

BUILDING A STRONG MARRIAGE WHICH HAS SPARK

Some ideas:

A) Practice the 100/100 principle, not the 50/50 worldly approach

B) Practice the principles from Col 3:12-13

- 1) Compassion
- 2) Kindness
- 3) Humility
- 4) Gentleness
- 5) Patience
- 6) Bearing with each other
- 7) Forgiving

Following are biblical principles of Forgiveness:

- Forgive quickly. "Do not let the sun go down on your anger" (Eph 4:26-27, 31-32).
- Don't keep score (I Cor 13:5).
- Forgive as Jesus forgives you, which is totally (Eph 4:32; Col 3:13)
- Don't keep record of past wrongs -- wipe slate clean (Hosea 3:1)
- Keep forgiving (Mt 18:21-35)
- If we refuse to forgive others, God can refuse to forgive our sins (Mt 6:14-15)

C) Regularly practice the "BEST" for your spouse:

Bless (speak well; do kind things; express thankfulness; pray for)

Edify (support; build up)

Share (time, activities, interests, concerns, ideas, dreams, inner thoughts, goals, spiritual walk)

Touch (non-sexual)

D) Build Fun & Romance into your Marriage

Obstacles to Romance:

- * Familiarity
- * Complacency
- * Physical exhaustion
- * Financial burdens

Ideas to help:

- * Work on it heartily (Col 3:23)
- * Husbands -- love and honor your wives (Eph 5:25; I Pet 3:7)
- * Talk
- * Court creatively (cards, notes, non-sexual touching, neck or back rubs, flowers, kissing, serving one another, dating, night away, encouraging, cheerleading)
- * Learn the language of love (e.g., verbal, touching, service, time together, gifts)
- * Focus on the fun side (e.g., play sports, picnic, concert, attend a sporting event, ride bikes, movie)

E) Develop a Good and mutually enjoyable sexual relationship

Following are some Biblical truths:

- 1) Sex outside of marriage is ALWAYS sinful and wrong. Both adultery and fornication (pre-marital sex) are condemned (Heb 13:4; Ex 20:14; Pv 6:32-33; Acts 15: 20,29; I Cor 6:12-20).
- 2) Sex inside of marriage is good, wholesome, and is God's idea.
 - * God created us male and female, and created us as sexual beings (male = piercer; female = pierced) (Gen 1:27).

God evaluated His creation as very good (Gen 1:31).
 - * Sex is more than a physical act, it has a high spiritual significance in God's eyes (I Cor 6:15-20). The sexual relationship between a husband and wife is symbolic of the

relationship between Christ (groom) and His church (bride) (Eph 5:31-32).

- * Sex is designed to help us become as one (intimate), to create children, to help meet our needs, and to bring joy into our marriages (Gen 2:24; Mt 19:5; Gen 1:28; Gen 9:1; I Cor 7:2-5; Pv 5:15-20).
- * Married couples should engage in regular sexual relations, except if both partners agree to abstain for a limited time to devote themselves to prayer (I Cor 7:2-5).
- * God's Word contains a whole book devoted to the joy of marital sex -- the Song of Solomon.

A few principles from the Song of Solomon include:

- Desire for sex and intimacy is good
- Communication is important
- Good sexual relationship comes after a good personal relationship
- Should not be inhibited
- Burden is on the husband to prepare the wife for a good sexual experience

PRACTICAL INSIGHTS RE: SEX

I) Understanding the difference between Men and Women

There are some general differences between the sexual perspective of men and women:

MEN: tend to be stimulated by sight and words; view sex as getting; motivated by self-gratification; have a greater physical need for sex; need little if any preparation.

WOMEN: tend to be stimulated by touch; view sex as giving of themselves; often motivated by wanting to please; need extended emotional, mental & physical preparation.

II) Hindrances to a Great Sexual Relationship

- 1) Extra baggage (e.g., premarital activities; child molestation; too low or too high self-esteem)
- 2) Inhibitions (caused by faulty teaching)
- 3) Fatigue
- 4) Lack of effort; lack of knowledge

III) TIPS FOR A BETTER SEXUAL RELATIONSHIP

- 1) Talk about it with your spouse

- 2) Become explorers (be creative; rule = almost anything goes IF not harmful and both spouses agree)
- 3) Become readers and learners
- 4) Be others centered (remember that Jesus said it is more blessed to give than receive; meet your spouse's sexual needs like you would like them to meet yours)
- 5) Realize that a fulfilling sexual relationship takes time and understanding

- 6) Be aware than most husbands would like their wives to be bolder and more aggressive; most wives would like their husbands to think of something besides their own pleasure
- 7) Learn to accept and live with your spouse's little annoying behaviors
- 8) Avoid domestic arguments
- 9) Profound and intimate sex does not require great expertise, but rather deep exposure of one's self and loving acceptance by the other
- 10) Be available sexually to your spouse -- don't withhold for any duration of time
- 11) Be in touch with your own sexuality
- 12) Keep the sexual performance of your spouse (and other intimate details) PRIVATE
- 13) Be encouraged that the sexual relationship can improve over time and last into our advanced years (Duet 34:7; Gen 5:3, 21:1-2)

SOME BASIC NEEDS OF MEN

(From “He Said, She Said”)

1. A need for faithfulness
2. A need to be supported
3. A need for encouragement
4. A need to be important
5. A need to be praised
6. A need to be the head of the house
7. A need for sex & intimacy

PRACTICAL WAYS TO EXPRESS LOVE TOWARDS YOUR HUSBAND

1. Tell him often you love him
2. Plan menus around his tastes
3. Have some endearing name for him
4. Eagerly prepare for his homecoming
5. Delight in his praise for you
6. Like to make him smile

7. Comfort him when he feels bad
8. Often think how wonderful he is
9. Miss him when he's away on trips
10. Praise his good qualities to friends
11. Gladly try to match his moods
12. Do your best to please him
13. Feel closer to him as time passes