

## **Making Love in Marriage**

Though many enter marriage having had one or more sexual partners in the past, this article has been prepared on the basis that lovemaking will be a new experience to those being advised. In that way, no previous sexual experience with another person is assumed. Also, it is prepared on the basis that those being advised believe that the experience is one which God has designed to be enjoyed immensely by a husband and wife.

Lovemaking is a God-intended experience for a married couple and it should be an exciting part of their marriage. Christians, in particular, should enjoy lovemaking to the full because their loving heavenly Father in whom they believe designed it to be enjoyed. Sadly, for many couples, it's not enjoyable and advice/counselling based on this article is intended to help turn that around. Married couples often develop their own styles of lovemaking over time but it can take practice to become proficient at it, lots of patience and a sense of humour can help.

Our own notes on this topic are long and detailed and based on our experience in over forty years of happy marriage. They are of a personal and intimate nature and the notes have been shortened considerably to produce the article as it appears here. We have spent time with number of people on this topic but, as yet, we have not given out our detailed notes. Even though these notes are short, we hope that the headings below and the brief comments beneath them will be helpful in putting together your own detailed notes on this topic. If you need help, please do not hesitate to make contact with us through the website.

### **Sexual Zones**

We begin by discussing the male and female sexual zones and look at the need for cleanliness. For many couples, washing/showering/bathing before lovemaking is considered to be essential. Others say that washing takes away spontaneity in lovemaking but, as mentioned below, lovemaking is often something to look forward to with anticipation rather than a spontaneous act. Even spontaneity, though, need not be spoiled by the couple washing first. After all, washing needn't take that long!

### **What do you need?**

A simple answer to such a question is that a married couple need only each other, the desire to make love, privacy and space to do so. A more practical answer is that having certain things to hand such as lubricant can enhance lovemaking. It is wise to have smooth fingernails, for the husband in particular to use hand cream to soften his hands - and to have peace and quiet. If there are children in the home a small bolt on your bedroom door can be useful.

Have one or two good books on sex in marriage. There are several good ones around which address the subject from the Christian point of view such as:

A Touch of Love by John and Janet Houghton  
 Intended for Pleasure by Ed and Gaye Wheat  
 The Act of Marriage by Tim and Beverley LaHaye  
 Who Stole Your Sex Life by Sheila Bridge

### **Making Love**

According to movie makers, two people who only just about know each other can undress without any embarrassment, jump into bed at a whim, have sexual intercourse almost immediately and both have an orgasm simultaneously. In reality, it simply isn't like that. Lovemaking is an art which should improve with experience. Actress Kim Cattrall says there is a "myth that attractive women with sexy images must have fabulous sex lives. The hype and glamour surrounding show business and the people in it reinforce that fiction".

Under this heading, the adviser can spend some time discussing the following:

Each should determine to give the other as much sexual pleasure as possible  
 The first night experience and preparation for that  
 Foreplay  
 Techniques which help to achieve satisfying orgasm for both wife and husband  
 Intercourse positions  
 Contraception  
 Masturbation  
 Problems such as premature ejaculation.  
 Communication Communication Communication.

### **Look Forward to Making Love**

Discuss here how that can be put into effect practically. Husbands can often be turned on sexually in an instant and be up and running ready to make love without much anticipation. For wives it is mostly different. A wife mostly wants to anticipate it, look forward to it during the evening, wants a loving atmosphere and doesn't really want the idea sprung on her five minutes before bedtime.

### **When She Doesn't Want to Make Love**

There will be times when, say, the husband wants to make love and his wife doesn't or cannot. For example first thing in the morning when the husband has an erection but his wife is in no frame of mind to make love, when she is tired, or when she has her monthly period. What then? Some options can be discussed here such as the wife helping her husband to experience orgasm even though she has no desire to make love herself at that time. There may also be times when the husband doesn't want to make love but his wife does. If possible, the husband should do all he can to satisfy his wife sexually at such times.

### **Don't Grumble**

Speaking here to husbands, it's usually easy for you to reach a climax but not always so easy for your wife. If, after all your efforts, your wife just doesn't come to a climax and feels disappointed, you shouldn't get on to her and don't grumble! That will only add to her disappointment. Enjoy your climax but don't criticise her.

Remember, what she has done for you. She has married you to begin with and she has allowed you to enjoy her sexually. She has just allowed you to take her to bed, allowed you to gaze upon and fondle her most intimate areas, has allowed you to enter her and has just watched you, and heard you, have an orgasm that she didn't have, and all because she loves you. Some men would give their right arm for such an experience. So be grateful and love her to bits. If she doesn't come to a climax herself, do all you can to make sure it happens next time around – and make it soon.

### **Don't be Afraid to Look for Advice**

Should a husband and wife find over time that their lovemaking is not a satisfying and fulfilling experience, they should let each other know how they are feeling. At no time should either of them fake satisfaction in the hope of making the other think that all's well. Also, they should not be afraid to turn to some of the books mentioned above and/or go to someone they can trust and get help. They shouldn't just go on in the mistaken belief that it will probably work out in the end. Lovemaking is such an important side of marriage. It deepens the love and affection between husbands and wives and reinforces the "one flesh" relationship spoken of in scripture. Therefore, couples should not be afraid to seek advice.

### **Keep the Flame Alive**

You can almost see in any couple if they have a good love life – it shows. Successful lovemaking will draw a couple very close in a deep loving relationship and so don't let the flame of lovemaking die. Don't work to a timetable but make time to enjoy it.