy, and security. She may only be in the “mood” for sex two or three times a month. Her **terms** and needs for sexual oneness are quite different from his!
- If either withholds the other’s needs for sexual oneness, they hinder the ability for both to experience a deeper love and fulfillment from making love.
- When the husband meets her emotional and relational needs (talking, snuggling, hugging, helping, comforting, intimacy etc.), she will be more open to meet his need for intercourse.
- For most women sex is a mental, not a physical, decision made after quite a bit of thought. Only rarely is the decision spontaneous and from physical arousal only. (Quite different from what you see in the movies!)
- Another important factor in achieving sexual oneness is for the man to know and honor his wife’s sexual essence.

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- Her essence is the sum total of who she is based upon her history and everything that has ever happened to her, good or bad. It affects how she responds to all life's circumstances including making love.
- Each woman is uniquely different in how they respond to the sexual part of their relationship. *Don't force her to do things that she may be uncomfortable with.*
- Failing to honor those unique differences will force her to withdraw sexually.
- It's important to have discussions about the sexual part of your marriage and what you or she may feel comfortable with or may consider sin and things you may need to leave out.
- You may not know all of her sexual essence initially, but keep the dialogue open and stay observant to her responses to making love.
- Her sexual essence may change over time and you can adjust your love-making accordingly.

### Men and Women are Different!

- A deeper understanding of the sexual differences between men and women will help you be able to meet your spouse's sexual needs.
- It is common to hear people say men need sex while women need romance.
- **Women need to understand, that through a man's sexual arousal, he connects with and realizes his emotions and loving feelings.** A woman can touch his soul and open a man's heart through sex, thus allowing him to feel his hunger for love too.
- The reverse is true for women. A woman usually needs to feel loved and romanced before she can feel her desire for sex.
- When sex gets better, the man feels more love which results in the woman starting to get the love she has been missing.
- When she can relax and receive from her husband, her heart will soften and their communication and intimacy will usually increase also.
- **When making love gets better, the whole relationship gets better.**

### Making Love Doesn't Start in the Bedroom

- Great love-making does not start when you are naked and in bed together.
- *For the woman, especially, it starts long before the bedroom.*
- "A woman's number one priority is relationships, and sex is ranked 13 or 14 right below gardening!" *Jimmy Evans* The surest pathway to great sex is being a servant to each other.
- Women are drawn more to a man who is willing to sacrifice his time and invest his energy to meet her needs.

### Some Steps to Getting Your Wife to the Bedroom in the Right Mood!

1. **Pursue** – *A woman needs to know that she is attractive to you and you desire her.*
  - Tell her that she is the most beautiful person in your life. Compliment the way she looks and dresses.
  - Be supportive of her efforts to make herself look better such as losing weight, exercising, using make up, fixing her nails, changing her hair style, etc.
  - Tell her that you love her and that she is the most special person in your life.
  - Write her a love letter; *leave notes that express your affections; buy her something or give her flowers for no special occasion.*

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2. **Touching** – Everyone needs to be touched at least 13 times each day.
  - **Women need non-sexual touches during the day.** Hug her, put your arm around her waist, walk hand-in-hand, touch her face, stroke her hair, rub her feet or shoulders, give her a massage, or hold each other on the sofa.
  - Come up behind her when she is working in the kitchen, put your arms around her waist, and give her a big hug.
  - **Lay in each other arms in bed before going to sleep each night.**
  - Look for opportunities to give non-sexual touches to each other. (A wife may need to help her husband out initially until he gets the idea! Make a big deal when he does touch you the right ways.)
  
3. **Security** – A woman may feel very vulnerable, exposed or uncomfortable being naked.
  - Before the clothes come off, she needs to feel safe and secure.
  - The outside doors are locked, kids will not be coming in to the room, and the bed does not make noises that others may hear.
  - **The man needs to use tender, gentle, encouraging words, be slow, and sensitive to his wife's needs.**
  - **Each time before you make love, start with prayer and cut off any wrong images from the past or other distractions.**
  
4. **Communication** – Don't get involved in any heavy or inflammatory conversations or topics before you plan to make love!!!
  - Do not talk about topics that will cause either person to begin thinking about other things.
  - **Surprises and spontaneity are good to keep the act of marriage exciting and alive,** but it is also important to keep each other informed about other commitments so neither one is disappointed or discouraged if they are planning something in advance. (It may dampen their enthusiasm for trying something in the future or create a bitter expectancy.)
  - **For a woman, just knowing that you have planned a special time together will be enough for her to be in the right mood.**
  - It is also important to communicate during the time you make love. Be honest with each other about what feels good. Later **at another time**, you may need to talk about what didn't feel good, what made you feel uncomfortable, devalued, or defiled.
  - **Have your wife sit between your legs naked with her legs outside of yours and begin to experiment with touching each other. Find out what turns each other on sexually. Talk to each other while doing this.**
  
5. **Go Slow** – Women have the gift of sex and men have the need for sex.
  - Men have been likened to microwaves and women to slow-cookers. It may take awhile for the women to warm up to the idea of making love.
  - Men have also been described as a fountain, always under pressure, and women are like a still pond.
  - Men are very visual and focused on the moment, while **women are more inclusive and have been influenced by everything that has happened all day.**
  - Men can compartmentalize what has happened during the day (good or bad) and be ready for sex just by watching their wife undress.
  - *If a woman has had a stressful, tiring, or difficult day, she will be less likely to be ready for sex at the drop of a hat.*

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- She can help herself by thinking and preparing for an evening with her husband during the day. She can put on some quiet romantic music, take a bubble bath, do her nails, put on his favorite perfume, or wear sexy underwear or outfit.
  - **The man may need to let his wife unwind, especially if she works outside of the home** (just listen, put on quiet music, watch a romantic movie, turn the lights down and light some candles, take a walk, get a baby sitter and go out to dinner or a movie, etc.) to help her get into the right mood before heading to the bedroom.
6. **Romance** – *is a regular feature in a great marriage.*
- Never stop being romantic with your wife. Read books, get new ideas, do fun things together, **be creative**.
  - Your wife needs to know that she is the most important person in your life.
  - Women are self-conscious about their bodies and need to be affirmed about their beauty in your eyes.
  - In order to be romantic, a **man has to be more emotional than he may feel**. If he is only emotional when he feels like it, there won't be much emotions or romance in his life.
7. **Atmosphere** – *The bedroom must be a special place for making love.*
- Do not do your business there or discuss other issues (family, business, work, other people).
  - *Keep the area neat and free from clutter, dim the lights, use candles with an aroma, play quiet romantic music.*
  - **Keep the bedroom undefiled.** Break any soul ties from past sexual encounters, marriages, or relationships. Otherwise, you will be taking all of those other people and the people they had relationships with to bed with you!
  - **Do not fantasize about other partners, scenes from movies or books, or imaginations while making love.** The other person will be able to pick up in their spirit what you are thinking about and not feel completely connected to you. They will know that they do not have your complete attention or heart.
  - You must give your mate your entire attention both spiritually, physically, emotionally, and mentally.
8. **The Man Takes the Initiative** – *The man should be the primary person initiating making love.*
- If you wait for your wife, it might be a long time!
  - She can assist the man with her words, actions, dress, looks, preparing a romantic meal, putting on romantic music, etc.
  - **Occasionally, the man needs to know that his wife also wants to make love by her initiating it.** For example, she can greet him when he comes home in a sexy negligee or come on to him when he is around the house.
9. **The Wife Leads the Love Making Time** – *The wife knows her own body and what makes her feel good and what brings her sexual pleasure.*
- **The wife's needs and what will turn her on are different almost every time she makes love.**
  - She needs to help her husband know what to do to bring her pleasure each time. She needs to be gentle and supportive of his efforts by the words she says and how she directs his hands on her body. "I want you to touch me here." "Use more (or less) pressure."
  - **The wife needs to let her husband know how it feels with her words and sounds.**

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- Once inside her, she needs to let him know when she is satisfied and he can have his orgasm. (**Ladies first is the rule!** Once she has had enough orgasms, then the man can have his.)

### Don't Judge or Criticize Your Spouse

**For passion and love making to grow over time, it is important that we not feel the possibility of being judged or criticized for our desires or wishes.** Talking about likes and dislikes in sex should take place at a time when you both can have a casual conversation without focusing on the bedroom. A woman is often hesitant to describe what she likes in sex because she doesn't want her husband to follow her instructions mechanically. A man wants to feel confident in this area, thus a woman needs to be careful how she shares with him.

### Sexual Turnoffs for a Man

1. "You're not doing it right."
2. "I don't like that."
3. "Ouch! That hurts!"
4. "Don't touch me like that."
5. "That tickles."
6. "Not like that."
7. "Not yet."
8. "Not there."
9. "I'm not ready."
10. "What are you doing?"

A man will often shut down if he hears this kind of feedback. Instead of these, if something is not comfortable, **simply move his hand to the place that will bring you pleasure.** Then verbally say, "I like this!" rather than what you don't like. A man tends to be silent as his arousal is building. He needs his wife to respond to his touches with sounds and few words.

### Sexual Turn-on Phrases for a Woman

A woman is very different from a man. *Talking to her in complete sentences may increase her arousal.* It can also increase her self-esteem and help her love her body. The following phrases should be spoken only as genuine expressions of what is true inside him and not just to turn his wife on. Whispering or softly speaking these to her can help her feel loved and intensify her sexual desires. She needs to hear these again and again.

1. "You are so beautiful."
2. "You are my dream come true."
3. "I love you so much."
4. "I love sharing my life with you."
5. "You turn me on so much."
6. "Your breasts turn me on."
7. "I love touching your soft skin."
8. "I love holding you in my arms."
9. "I love your breasts."
10. "I love your legs."
11. "Your breasts are perfect."
12. "Your lips are perfect."
13. "You feel so good."
14. "You feel so hot."
15. "You are so delicious."
16. "You are so wet."
17. "I am all yours."
18. "All my love is for you."
19. "I love making love with you."
20. "I long for you."

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**There are three levels of sex: Quickies, Great Sex, and Gourmet Sex.** (John Gray's categories)

**Quickies** are when there is not much time or one of the partners does not feel much like making love. The act can be performed for the benefit of the other partner only. This is a time when the man can focus entirely upon his own enjoyment and not wait until the wife has had an orgasm.

**Great sex** is when both partners are fully engaged and enjoying climaxes and orgasms.

**Gourmet sex** is extended sex that is slow, deliberate, switching back and forth with various phases of stimulation and may last an hour or more.

***Be sure to enjoy the after glow when you are finished making love. This can be a very intimate time where you just hold each other and feel the closeness of your love. A man may fall asleep!***

**Pleasuring** – There may be times when neither person has a desire for sexual arousal or intercourse, but just want to be close and enjoy each other. This can be a time of slow deliberate touching each other's bodies while you lie nude together. You are focused on the good feelings you are having and making the other person feel good too with no demand for anything more.

### Keeping It Interesting and Exciting!

#### ***Set your goals high!***

- You can enjoy each other for a life time and achieve a climax or orgasms 90+% of the time.
- **There are two types of orgasms for women, clitoral and vaginal.** Clitoral orgasms are achieved through stimulation of the clitoris, labia, and G spot. Vaginal orgasms are much higher and are achieved from the pressure of the penis against the walls of the vagina.
- A woman, especially after having babies, needs to keep the muscle of the vagina strengthen through Kegel exercises to help facilitate vaginal orgasms.

#### ***Achieving orgasms for a woman is like climbing a mountain.***

- It may happen quickly or may take a longer time to reach the top.
- **Start with touches, words, and gentleness.** Arousal and sexual response start from a position of rest in the autonomic nervous system. You can't just "make it happen." You just need to enjoy the pleasurable feelings and allow the body to build to climax.
- **There are many parts of a woman's body that are sexually stimulating** besides between the legs (bottom of feet, inner thighs, small of the back, buttocks, tip of the breasts, neck, ears). Use them all, but not every time or in the same order or way!
- Teasing and flirting touches can be very tantalizing and build intensity. Touch and draw away, lightly touch, go close and then away, go in circles around the genital areas first.
- *Women like surprises.* Never use the same way of stimulating her twice in a row. Ask the Holy Spirit to show you new and creative ways to vary the touches.
- The genitals should be the last area stimulated after she is aroused (nipples and clitoris erect, labia swollen, darkening around the nipples).
- As you find things that really turn her on, do not continue to use them regularly. Variety helps build the tension and arousal. Vary the locations, time, lighting, etc. for making love. Build "love nests" around the house with pillows, cushions, exercise mat, etc.
- Stimulate the clitoral area for 10 to 30 minutes (but not continuously – go with the ebb and flow of intensity). The timing will depend on how fast and how strongly she is aroused or her desire to have you enter her. ***The wife should always ask or tell the man when she is ready for entry.***

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- **Caution: The clitoral area can be over-stimulated making it painful and more difficult for the woman to achieve an orgasm.**
- Use a lubricant to help avoid irritating this area of her body.
- Practice good personal hygiene before and after making love. This is especially important on your honeymoon. “Bride’s Bladder!”

### *The climax for a man is much more physical and visual.*

- Besides being stimulated visually, men can be aroused through touches to the penis, scrotum, and area between the anus and scrotum.

### *Men need to know that they are having the right effect on their wife.*

- The wife needs to be verbal and express her feeling with words, screams of passion, cooing, or other expressions of delight.

### **A woman's greatest sex organ is her mind.**

- She needs to protect her thoughts during the day and while making love. The focus must be on the one she loves.
- *Where she is emotionally will affect how well she will respond to his sexual advances.* This can be affected by her period and her age.
- A woman needs to be more sexual than she may feel. A man's sex drive peaks at age 20, but a woman peaks at 40 years. At age 40-50 a woman will want sex more than the man, if their sex life has been rich and fulfilling up to that point.
- **Also affecting sexual fulfillment might be the fear of getting pregnant.** Some birth control methods or medications may take some of the positive feelings away from the act of marriage.
- Working women may come home tired and not connected to their feminine side. They need to reconnect with their feminine side through conversation.
- Busy schedules with working, kids, household chores, etc. may also distract from her desire to make love.
- A woman needs to give herself permission to enjoy the act of marriage too. You want to make your husband feel loved and enjoy making love, but you need to get as much pleasure from the time as he does!
- Often a man gets more pleasure knowing that his wife is fully enjoying herself than when he just focuses only on his own pleasure. It's better to give than to receive!