

Three keys to married sex that will blow your mind

Question: What did Adam say when he first saw Eve?

STAND BACK HONEY, I'M NOT SURE HOW BIG THIS THING GETS!

Why am I talking about this? Because it's a big deal, a HUGE deal, and it's not something that can be reasoned away, excused or satisfied other than the way that God designed.

Tony and Karen

Tony and Karen had a big problem. She'd been raised around abuse and was often sexually abused by a variety of family members herself. When she and Tony married their sex life was fine because they were usually high, and the demons that took her mind and body back to horrific trauma were held at bay by intoxication. She was able to "do the deed" to Tony's satisfaction, which meant fast and rough, but that was ok. Neither of them wanted anything more than physical relief. Their perpetual chemical high's kept them in a pretty complacent place.

Years later, after receiving Christ and getting clean and sober, sex became a problem. No longer anesthetized from the memories of abuse, Karen became frigid, in fact avoidant of physical intimacy.. That's when Tony took matters into his own hands...literally. He struggled with pornography...well, he really didn't struggle...he happily clicked on the computer mouse like a lab rat clicking the bar in his cage for another dose of cocaine, and that's exactly what it was...a powerful drug that temporarily made him forget about his sexless marriage and loveless partner...a dark screen, late at night, hand in his lap...and you know the rest of the story...as a friend says, "One the launch sequence has started, there's no stopping that rocket." Another failure to maintain sexual purity...a few moments of self-indulgent ecstasy followed by more

painful emotions...remorse,
regret, guilt....and probably
weakened ability to please your wife when she is ready.

How many have had the experience of your wife being 'ready' while you're still trying to recover....do you get what I'm saying? She's ready to be intimate, but you've already had it w/ yourself, and you can't perform. Is there any worse feeling? OR, you bring illicit images to bed, or need them to achieve arousal and climax...and you know you're wrong, you know it's bad, but somehow you can't break the cycle. You want better, you want more, but she doesn't seem to understand or to be available and so you rationalize "self-satisfaction", but deep down you know you're missing something, yet you don't know how to make it different.

Back to Tony and Karen: Their miracle was a result of two things: submission to God's way and perseverance. Unwilling to "settle" for a sexless marriage, both partners did their part. Karen went for therapy to deal with her abuse, and Tony put himself in position for God to bless him by committing his sexuality to Christ. Now, this was a years long deal...but

Rule #1 – Don't raise your hands or otherwise answer any of the questions I'm about to ask you.

Q – When was the last time you had mind-blowing sex? The kind that made you shout, when you wondered if your heart could handle it? The kind that made you want to live in the coital moments of ecstasy forever?

I. Abstain from substitutes

- a. Pornography*
- b. Masturbation*
- c. Prostitution*
 - i. Road Warriors*

II. Be Nice to the girl

- a. *Touch her heart and she'll let you touch ☺
(flip chart – Draw heart and happy face for the happy place).*

III. Commit Your Sexuality to Christ

Table Talk

Prayer