

INTIMACY IN MARRIAGE

Little Things That Make a Big Difference

1. TALK ABOUT SEX WITH YOUR HUSBAND.

- We've been doing some of that this month. It's important that the two of you communicate joyfully, seriously, lovingly, tenderly and specifically about sex so you can move toward greater enjoyment of intimacy.

Two counselors reported that "In our national survey on long-term marriage, we discovered that sexual satisfaction actually goes up, not down, for those married 30+ years."

2. CONSIDER SCHEDULING SEX!

- How does that sound to you?
- Talking openly with your husband and planning ahead as a couple can revolutionize your sex life. Intimacy doesn't just happen.
- Talking with your husband also gives him an opportunity to express the frequency he'd like to see in your marriage.
- In the top list of "most basic needs," time and time again husbands expressed that "sexual fulfillment" was #1. When wives were asked for the same information, sex usually did not appear at all on the Top 5 list.

3. TAKE TIME TO PREPARE FOR SEX.

- Just like a gourmet meal takes time in preparation, so do your intimate times together. The same applies to your times of lovemaking with your husband. You need to schedule and allow time . . . to think, to pray, to prepare, to run to the store to purchase something special, to set the scene and the mood, to enjoy, to linger.

4. TRY TO GO TO BED AT THE SAME TIME.

- There may be times and careers that require the husband go to bed before his wife (or vice versa), but in most marriages this is not the case.
- Here's the question: How can you cuddle, be available sexually, and (not to mention) get a good night's sleep yourself, if you and your husband don't go to bed together?

5. TACKLE THE EXCUSE OF "I'M TOO TIRED!"

- And what woman isn't? You know how to do many things – run a home, raise children, excel in your job. You also know how to figure out what has to be cut back or cut out of your life so you're not too tired for this important part of your life – your sex life. Your assignment is to find the culprits that are robbing you of sleep time and change them so you're not too tired to enjoy sex with your husband.

6. TAKE A SHORT TRIP TOGETHER.

- A getaway can also refresh your marriage and buy you time for prolonged intimacy, conversation, dreaming, planning and time just to have some fun.
- Children are a blessing, but once they begin arriving, time alone together must be planned.