

Why Did I Get Married?

Alfred Street Baptist Church

Christian Life Institute

July 20 – 24, 2009

Facilitators,

Pastor Howard-John & First Lady Debbie Wesley

Emotional Needs Questionnaire

What does my spouse *really* need to
be happy in our marriage

The Thrill Is Back

Sustaining Satisfying Sex

Married Sex

- ❖ Sexual satisfaction is one of the deepest needs in and benefits of a marriage
- ❖ Hebrews 13:4
- ❖ Sex is one of the most intimate and affectionate forms of communication
- ❖ Without a mutually fulfilling sexual relationship a marriage is headed for trouble
- ❖ Most couples, at some point, have an issue or conflict with sexuality

Sexual Problems

- ❖ Foreplay, arousal, complete satisfaction, affection, and intimacy
 - ❖ Shared space does not translate to foreplay or immediate arousal
- ❖ Timing: You have to work harder and more intentionally at maintaining sexual satisfaction
- ❖ Honest communication is blocked by embarrassment, defensiveness, insecurity

Common Turnoffs

- ✓ “I want it my way” and “Independent behavior” conflict resolution strategies
- ✓ Value judgments about different sexual desires
- ✓ Fatigue from work and household responsibilities
- ✓ Children
- ✓ Annoying habits
- ✓ Personal hygiene

Common Turnoffs

- ✓ Perceived sense of sex as a duty rather than a pleasure
- ✓ Perceived sense of rejection = lack of attraction
- ✓ Perceived sense of attraction by/to/for another
- ✓ Perceived sense of inability to please or enjoy

Men and women experience the
four stages of sexual experience in
differing physical and emotional
ways

The Four Stages of Sexual Experience

1. Arousal
2. Plateau
3. Climax
4. Recovery

Arousal in Men

- ✓ Men are aroused through sensual stimuli, e.g. scents, photos, watching a woman walk, etc.
- ✓ Men are aroused, on average, 20 times a day
- ✓ It is unrealistic to assume you are the only thing that will ever arouse your husband
- ✓ Arousal is not nor necessarily leads to unfaithfulness
- ✓ That is not an excuse for disrespect

Arousal in Women

- ✓ Women are aroused through mental thoughts and emotional feelings e.g. attentiveness, warmth, personality, sensitivity, kindness
- ✓ Women decide when they want to be aroused rather than it being reflexive
- ✓ Once she makes that decision she is open to be stimulated – unreceptive stimuli does not arouse
- ✓ Affection, care, and desire from her husband arouse her

Plateau

Women need special and intense stimulation to reach a plateau, whereas intercourse itself is enough for men – this typically leads to a major problem : Premature climax

On the other hand, if a man tries too hard to hold back he slips back into the arousal stage and loses his erection which fails to sustain his wife

Plateau

The major sexual challenge is for the husband to maintain his plateau long enough for his wife to reach her plateau as well ~ typically about 10/15 minutes

Bottom line: Men need training to achieve this goal

Climax

- ✓ An overemphasis on climax creates anxiety rather than enjoyment placing an emphasis on performance rather than pleasure
- ✓ Many women do not find climax worth the extra, but minimal effort and time, it takes to move from plateau to climax and are comfortable with non-climatic sex (v. men), some women have never climaxed
- ✓ Fatigue plays a major role in this decision for women

Recovery

Men and women do not share the same instincts after climax –

Women: fall back into the plateau and can reach another climax, or then back to arousal, and then non-aroused state and has a strong sustained desire for affection

Recovery

Men: a second climax requires much more effort than the first and is therefore non-desirable

Men momentarily fall back into the arousal state and quickly into non-arousal, usually within 60 seconds, desiring a shower or sleep

This is not a rejection of his wife nor a loss of attraction

Solving Sexual Problems

- ✓ Be willing to learn what you need to know and practice it
- ✓ Be open to honest conversation about what pleases you and what does not
- ✓ Be intentional and deliberate about creating time for sexual intimacy – married sex is seldom spontaneous
- ✓ Create a child-free romantic environment that is conducive to love-making

Solving Sexual Problems

- ✓ Be aware of the different ways your spouse is aroused and practice them early in the day
- ✓ Purchase a good sex manual/videotape and study it together
- ✓ Speak to a sex therapist
- ✓ Make a covenant commitment to work at making love-making pleasurable