

Top 10 tips for a great marriage

What I've learned in the counseling room

1. Communication

- * Commit to communicate
- * Stuffing it puts you under pressure
- * Listen as much as you talk

2. Sex

- * Make Love rather than "Just doing it"
Nike Slogan – When it comes to having sex we have been influenced by Nike.
We are just doing it.

Culture is moving sex further and further from

Love

Relationship

Commitment

God's big plan – Populate the earth

Man and woman become one. They merge into a single unit/ONE FLESH

Mismatched Libido?

Why? Health, hormones or PORN

- * Stop Looking at Porn and environmental Porn

WHY I HATE PORN

- It is highly addictive
- It is the opposite of the ONE FLESH Union
- It objectifies people
- It changes your arousal template
- It destroys more marriages than anything else
- Half of today's divorces can be attributed to one of the couple having an unhealthy attachment to pornography or other online pursuits.

Monitoring and controlling arousal

Adultery (Matthew 5: 27-30)

"You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part

of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

The brain is the biggest sex organ you have – use it

Chubby people even really ugly people can and do have really great sex
Beautiful/ripped bodies don't necessarily have better sex

Best foreplay happens in the kitchen
(not doing it on the counter, doing the dishes)

Be totally present in the love making process

Unplug – No phones, tablets, computers, TV, gaming consoles.

Get a sitter – Make time for you to be a couple or you will not be a couple anymore

Little kids are sex killers. Sex brings them into the world, but then they can just wipe sex out.

Start a club where you watch each other's kids while you make Love. 4 couple's, each couple watches the other 3 couple's kids for four hours (6-10pm) on Friday night while the Make Love. Call it the Whoopi Club. Or the "Friday Night Fiesta". Call it a Bible Study and then read song of the Song of Solomon before you rip each other's clothes off.

Make sex dates or you won't have sex

3. Humility

- * Serve each other
- * Put away the measuring tape
- * Humans are not perfect – yes this means you
- * Say you are sorry when you need to

4. Grace

- * Show unmerited favor
- * Extend to each other the kindness you would like to receive
- * Give more than you take
- * Never go to sleep angry

5. Love the wife

6. Respect the husband

Ephesians 5:21 – 33 Submit to one another

5:21 Submit to one another out of reverence for Christ.

Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything.

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. *In this same way, husbands ought to love their wives as their own bodies.* He who loves his wife loves himself.

After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body. “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” This is a profound mystery—but I am talking about Christ and the church.

However, each one of you also must *love his wife as he loves himself*, and the *wife must respect her husband.*

STOP COMPETING – GET ON THE SAME SIDE

7. Pray
It is powerful to hear your spouse pray
8. Talk
This is not talk about logistics, this is personal reflection/emotional
9. Touch
This is non-sexual talk

Look for PTT Handout

10. Have Fun Together

Look for Leisure Handout