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How to improve sex in a christian marriage

One of the most neglected topics of discussion in the Christian Church is sex...at least, sex within marriage. This is shocking and appalling, considering the Bible does not shy away from sexual references at all. In fact, the Bible commands married couples to engage in sex. "That is why a man leaves his father and mother and is united to his wife, and they become one flesh." Genesis 2:24 Sex is the culmination and ultimate expression of love and marriage, but so many Christians refuse to talk about it. In fact, many times we are more comfortable talking about what is sexually immoral, and we sometimes forget that sex is something we are supposed to be doing, as long as the context is right. So What Happened? Photo Credit To make a long story short, there were a number of saints and writers who, due to their own sexual compulsions and issues began to speak out against sex, condemning it as something inevitable and necessary, but not something to be enjoyed. Sex was to be disconnected from pleasure and celebration and only used for procreation. Over time, though attitudes about sex may have become more liberal, married couples still suffer from sexual problems. A sexless marriage can leave spouses feeling rejected, lonely and distant from their spouse. Failure to be able to fully please one's spouse sexually leads to diminished self-concept and sexual anxiety. Lack of physical intimacy leaves spouses with little respect, love and communication with one another. And we wonder why the divorce rate in the US is over 50%. Being Sexually Connected in Marriage Photo Credit Sex is vital to marriage. Let me say that again. SEX IS VITAL TO MARRIAGE. Paul explains the importance of having sex with your spouse in the New Testament: "The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." 1 Corinthians 7:4-5 Being sexually obedient to God's word in marriage means that you should be having sex! The problem is, many of us are not. Many of us settle into the "routine" of marriage and forget about our sexuality completely. If this is you, you are living in sin. That's right, if you are married and you aren't having sex, you are sinning, according to the Word. Your sexuality is a gift to you from God, and it is a shame to let it fade away. Making a Change Photo Credit: If you are living in a sexless marriage, or you are not having pleasurable sexual experiences with your spouse, there is hope! "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17 As the Creator of sex, God will always provide a solution for your marriage so that you can fully enjoy His gifts. But, this may mean making some big changes to your attitude and your actions. 1. There is no such thing as normal sex. That's right. However you do it, you're doing it right. The Bible gives very few rules regarding sex in marriage. We know that sex should be for marriage (Galatians 5:19), between one man and one woman (Genesis 2:24), we should respect the boundaries of our spouse (1 Peter 3:7), we are to maintain control of our sexual impulses so as not to develop an unhealthy addiction (Proverbs 25:28) and that we shouldn't push our spouse to do something that would compromise their beliefs (Romans 14:1). Sometimes, people recoil from certain sexual acts because they call them "dirty" or "kinky" or "weird". The truth is if you and your spouse agree to try something (even if it's weird) and you enjoy it, it is certainly ok for you to try during sex as long as it follows the basic guidelines. So by all means, experiment and add some variety to your sex life! [fancy box id=5]Want to take your marriage from ho-hum to great? Join the free 9 Thoughts that Can Change Your Marriage study.[/fancy box] 2. Sexual growth is key. Don't remain sexually stagnant in your marriage. Your body will change and so will your spouse's. Something that may have been your go-to years ago (or even weeks ago) may no longer be pleasing to you. Be willing to make changes to accommodate your changing body and emotional state. Touch, kiss and taste new places on your spouse's body and don't be afraid to do something new. It is when sex becomes boring that you start drifting towards a sexless marriage. 3. Bring your sexuality outside the bedroom. No, I don't mean sex in public. What I mean here is allowing your sexual being to become a part of who you are all the time, not just in the bedroom. This is the problem I have with the attitude of modesty. If you are modest in your marriage, you'll never experience sexual freedom and intimacy. Sexy texts, wearing sexy underwear under your clothes, playing games, writing sexy notes or using sexy "code" words when out and about are all ways to bring your sexuality out of the bedroom. When we confine sexuality to what we do in the bedroom, it makes it hard to attach to it as part of who we are and it becomes something that we do. 4. Know thyself and communicate that with your spouse. Be willing to examine your own sexual needs and wants. Fantasize about things you could try with your spouse. Get to know your sex organs and what feels good and what may feel good coming from your spouse. Read Song of Solomon and see what parts you find most appealing. Then tell your spouse what you find. Albeit sometimes uncomfortable, we have to communicate our sexual needs to our spouses. Most people are desperate to know what will please their spouse sexually. Don't withhold that information from them and expect them to be able to please you sexually. [fancy box id=5]Put the sizzle back in your marriage with this great resource. [/fancy box] 5. Let go of anxiety. You are good enough no matter the outcome of sex. Your spouse enjoys sex with you, no matter what happens. Your sex organs are attractive no matter how they look that day. These are things you have to remember if you want to cultivate your sexuality. Performance anxiety is one of the things that makes people avoid sex in marriage. Learn to stop focusing on what is happening during sex, and learn to appreciate your spouse and focus on how it is feeling. Sex is about connection and intimacy, so it doesn't matter if you have a few extra pounds or if you didn't shave that day. [postgopher]Would you like a copy of this article? Click here to get the PDF[/postgopher] God is not shy about sex, and we shouldn't be either. Sex is something beautiful and pleasurable and is a gift that was meant to be shared by married couples. We spend so much time boxing it in and judging it that this fact is easily forgotten. Your spouse desires and deserves your body sexually. So learn to appreciate and accept your God-given gift. About Bonnie Need tips or advice for sex in Christian marriage? You're in luck. Today Gina from GinaMPoirier.com is sharing 5 of her best Christian sex tips to help you build a stronger, healthier Christian marriage! My husband and I often find ourselves talking with other couples about our sex lives. I blame him, because he's a dude who is unabashed about his enjoyment of it. He likes to talk about it and has no hesitation bringing it up. However, as shy as I can be about talking about sex in Christian marriage, it's a huge deal! Sex in Christian marriage might seem complicated. Some may even think it taboo. But Biblical marriage ALSO includes having sex, and few topics create more heartache when not addressed. We need to talk about sex in Christian marriages to be able to ask real questions. Openly talking about Christian sex advice, both as a couple and with other Christian couples, allows us to help one another where needed. As my husband puts it, sex can be a barometer for your relationship's health. If sex in Christian marriage isn't running smoothly, there are typically some other problems as well. I have yet to find anyone who has a strong, healthy Christian marriage who isn't, uh, "doing it" in a healthy way. Over the 11 years since we exchanged our vows, we've received and later given quite a bit of Christian sex advice. If we could condense it all and share it with newlyweds or a couple struggling with their sexual relationship, here are five Christian sex tips for Christian couples we'd share: But first... Want Better Sex in Christian Marriage? This Course Will Help! If so, you may want to check out the Boost Your Libido course from Sheila Gregoire at To Love, Honor and Vacuum for lots of Christian marriage intimacy ideas. In it, she shares tons of funny, fantastic Christian sex advice for married couples to help you overcome constant tiredness, overpacked schedules, hurts and hang-ups, and even hormonal imbalances so you and your husband can finally experience the closeness and intimacy you crave. This is a wonderful course for Christian marriage intimacy ideas! I've been following Sheila's blog for some time now and I can tell you - she gives really fantastic Christian sex advice in a way that's down-to-earth, relatable and really funny. If your Biblical marriage isn't as close as you'd like it to be - this course will absolutely help snag several sex tips for Christian couples! *This post contains affiliate links, which means if you make a purchase, we may earn a commission at no additional cost to you. This helps cover the many costs of running this site. Thank you! 5 Tips For Better Sex in Christian Marriage 1. Consistency Cultivates Intimacy I used to wonder how often couples are supposed to have sex in a Christian marriage. Weekly? Twice weekly? Daily? Who knows? It's not a bad question because it is really difficult to have true intimacy in a Christian marriage without the physical component. Feeling distant may be a sign that you need to do it more. There's no magic number, however. Rather than worry about an exact frequency, try to be generally consistent, whatever that looks like in your relationship. A newlywed couple in their twenties with no kids is going to have a much different dynamic than a more seasoned couple. But both have the same need for consistency. There can be a lot of reasons why you aren't in the mood to have sex: pregnancy, babies, health and schedules, to name a few. All I have to say is that you prioritize what's important. And sex in Christian marriage is important. Related Reading: Four Reasons You're Never In the Mood (and how to fix it!) 2. Quickies Are Okay Too! Do you feel like every time you get physically intimate it has to be fireworks? If so, you're going to set yourself up for disappointment. Here is another Christian marriage intimacy idea worth noting: Quickies are okay! Because sometimes, something is better than nothing. This Christian sex tip can be a game-changer, particularly if you have one person in the relationship who has a stronger desire for sex than the other (hmm...I think that's pretty much the case for every couple). It's okay from time to time to meet one partner's physical needs without having a deep emotional connection. Most of the time it's the man who has the stronger physical need. So if you're the wife of a man with a stronger sex drive and sometimes you just aren't there, permit yourselves to do something quick. While you don't want to make this the only way you have sex, it is a way to help him feel loved even on those days when you're completely exhausted and there's no other way it's going to work. Related post: 7 Lies Christian Women Believe About Sex 3. Get Adventurous from Time to Time Despite the last Christian marriage intimacy idea being a great one, doing quickies all the time would be really lame and boring. That's why another great piece of Christian sex advice for married couples is: it's also important to get adventurous. What that means is entirely up to you, but some ideas to mix up sex in Christian marriage include atmosphere, attire, location and yes, position. I won't be any more explicit than that, but consider some of your favorite memories as a couple. Do they include your sex life? If not, why not plan to make some new memories soon! Christian sex tips for married couples can be as easy as keeping it exciting by scheming, experimenting and exploring together. No longer about how long you've been married, plan dates, trips and romantic evenings at home together with this in mind. **Note: Getting adventurous should absolutely NOT involve porn. This article shares why (and what to do about it if your husband does): Help! My Husband Watches Porn! (Here's How to Respond) 4. Don't Forget to Laugh I wish I would have had this Christian sex advice for married couples. If there's one thing that I didn't expect as a newlywed, it's that sex is often messy and hilarious! One of the reasons it creates intimacy is because you have literally nothing to hide from the other person. It's all out there. But that doesn't mean you have to take yourselves too seriously. When something awkward happens, laugh about it together. One caveat, however: make sure neither of you feels like you're being laughed at rather than with. Sex can bring out a lot of insecurities. You know your dynamic best, so laugh, but be sensitive. *Related Post: 10 Ways to Make Your Marriage Fun Again 5. Talk about It, But NOT When You're in the Middle of It So how do you make all of these Christian sex tips work in your relationship? You have to talk about sex—but not while you're in the middle of it. It's a total mood-killer. Plus, you're literally in the most vulnerable position you can be, so the wrong words can hurt exponentially more, especially if you have a sexual past that still haunts you. Keep talk during sex positive, and save the heavy stuff for later. Having a productive conversation about your sex life needs to happen in an atmosphere that is emotionally safe. Be honest about your needs, don't judge and seek to be a great listener. Not sure where to start the conversation? There are tons of books to get you thinking - and talking. A few popular ones include: The 5 Love Languages: The Secret to Love that Lasts and Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage. And don't forget - If you want to experience a truly intimate relationship, with the closeness you crave, you really need to check out the Boost Your Libido course by Sheila Wray Gregoire from ToLoveHonorandVacuum. Whether your sex life needs a LOT of work or it could simply use a little extra spark - You'll love these Christian sex tips for married couples! Sheila shares tons of funny, fantastic Christian marriage sex advice to help you overcome constant tiredness, overpacked schedules, hurts and hang-ups, and even hormonal imbalances. I've been following Sheila's blog for some time now and I can tell you - she gives really fantastic Christian marriage sex advice in a way that's down-to-earth, relatable and really funny. If your Biblical marriage isn't as close as you'd like it to be - this course will absolutely help! Are you comfortable talking about sex in Christian marriage? Which one of these Christian sex tips do you think would help you most? Do you have any Christian marriage sex advice to share with others?

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