

# How to Love Your Partner Sexually

- 1) You need complete medical information.
- 2) You need to understand sex from the Biblical perspective.
- 3) You need to develop the right approach in your marriage.
  - a) By eliminating the negatives, abstaining from all criticism (Colossians 3:18-21)
  - b) By building a series of enjoyable physical experiences together based on physical touching and emotional closeness.

## **A Key Factor Governing the Husband's Physical Response:**

The man is psychologically vulnerable in the area of sex. His desire is strongly tied to his sense of manhood and self-esteem.

- 1) Does he feel that his wife respects him?
- 2) Does he receive the consistent encouragement of her loving response to him?

**Wrong to do:** A man will give love to get sex.  
A women will give sex to get love.

**There are three types of love: Eros, Phileo, and Agape.**

## **How to Build Romantic Love: (Eros)**

- 1) This is a combination of emotional, physical, and imaginative processes.
- 2) It can never be forced, but can be developed emotionally.
- 3) Eros is a pleasurable learned response to the way your partner looks and feels, to the things your partner says and does, and to the emotional experiences you share together.
  - a) Consistently think on favourable things concerning your partner.
  - b) Use your God given gift of imaginative thought to build this love in your mind.
  - c) Never allow criticism or ridicule of your mate to enter the picture.
  - d) Provide the right emotional climate for your mate to experience romantic feelings.
  - e) Provide the physical stimulus of closeness, touching, and eye contact.
  - f) Set up the conditions whereby your partner will find it easy to love you.
  - g) Remember - you are teaching your mate to respond to you all of the time, either positively or negatively. So send out pleasant and pleasurable signals.

“The greatest desire of love is to find an answering love, the greatest grief of love is not to be believed.”

How to Give the Gift of Belonging:

- 1) Establish the viewpoint of oneness in your marriage.
- 2) Refuse to let it be broken by outside pressures.
- 3) Do not see yourselves separately from each other.
- 4) Be loyal to each other under all circumstances.
- 5) Spend comfortable time together.
- 6) Always be supportive; always be kind.

**Phileo: How to Become Best Friends:**

- 1) Genuine togetherness - meaningful time spent together.
- 2) Sharing of activities, interests, thoughts, goals, ideals.
- 3) Developing real communication.

**How To Love The Agape Way:**

- 1) Choose with your will to love unconditionally and permanently.
- 2) Develop the Biblical and personal knowledge of your partners needs and how to meet them.
- 3) Apply everything that you know in communicating this love.

Accept your partner as they are and do not try to change them but allow God to change them.

God Is Free To Help You When You ....

- 1) Begin to count on His involvement in your marriage.
- 2) Follow His counsel by developing on His wisdom from the scriptures.
- 3) Draw on His power by relying on His promises to you from the Bible.
- 4) Absolutely trust Him to do the best for you.

**The Secret Of Staying In Love: INTIMACY**

- 1) Touching physical
- 2) Touching emotionally
- 3) Touching mental
- 4) Touching spiritual

**Causes Of Marriage Problems Or Domestic Unhappiness:**

- 1) Money - Not enough of it or wrong use of it.  
- 86% of problems in marriage is money
- 2) Sex Maladjustment - 60% of problem marriages this is the problem
- 3) Relatives - Too many, too close, too much dependance.

- 4) Temperamental Incompatibility - Not overlooking faults
  - 48% list possessive and dominating spouse as cause of problem.
- 5) Children - Not having children, conflict about how many children, disagreement over handling of children.
- 6) Religion - Not having the same basic beliefs, drives and motivations. (Religion always divides anyone involved.)
- 7) Illness - Either physical or mental (psychological). Undue anxiety about one's self or unfounded anxiety over possibility of serious illness.

#### **Example Of How A Husband Loves His Wife (Song of Solomon)**

- By understanding her feelings of insecurity and dealing with them.
- By specific continuing praise.
- By appreciation of her physical appearance and lovely character.
- By comparing her favourably with all other women
- By reassurance (She is flawless, altogether lovely)
- By never criticizing her.
- By showing his love and approval publicly
- By treating her like his queen - most important person in his kingdom.
- By honouring, respecting and protecting her.
- By behaving as a lover toward her - caresses, eye contact, gifts of love.
- By spending focussed attention time with her.
- By listening to her, communicating with her, always wanting to know her better.

#### **Example Of How A Wife Loves Her Husband (Song of Solomon)**

- By her physical and emotional response.
- By expressing her affirmation and respect.
- By her adaptation and adjustments to his calling
- By her thoughts about him.
- By lovemaking, conversation, and focussed attention time.
- By knowing him in all ways as her own shepherd and king.
- By forgetting herself in the greatness of his love.

#### **How To Fall In Love (Song of Solomon)**

- He tells her she is very beautiful (Song of Solomon 1:9-11)
- Even her eyes are lovely (1:15)
- He says others are thorns compared to her. (2:2)
- He enjoys her presence. (2:14)
- He admires each part of her (4:1-6)
- He says she is without blemish (4:7)
- Her glance makes his heart beat faster (4:9)

- He compliments her love skill (4:10-11)
- Again, he praises each part of her (6:4-7)
- She is unique - his perfect one. (6:9)
- Praise of her grace and desirability (7:1-3)

The husband and wife consistently build up one another (Song of Solomon)

- Even his name creates longing in her (1:3)
- She says, his love makes her beautiful (1:13,14)
- She calls him handsome and pleasant (1:16)
- She praises him as a skilful lover (2:3,4)
- She builds him up in her thoughts and to others (5:9-16)

The husband and wife touch each other often and with delight (Song of Solomon)

- Kisses and caresses desired (1:2)
- Active love play (2:3)
- Stimulate by touching (2:5,6)
- Caresses are pleasing (4:10)
- The sweetness of her kisses described (4:11)
- She promises more physical delight for him. (7:13)

### The **BEST** Principle

Love is the power that produces love. Love is action. Love is giving. Give you marriage partner the **BEST**.

**Blessing**  
**Edifying**  
**Sharing**  
**Touching**

**Blessing involves (1 Peter 3:9-12, Romans 12:14-21)**

1. Speaking well of your partner (even in response to insult).
2. Bestowing practical benefits (doing kind things for your partner).
3. Showing thankfulness and appreciation.
4. Calling God's favour down in prayer.

Four Reasons For Blessing In Return For Insult (1 Peter 3:9-12)

1. You were called to do this
2. It gives you good days.
3. The Lord will protect you and hear your prayers.
4. God will work on the one rendering evil.

**Edifying (Romans 14:9, 15:2)**

To edify is to build up with words, with warm eye contact, with verbal and non-verbal acceptance.

**Sharing (1 Peter 3:7, Song of Solomon 1:7; 7:11-13)**

Sharing time, activity, interests, ideas, Bible study. Having same objectives, same goals. Quality focussed attention time. Learning to discern what your mate wants and needs.

**Touching**

Every person needs the affection, warmth and sensations associated with another's loving touch, snuggling and cuddling.