

## Where Did the Passion Go?



If you have been married for any length of time, you have probably either thought about or asked yourself this question. Sue and I recently celebrated our 54<sup>th</sup> Wedding Anniversary and there have been several times when I have had doubts about our relationship and why I wasn't feeling much passion for Sue or not enjoying our intimate times together. We dated for 31/2 years before we got married and each of those years as we were falling in love our passion and sexual desires for each other grew stronger, and it became more and more difficult to wait until our wedding night. We were finally able to consummate our marriage covenant, and the passion carried us forward for several years. However, after two children, a new job, moving four times, and all the other demands on our time, that passion began to wane. I began questioning whether I even wanted to stay married because it was so different than I remembered it being. The excitement and newness had worn off and things were becoming routine and boring. Sound familiar? Well, I want to help you get past those questions and doubts and move into a life-time love affair like we are experiencing now!

Married life is very dynamic, and every couple has different life experiences, backgrounds, problems, circumstances, and changes in their marriage that they must walk through together. So, there is no one path to success or a magic bullet that will work for every couple. In this article I want to offer you some things that I have learned and have worked for Sue and I in our marriage to keep the love alive. However, sometime a professional counseling may be necessary as well to get you back on track and where you want to be in your marriage. There are also many great books and teachings online that may also restore the passion in your marriage.

### Back To the Basics



Think back to what it was like when you were still dating before marriage, love was in the air, and your passion for each other was at its peak. What types of things were you doing with and for each other? What fun activities and things did you do together that were contributing to the growing passion in your heart for each other? How much of your time, thoughts, attentions, and actions were focused on pleasing each other, doing things together, or even staying in touch if you were living in different locations? The answers to these questions can be summed up in just one word: ROMANCE! **Make sure you also add affection, loving touches, looks, and other expressions of your love for each other to all your times together!**

We all, including myself, need to keep the romance going even after the wedding and in spite of the busyness and extra demands that we take on once we are married. This is especially important for the men who in general may not be as romantically inclined after we have "won" the prize of getting a wife! Make time and plan one-on-one times with each other. Also, do the little things on a regular basis to spend time together and let each other know how much you love your spouse and enjoy being with them. Whatever worked while you were dating to build the passion between you will probably work again, but you might have to get a little more creative with the Holy Spirit's help to make it work now!

For most men, romance equals sex. So, you women may need to give your husband some instructions on what is romantic to you! I believe that romance means something a little different for every woman. Communication is the vehicle to success in almost any situation and romance is no exception. You might be surprised about what comes out of those discussions, but then begin to apply what you find out about each other. Experiment and allow the Holy Spirit to give you new ideas.

## The Power of Physical Touch



God designed our bodies to respond to all types of physical touch, some to help protect us and make us aware of our surroundings and others related to our relationships with other people. Physical touch is an important way we can nonverbally communicate with someone else. We say a lot about our thoughts, feelings, attitudes, and emotions about someone by how we touch and interact with them physically. I want to give ideas about how that can increase the level of passion in our marriages.

**Kissing** – Kissing is a beautiful way we can share ourselves and build intimacy and passion through nonsexual touch. Kissing can vary from a peck on the cheek to passionate deep kissing while you're making love, but it conveys to the recipient that you are pleased to be with them and it brings joy and closeness to both your hearts.

**Massage** – Giving your spouse a massage can help them relax, remove the distractions from the day, comfort any pain or tension in their muscles, and allow them to get on the right side of their brain where sexual arousal takes place. You feel the sensation and pleasure of their touch, and all 5 of your physical senses can be engaged with your spouse while you are receiving the massage. I know Sue is drawn towards me whenever I give her a massage and she feels loved and cared for. It can also be very pleasurable and exciting to the one giving the massage!

**Nonsexual touching** – The strong desire and attraction for each other cannot be sustained by just the physical act of making love. That may be the ultimate result of your passion for each other, but sex doesn't just happen! For a woman especially, her passion is affected by everything that has happened in her life since the last time you made love together. She usually needs help getting back in touch with her passion and feminine side. Daily nonsexual touching is essential, so she knows that *your desire is more than just sex, but you love and cherish her for who she is.*

Passion in your marriage is sustainable for your entire life together, but you must make a commitment to work on it every day. What Sue and I have found is that our passion has matured to where we are now more focused on the pleasures of just being together intimately and not so much any end goal or objective. With Father's help, I believe that you too can either rekindle or keep the passion alive in your marriage and fully enjoy a live-time love affair too!

### Dialogue Questions

1. What are 5 things you think are romantic and that your spouse could do for you? Give reasons why each one would be romantic and how it makes you feel. Exchange papers and talk about your answers. Both of you decide to do at least one idea soon!
2. On a scale on 1 to 10 (highest) where is the passion in our marriage? Write about why you picked that number and how that makes you feel. Exchange papers and talk about your answers.

### *Fun Night Ideas*

1. Have fun experimenting with kissing each other. a) kiss a variety of ways and after each type express how that felt. b) with or without clothes on, one person lies on their back and the spouse is allowed to kiss any parts of your body they want. Then trade places and let the other person do the same thing. Have fun while you are kissing each other!
2. Get some massage oil and learn the basic techniques of giving a massage. Turn the lights down, play some romantic music, and practice giving each other a massage. Go wherever that takes you!