

4 Essential Tools For A Great Sex Life



TOOLS

1. A commitment to address barriers



What barriers are we facing?

- Physical issues
- Trauma and wounds from the past
- Unconfessed sin or unforgiveness
- No time or energy for sex
- Conflicts that simmer under the surface

TOOLS

1. A commitment to address barriers
2. Confronting counterfeit intimacy/temptation



Why sexual temptation is so powerful:

- Brain Chemistry

New and Exciting Sex

Phenethylamine (PEA)

- natural amphetamine
- associated with sexual novelty
- experience of euphoria

Epinephrine (adrenaline)

- daring and danger
- powerful when mixed with sexual arousal

Regular "Normal" Sex

Endorphin

- natural opiates
- builds in LT relationship
- pain relief; sense of well-being

Oxytocin

- bonding/belonging
- glues people together

Why sexual temptation is so powerful:

- Brain Chemistry
- Coping with wounds and stress



How?

- Tell the truth
- Get help
- Don't give up

TOOLS

1. A commitment to address barriers
2. Confronting counterfeit intimacy/temptation
3. Make sexual intimacy a priority



How?

- Understanding desire

Desire In Marriage

		Wives		
		Initiating 23.6%	Receptive 73.1%	Resistant 3.3%
Husbands	Initiating 58.5%	10.0%	46.1%	2.4%
	Receptive 37.6%	12.4%	24.5%	0.7%
	Resistant 3.9%	1.1%	2.6%	0.2%



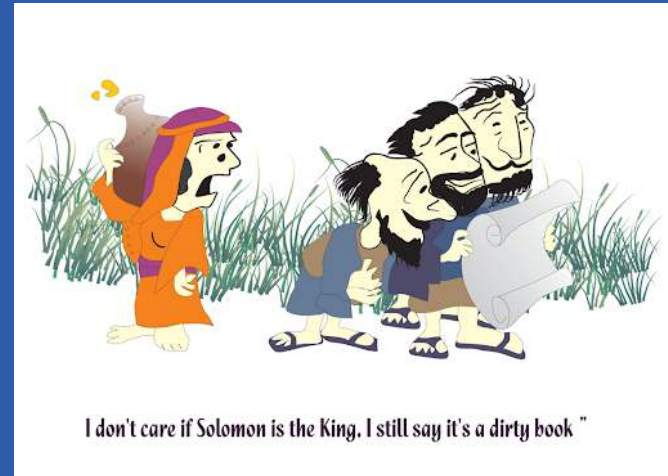
MP5, Heterosexual Only
n=458 couples/916 individuals

How?

- Understanding desire
- Communicate about when
- 1 night a week, 1 week a year - just the two of us
- Work on intimacy when activity isn't possible

TOOLS

1. A commitment to address barriers
2. Confronting counterfeit intimacy/temptation
3. Make sexual intimacy a priority
4. Learn to say “yes”



The bride speaks:

“Awake, O north wind, and come, wind of the south; make my garden breathe out fragrance. Let its spices be wafted abroad. May my beloved come into his garden and eats its choice fruits.”

“

The groom speaks:

“I have come into my garden, my sister, my bride; I have gathered my myrrh along with my balsam.
I have eaten my honeycomb and my honey; I have drunk my wine and my milk.”

“

“

God speaks:

“Eat, friends;
Drink and imbibe deeply, O lovers.”

Your offensive playbook:

- Let go of perfection



Your offensive playbook:

- Let go of perfection
- Creativity



Your offensive playbook:

- Let go of perfection
- Creativity
- Learn about the body



Your offensive playbook:

- Let go of perfection
- Creativity
- Learn about the body
- Know what's "out of bounds"



Ask

1. Has God said "no"?
2. Is it good for us?
3. Is it only us?



Q&A NUMBER:

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Follow Up Resources



www.authenticintimacy.com