

# 52 Thriving Sexual Intimacy in Christian Marriage: A Comprehensive Plan

## 1. Biblical & Theological Foundations of Marital Sex

In Scripture, sexual intimacy in marriage is portrayed as a **good and sacred gift**. From the creation narrative, where Adam exults that Eve is “bone of my bones and flesh of my flesh” (Gen. 2:23-24), to the rapturous poetry of *Song of Solomon*, the Bible celebrates **oneness and delight** between husband and wife. In fact, *Song of Solomon* depicts a wife who is an enthusiastic, equal participant in lovemaking – she **boldly initiates and expresses desire**, praising her husband’s body and inviting him to enjoy hers. This mutual joy is God’s design. Tim Keller even describes marital sex as “the most powerful God-created way to help you give your entire self to another human being. Sex is God’s appointed way for two people to reciprocally say to one another, ‘I belong completely, permanently, and exclusively to you.’ [Sex]...is your covenant renewal service.”\* In other words, **each sexual union in marriage reaffirms the covenant**, bodily saying “*I still do*” to each other. This covenantal view elevates sex beyond mere pleasure: it is *sacramental* in the sense of renewing vows and strengthening the bond God has joined together.

Crucially, the Bible teaches that **marital sex is grounded in love, service, and mutual authority**, not in selfish demand. The one explicit “how-to” passage on sex, 1 Corinthians 7:3–5, says the husband should “*fulfill his marital duty to his wife, and likewise the wife to her husband.*” Neither spouse has exclusive authority over their own body, but each lovingly yields to the other. This means *both* Josh and Kristy have a right to sexual satisfaction, and both are called to serve the other’s needs in love. Sex in Christian marriage is therefore **other-centered and reciprocal**: \**“Each spouse’s body belongs to the other, and a primary function of sex is to serve and bless each other.”*\* Selfishness has no place; \**“we are to selflessly serve, thinking of the other first.”*\*

At the same time, **serving one another does not mean erasing oneself** or ignoring one’s own needs. Christian sex therapist Monica Cook warns that a misapplied theology of self-sacrifice can particularly harm wives, leading them to “*deny and hide oneself sexually with an overemphasis of caring for others at the expense of self,*” which breeds shame and dysfunction. In a healthy biblical model, *both* spouses embrace their God-given sexual agency and pleasure *while also* caring deeply for their partner’s pleasure. This mutuality is beautifully illustrated in *Song of Solomon*, where the wife is “*not a passive vessel*” but brings her unique arousal and desires into intimacy, and the husband likewise delights in cherishing her. **God’s design is that sex be a joyful dance of give-and-receive** – a reciprocal expression of love that sanctifies both partners. In fact, learning to love one another intimately can be a means of sanctification: it cultivates patience, kindness, self-control, and deeper understanding, all fruits of the Spirit expressed in a very tangible way.

Importantly, **Christian teaching affirms that sexual pleasure within marriage is holy** – not dirty or “fleshly” in a sinful sense. “*The marriage bed [is] undefiled*” (Heb. 13:4), and spouses are encouraged to “*rejoice in the wife of your youth...may her breasts satisfy you at*

*all times*” (Prov. 5:18-19). Sadly, both Josh and Kristy may have absorbed messages from *purity culture* that instilled shame or misinformation about sex. For example, the “*Gatekeepers Myth*” in some evangelical circles taught that “men are more sexual and can’t control themselves, therefore it is up to women to enforce boundaries before marriage and then meet their husband’s sexual needs after marriage.”\* Such narratives put a one-sided burden on wives and often **suppress female sexual expression**, implying that only men crave sex while “godly” women simply acquiesce. Josh and Kristy should actively reject this myth. **In God’s eyes, both male and female sexuality are very good (Gen.1:27,31)**, and a wife’s pleasure is just as important as a husband’s. There is no place for shame in the marital bedroom. If Kristy ever internalized the idea that showing passion or desiring erotic pleasure is “unladylike” or sinful, she can confidently throw that lie away. Jesus wants to “*set us free*” from shame and distortions. Within the safe confines of their covenant, Josh and Kristy have full freedom to “**enjoy each other...without shame**” (Gen. 2:25) – knowing that their intimacy honors God’s design when it reflects love, exclusivity, and mutual delight.

In summary, the biblical foundation for their sexual growth is strong: their intimacy is *God-ordained and sacred, a covenantal act of love*. It thrives when it’s marked by *mutual service* (1 Cor 7), *deep knowledge of each other* (Gen 4:1 uses “know” for sexual intimacy), *passion and playfulness* (*Song of Solomon*), and *honor* (Eph. 5:25,29 – a husband tenderly caring for his wife as for his own body, and a wife respecting and responding in kind). With this in mind, Josh can lead with confidence and kindness, and Kristy can pursue sexual joy without guilt, as together they seek to glorify God through the “**one flesh**” (Gen. 2:24) union He gave them.

## 2. Psychology & Physiology of Sexual Response: Male vs. Female

Growing a thriving sex life also requires understanding the **biological and psychological differences** in male and female sexual response. Josh and Kristy likely already sense some of these differences: Josh might experience desire more spontaneously and urgently, whereas Kristy’s desire might be more context-dependent. Modern sex research confirms this pattern. **Men’s sexual response** is often characterized by “*spontaneous desire*,” a quick excitement phase, and a relatively straightforward path to orgasm with a short refractory (recovery) period. In the brain, men have a larger “sexual pursuit area” in the hypothalamus (with twice as many cells) that is highly sensitive to testosterone. Men produce 10–20 times more testosterone than women, which generally gives men a more constant, easily-triggered drive. By contrast, **women’s sexual response** tends to involve “*responsive desire*,” meaning arousal often arises *after* sufficient stimulation or in response to loving context, rather than from out-of-the-blue lust. Emotional and environmental factors play a huge role. Researchers like Rosemary Basson have proposed a *circular model* for women, in which factors like emotional intimacy, stress levels, body image, and the quality of the couple’s relationship all feed into arousal and desire. In practice, this means Kristy may need to feel relaxed, safe, and connected to become aroused – **the context is key**. Something as simple as whether the kids are finally asleep, or if she had a draining day at work, can determine whether she’s “in the mood”. This is normal. Women’s arousal is often more complex and “*nowhere near as simple or one-way*” as the old linear models suggested.

Physiologically, both genders go through the phases of **desire – arousal – orgasm – resolution**, but their timing and experience differ. Men's arousal (erection) can occur in seconds with a visual stimulus or erotic thought, thanks to surging dopamine and testosterone during sexual excitement. Women's bodies typically take longer to lubricate and swell with arousal; they may need more extended **foreplay** (kissing, affectionate touch, sensual words) to build sufficient excitement. Kristy might not feel *desire* until arousal has begun – for instance, she might start getting interested *after* some romantic kissing or a backrub begins to relax her. This is part of the responsive desire pattern: \**“whether something turns [her] on depends very much on the situation...who is involved...how much sleep [she] had, how stressed [she] is, and whether [she and Josh] have been getting along.”*\* In other words, **her mind and heart are as important as her body** in priming for sex. Josh can help by actively **shaping the context** – e.g. doing the dishes and helping put the kids to bed on date night (to reduce her stress), speaking kindly throughout the day (to build emotional closeness), and ensuring privacy and an ambiance she likes (locked door, low lighting, perhaps soft music) so she can mentally “turn off” mom/nurse mode and engage her sensual self.

Another critical aspect is the **neurochemistry of bonding and pleasure**. Sexual orgasm triggers a cascade of brain chemicals in both sexes, but with some differences. **Oxytocin**, often called the “bonding hormone,” floods a woman's brain at orgasm, producing feelings of attachment and affection. This is the same hormone released during childbirth and breastfeeding to bond mother and child. In lovemaking, oxytocin causes a woman to feel *especially* emotionally connected to her husband after climax – it's a biological drive toward pair-bonding. Men also release oxytocin, but generally **far less** during orgasm than women do. Instead, men get a surge of **vasopressin** (associated with protective, bonding feelings in men) and a big dose of **prolactin**, which causes the relaxation and sleepiness men often feel after ejaculation. In fact, research finds that right after orgasm, men can experience a temporary drop in emotional attachment or interest (sometimes called the “*affective shift*” or resolution phase) – essentially, a man's brain, after ejaculation, enters a recovery state where he might feel less urgent desire for closeness very briefly. This could explain why Josh sometimes might feel *physically satisfied but a bit “checked out”* for a few minutes post-sex, whereas Kristy might *immediately crave cuddling and emotional affirmation*. **Being aware of these differences is vital**: neither spouse is “wrong” for what they feel; it's biology. But they can take intentional steps to bridge the gap. Josh can remember that Kristy is biochemically primed to bond after sex – she needs **aftercare** (gentle holding, sweet words, or just being present with her) to fully enjoy the emotional benefits of sex. Meanwhile, Kristy can understand that if Josh gets drowsy or quiet after his climax, it's not a lack of love – it's prolactin at work. They could agree that even if Josh feels sleepy, he will still hold her for, say, 10 minutes of cozy snuggling and conversation after intercourse, so *both* their bonding needs are met. This period of *post-coital intimacy* cements the positive feelings and helps sync up their experiences.

One more fascinating difference: **women have the capacity for multiple orgasms in a shorter time**, since they don't have a refractory period like men do. After a climax, a man typically cannot get another erection for a refractory period that might range from minutes to hours (it lengthens with age). Women, however, can sometimes continue stimulation and achieve additional orgasms, especially if the stimulation type is varied or if there's a short break. This isn't an expectation or requirement – simply a potential. It means that, with

practice, Kristy might experience “waves” of orgasmic release if that intrigues her, especially through techniques we’ll discuss in the **Orgasm Toolkit** section. However, if she’s satisfied with one, that’s perfectly fine too. Quality matters more than quantity.

In sum, Josh and Kristy should approach their differences with **understanding and teamwork**. Josh’s high, readily-triggered drive is not “perverse” or “out-of-control” – it’s how God wired many men, and it can motivate him to lovingly pursue his wife. Kristy’s slower, more contextual arousal is not “frigid” – it’s how God wired many women, inviting the husband to invest in emotional connection and extended foreplay. When these differences are navigated with patience, they actually complement each other: he can learn tenderness and patience; she can learn intentionality in nurturing sexual moments. Over time, their cycles can find a **beautiful rhythm that fits them**.

**Practical implications:** They should plan sexual encounters when both partners have bandwidth (for Kristy, fatigue is a big inhibitor – e.g., nights when she’s exhausted from nursing or MS symptoms are not ideal times for peak intimacy). Morning or midday intimacy might work better for her energy levels than late nights, for instance. Scheduling sex (like their Thursday date nights) may sound unspontaneous, but it is actually helpful to **align their physiological readiness** – it allows Kristy to mentally prepare and Josh to channel his anticipation. They should also incorporate plenty of *warm-up* activities (nonsexual affectionate touch, massages, etc.) to engage Kristy’s responsive desire. And they should **always prioritize emotional harmony**: unresolved anger or hurt feelings will short-circuit her arousal and even his. In fact, studies show higher marital conflict is associated with lower sexual satisfaction. Conversely, feeling emotionally close boosts physical intimacy – an area where, happily, surveys find that **around 80% of married evangelicals report feeling very “emotionally close” to their spouse during sex**. Josh and Kristy can be part of that statistic by resolving conflicts kindly and using sex as a way to celebrate their unity after harmony is restored.

### 3. Nurturing Female Sexuality & Pleasure

A thriving sex life for Josh and Kristy will put **particular focus on Kristy’s pleasure and sexual confidence**. This isn’t to indulge one spouse over the other; rather, it addresses a common imbalance: in many marriages (especially those influenced by traditional norms), the wife’s sexuality has been underdeveloped or inhibited by shame. We want Kristy to **flourish as a fully sexual being**, free of guilt, knowing her pleasure is a gift to both herself and her husband. Let’s explore key aspects of female sexuality relevant here:

**Overcoming Shame and Embracing Desire:** Kristy may need to consciously shed any “purity culture” baggage that says *good Christian women aren’t supposed to be highly sexual*. Those teachings (as discussed earlier) often unintentionally taught women that *men* have uncontrollable lust while *women* are the gatekeepers who must dress modestly and tamp down sexual desire. The result was that many women enter marriage feeling that initiating sex or wanting erotic pleasure is somehow “dirty” or only for “bad girls.” It’s time to rewrite that narrative. **In truth, God created Kristy with sexual desire and the capacity for intense pleasure – and it’s very good.** As Monica Cook points out, “In Song of Songs, you see a woman boldly desiring and initiating... She leads and is led in pleasure... She lets in her partner’s admiration and opens herself up to engage in sensuality using her five

senses.”\* This biblical heroine can be Kristy’s role model! A woman can be **devout** and **passionately sensual** at the same time – there is no contradiction.

One practical step: **affirmation and prayer together** to dispel shame. Josh can reassure Kristy that he *delights* in her passion and feels most loved when she enjoys their intimacy. They might even pray something like, “Lord, thank you for making our sexuality. We want to enjoy this gift without fear or shame. Help us see it as You do – pure and bonding.” Remember, “*There is now no condemnation for those in Christ*” (Rom 8:1). Kristy is *not* “impure” for having sexual needs or fantasies about her husband; those are **normal and healthy**. If explicit purity-culture messages linger (e.g., “*a good Christian woman should only have sex out of duty*”), they should talk them through or consult resources like *Sheila Wray Gregoire’s “The Great Sex Rescue”* which debunk harmful myths. In fact, Gregoire’s large survey of Christian women found that bad teaching correlated with worse sexual outcomes (like lower orgasm rates), while biblical mutuality correlated with thriving sex. So addressing any shame or misinformation isn’t just emotional healing – it will directly improve physical enjoyment.

**Understanding Orgasm: Clitoral, Vaginal, Blended, and Beyond:** One of Kristy’s goals is to explore new types of orgasm, including possibly blended (clitoral+vaginal) and even “squirting.” To do so, it helps to know a bit about female anatomy and the science of orgasm:

- **The Clitoris – Key to Pleasure:** The clitoris is often dubbed the “pleasure center” of the female body – and for good reason. It has ~8,000 nerve endings in its glans (more than the penis) and exists solely for sexual pleasure. Importantly, the visible nub or *glans clitoris* is just the tip; the clitoris actually has a wishbone-shaped internal structure with two “legs” (crura) and bulbous tissues that flank the vaginal canal internally. This means that “**clitoral**” and “**vaginal**” **orgasms are more connected than people think**. In essence, all female orgasms involve the clitoral network. *Clitoral orgasms* usually refer to orgasms achieved by stimulating the external glans/hood area. These tend to produce a sharp, pinpoint pleasure and are the easiest way most women climax (since the external clitoris is highly sensitive). *Vaginal orgasms* typically refer to orgasms from intercourse or G-spot stimulation inside the vagina. Many experts now believe vaginal orgasms are still clitoral in that the internal clitoral bulbs and the G-spot (a spongy area on the front vaginal wall) are being indirectly stimulated. However, women may *experience* them differently – often as a deeper, more diffuse pleasure radiating from inside. A *blended orgasm* is when both external clitoral and internal vaginal stimulation happen together, creating an especially intense climax that can feel like waves or series of mini-climaxes. For example, Kristy might use the Womanizer on her clitoris while Josh is penetrating her – the combo could trigger a blended orgasm that’s stronger or different than either alone.
- **Orgasm Frequency and Learning Curve:** It’s important to note that only around 48% of women in evangelical marriages say they reach orgasm “almost all the time” during sex, compared to 95% of husbands. This **47-point “orgasm gap”** is not because women’s bodies are less capable – it’s often because sex ends once the husband finishes, or because not enough focus is given to the kind of stimulation women need. The takeaway for Josh and Kristy is **to prioritize her orgasm as an**

**equal goal.** With patience and technique, she *can* potentially orgasm as reliably as he does, though it may require a bit more time and the right kind of touch. It's not unusual that Kristy (like many women) might still be discovering what reliably makes her climax. Some women don't experience their first orgasm until their late 20s or later – and then only after experimenting with consistent clitoral stimulation. So treat this as a joyful learning project, not an area of failure. There is nothing wrong with her; it's just that female arousal can be a more subtle "slow burn" that needs tending.

- **Techniques and Tools for Female Orgasm:** We will detail exercises in the "Orgasm Toolkit" section, but broadly: Kristy will benefit from *direct clitoral stimulation* in almost every sexual encounter, whether during foreplay or integrated into intercourse. This can be manual (fingertips circling or stroking the clit, using lubricant to avoid irritation), oral (Josh's tongue and lips – many women find this extremely pleasurable), or using a toy like the **Womanizer**. The Womanizer is a highly regarded device that uses gentle air suction on the clitoris. It was literally invented to help the majority of women who struggle to climax from penetration alone. Its design acknowledges that "most sex toys historically focused on vaginal penetration, but *most women only experience orgasm via clitoral stimulation*". By zeroing in on the clitoris with consistent, non-numbing stimulation, it often brings a woman to orgasm more easily and powerfully than other methods. Kristy and Josh have already purchased one – great! They should incorporate it without shame. Using a vibrator or Womanizer **does not mean Josh is inadequate**; on the contrary, it means he is **team-focused on her pleasure**. Many couples find that integrating a toy *together* (e.g., Josh holding it on her during foreplay or even during intercourse) can be very intimate and exciting, not to mention effective. One user survey noted such toys even "*enhanced [women's] sexual appetite*" and helped those with lower libido get more aroused. So this could be a game-changer for mismatched drives – when Kristy experiences more orgasmic pleasure, her body may start *craving* sex more often.
- **Squirting and Female Ejaculation:** Kristy mentioned curiosity about squirting (female ejaculation). Science confirms that *female ejaculation is real* for a significant percentage of women (estimates range widely, with one review suggesting **10–54%** of women have experienced it). Here's what it is: during high arousal or orgasm, some women expel fluid from the urethra (the pee hole). There are *two* forms of fluid identified: one is a milky **ejaculate fluid** from the Skene's glands (often called the female prostate) which contains enzymes like PSA and sometimes a bit of fructose – analogous to the prostatic fluid in male semen. The other is "**squirting**" fluid, which is usually a clear, diluted fluid from the bladder. In many cases, squirting is essentially a sudden release of urine that's been temporarily retained during arousal (research using dye in the bladder showed that the squirt fluid was mostly urine, albeit sometimes with some prostatic markers in it). The key point: **squirting is normal and not harmful**. Some women find it immensely pleasurable or liberating; others don't experience it or have only a small dribble. It's also *not necessarily tied to orgasm* – some women can squirt without a climax and vice versa. If Kristy wants to explore this, the first step is removing any embarrassment around it. If she does release fluid, **it's okay!** It's not "peeing on your husband" in a disrespectful way; it's an involuntary response that many couples actually celebrate. Josh can reassure her that he finds it erotic or at least totally acceptable if it happens. They can prepare by

laying a **waterproof blanket or towel** on the bed and keeping the mood light-hearted (so she's not anxious about making a mess).

To encourage squirting, typically **firm G-spot stimulation** is involved. This can be done with Josh's fingers (curled in a "come here" motion on the front wall of her vagina, about 2 inches in) or with a toy designed for G-spot. Often, the woman needs to be very aroused (sometimes having had one orgasm already externally) and then stimulated internally. She may feel a strong urge to urinate as fluid presses on the bladder – the trick is to *not* tighten up in that moment, but to relax and bear down slightly, allowing the fluid to expel. If she can let go of control, a gush might occur, often with a very intense pleasure or relief. We'll give a step-by-step in the Toolkit, but whether or not Kristy ever squirts is ultimately unimportant – **it's entirely optional fun**. It doesn't confer any "higher level" of sexual achievement. Some women love it; others try and decide it's not for them. The goal is simply to explore and see what her body can do, *in a spirit of play*. By approaching it playfully (e.g. "let's see if we can make the ceiling wet, haha!"), they ensure it's about shared adventure, not performance pressure.

- **Contextual Arousal – The Brain is the Biggest Sex Organ:** For Kristy to truly enjoy all these physical pleasures, her **mind needs to be on board**. Women often need to feel relaxed and free of anxiety to climax. Any lingering inhibitions – whether body-image issues (post-baby body changes can make her self-conscious), fears of "taking too long," or distractions ("did I switch off the stove?") – can short-circuit her arousal. Josh can help by **creating an environment of acceptance and reassurance**. For instance, he should frequently tell her how beautiful he finds her, including parts of her body she might be insecure about (stretch marks, C-section scar, etc.). He can encourage her to **be vocal** during sex – whether that's moaning freely or guiding him with words – so she stays engaged rather than retreating into her head.

Furthermore, **psychological foreplay** is huge. For a woman, arousal can begin well before any physical touch – it might start in the morning with a loving text from Josh that says what he's looking forward to that evening, or with gentle kisses in the kitchen and a whisper, "Can't wait to get you alone tonight." These things build anticipation (*the mind's foreplay*). Kristy might even intentionally indulge in some mental stimulation herself: perhaps reading a chapter of a sensual Christian book or a steamy section of *Song of Solomon* on her lunch break to get her imagination engaged. Some couples enjoy sending flirtatious messages or sharing a fantasy scenario over dinner to set the stage. The idea is to **engage her erotic mind**, not just her body. By the time they physically get to the bedroom, she may already feel a sexy "spark" rather than starting from cold.

**Expert Tips from Sex Therapy:** In working with Monica Cook, Josh and Kristy might encounter techniques like *sensate focus* and *erotic touch mapping*. These are worth continuing:

- **Sensate Focus:** This is a series of intimacy exercises developed by Masters and Johnson, aimed at reducing anxiety and increasing sensory awareness. In early

stages, the couple **takes intercourse off the table** and instead spends time touching and caressing each other *without* aiming for orgasm – focusing on the sensations. For example, one night Josh might give Kristy a slow body massage, exploring non-genital areas (back, shoulders, thighs, face, etc.), while she practices relaxing and simply noticing what feels pleasurable or what emotions arise. Another night, they switch roles. They gradually move to including breasts and genitals in later sessions, but still without the goal of “finishing,” until both feel comfortable and tuned into each other’s responses. Sensate focus can be healing if there’s been any pressure or negative cycle; it teaches that **physical intimacy is more than just intercourse** and that *pleasure can be given and received without any performance demand*. Given their history of mismatched drives and possible feelings of rejection, doing some sensate focus exercises might rebuild trust. It establishes *safe physical connection* – reminding them sex is about comfort and pleasure, not obligation. They can integrate this by dedicating some date nights solely to exploration (e.g., “Tonight is massage night – no intercourse, just enjoying touch”). Counterintuitively, this often **ignites desire** because it removes anxiety.

- **Touch Mapping:** This is a fun exercise to discover each other’s erogenous zones and preferences. One spouse becomes the “receiver” who relaxes and pays attention to sensations, while the other is the “giver” who touches them in various ways all over the body. The receiver gives feedback: e.g., “that’s too ticklish” or “that light tracing over my neck feels amazing” or “I think I prefer a firmer pressure on my lower back.” They can use a scale (like 1 to 5) to rate things or simple words like “more, less, stop, continue.” Then they swap. This can reveal surprises – maybe Kristy finds that kissing along her inner forearms really turns her on, or Josh discovers he loves a gentle scalp massage. It’s essentially **mapping pleasure** on the body. With this knowledge, they enrich their lovemaking (incorporating those favored touches more often). It also gives Kristy practice in **communicating what she likes**, which is super important (she may have been culturally conditioned to be passive, so this builds her voice).
- **Leaning into Pleasure, Not Just “Service”:** A common hurdle for Christian women is feeling like sex is one more service project – “*I have to please my husband*”. While generosity is great, **Kristy should be empowered to seek her own pleasure too**. Monica Cook puts it well: don’t “*become less of yourself and just pick up your husband’s desires*.” Instead, “*step into who you were created to be with your unique arousal patterns and desires...* She brings herself to him with her desires and from that agency serves and loves him as well.”\*. In practice, this means Kristy can ask for what *she* wants in bed (“Can you go down on me longer?” or “Let’s use the toy tonight” or “I want to try being on top”). She can also initiate sex when *she* feels the urge, not only respond to Josh’s initiations. Her pleasure and orgasm are **not selfish; they are a gift to the marriage**. When a wife is fully satisfied and confident sexually, the marriage bed becomes a place of joy rather than resentment or duty. Josh, for his part, should actively encourage this. He can explicitly tell her, “I love seeing you feel good – it’s the best thing for me.” This reassurance will help overwrite any guilt she has in focusing on her enjoyment.



In conclusion for this section: **Kristy's sexuality is a garden to be cultivated.** By removing weeds of shame, watering it with positive experiences, and tending patiently, it will blossom. As she experiences new kinds of orgasms or sensations, it will increase her desire ("success breeds success" – positive reinforcement). And as she shares openly with Josh, it will increase their emotional intimacy too. A thriving sexual woman within a Christian marriage is a powerful blessing: Proverbs 5 likens it to a fountain of life and satisfaction. Josh can truly *"rejoice in [his] wife"* as she grows in freedom and pleasure.

## 4. Male Sexuality & Self-Disclosure: Honoring God and Each Other

While focusing on the wife's needs is crucial to closing their libido gap, it's equally important to address **Josh's sexuality and how to integrate it healthily** into their mutual sex life.

Josh has a strong sex drive, which is a *good* thing – it can be an engine driving both of them toward deeper intimacy, as long as it's channeled with love and self-control. Here's how Josh and Kristy can navigate **male sexuality in a holy, mutually satisfying way**:

**Understanding Josh's Arousal Patterns:** As noted, Josh likely experiences spontaneous desire – he might get aroused visually (seeing Kristy in the shower or in a cute dress) or randomly have sexual thoughts pop up. He also might physiologically "need" release more frequently (due to sperm build-up and testosterone levels), which could be why he feels restless or distracted if a long time passes without sex. None of this makes him a "predator" or unspiritual; it makes him a man. However, Josh should be cautious not to interpret his wife's lower spontaneity as personal rejection. Men sometimes feel *"if I'm always ready and she's not, maybe she doesn't find me attractive or doesn't care."* In reality, as we saw, her libido works differently. So **Josh will need to exercise patience and empathy**, learning to **manage his urges in a loving way**. This might mean if he's feeling especially horny on a day that's not good for her (say she's exhausted or ill), he takes care of himself later via masturbation (ideally with her permission or involvement, to keep accountability – e.g. mutual masturbation can be an option) or through a non-sexual outlet like exercise. He can pray for self-control as a fruit of the Spirit in those moments. His goal is not to *suppress* his sexuality, but to **bring it under the lordship of Christ** so that it serves their marriage, rather than demanding to be served.

**Communicating His Desires to Kristy:** One encouraging development is that **Kristy wants to know what Josh enjoys**. That's a green light for Josh to open up about his fantasies, preferences, and needs – done sensitively. A good approach is for him to share in a positive, inviting manner rather than as a complaint. For example, instead of saying, "I'm frustrated we never do XYZ," he could say, "Something I think about that really turns me on is if you **[fill in the blank]** – I'd love to experience that with you. What do you think?" By framing it as something to enjoy *together*, he avoids making her feel inadequate. It's also helpful for Josh to explain **why** he enjoys certain things, especially to counter any insecurities Kristy might have. For instance, if Josh desires oral sex, he might gently express that it makes him feel adored and drives him wild with pleasure, and that *giving* her oral pleasure is one reason he values mutual oral sex (so she knows it's not a one-sided, porn-fueled request). Or if he fantasizes about a certain outfit (say, Kristy in lingerie or a

particular dress), he can tell her how *visually wired* he is and how seeing her in that way would be thrilling.

The key is **creating a safe space** for these conversations. They might set aside a relaxed evening (maybe during their weekly check-in or date night) specifically to exchange fantasies or “yes/no/maybe” lists. A *Yes/No/Maybe list* is a tool where each writes down a bunch of sexual activities and marks them as “Yes (I’d like to try),” “No (not comfortable),” or “Maybe (open to discussing).” Then they compare lists. This can reveal overlap they didn’t know – perhaps both are interested in light role-play or trying sex in a new location, etc., but were too shy to mention. For anything marked “No” by either, they agree to drop it without pressure (respecting each other’s boundaries is paramount). **Honesty with love** is the rule: Josh shouldn’t hide or lie about what he longs for (that breeds resentment or furtive behavior), but he must present it with the understanding that *Kristy has full veto power*. Ephesians 5:25 calls husbands to love sacrificially like Christ – that means *never coercing or guilt-tripping* Kristy to do something that violates her conscience or makes her feel degraded. It means sometimes **laying down his ideal script** in order to nurture a sexual style that excites *both* of them. For instance, if Josh grew up on porn, he might have scripts in his head (certain positions or roughness, etc.) that arouse him because of that conditioning. He should examine those in light of love: *Does this act honor my wife and make her feel treasured?* If not, toss it. As one Christian counselor advises, ask: *“Will my spouse feel loved and cherished through this activity? Will it promote safety and joy for them?”*\*. These questions help discern **holy eroticism** from selfish lust.

**Fostering Holy Eroticism vs. Porn Scripts:** Pornography (and the broader sexualized culture) often promotes a warped form of sexuality: one that’s **impersonal, performance-based, male-centered, and sometimes degrading**. Even without current porn use, Josh may have absorbed some of these attitudes (most men have to some degree, sadly). To build a *“holy eroticism”* instead, the couple can intentionally reshape their sexual script to emphasize **intimacy, play, and respect**. Holy eroticism doesn’t mean bland or PG-rated – it can be steamy, passionate, even fierce – but it stays *within the boundaries of mutual respect and exclusivity*. Some practical tips:

- **Keep the focus on each other**, not imagined others. That means no porn or illicit fantasizing about someone else. All erotic energy is directed toward *“my beloved.”* They can freely fantasize scenarios together (e.g. playing out a flirtatious storyline or pretending to be strangers meeting in a café) as long as the *characters are essentially them*. This way, their imaginations serve their marriage. (If Josh has porn images pop up in his mind, he might literally pray in the moment, “Lord, help me replace those with images of my wife,” and then actively focus on the real woman in his arms, using his senses to stay present.)
- **Language and Name-Calling:** Porn often involves calling women derogatory names or very crude language. If dirty talk is something Josh finds exciting, they should discuss boundaries. It’s possible to use *erotic language* that’s arousing but not degrading. For example, saying “I love when you \*\*\* me like that” might be something they mutually enjoy, but outright derogatory words or comparisons to others should be off-limits. They might decide on some sexy phrases that feel *naughty yet honoring*. This keeps their bedroom language hot but also uplifting (e.g., “You’re so

incredibly sexy,” “I love being inside you,” or more explicit if they’re comfortable, like describing what body part is doing what – but always in a positive tone).

- **Avoiding Pressure and Entitlement:** A porn-script mentality can make a husband feel entitled to certain acts or frequencies, treating his wife as an outlet. Josh should guard against any attitude of *entitlement*. Sex is a gift, not a right to demand. Yes, 1 Cor 7 says “do not deprive each other,” but that’s a two-way street and assumes a loving posture, not one of taking. Whenever Kristy does generously step outside her comfort zone to please him, Josh should respond with **gratitude and gentleness**, not “finally, about time.” That positive reinforcement actually makes her more willing to repeat it. If she sees that trying to fulfill his fantasy makes him *overflow with love for her* and *not* treat her as an object, she’ll feel safe and even empowered.
- **Incorporating Visual Excitement in a God-honoring Way:** Men are visual. Josh might greatly enjoy Kristy dressing up in lingerie, or making love with the lights on so he can watch. This is absolutely fine and can be a part of holy eroticism – his wife’s body is **the only one he’s allowed to lust after**, so to speak, so it’s right to delight in her visually. Kristy can take it as a compliment that he *wants to see* her fully. They could go shopping together (even online) for an outfit she feels sexy in. If she’s shy, maybe a silky nightgown that’s still a bit revealing, as a start. She might eventually get comfortable wearing just a garter or something more daring because she sees the excited light in his eyes which in turn might flatter and arouse her. This reclaiming of the *visual aspect* of sex – from porn’s clutches into the marriage context – can be very bonding. Some couples even take intimate photos of each other for private use; given Josh’s ADHD and visual memory, perhaps having a hidden album of a few tasteful nudes of Kristy (with her consent) could help him channel his visual arousal toward her when they’re apart. That’s optional, and caution is needed (digital security, etc.), but it’s one way to sanctify the visual nature of male arousal.

**Male Vulnerability and Emotional Needs:** Often overlooked is that men (even with high libido) crave emotional connection through sex. Josh might feel *most* emotionally connected to Kristy during and after lovemaking – it’s his way of feeling loved. This is a common dynamic: as one counselor quips, *women need to feel loved to have sex, men need to have sex to feel loved*. It’s not universally true, but resonates in many cases. Josh should share this with Kristy: that when she engages in sex playfully and willingly, it makes him feel accepted, respected, and bonded in a way almost nothing else does. Conversely, repeated rejections can wound his spirit deeply (even if he tries not to take it personally). This is not to guilt Kristy – rather to foster understanding on both sides. Kristy can validate this need of Josh’s as **legitimate and important** (“I understand that physical intimacy is one of the main ways you feel I love you”). Likewise, Josh needs to empathize that for Kristy to *want* sex more, she needs to feel emotionally connected outside the bedroom. So there’s a bit of a chicken-and-egg, but the solution is to feed *both* sides generously: he gives her non-sexual affection and emotional support, she gives him sexual responsiveness – and each fuels the other in a positive cycle.

**Dealing with Past Sexual Baggage:** If Josh ever struggled with porn or masturbation habits, those can intrude in marriage. One concrete suggestion is for him to consider using

accountability software (like Covenant Eyes) or an accountability partner if this remains a temptation, especially during stress. But beyond avoidance, it's about **renewing the mind** (Romans 12:2) to value the *real* over the *fake*. Every time he and Kristy experience a moment of holy eroticism – passionate, loving sex – it will further erode the allure of pornographic falseness. Over time, many men find they are *rewired* to be turned on by *intimate connection* (a real smile, an authentic moan from their wife) far more than by any airbrushed image. It's a rewiring Josh is likely already undergoing with Monica Cook's help. He can accelerate it by filling his mind with *truth and beauty*. For example, reading Christian intimacy books (like *Intended for Pleasure* or *Sheet Music*) that portray sex positively, or even meditating on verses like Proverbs 5 that celebrate one's own spouse, can strengthen his resolve.

Finally, **Josh's leadership in this area** is about balancing **courage and kindness**. Courageous leadership means initiating tough conversations (like discussing the libido gap openly), taking risks to improve things (trying a new exercise or scheduling date nights aggressively), and not giving up in the face of setbacks. Kind leadership means never bulldozing Kristy's feelings, always listening to her concerns, and making sure *she* feels safe every step. If he leads with both – courage to pursue a better sex life, and kindness in how he pursues it – Kristy will likely respond with trust and enthusiasm over time. She'll see that his high drive is coupled with high **devotion** to her, not just to the act of sex. That makes all the difference.

## 5. Relational Dynamics & Overcoming Barriers

No matter how many techniques or toys one has, **the quality of the relationship** is the bedrock of sexual intimacy. Josh and Kristy have weathered stress, conflict cycles, health challenges, and two babies in quick succession – all of which can dampen libido and connection. To cultivate a passionate marriage, they need to address any relational barriers head-on and create a *secure, loving atmosphere* that naturally sparks desire.

**Breaking Negative Cycles:** One pattern to watch for is the classic **pursuer-distancer cycle** in sexual intimacy. By Josh's own admission, he tends to be the higher-drive partner (the pursuer), and Kristy the lower-drive (the distancer). This can become self-perpetuating: *\*"the more the pursuer asks for sex, the more the distancer feels pressured and withdraws"*. It can escalate to where *\*"both parties dread getting into bed – the pursuer fears rejection; the distancer fears pressure or guilt."* If they recognize vestiges of this pattern in their marriage, they should talk about it openly. **Empathy is the antidote:** the pursuer (Josh) shares how rejection makes him feel unwanted and lonely; the distancer (Kristy) shares how constant pressure makes sex feel like a duty and kills her interest. Each needs to validate the other. Then, they can implement what experts suggest: *both* must change their dance steps. Josh, as pursuer, may need to **dial back overt pursuit for a time**, focusing on non-sexual affection and allowing Kristy space to breathe. His mantra becomes "I will not die if we skip a few days; I can show love without expecting sex tonight." He also must avoid passive-aggressive behaviors like sulking or cold withdrawal if disappointed – that just maintains pressure in a different form. Meanwhile, Kristy, as distancer, may need to **initiate intimacy occasionally even if she's not 100% in the mood at the start**. This doesn't mean forcing herself, but recognizing that responsive desire often means you *get* in the

mood *by* starting something. She might say, “Hey, how about we go cuddle in bed?” or surprise him on a Thursday morning with a quickie, knowing that kind of effort on her part will greatly encourage him. Small initiatives from her side can break the stalemate and actually *grow* her desire (because positive experiences feed libido). Essentially, each spouse slightly steps out of their comfort zone: the pursuer learns to sometimes *hold back*, the distancer learns to sometimes *step forward*. Over time, they meet in the middle with a more balanced rhythm.

**Handling Criticism and Conflict:** Conflict is inevitable, but *how* they handle it impacts their sexual relationship. Research by John Gottman shows that criticism, contempt, defensiveness, and stonewalling are toxic to marital happiness (the “Four Horsemen”). If either tends to criticize – e.g., Kristy criticizing Josh’s ADHD quirks or Josh criticizing how Kristy handles something – they should work to replace that with gentle requests or expressions of feeling. For example, instead of “Ugh, you never help with the kids’ bedtime!” (criticism), say “I’m really overwhelmed tonight; could you please put Sylvie to bed? It would mean a lot.” Goodwill in daily interactions acts as *aphrodisiac* for women: if Kristy feels emotionally supported and not attacked, she’s far more likely to feel warm and open to physical intimacy. On the flip side, if Josh feels respected and not constantly berated, his affection flows more freely. They should particularly avoid **personal attacks** during fights – e.g., name-calling or dredging up past failures – as those leave lasting wounds that carry into the bedroom. If something hurtful is said, apologies and forgiveness need to happen before sexual intimacy will feel safe again.

It might help to institute a rule: *no heavy conflict discussions right before bedtime*. If an argument starts and it’s late, they can agree to a timeout and defer it to a calmer time (maybe a Sunday afternoon coffee chat). Late-night fights not only cut into potential sexual time, but also can train the brain to associate the bed with stress rather than pleasure. Better to preserve some evenings for positive connection and schedule conflict resolution for when they’re rested.

**Emotional Safety and Trust:** At the core, Kristy’s libido will flourish when she feels **emotionally safe**. This means she trusts that: (1) Josh truly cares about her wellbeing (not just his sexual satisfaction), (2) She can be vulnerable (express fears, ask for something in bed, or even cry during intimacy if emotions well up) and he will respond with understanding, and (3) He is **stable and faithful**, both in big terms (no infidelity, no porn secretly) and small terms (keeping her secrets private, showing up when he promises). Josh can build this safety by consistency in loving actions. For example, given Kristy’s MS and fatigue, if she says she’s too tired for sex one night, Josh can respond graciously: “I understand, love. Let’s just cuddle – and maybe rain check for tomorrow?” And then *he follows through* by not pressuring that night and indeed initiating tenderly the next day. Such predictability in his kindness makes her relax – she knows saying “not now” won’t result in him exploding or pouting.

They should also keep **emotional intimacy** strong outside the bedroom: regular check-ins on feelings, prayer together, sharing hopes and stresses. Non-sexual touch like hugging, holding hands, sitting close on the couch goes a long way. Many women report that feeling connected through the day (little kisses, “I love you” texts) is what makes them receptive at

night. So, Josh should “woo” Kristy each day in small ways, and Kristy can let herself be wooed (and even initiate those small moments too).

**Repairing Past Hurts:** Both partners should acknowledge any past wounds in their sexual relationship. Perhaps times when Josh pushed too hard and Kristy felt objectified, or times when Kristy’s refusals were particularly hurtful in tone. It might be wise to explicitly apologize to each other. E.g., Josh could say, “I’m sorry for the times I responded angrily or coldly when you weren’t in the mood. That wasn’t loving, and I realize it made you feel unsafe. I’m committed to being more patient.” And Kristy: “I’m sorry for the times I shut you out without explanation or made you feel undesired. I do desire you; I was just struggling with my own issues. I’ll try to communicate better.” Such conversations, perhaps guided by Monica or in a counseling session, can be deeply healing. They clear the debris so the couple can move forward without residue of resentment.

**Mismatched Drives – A Unified Approach:** Rather than seeing the libido mismatch as *me vs. you*, they should approach it as “*us vs. the problem*.” The problem is an opportunity for teamwork. They can pray together about it: “Lord, please unify our desires and help us love each other in this area.” They can educate themselves (as they are doing) about how to meet in the middle. For example, maybe they find a compromise frequency – say, aiming for sexual activity ~2 times a week initially – and then adjust based on how that goes. On off days, they can still be affectionate or even do “small sexual things” that don’t require full intercourse, like a quick make-out or showering together, etc., which might satisfy Josh’s need for some erotic touch while not taxing Kristy too much. They are basically creating a *custom sexual rhythm* that suits *their* marriage, not comparing to any averages or other couples.

One useful communication tool here is the **High-Low method**: Each spouse shares what they consider a high sexual frequency, a low, and an ideal. For instance, Josh might say, “Ideally, I’d love sex 4 times a week; my high that I can contentedly handle is every day; my low threshold where I get very antsy is once a week or less.” Kristy might say, “Ideally for me might be 1-2 times a week; my high (if everything were great) could be 3 times; my low where I feel disconnected is if we go more than 2 weeks.” Armed with that, they can negotiate. Perhaps they commit to **twice a week** as a starting goal, with understanding that sometimes health or kids intervene, but that’s the general pattern (it’s around the average for married couples, and might be reasonable given their differences). Then, if Josh feels that’s not enough, he can ask for an *extra session* occasionally and Kristy can try to accommodate if able – likewise, if Kristy is struggling and needs to taper occasionally, she can ask for understanding.

However, the aim is that with all the improvements (her increasing pleasure, etc.), her ideal might rise and his need might moderate, and they find each other meeting happily in the middle. **Quality over quantity** should be emphasized too: one truly connecting, pleasurable encounter is worth more than three rushed, mechanical ones. As they implement the strategies in this plan, they might find a natural increase in both desire and satisfaction that renders the numbers less contentious.

**Communication Strategies for Sensitive Topics:** Some practical tips for *how* to talk about sex (or any sensitive subject) without shame or blame:

- Use **“I” statements**: e.g., “I feel unloved when we go a long time without sex” vs “You never want sex.” Or “I feel nervous suggesting new things because I worry you’ll think I’m weird” – this invites compassion rather than defensiveness.
- Practice active listening: When one shares, the other paraphrases: “What I hear you saying is... Is that right?” This ensures both feel heard.
- Schedule the conversation and set the scene: It might be easier to talk while, say, sitting side by side on a walk or drive (less intimidating than face-to-face). Or have a “pillow talk” night with dim lights which can reduce embarrassment.
- Keep humor in the mix: laughing together can diffuse tension. They might use a silly code word if things get too serious, or light candles and joke “the talking stick is now yours” to keep it from feeling like a tribunal.
- If one becomes overwhelmed (Josh’s hypersensitivity in conflict, for example), take a timeout: agree to pause and resume when calmer. Because staying calm is crucial for these intimate discussions.

One idea for **building positive communication** is to incorporate **affirmation** into their routine: each day, maybe during bedtime or morning coffee, **each spouse tells the other one thing they appreciate** (could be non-sexual or sexual). E.g., “I loved how you kissed me goodnight last night,” or “I appreciate how you handled Elias’s tantrum.” This creates an overall climate of appreciation that makes tough talks easier because you’ve built a habit of goodwill.

By improving their *emotional connection, conflict resolution, and communication*, Josh and Kristy will find that desire flows more naturally. Emotional closeness is highly correlated with sexual satisfaction – in fact, their goal is to be part of the **81% of women (and men) who report feeling very emotionally close during sex**. When a woman feels her husband truly knows her and accepts her, she **can open herself fully** (both heart and body) without fear. And when a man feels his wife trusts and respects him, he is motivated to cherish her even more. In that kind of relational soil, erotic love can’t help but thrive.

## 6. Practical Tools & Exercises for Enhancing Intimacy

With foundations laid, it’s time to equip Josh and Kristy with a **toolkit of practical exercises** and ideas. These tools address physical technique, emotional bonding, and spiritual connection – the goal being a holistic enhancement of their sexual intimacy. They can treat this as a menu: try various exercises and keep the ones that resonate. Importantly, **they should approach these with a spirit of play and experimentation**, not as homework or pressure. It’s about discovering *together* what sparks joy and closeness.

### 6.1 Step-by-Step Erotic Communication Framework

Open, shame-free communication is the bedrock of improving their sex life. To make it concrete, here’s a simple framework for **“erotic check-ins”** that Josh and Kristy can use regularly (perhaps once a week or every other week):

1. **Set the Stage**: Choose a relaxed time when you won’t be interrupted (maybe Sunday night after kids sleep, with some candles lit). Sit together – physical touch

like holding hands is great to maintain warmth.

2. **Begin with Prayer (Optional):** If comfortable, say a brief prayer inviting God to guide your conversation, asking for understanding and unity. This reminds you both that you're on the same team and that God cares about this aspect of your marriage.
3. **Share Affirmations:** Each start by sharing **one or two things you enjoyed about your recent sexual encounters**. For example, "I really loved our Saturday night – the massage you gave me was amazing," or "It turned me on when you talked dirty in my ear." Be specific and positive. This creates a safe, appreciative tone.
4. **Express Needs or Desires:** Next, each person gets to share something they *desire more of* or *want to try*. Use "I" language and frame it as an invitation. For instance, Kristy might say, "I've been curious about trying the Womanizer during intercourse – I think it could help me orgasm with you inside me. Could we do that sometime?" Josh might say, "I'd love it if we could have morning sex occasionally; I have a lot of energy then and it might be fun to wake up together that way. What do you think?" After each shares, discuss comfort levels. The receiver of the request can respond honestly but tactfully: "Okay, using the toy while inside – maybe, I'd be open to that. Mornings are tough for me with the kids, but maybe on a weekend, we can plan it." The idea is to **brainstorm together** on how to accommodate each other's wishes.
5. **Address any Problems Gently:** If something isn't working or is bothering you, bring it up with care. Use the *compliment sandwich* if needed: affirm something, then mention the issue, then affirm something. E.g., "I love when we make love, and I always feel close to you afterward. I did feel a bit hurt last week when I initiated and you seemed distracted by your phone. Maybe next time, we can put phones away so I know we have your focus. I know you don't mean to, and I appreciate how hard you work for us." This way, even criticisms are framed in a context of love.
6. **Use Prompts or Games:** If direct conversation feels awkward, they can use prompts or card decks (there are "conversation starter" cards for couples, including sexy ones). Or a game: write down questions like "What's something new you'd like to experience in bed?" or "Which of our past intimate moments is your favorite and why?" and take turns drawing and answering. This gamifies the communication.
7. **End on Reassurance:** Finish the check-in by reaffirming commitment. Say "Thank you for sharing. I'm so glad we can talk about this. I love you and I love that we're working on this together." Perhaps seal it with a prayer or a kiss/cuddle. You might even segue into trying something that was discussed, if the mood is right!

Regularly doing this keeps issues from simmering and keeps creativity flowing. It also signals to both that **their sexual relationship is a priority** worth talking about, not a taboo.

## 6.2 Sensual and Sensate Practices to Build Arousal



To deepen physical intimacy and pleasure, Josh and Kristy can engage in **structured sensual exercises**. Here are a few to incorporate on a rotating basis (some during date nights, some spontaneously):

- **Sensate Focus Massage:** As described earlier, set aside a night where one spouse gives and the other receives a full-body massage with *no goal of intercourse*. Use a nice oil or lotion. The receiver should focus on sensation and give feedback (positive or instructive, not criticism). The giver should explore the partner's body slowly – avoid genitals at first, focus on areas like back, legs, feet, hands, neck, scalp. Then include breasts and buttocks if the receiver is comfortable. The rule is that the receiver can initiate sex if they want, but the giver will not push for it; they're just providing loving touch. This exercise reduces performance anxiety and often *ironically* leads to passionate sex because the pressure is off. Regardless, it heightens intimacy. Alternate who is giver/receiver on different nights. Think of it as tending to each other: one night Kristy is the pampered one, another night Josh.
- **5 Senses Exploration:** A fun sensual date idea: engage each of the five senses deliberately. For example, **Sight** – dim the lights, maybe use candlelight or wear something visually appealing. **Sound** – play soft music or even read erotic poetry/Song of Solomon verses aloud. **Smell** – light a scented candle or use aromatherapy (lavender for relaxation, vanilla or cinnamon which can be arousing). **Taste** – incorporate something tasty: feed each other strawberries, chocolate, or share a glass of wine, savoring it slowly. **Touch** – have different textures to play with (feathers, silky scarf, a warm bath beforehand, etc.). You can blindfold one partner and then feed/touch them to heighten the other senses (blindfolding can increase trust and excitement). This practice makes intimacy a full-body, immersive experience, not just genital-focused.
- **Extended Foreplay Routines:** Dedicate at least 15-20 minutes purely to foreplay before any penetration. You can even play a game: “*We won't allow penetration until a timer goes off*” (say 20 minutes) – so you're “forced” to get creative in the meantime. Use that time to kiss deeply, perform oral sex on each other (could be taking turns or 69 if they like), use fingers and toys, whisper fantasies. By the time the timer rings, the anticipation will be sky high. This helps especially to ensure Kristy is thoroughly aroused (lubricated, engorged, emotionally ready) before intercourse, making it more pleasurable for her. In many cases, the wife might even *orgasm from foreplay* – which is great! They can then either continue with intercourse for a possible second orgasm or just enjoy the closeness if one orgasm was enough that night. **Tip:** Foreplay first, intercourse second is a recipe for success because once the man has intercourse and finishes, the window for mutual play often closes. So focus on “her first” as a general rule – it narrows that orgasm gap nicely.
- **Mutual Masturbation/Watching:** This is a steamy yet intimacy-building exercise. In a warm, dim room, you both pleasure yourselves *in front of each other*. This might feel awkward at first, but it's extremely informative: you literally show each other how you like to be touched. For example, Kristy can use her fingers or toy on her clitoris while Josh watches and learns the speed, pressure, and rhythm that bring her close. Josh can masturbate at the same time or just focus on her and then join later. This

can be highly erotic for Josh visually, and for Kristy it can remove performance pressure (since *she* is in control of her orgasm). They can finish themselves or assist each other mid-way (e.g., Kristy starts touching herself, gets very aroused, then Josh takes over to bring her to climax). It's a bridge between solo and partnered sex that increases comfort with each other's bodies. It also might be useful if one partner is too tired for full sex but okay with a "you do you, I'll cheer you on" scenario.

- **Erotic Reading or Viewing (Approved Content):** They could consider reading a Christian marital intimacy book together in bed – something like the more detailed sections of *Intended for Pleasure* or a devotional like *Song of Solomon* with commentary that brings out the spice. Some couples also find **artful erotica** (stories or certain films) to be a turn-on that's not morally problematic if done carefully. For instance, reading a well-written sensual story about a married couple can inspire new ideas and stimulate arousal for both, without exposing them to porn. If they prefer visual, maybe an educational video from a Christian or ethical source on sexual techniques could be viewed together. The idea is to *learn and get aroused together* in a way that bonds rather than isolates. (They should discuss boundaries here – e.g., likely avoiding any explicit porn videos, but there are decent resources like the Intimately Us app or website which has tasteful how-to animations, etc., geared for married couples.)
- **Kegel Exercises and Control:** Kristy might benefit from doing Kegel exercises (pelvic floor contractions) daily – it strengthens vaginal tone and can increase sexual sensation. She can even do some during intercourse (rhythmically squeezing Josh, which he will definitely feel and enjoy). There's also a technique for the husband: when nearing orgasm, he can pause and do a deep Kegel squeeze to delay his climax (along with slow breathing). Practicing this start-stop can give him better control to last until Kristy finishes. They can make a game of it – e.g., "how many times can we bring Josh to the edge and back?" This builds his stamina and makes the eventual finish more powerful.
- **"No Pants Thursdays"** (or another playful ritual): Since they have physical date nights biweekly on Thursdays, they could implement a cheeky rule that on those evenings, once the kids are down and it's adult time, *no clothes are allowed in bed*. Even if they start just cuddling or chatting, being skin-to-skin usually sparks something. Skin contact releases oxytocin, enhancing bonding and desire. And even if too tired for full sex, they might end up doing something intimate because, well, naked cuddling is quite stimulating on its own. This removes the barrier of clothing and makes physical intimacy more accessible.

## 6.3 Maximizing Female Arousal & Orgasm: Techniques and Tools

This section is essentially an **Orgasm & Arousal Toolkit for Kristy**, with Josh as an eager assistant. We'll detail specific techniques for clitoral, vaginal, blended orgasms, including potential squirting, as well as use of toys and positions. The aim is to **close that orgasm gap** and give Kristy consistently satisfying climaxes, which in turn will likely boost her libido.

- **Clitoral Stimulation Mastery:** Make clitoral stimulation a staple of nearly every sexual encounter. A few methods to rotate:
  - *Oral sex (cunnilingus):* Many women find this the most reliable route to orgasm. Josh can use a flat tongue or pointed tongue to lick Kristy's clitoris (focusing on the clitoral hood area if direct contact is too intense at first). He can alternate pressure, sometimes gently sucking the clitoris into his lips, other times flicking the tongue. He should pay attention to her reactions (moans, body tensing) and ask for guidance: "Harder or softer? Faster or slower?" Kristy can give feedback – once he "locks on" to a motion that feels great, she might say "Yes, just like that, don't stop." Consistency is key at that point – keeping rhythm until she climaxes (avoiding the temptation to change it up last minute). She might hold his head or grind against his face to find the right spot; that's fine. If Josh's tongue gets tired, he can slip a finger in her vagina simultaneously (the dual sensation can escalate her arousal) or switch to using his hand for a bit while his mouth takes a break. They can incorporate the Womanizer here too: e.g., use oral for a while, then when she's close, quickly switch to the toy to push her over the edge (or vice versa).
  - *Hand/Finger techniques:* Kristy might enjoy a circular rubbing of her clitoris with a lubricated finger (either hers or Josh's). Other women prefer up-and-down strokes or side-to-side across the hood. There's also tapping or very light rapid fluttering touches. One advanced move is the "Venus butterfly": using one hand's thumb and index to spread the labia and expose the clit, then using the other hand's two fingers to rub the clit in a V motion. But specifics aside, the motto is "**Listen to the clit.**" If it's engorged and peeking out, she's aroused; if she's extremely sensitive (clit "hiding" under hood if over-stimulated), maybe too intense. They should use plenty of **lubricant** (such as a quality water-based or silicone lube) for clitoral play – dryness creates friction that can be uncomfortable. Don't be shy with lube; it can be the difference between "ouch" and "ahh."
  - *Womanizer or Vibrator:* As noted, the Womanizer's suction can produce very fast orgasms (some women climax in 1-2 minutes with it). One strategy: Kristy could use the Womanizer on herself while Josh watches/kisses her body – this might be good when time is short or if she wants to guarantee an orgasm first. Another strategy is *during intercourse*: perhaps in missionary position, Kristy or Josh holds the Womanizer on her clit at the same time. She might achieve a blended orgasm that way. If holding it is awkward, there are wearable C-shaped vibrators (like We-Vibe) they could consider in the future that stay in during sex. But starting with what they have is fine. **Pro tip:** After a clitoral orgasm, many women's clits become super sensitive. She might need a short break from direct touch. Josh should know that if she's pushing his hand away after coming, it's not rejection – it's just a normal reaction. Give her a minute and then maybe shift to cuddling or internal stimulation if continuing.
- **G-Spot and Vaginal Orgasms:** The G-spot is an area a couple of inches inside on the front (belly-side) wall of the vagina, with a somewhat ridged texture. Stimulating it often gives women a urge-to-pee feeling at first, then pleasure as arousal increases.

To find it, Josh can insert one or two fingers (with lube), palm facing up toward her belly, and curl fingers in a “come here” motion. He should press in a rhythmic way. Kristy can also guide him to the spot that feels best. Many women don’t orgasm from G-spot alone unless highly aroused, so combining with clitoral touch or having her rub her clit while he does this can produce a **blended orgasm**. In terms of intercourse, certain positions hit the G-spot better: **missionary with her legs raised** (or a pillow under her butt) can angle his penis into the front wall; **doggy style** (from behind) can also rub that area for some women; **cowgirl (woman on top)** is excellent because Kristy can control angle and grinding to hit her spots – many women on top lean forward and rub their clit against the base of the penis, effectively stimulating both clit and G-spot. They should experiment with angles – sometimes a slight change (like him using his hand to press on her lower abdomen during penetration, which can push the vaginal wall down onto the penis) can dramatically increase her pleasure.

If **squirting** is a goal to explore, G-spot stimulation is the way. Here’s a suggested method: Let Kristy empty her bladder beforehand. Lay down towels. Engage in lots of foreplay so she’s very aroused (a clitoral orgasm first can help relax her). Then either Josh or Kristy (whoever’s comfortable) inserts 1-2 fingers and does persistent G-spot massage. Use firm, consistent pressure – almost a “milking” motion – not too fast. Kristy should try to **relax her pelvic floor** and breathe deeply. When she feels that “I might pee” pressure building, she has to make a conscious choice to **push out or bear down slightly** (like releasing urine) rather than clenching to hold it. If all goes well, fluid will spurt or flow out. It might happen pre-orgasm, or at orgasm, or not at all. Whatever the result, they should celebrate the attempt! If a little fluid comes and she feels relief/pleasure, that’s a success. If nothing, try a different day – it can depend on hydration, cycle, etc. And if she decides she doesn’t enjoy the sensation, no need to force it.

- **Blended Orgasm Strategy:** One highly effective approach for many couples is the “**two-step**”: First, give Kristy a clitoral orgasm (via oral or toy or hand). After a brief rest (30 seconds to a couple minutes), proceed to intercourse aiming for a second orgasm vaginally (with continued clitoral stimulation if needed). Often, after one orgasm, the clitoral tissue is engorged and internal sensitivity is up, so the chances of a quick second orgasm from penetration improve. Some women have their first orgasm clitorally in like 10 minutes, and then a second one during intercourse within a few more minutes – which feels like the best of both worlds. They should try this, since Kristy has interest in vaginal orgasms. Don’t be discouraged if the second doesn’t always happen; even one orgasm will make the intercourse more pleasurable. Another approach: during intercourse, **use a vibrator on the clit at the same time**. For example, in missionary, Josh could hold a small vibrator on Kristy’s clit (or she can). This way her clit gets the needed stimulation while the in-and-out motion provides G-spot feelings and the psychological thrill of “coming together.” It might require some coordination, but many couples swear by it for helping the wife climax with the husband inside. There are also positions like **CAT (Coital Alignment Technique)**: in missionary, the man shifts up a few inches so that instead of thrusting in and out a lot, he stays mostly deep and grinds so that his pubic bone rubs her clitoris each movement. This can be slower and more sensual, but very effective for

her orgasm. Josh can research the CAT position details – it's been shown to increase female orgasm likelihood.

- **Use of Sex Toys:** Aside from the Womanizer, they might consider a **basic vibrator** (if the Womanizer's intensity is sometimes too much or if they want something to use during penetration more easily). Even a simple bullet vibrator can be placed on the clitoris during sex. There are also vibrating penis rings which he can wear that stimulate her with each thrust. Since they are already open to toys, they can explore options at a reputable store or online. Doing this shopping together could be a fun part of a date (even if just browsing online and giggling at some wild products – a little adventure). They should choose something that aligns with their comfort (nothing that introduces third-party pornographic images, etc., just the toy itself as a tool). Using aids is **totally compatible with Christian sex** – think of it as using all the marvellous materials God created (silicone, electricity!) to bless their union. As long as it's just between them two, it's fine.
- **Pacing and Synchronizing with Josh's Orgasm:** One practical consideration is ensuring Josh lasts long enough for Kristy. If premature ejaculation is at all an issue (he hasn't indicated it, but postpartum or less frequent sex sometimes makes men quicker), there are techniques: using thicker condoms, applying a tiny bit of numbing gel (if needed), doing the stop-start as mentioned, or switching positions when he's nearing climax to give him a short break. Another tactic: have Josh orgasm *first* in a quick way (say via a handjob or oral from Kristy), then after a short refractory (men can often get erect again in 15-30 min when young), engage in round two focused on her. In round two, he'll be far less quick to finish, giving lots of time for her orgasm. This "sacrificial first orgasm" approach isn't always necessary, but it's an option if timing is mismatched. However, many couples find that the man learning to hold off until she comes (if possible) is ideal. Communication during sex is useful: Kristy can say "Don't come yet, I'm close," or Josh can ask "Are you close?" If she's not, he might slow down or even pause and switch to stimulating her manually or orally to get her closer, then resume intercourse to finish together or just after. If they manage to **orgasm simultaneously** at times, that's wonderful – an intense bonding experience. But it's somewhat rare to nail the timing perfectly, so they shouldn't make that the only definition of success. Taking turns or giving two to one person also works great.
- **Afterglow Enhancement:** After Kristy climaxes (and Josh too), they can amplify the bonding effect by deliberately doing something affectionate or spiritual. For instance, after the panting subsides, they could share **eye contact** and say "I love you." Perhaps **pray a short prayer of thanks** – e.g., "God, thank you for this gift of intimacy we just shared, it was awesome, thank you for my spouse." Some couples even report that praying *after* orgasm, when oxytocin is high, feels very connecting to God and each other. Or they might just lie naked together, doing the "hand on heart" – each spouse places a hand on the other's chest feeling their heartbeat and breathing together slowly. These mindful practices turn sex from just a high into a deep soulful experience. And practically, they cement positive memories, which feed into the next cycle of desire (you remember how good and loving it felt, and you want

it again).

## 6.4 Sacred and Spiritual Practices for Sexual Intimacy

To ensure every recommendation aligns with their faith and invites God's blessing, Josh and Kristy can incorporate **sacred rituals** into their sexual life. This isn't about being somber (sex should be fun!), but about acknowledging the holiness of what they're doing and keeping their focus on love. Some ideas:

- **Pray Together Before Sex:** This might feel unusual, but even a short prayer like, "Lord, thank you for this time alone. Help us to love each other well and enjoy this gift You've given us. We invite You into our bedroom as the third strand in our cord of unity. Amen." can set a beautiful tone. It consecrates the act to God. Knowing that they just prayed can also free them from any residual guilt, because they have essentially gotten God's "go ahead, enjoy!" Many Christian couples testify that praying before sex (or even during, if something awkward happens, they can stop and pray) revolutionized their sense of peace and pleasure in intimacy.
- **Use Scripture as Erotic Poetry:** The Bible ironically contains erotic literature – primarily *Song of Solomon*. They can leverage that. For example, one date night they could read a chapter of *Song of Songs* aloud to each other, alternating verses as the lover and beloved. Chapter 4 or 7 are particularly steamy (with descriptions of breasts, thighs, etc.). They might then find modern language equivalents or discuss which metaphors they like (e.g., "Your two breasts are like twin fawns" – maybe Josh can playfully say that to Kristy and then kiss her breasts, etc.). By **speaking these ancient words**, they tap into a long tradition of sanctified passion. Another scriptural idea: memorize a verse like "*I am my beloved's and his desire is for me*" (Song 7:10). Kristy can repeat that in her mind to remind herself that it's godly for her husband to desire her and for her to revel in that. Josh can recall "*Let him kiss me with the kisses of his mouth!*" (Song 1:2) as a reminder that his wife's kisses are a taste of divine gift.
- **Thanksgiving Afterward:** After sex, they could say a quick "Thank you, God!" or more specifically thank God for specific aspect ("Thank you Lord that Kristy felt pleasure tonight," or "Thank you for our bodies working in harmony," etc.). This cultivates a spirit of gratitude rather than taking it for granted. It also fights any whispers of shame by actively thanking God for what some wrongly label "dirty." If you thank God for it, you inherently acknowledge its goodness.
- **Honoring Each Other's Body as God's Temple:** They can practice verbally **honoring one another** during intimacy. For instance, *blessing* each part of the other's body out loud: "God made you so beautiful. I love your hips that carried our children, I honor them and find them sexy." Or Josh could literally pray over Kristy's body in a sensual context: "Thank you Lord for these gorgeous breasts that nourish our babies and give us delight; they are holy and yours, and I get to enjoy them." This might sound a bit funny, but it can transform how they view their bodies – not as flawed or purely fleshly, but as **instruments of God's love**. Similarly, Kristy can affirm Josh: "I love your strong arms that protect me, and I love your manhood – it's

perfectly made for me.” Speaking positively about body parts (especially ones either of them might be insecure about) can heal body-image issues. It also blends the spiritual with the erotic seamlessly.

- **Sabbath Intimacy:** The idea of sex as a covenant renewal (like a communion) suggests making it a *ritual in their schedule*. For example, the Jewish tradition sometimes encouraged sex on the Sabbath as a way to delight in creation’s gifts. They could designate one night a week (perhaps the Thursday date or another) as “*Covenant Intimacy Night*”, approaching it as almost a sacred appointment. Not that other spontaneous times can’t happen, but this one they treat with special honor – maybe they even dress a bit nicer beforehand or tidy the room like preparing a sanctuary. They might start by each sharing one thing they appreciated that week (like a mini love-feast) and then enter into physical union, seeing it as *reuniting their covenant*. This mindset shift – from “routine sex” to “ceremony of love” – can elevate the meaning and satisfaction.
- **Prayer for Each Other’s Sexual Growth:** Outside the bedroom, include in your regular prayers something like, “Lord, teach me to love my spouse in the way they need sexually. Help me be patient and creative. Bless our intimate life that it may glorify You.” Knowing that you are asking God to be involved invites the Holy Spirit to guide even your sexual experimentation. Perhaps He will by gently nudging one of you with an idea or giving you peace about trying something new. It also reinforces unity – you’re tackling this aspect with God on your team.
- **Keep a Private “Praise Report”:** It could be fun and faith-building to keep a little private journal (for both of you) noting answered prayers or breakthroughs in intimacy. For example, “Nov 1: Kristy had her first blended orgasm! Praise God!” or “Feeling so much closer to Josh after our talks; thank you Lord.” This is just between them, but looking back over it in a year will let them see how far God has brought them. It turns their sex life into part of their testimony of God’s goodness.

Finally, remember that **joy and laughter** are spiritual too. “*The joy of the Lord is your strength*” (Neh. 8:10). If something awkward happens (as it inevitably does – maybe a weird sound, a failed position attempt, a knocked over lamp), the ability to laugh together is a gift. Keeping a sense of humor – not taking themselves too seriously – will make the marriage bed a place of *relief* and *delight*, not performance pressure. In a way, that joy is worship, as it reflects trust and contentment in God’s provision of each other.

## 7. Practical Intimacy Blueprint: Daily, Weekly, Monthly Habits

To ensure all these ideas translate into real change, it helps to weave them into **consistent habits and routines**. Josh’s strength in structured approaches (Blueprint, tracking, etc.) can be leveraged here. Below is a proposed blueprint of daily, weekly, and monthly practices to cultivate intimacy (physically, emotionally, spiritually) – including those special Thursday physical date nights and beyond.

## Daily Practices:

- *Daily Affection:* Commit to **at least 15 seconds of kissing and 20 seconds of hugging** every day[(this is advised by therapists to maintain connection)]. A six-second passionate kiss (longer than the quick peck) can release oxytocin and keep romantic sparks alive. Maybe every morning before Josh leaves and every evening when reuniting, they share a real kiss and embrace. This keeps their bodies familiar with closeness even on non-sex days.
- *Praise or Compliment per Day:* Each day, **speak one encouraging or flirtatious comment** to your spouse. For example, “You look handsome in that shirt,” or “Watching you play with the kids makes me so happy I married you,” or a simple “I’m so thankful for you.” At least a few times a week, make it a **sexy compliment**: “Your butt looks great in those jeans” (yes, wives can compliment husbands’ bodies too!), or Josh texting “Thinking about how gorgeous you were last night...can’t wait to see you tonight.” These little praises build a reservoir of goodwill and desire.
- *Intentional Touch Points:* Besides the kiss/hug, find small ways to touch: a shoulder rub while Kristy washes dishes, sitting with legs touching on the couch, holding hands while walking, a playful smack on the rear in passing (if she’s okay with that). Non-sexual yet affectionate touch throughout the day acts like “sexual currency” – it keeps things warm so that initiating sex isn’t from a cold start.
- *Check-in Question:* Integrate a habit of asking, “How’s your heart today?” or “How are you feeling, really?” each day. It might be at dinner or before bed. This ensures emotional connection stays current. If Kristy had a hard day at the hospital, she can unload her feelings and receive empathy – which will prevent emotional distance from growing. If Josh is stressed at work, he can share rather than withdraw. Emotional burdens often kill libido, so by daily sharing, they lighten those loads *together*.
- *Shared Prayer:* Pray together each night, even if brief. Specifically, occasionally include a line thanking God for the other’s sexuality or praying for intimacy (“Lord, give us unity and fun in our sex life”). This normalizes before God that this is part of your marriage you care about.
- *Teasing & Anticipation:* On days you plan to have sex (or even spontaneously if mood strikes), **build anticipation**. Josh can, say, send a suggestive message midday: “Can’t get your gorgeous body off my mind...counting hours till tonight 😊.” Kristy could respond with something flirty like “You better save that energy for me!” or if she’s initiating, perhaps text him at work “Be ready when you get home – I have plans for you 😊.” These interactions turn sex into an *all-day affair* in the mind, which is especially important for her responsive desire. They basically start “foreplay” far outside the bedroom by creating expectation.

## Weekly Practices:



- *Dedicated Date Night*: They already have **every second Thursday physical-centered date nights**, alternating who plans them. That's fantastic; consistency is key. On these nights, prioritize everything: arrange babysitting or ensure kids are down early, tidy the bedroom or set up the space (candles, clean sheets), and turn off distractions (phones off). The spouse whose turn it is to plan should come up with a theme or activity (some ideas: **Sensual Massage Night**, **Flirty Game Night** – like strip poker or body painting, **Role-Play Night** – pretend it's a first date or act out a fun scenario, **Bath and Bubbles** – share a bath then give each other sudsy massages, **Food + Foreplay** – feed each other dessert in bed, etc.). They don't have to be elaborate; even a simple "let's listen to a love-song playlist and slow dance in the living room, then make out" can set a great tone. The planner can also incorporate any of the exercises above (maybe Kristy uses her turn to try the 5 Senses idea, Josh uses his to try the blindfold game, etc.). **Important:** The planner should also consider *the other's preferences*. For instance, if it's Josh's turn to plan, he might be eager for a certain activity, but he should ensure it's something Kristy will enjoy too (or adjust it to her comfort). And vice versa. This shows love in the planning itself. After these date nights, maybe keep a tradition of a "*pillow talk debrief*" the next morning or so – asking, "What did you enjoy most about last night?" This reinforces the positives and gives insight for future dates.
- *Alternate Week Emotional/Spiritual Date*: On the off-Thursdays (or another day weekly), have a less sexually focused date that nurtures emotional and spiritual intimacy. This could be a **devotional time** (reading a chapter of a marriage book or Bible and discussing), or a **fun outing** (dinner out, movie, walk in park) *without the pressure of sex after*. Why? Because maintaining friendship and emotional connection will indirectly boost the sexual relationship. It also allows Kristy to enjoy closeness without always fearing it must lead to sex, which ironically often results in her feeling more inclined to be sexual the next day because she felt loved without pressure. In short, mix up *romance-focused nights* with *sex-focused nights* so that their bond has many facets.
- *Weekly Sexual Check-In*: If not daily, at least **once a week have a 10-15 minute chat about how your intimate life is going** (maybe during one of the date nights or another relaxed moment). Use the communication framework from 6.1: share what's good, any concerns, new ideas. Keep it positive and collaborative. This prevents drift and allows course corrections quickly if something is off. It's far better to say weekly "I think I'd like a bit more X" than to say after 6 months "I've been unhappy for ages."
- *Sabbath Rest and Non-Sexual Cuddle*: Choose one day a week (maybe Sundays) where you intentionally rest together physically without the expectation of sex – but with plenty of affection. Think of it as a *Sabbath cuddle*. Lie in bed Sunday morning if possible with no goal except being close, or take a nap spooning together. This reinforces the idea that not every touch must lead to intercourse – some can just be comfort. That security ironically fuels desire on other days because it removes fear that "if I hug him he will push for sex." Both physical *closeness* and *restraint* in proper measure are healthy.

## Monthly/Bi-Monthly Practices:

- *New Adventure or Skill Each Month:* Aim to **try at least one new thing in your sexual repertoire each month**. It could be a new position, a new location (e.g., have sex in a different room or maybe a discreet outdoors moment if adventurous), a new toy, or a new game. For example, January: try the coital alignment technique position. February: introduce a blindfold and ice cubes. March: maybe purchase a body-safe lubricant heater (for warm lube massages). April: quickie in the laundry room while kids nap (something daring!). Keep a list of brainstormed ideas and tick them off. This keeps the sense of *novelty and excitement* alive. The brain's dopamine system loves novelty – it can recreate the “falling in love” chemicals. Since they are aiming for a lifelong thriving sex life, injecting something fresh periodically wards off monotony. They can even take turns deciding the monthly new thing, so each gets to explore their interests.
- *Monthly Romantic Planning Meeting:* Sounds unromantic, but scheduling a brief meeting to plan romance can be fun. Once a month, perhaps on the first of the month, they sit down with calendars and plan when their date nights will be (if not fixed), arrange any babysitters, maybe plan a larger special date that month (like an anniversary or just because). They can also check if any obstacles are coming (business trips, etc.) and strategize how to stay connected during them (e.g., plan to have phone sex or exchange steamy emails while apart, etc.). By being intentional, they avoid the trap of “we’ll do it if we find time” – instead, they *make* time proactively.
- *Overnight Getaway (Quarterly if possible):* Every few months, try to have an **overnight escape just as a couple**. With two little ones and busy jobs, this is challenging but incredibly rejuvenating. Even one night at a local hotel or B&B while grandparents watch the kids can feel like a mini honeymoon. They can savor unrushed intimacy without worrying about noise or toddler interruptions. Perhaps aim for 2-4 times a year. Use those times to really indulge in long sessions of lovemaking, sleeping in, and talking for hours. These become highlights that rekindle passion and give new memories. If travel or finances are an issue, a “**home honeymoon**” is another idea: send the kids to a trusted friend’s for a night and stay home – but treat it like a hotel (clean the house beforehand, set up candles, no chores allowed, just play and rest together).
- *Spiritual Retreat or Joint Learning:* Once a year or so, consider doing something like attending a **marriage seminar or retreat** (some churches host them, often with sessions on intimacy) or going through a study like *The Married Guy’s/Girl’s Guide to Great Sex* (by Gregoire) or an online course like the *Boost Your Libido* course Gregoire offers. Continuous learning together sends the message: *we will never stop investing in this area*. It also may provide fresh insights to keep growing. Around anniversaries is a good time to do a “state of our union” review and set new goals (like, “This year let’s work on having more playful quickies” or “This year, our goal is to overcome that one hang-up...” etc., with God’s help).
- *Health and Wellness Maintenance:* Recognize that physical health directly affects sexual health. So part of their monthly/ongoing plan should include taking care of

their bodies. For Kristy's MS, ensure she's adhering to treatments and self-care – if any new symptom arises affecting sex (e.g., vaginal dryness or numbness can sometimes happen in MS), promptly talk to a doctor. For Josh's ADHD, continue routines that help focus and stress (because stress kills libido). Perhaps do relaxing activities together (yoga, walks) which can also be intimate. Tracking things like HRV or mood is fine, but they should balance being data-driven with being present. If one month they notice frequency or satisfaction dipped, they can troubleshoot ("We were extra busy at work – let's schedule a recharge night."). If mood issues or medical issues (postpartum hormones, etc.) are impacting desire, they could consult a physician or therapist sooner rather than later. Treat sexual wellness as part of overall wellness.

In implementing this blueprint, **flexibility** is important. Life with toddlers can blow up plans with an illness or sleepless night. So, Josh and Kristy should hold plans as ideals but not beat themselves up if a week doesn't go as scheduled. The key is to consistently return to these habits and not let dry spells extend too long. If a Thursday date got derailed, reschedule for Friday or at worst the next week – showing that intimacy remains a priority even when disrupted.

By following these daily, weekly, monthly practices, the couple creates a *strong scaffolding* around their love life. It ensures that even when initial enthusiasm fades, there are routines to carry them and keep building desire. And within that structure, there's plenty of room to be spontaneous and creative. In fact, the structure *enables* spontaneity – because they have set aside the time and emotional space where spontaneity can flourish.

## 8. Communication Playbook: Prompts for Fear-Free Sharing

To complement the communication framework, here is a **playbook of prompts and strategies** specifically designed to help Josh and Kristy talk about sex (and their desires) openly, without fear or shame. These can be used in conversation or even written down and exchanged if that feels easier at times.

### Prompts to Express Desires:

- "One thing I've always wanted to try is \_\_\_\_\_. Would you be open to that?" – This prompt is great for introducing a fantasy or idea gently. It gives your spouse room to consider it, rather than demanding it.
- "I feel really loved/turned on when you \_\_\_\_\_. Maybe we could do that more often?" – Positive reinforcement. For example, "I feel really loved when you initiate by coming on to me; maybe we could try that more often, even just a passionate kiss to start things."
- "My favorite part of our last time was \_\_\_\_\_. Maybe next time we could take that even further by \_\_\_\_\_." – This builds on success. E.g., "My favorite part was when you talked in my ear. Maybe next time you could talk even more explicitly because it really drives me wild."

- “On a scale of 1-10, \_\_\_\_\_ is like a 11 for me in terms of pleasure.” – Use this to highlight what you adore. Similarly, “\_\_\_\_\_ is maybe a 5 for me, it’s okay but not mind-blowing.” This gives perspective without blaming. You both can fill in the blanks for various activities.
- “I’m curious, is there any fantasy or position you’ve thought about that we haven’t done yet?” – Invites the other to share something they might be holding back. Be prepared to receive it non-judgmentally. If Kristy says one, Josh should thank her for trusting him with it, and vice versa.
- “How did you learn about sex growing up and what messages did you get?” – A more meta question to discuss background and any lingering hang-ups. It can be healing to talk through the differences in upbringing.
- “What do you feel when I [do a specific act] to you? What’s going through your mind?” – This helps each understand the other’s experience. For instance, Josh might ask, “What do you feel when I go down on you?” She might reveal positive feelings or maybe some self-consciousness – either way, it opens dialogue to address it (he can reassure what he loves about it).
- “Is there anything you dislike or want to tweak about how we make love?” – Phrased gently to allow critique. Emphasize no hurt feelings, you truly want to know. Maybe he’s unknowingly doing something that numbs her (like too rough fingering, etc.); better she tell him so he can adjust.
- “Would you like it if I \_\_\_\_\_?” – Offering something new, e.g., “Would you like it if I gave you a bath and washed you everywhere first? Would that relax you?” or “Would you like it if I tried using a vibrator on you while you’re on top of me?” This way, it’s a proposal she can accept or decline.

### Active Listening and Affirming Responses:

- When one shares a desire, the other can reply with **affirmation first**, even if unsure: “Wow, thank you for telling me that. I’m glad you shared what you want.” Then if unsure: “I’m a little nervous about that, but I’m willing to talk about how it would work.” If it’s a no: “I appreciate you trusting me with that fantasy. For me, that one crosses a personal line, so I’m not comfortable with it. But maybe we can figure out what aspect of it appeals to you and find a different way to achieve it.” This way no one feels shamed for bringing it up, even if the answer is no.
- Use “**I understand**” and “**thank you**” often. E.g., Kristy says, “When you ask repeatedly in a week, I feel pressure.” Josh can respond, “I understand that makes you feel pressured. Thank you for telling me. I don’t want you to feel that way. Let’s figure out a better signal for when you’re interested.” That shows he heard her.
- Keep tone gentle and **body language open** (no crossed arms, etc., when discussing). Maybe have these talks while cuddled up; physical closeness can ease defensiveness.

### Dealing with Embarrassment or Shame in Conversation:

- If one of you blushes or struggles to say certain words (like anatomical terms or “I want you to \_\_\_\_ to me”), practice outside the moment. You could literally read out a list of sexy words together to desensitize embarrassment. Or write down what you want to say and hand it over. Over time, it will get easier.

- Set a rule: *whatever is shared in our intimate talks will **not** be used as a weapon or joked about in a hurtful way later.* This builds trust to be vulnerable.
- If either of you gets emotionally overwhelmed (tears, anger) during a talk, pause and hold each other. Remember you're lovers, not adversaries. Take deep breaths together, then resume when ready.
- Use humor if stuck. E.g., if trying to say something awkward, one might say with a smile, "Alright, scientific terms then – please stimulate my clitoris more with consistent oscillations." Then laugh together. Laughter can break tension and ironically make it easier to then say, "Seriously though, I do like when you go consistent like we discovered."

### Prompts for Post-Intimacy Discussion:

These are for after sex (maybe next day):

- "What was your favorite moment last night?" – Helps reinforce positives.
- "Did anything make you uncomfortable or would you change anything for next time?" – Get feedback to refine.
- "How did you feel loved through what we did?" – Connects it back to relationship emotions.
- "I felt closest to you when \_\_\_\_." – Share peak emotional moments, not just physical.
- "Let's rate our session on a fun scale!" – A playful rating (no judgment, just fun: "That was an 8/10, would be 10 if we also had X.")

### Routine Check-In Question List:

They could keep a list of check-in questions to cover periodically, such as:

- "Are you satisfied with our frequency lately? Want more, less, or about the same?"
- "Is there anything you've been wanting me to do differently?"
- "How do you feel about the level of romance versus raw passion – balance okay or adjust?"
- "Do you feel we're both initiating in a way that works for us?"
- "What's something we haven't done in a while that you miss?"
- "What's one thing I could do outside the bedroom that would make you feel more attracted or inclined toward intimacy?" (maybe she'll say, "if you helped more with bedtime routine, I'd have more energy," etc., which is valuable intel).

By regularly using these prompts and approaches, **communication becomes an asset, not a hindrance**. When Josh and Kristy each feel truly heard and free to express anything – likes, dislikes, fantasies, fears – their sexual relationship will continuously adapt to be more fulfilling. They essentially become each other's sex coaches and cheerleaders, rather than critics. Remember, silence and secrecy breed misunderstandings; open communication breeds deeper understanding and connection. They are learning a new language together – the language of *erotic love* – and like any language, practice and patience will lead to fluency.

## 9. Christian Alignment Check: Honoring God's Design

Finally, it's essential to ensure that every recommendation and practice in this plan is **consistent with biblical covenantal sexuality and honors God's design**. Josh and Kristy can move forward with confidence that improving their sex life is *not only acceptable in God's eyes, but commendable*. Here's why and how each aspect aligns with Christian principles:

- **Mutual Love and Service:** The core of this plan is about *mutuality* – each spouse seeking to serve the other (1 Cor 7:3-5, Eph 5:21). This reflects Christlike love. Rather than selfish indulgence, they are **loving one another through sexual intimacy**, which *fulfills* God's command that marriage be a one-flesh union of sacrificial love. When both give, both receive – it's the opposite of the worldly lust that takes without giving. This mutual service is an act of obedience to the New Testament ethic of considering one another's needs above one's own.
- **Exclusivity and Faithfulness:** Everything suggested – from steamy date nights to introducing toys – is confined to **the marriage bed only**. There's no involvement of others, no pornography endorsement (in fact, porn is discouraged as a distortion). This upholds Hebrews 13:4, *"Let the marriage bed be undefiled."* They keep their erotic creativity *within* the bounds of their covenant, which is exactly where it belongs. By fully satisfying each other, they also fortify their marriage against temptations of infidelity. As the Kellers noted, sex is a way of saying *"I belong completely, exclusively to you"*. Every time Josh and Kristy explore each other, they reinforce that exclusive bond.
- **Pleasure with Purity:** Some Christians wonder, "Is it okay to enjoy sex *that* much?" The answer is a resounding yes – in marriage. Proverbs 5:19 literally tells the husband to be *"intoxicated"* always in his wife's love and satisfy himself with her body. *Song of Solomon* is virtually an erotic love song, included in Scripture without shame. The only caution the Bible gives is not to awaken love at the wrong time (Song 8:4) – i.e., to keep sex within marriage. Josh and Kristy are married; they can awaken all the love they want! The pleasure they seek is *by God's design*. God crafted Kristy's body with a clitoris (an organ with no other purpose than joy) – to *not* cultivate its use would be like burying a talent in the ground. When she orgasms, they can genuinely rejoice that *"God's work is wonderful"* (Ps. 139:14) – He made female and male bodies so intricately for this. The **purity** in their context is not in avoiding passion, but in channeling all passion toward each other.
- **Moderation and Self-Control:** While pursuing a thriving sex life, they still exercise the fruit of the Spirit, *self-control* (Gal 5:23), in the sense of respect for each other's limits and timing. For example, the plan emphasizes no coercion, honoring a "no," patience with frequency – this aligns with biblical love that is *"patient, kind, not self-seeking"* (1 Cor 13:4-5). If one is ill or postpartum, they may abstain for a time (and 1 Cor 7:5 allows abstaining by agreement for prayer or due to circumstances). The key is they *return* to each other and don't deprive long-term out of neglect. By communicating and adjusting, they demonstrate self-control over their urges in a way

that fosters trust – that’s godly. They are neither indulging in lust outside marriage nor depriving within marriage; they are finding the righteous balance.

- **Healing from Toxic Teachings:** The plan explicitly helps them unlearn damaging, unbiblical ideas (e.g., that sex is dirty, or wife’s duty only). This is part of “*renewing their minds*” (Rom 12:2) to a more biblical view. By seeing Kristy’s sexuality as equally important, they reflect the Song of Solomon model and the egalitarian thrust of 1 Cor 7 (the radical mutual authority of bodies). By confronting purity culture shame with truth (e.g., Gatekeeper myth vs. God’s intention), they align their beliefs with God’s Word rather than human traditions. This likely brings **sanctification** – as they replace lies with truth, their conscience can fully celebrate intimacy without false guilt. That honors God, because He desires truth in our innermost being (Ps.51:6), even in how we think about sex.
- **Prayer and Spiritual Integration:** They plan to include prayer and scriptural inspiration in their sex life. This is perhaps the clearest way they keep God at the center. Instead of compartmentalizing sex away from faith, they invite God into it – acknowledging Him as the creator of their pleasure and the sustainer of their unity. This is essentially *worship*. Thanking God after an orgasm is akin to saying grace after a satisfying meal – it gives Him glory. When they pray “Lord, help us love each other through sex,” they echo the truth that **apart from Him, we can do nothing** (John 15:5). So even their sexual growth is under Christ’s lordship and empowered by grace, not just self-help.
- **Covenant Renewal and Protection:** By viewing regular sex as a *covenant renewal ceremony*, they align with a theological understanding that marital sex *reflects the unbreakable covenant between Christ and the Church* (Eph 5:31-32). While their sexual intimacy is private, it has a cosmic symbolism of fidelity and love. This imbues even their adventurous exploits with a sense of sacred purpose. Moreover, frequent, satisfying sex is a protection (“so that Satan may not tempt you,” 1 Cor 7:5) – by meeting each other’s needs, they close the door to Satan’s schemes of bitterness, pornography, or adultery that can creep in through prolonged frustration. In that sense, their passionate marriage *honors God by safeguarding what He joined together* from division.
- **Joy and Thankfulness:** A Christian marriage should be marked by joy and gratitude. The joy they cultivate in the bedroom will spill into their home, making it a joyful place – a witness to their children someday of a loving marriage (albeit behind closed doors, but kids perceive the affection). Their gratitude for each other’s bodies and souls will overflow into gratitude to God, fulfilling verses like 1 Thess 5:18, “*give thanks in all circumstances*” – yes, even the circumstance of tangled bedsheets and sweaty bodies, thank God for that!
- **Intimacy as Sanctification:** In persevering through difficulties (like mismatched drives, learning new habits) with love, they bear the fruit of the Spirit. Sex, when approached rightly, actually cultivates virtues: patience (waiting for each other’s arousal), kindness (gentle touch and words), goodness (seeking spouse’s best), faithfulness (staying true in action and mind), gentleness (especially with areas of

shame or physical tenderness), self-control (timing and frequency negotiation). It also requires humility and forgiveness at times. Thus, their sexual journey becomes a subset of their spiritual growth journey. It's making them *more Christlike* in character, ironically, while having great fun. That's a mystery but a beautiful one – how God uses even erotic love to refine us in covenant love.

In conclusion, **nothing in this plan dishonors God**. On the contrary, by investing in their passionate, exclusive, loving sex life, Josh and Kristy are *honoring their marriage vows* and God's invention of sex. They are rejecting the lie that holy equals prudish. They are embracing the truth that *"God saw all that He had made [including man and woman in sexual unity], and indeed it was very good"* (Gen 1:31). Their bedroom can become a place of **worshipful delight**, much like the Holy of Holies was where God's presence dwelt – a profound, intimate, and yes, joyous place. They can say, like in Song of Solomon, *"This is my beloved and this is my friend"* (SoS 5:16), celebrating both erotic and friendship love under God's smile.

As they implement these strategies with sensitivity to the Spirit's guidance, they should continually check: *Is our intimacy reflecting the Fruit of the Spirit? Is it drawing us closer to each other and to God?* If yes, they're on the right track. Given all the above, the answer will be yes – their thriving sexual intimacy will be a **testimony of God's goodness** in their marriage, a source of strength and unity, and a wellspring of joy that impacts their family and ministry for the better. It's hard to overestimate the positive ripple effect a healthy sex life can have in a home – it brings peace, stability, affection that kids can see between parents, and a reservoir of love to pour out to others.

**In summary**, by following this comprehensive plan, Josh and Kristy will not only rejuvenate their physical relationship but also reinforce the spiritual and emotional fabric of their covenant. They do so with the full blessing of Scripture, conscience, and wise counsel. There is nothing to hide and much to celebrate. With God's help, they are on their way to the deeply passionate, **joyfully holy** sex life they desire – one that truly honors God's design and brings them closer on all levels: body, heart, mind, and soul.

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## Sources:

- Biblical insights and Christian sexology perspectives drawn from *Song of Solomon*, *1 Corinthians* 7:3-5, *Proverbs* 5:18-19, *Ephesians* 5:31-33, and contemporary Christian teachers (e.g., Tim & Kathy Keller) emphasizing sex as covenant renewal.
- Shelia Wray Gregoire's research on evangelical couples provided data on orgasm gap and highlighted harmful teachings to avoid.
- Monica Cook's expert commentary on mutual pleasure and correcting misused self-sacrifice theology informed the approach to female agency and male servanthood.
- Neuroscientific findings on oxytocin and bonding differences between men and women were referenced to tailor afterglow practices.
- General sex therapy techniques (sensate focus, responsive desire) were incorporated consistent with modern findings on female arousal.



- All recommendations were filtered through a biblical lens to ensure they promote *“love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control”* (Gal 5:22-23) within the marriage bed, keeping it **undefiled and honoring to God**.

By implementing this plan, Josh and Kristy can look forward to a season of renewal in their marriage. With open hearts, good communication, a spirit of play, and God at the center, they will cultivate not just a better sex life, but a **thriving intimacy that touches every aspect of their life together**. This is God’s desire for them – to be *“one flesh”* in every way, delighting continually in the gift of each other. May their marriage bed be ever blessed, **filled with laughter, desire, holiness, and love**. Amen.