

# 36 Tips to Bring Sexy Back to Your Marriage

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# **36 Tips to Bring "Sexy" Back to Your Marriage**

Sheila Wray Gregoire

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by Sheila Wray Gregoire  
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# Introduction

Does your marriage seem blah? Do you wish for something more--but it always seems out of reach?

Sex won't cure all marriage problems, but a great sex life contributes greatly to a spiritually intimate life and an emotionally intimate marriage. They're all interconnected.

And so often with sex we get in a rut. It seems boring. It seems like a hassle. It's just one more thing on my to-do list!

I've been writing and blogging about sex and marriage for six years now, and I want to share some of the best tips I have in this short ebook. Here you'll find 25 ideas to bring "sexy" back to your marriage. Think of these tips as little nuggets to inject some humour, passion, and fun back to your relationship--and hopefully put you on the right road to even greater intimacy.

Let's jump in!

# 4 Reasons Sex is Great for You!

Are you a little bit fed up, thinking, "my husband wants sex all the time!"? He won't leave you alone! I'd like to invite you to think about this in a new way.

Sometimes we get into this dangerous pattern of thinking of sex as something we give him "as a favor" or "as a reward". We think that having sex means we're being selfless. But if you dissect this, what you're really saying is:

*I'm doing something I don't want to do to try to make you happy.*

So the attitude says:

*I think of sex as a chore.*

That's going to kill a guy's self-image and really hurt your marriage.

Now, for many of us sex is difficult because we have some real issues. Perhaps sex is physically painful, or we have been abused in the past, or we feel really guilty for things we've done before. I know that it can take a while to get healing from some of these hard issues. But I also believe that if you're up front with your husband, and tell him that you're struggling, but you honestly want to get over the issues, and you're taking steps to do so, he'll likely understand and not take it personally.

For most of us, that's not the issue. It's not that sex hurts or it brings back flashbacks. It's that sex has become a chore.

Your husband wants sex all the time, and you get sort of sick of it. And you think,

*Why should I make love to him if he can't even be affectionate towards me? Why should I go out of my way for him if he can't do the dishes sometimes or lighten my load? And doesn't he understand that I'm exhausted?*

And so you don't.

What if there were another way of looking at it? What if you could actually start to believe that sex was for you, too? It isn't something you just "give" him; it's something that actually benefits you, and that can help you with your exhaustion, or your insecurities, or your loneliness! Wouldn't that be better? Maybe then it would be about your husband wanting to make love constantly and bugging you about it; it would be about you both wanting to connect on a deep level. And I think that is possible, if we just change the way we think about sex!

So let's jump in.

Here's why sex is good for you, too:

## **1. You Sleep Better**

If you are really exhausted, sex is often the best thing for you. You'll fall asleep faster, and then you'll sleep deeper. And it's not only if you orgasm (although that is a big part of it). Simply feeling close to him, and repairing some of the emotional distance, can also help you sleep.

Some nights when I know it's been a while, and I know we should really make love, I say no because I'm so tired. Those are often the nights I toss and turn and can't get to sleep. And I've realized it doesn't work. So now when I'm really exhausted, I say to my husband, "Put me to sleep, baby." It works every time!

## 2. You Feel Closer

Often the reason that we don't want to make love is because we feel distant. Perhaps you're not sure if he really loves and values you the way he once did. He hasn't been feeling affectionate.

But do the close feelings come before sex, or does sex bring the close feelings? Often you can't really distinguish it. For many of us, we feel closer after we make love. And the reason is quite simple: by making love, we reaffirm our commitment. Making love is the only thing that only married people can do. It's reserved just for you. When you do make love, you say, "I would marry you again." And God designed sex to bring us together! We release hormones during sex that help us to "bond". So if you're feeling distant, maybe the solution is to make love, rather than to wait to feel closer.

One caveat, though: don't expect miracles if you make love very rarely. I've had letters from women who say something like this:

*We only make love once a month or less because I'm so busy and so tired, and we're growing apart. But I don't find that he's any more affectionate after we make love than when we don't.*

I understand, but perhaps the problem is the frequency. When you make love less than once a month, your husband is going to feel very unloved. Maybe you don't think that's fair, but that's just the way it is. And if it's obvious that you don't really want to, then making love isn't really going to boost his ego at all.

So try this instead: for two weeks, make love often (let's say 3 times a week). And then see if you feel closer to him! I'm pretty sure you will, and I'm pretty sure he'll be awfully happy, too!



### **3. You Feel More Secure when You Make Love**

Sex helps you to feel like your relationship is strong. When you make love, you cement it together again. Sex makes you feel protected. It makes you feel loved. It makes you feel like you have a future together. It makes you feel happier.

On the days after you make love, you can smile slyly at each other because you have this secret. You can giggle with each other more. You touch each other more. But most of all, you feel like the relationship is stronger. That's because sex is a vital part of a relationship. As one commenter wrote on my blog, "sex isn't the icing on the cake; it's the oil that keeps the engine going." When we don't make love, our relationship can get really clogged up. When we do, we feel like things are humming along much better.

### **4. You Feel Wonderful After Sex**

Let's not forget the final part: sex actually feels good! Now, maybe for you it doesn't yet. That's okay. As I found in the surveys for *The Good Girl's Guide to Great Sex*, it can take a decade or so for couples to find that sex works like clockwork. It needs practice! So if you're not there yet, pick up the book for some great tips, and work through our *29 Days to Great Sex*!

Don't settle for mediocre. If sex isn't wonderful for you yet, don't despair. Take it as a research project you can do together--a project with lots of benefits. Maybe you need to hit the reset button on your sex life and start over because you've developed some bad habits, like rushing through it. Or maybe he doesn't know what you like.

But don't despair! Sex does feel wonderful. And you can get there.

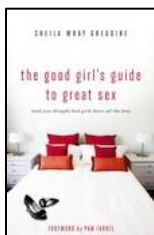
So if you're feeling exhausted, and feeling distant from your husband, and feeling tense, then instead of saying, "there's

no way I can make love given how I feel", why not say instead, "I had better make love given how I feel!" Making love can cure all of those problems!

If that's so, why are women often so reluctant? I think it's because we don't get aroused the way men do. We think that we have to "be in the mood" to make love, and when we're exhausted, we're not aroused. We don't even necessarily desire it very much.

For women, though, so much of sex is in our brains. When our heads are engaged because we're thinking positively about sex, then our bodies will follow. So instead of dreading it or avoiding it, or resenting sex because your husband wants it all the time, why not say, "this is what I need to feel better!" You'll be more positive about sex, and you'll likely find that your body will then engage. And then all these benefits will come to you!

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If you've had a hard time seeing sex as something positive, [The Good Girl's Guide to Great Sex](#) can change how you see making love--and help you understand WHY it was designed the way it was.

# 8 Ways to Flirt with Your Husband

We women are built very differently from men. Rosemary Basson, a researcher at the University of British Columbia, looked at thousands of men and women, and found that for women, arousal usually comes after they start making love. Men are usually aroused beforehand (I'm not sure why a researcher had to look into this; most married women could have told her this for free), but women take a while to warm up.

That's because for us, sex is almost entirely in our brains. When we're looking forward to it and thinking positively about it, our bodies usually follow. But we don't feel the physical urge in the same way that most men do.

(None of this implies that women CAN'T be hot and bothered, or that all men necessarily are. In 24% of marriages, for instance, women have the higher sex drive, and I have a 4-part blog series on what to do if this is the case in your marriage. But in most cases, men and women experience arousal differently).

Flirting during the day can help get us in that positive mindset when night rolls around. It helps us laugh. It helps us feel close, because we share a special secret. And it helps get the engines revving!

But first, some guidelines:

## Flirting Rules of Engagement

When you flirt, you're telling your husband,

*I'm interested. I find you attractive. I want you.*

So if you do start adding flirting into your relationship, you're going to have to make sure you add some sex in there, too, or else your guy is going to be getting very mixed messages (and he'll be very frustrated).

But does flirting mean that you have to follow through each and every time? No, not necessarily. But allow me to let you in on a little insight. Men don't just want sex because it physically feels good. They want to feel wanted. Flirting is one of those ways that they feel wanted. And if it's followed up by regular and frequent sex—say a few times a week—most guys won't mind if you don't have sex one night, even if you did flirt. When men get regular and frequent sex, they become much more secure and confident in the fact that we love them.

One of the reasons that men often seem desperate for sex is because they're desperate to know that they actually are desired. It's not only the physical release they need; it's that emotional and even spiritual validation that says, "I value and want you." When they're getting that from you regularly, then you have a lot more room to play, and kiss, and flirt, without necessarily having to make love right then and there. When you're not making love with your husband frequently and regularly, though, he'll be much less able to let these little things go.

So if you're thinking to yourself, "every time I kiss my husband he wants it to go somewhere", or "every time I flirt he wants something else", that may be because your husband is insecure about whether you really want him.

Here are 8 ways to show him you find him sexy!

## **1. Have a secret code phrase**

Want to tell him you think he's hot? Try a secret code phrase, like "Are we due for an oil change?" No one else will

know what you really mean but him, so you can say it in front of the kids, in front of your parents, in front of anybody!

## **2. Play the fortune cookie game**

Whenever you get a fortune cookie, mentally add the words “in bed” to the end of it. You’ll giggle together at a Chinese restaurant as you pass them to your husband, but no one else will know why you’re laughing!

## **3. Set up a cozy love nest for watching movies**

Want to watch a flick tonight? Share pillows and a blanket and play footsie, says J, from *Hot, Holy and Humorous*. And one respondent on my survey for *The Good Girl’s Guide to Great Sex* says that she and her husband have “topless movies” where they snuggle up under the blankets minus any tops. Tons of fun!

## **4. Leave sticky notes in unexpected places**

And try to always use the same color so he knows they’re from you! If you are near his place of work during the day, stick under his windshield wiper. Get the waitress to put on his plate when you are eating out. Get the kids in on it too! (from *The Generous Husband*).

## **5. Text, text, text your husband**

Text him about anything—song lyrics, memories of fun times you’ve had, what you’re wearing, what you’re thinking about, says Gina Parris from *Winning at Romance*.

## 6. Stick Notes in his lunch

One fan on my Facebook Page shared this idea:

*I also write stuff on his brown bag lunch. For a while, I thought it might embarrass him. But when I stopped, he pouted. They aren't always "sexy". Some are just sweet. But tomorrow's lunch has written in red letters: For my Red Hot Lover!*

## 7. Flash him—but not in public!

“Yes, this is ridiculously forward, but if you do it, while he’s watching TV, and then just walk away, at least you will have raised his blood pressure – and raised your own sexual energy for a greater chance of engaging in a little more fun,” says Gina Parris, blogger at ????.

One of my commenters on this site also recommended doing chores vigorously—and bralessly—so he can appreciate the bounce!

## 8. Play Footsie

When you’re at a restaurant with tablecloths, slip your shoe off and let your toes explore his legs. Get him all worked up while you carry on a normal conversation!

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Want some more ideas? I've got 8 more in [31 Days to Great Sex](#)--along with great tips for bringing more affection into your day, and getting yourself in a positive frame of mind when evening comes around.

# 5 Tips for Initiating Sex with Your Husband

When Keith and I were first married, we used to fight frequently about one thing: He wanted me to want him, and I never really understood what he meant.

He would say, "I just want you to want me!" and I would retort, "But I do want you! I want you as my husband! I want you to be happy! I want you with me always!"

What he really wanted was just for me to jump him.

And I couldn't do that, because it felt somehow like lying. I really didn't particularly want to make love. Sure I'd do it if he started it, but it wasn't like I was sitting there, jets ready to go, just waiting to take off. I would much rather watch a movie, or read a book, or cuddle, or just about anything. I was frequently tired. I was still new at this so it didn't always work well. And I was so, so tired of him wanting it all the time.

What I only understood later was how intrinsic to a man's self-esteem is the idea that his wife actually desires him sexually. Most men really struggle with questions like, "Am I good enough?", or "Does she really love me?". What they want to know, more than anything, is that we think they are the best.

It's not really so surprising. Remember all the books talking about how important respect is to a guy? A man needs to feel like we are glad we married him not because we love him, but because we've looked around, and we've honestly concluded that he is the perfect one for us. We appreciate who he is and what he does.

Tied up in all of that is his sexuality.

It's hard for him to believe that you're proud of him, and that you're happy to be married to him, if you don't also want him sexually—if you never initiate sex. If you don't want him like that, then you really don't think he can take on the world. You really don't think he's a capable guy, a strong guy, an amazing guy. You just want to be married to somebody, but you don't actually respect him anymore. It's men's ultimate self-esteem issue. And the best way to address it is if we, every now and then, actually initiate.

Quite often we get into this rut where he wants sex more than you do, and so he's the one who always initiates. And you're not even sure how to initiate sex, because you've never really done it!

When I was researching my book *The Good Girl's Guide to Great Sex*, I took surveys and interviewed both men and women. And here's what one guy said about initiation:

*Men don't want to be placated; they want to be wanted.*

So, ladies, it's time to step up to the plate! And if you're going to do that, here are 5 tips to make it work:

## 1. DO Show Enthusiasm

Initiating sex requires enthusiasm. The following do NOT count as initiating sex:

- (Lying in bed, arms crossed. Turning head towards him). We can if you wanna.
- (Standing at the bottom of the stairs, heading up to bed). I'm heading to bed. If you come up within the next 10 minutes we may still have time, I guess.



- (Lying in bed, looking at the ceiling). So, I shaved my legs today.
- (Lying in bed, arms crossed). So...I guess we're due, eh?

If you're going to initiate, the first step is NOT asking him "do you wanna?" The first step is getting in the right frame of mind for sex so that you're enthusiastic about it, too!

## 2. DON'T Overthink It

Why don't we initiate sex? Because often as soon as the thought pops into our heads we talk ourselves out of it.

*Do I want to tonight? Well, I don't know. It is kind of late, and I do need my sleep. And he wasn't very nice to me tonight. He hardly hugged me when he came home from work. I just feel so distant right now. I can't make love if we're distant, can I? Wouldn't that be deceptive? And what if the kids wake up? And what if...*

Turn it off! Seriously. When you get the thought, pounce on it! You'll be happier later--and you'll likely sleep better, too!

## 3. DON'T Beat Around the Bush

If you're embarrassed about saying, "do you want to make love tonight?", then you may not give clear signals.

My husband was leaving for a business trip for a week recently, and he was spending the morning before he was picked up sorting papers and paying bills and getting some tasks done around the house. I kept getting up from my

computer whenever he got up from his and walking over and seeing if I could get him interested in something, but I never let him know what I was doing.

I thought he was just busy and wasn't interested. But after following him around like a puppy dog for an hour, he finally turned to me and said, "are you okay?", and I said, "I just thought we could go upstairs for some fun before you left." He jumped on board immediately. I had thought he was busy and was rejecting me, but he just really didn't know what I was getting at.

Men are usually afraid of getting rejected, and if he tends to have the higher sex drive in your marriage, he may have conditioned himself to never think about it, or to try not to assume you're going somewhere, because he doesn't want to get his hopes up. Subtlety, then, isn't a good thing. Be obvious. It's easier on everyone!

## **4. DO Follow Through**

If you've been texting him all day, or you whispered in his ear when he walked in the door, then do follow through. It's hard on a guy to get his engines revving and then stopping with no warning. Obviously if something comes up you may have to forego sex that evening, but if you've been hinting, then make it happen.

For me, here's the most important tip: don't wait until you get too tired! Sometimes I have these great plans for a romantic evening, and we spend the whole night together, but when we finally head to bed, I've waited too long and I'm tired. Don't watch a chick flick if it's likely to make you so sleepy that at the end of it you want to collapse into bed. The movie may seem romantic, but if it will push bedtime back too far, then make love FIRST, before you watch the film. Don't get on the computer thinking, "after I'm done this we'll head upstairs."

If sex is your plan, then make sure it happens early, when you're still thinking about it, rather than giving other things--the news, the computer, the movies--a chance to distract you and make you change your mind.

## 5. DO Be Active

Once you've caught his attention, and you're heading to the bedroom, don't let the initiation end. Be active as you make love. Touch him. Guide his hand. Be the aggressor--at least a little bit. When you're active, it shows him, "I want to do this." If you lie there on your back and don't do much, he may think, "she's just doing this for me." Show him you are interested, and you do want this to happen--by making it happen!

The added bonus to being active is that you can position yourself so that making love feels pleasurable for you. Sometimes just lying there is the worst thing we can do for our own pleasure. Moving often helps you enjoy it more, too!

Now go and have a great time with your man!

*Want more suggestions for initiating? I've got 5 more [here!](#)*

# 9 Tips for Making Sex Feel Great~~for You!

Unless a man is suffering from some sort of sexual dysfunction, sex usually feels great for him almost automatically (if your husband is suffering from premature ejaculation, erectile dysfunction, or low libido, I have some insights and help for you here). We women, on the other hand, are often left wondering what all the fuss is about. It takes a little more time and effort to make it feel wonderful for us.

So here are 9 tips to make you feel wonderful, too!

## 1. Try a New Position

Sometimes we get into a rut and we're afraid to try something new. But new positions can make things feel more exciting.

I have one particular position I stick with for two main reasons: it tends to feel the best, and it's really cold in the winter and I don't like getting out of the covers! But there's an easy way to deal with that. Get a space heater for your bedroom and turn it on when you're getting ready to make love. Then the fear of being cold won't hold you back as much.

And if you have an easier time reaching orgasm in one position (most women do), that's no reason not to try other positions as foreplay. Moving around during sex, and changing positions has several benefits: it helps him last longer; it helps increase the excitement factor; it helps you keep your mind on

what's going on (since we women are notorious for our minds drifting during sex).

A new position can honestly feel great! So try it. Get on top. Move your legs around and find a good angle. Or whatever works for you! Make it your goal that AT LEAST every third time you make love you'll use at least 3 positions. So maybe two times are fun and simple, but the spice the third time up. Go 3 in 3!

## **2. Tilt Your Pelvis**

Here's something I talked at length about in *The Good Girl's Guide to Great Sex*: for women to reach an orgasm, we have to have our the clitoris stimulated in some way. Normal missionary position sex doesn't tend to do this. But with one simple trick you can make it so much better. Just tilt your pelvis up (like squeeze your butt muscles, and your pelvis will tilt forward). When you do this, you make the angle better, so that when he's thrusting he will hit your clitoris. But you also "engage" that little bit of flesh yourself because the tilting actually squeezes the clitoris. Seriously. Just try it right now—tilt your pelvis. Feel the difference?

You can do this in any position and enhance the pleasure, but often you have to actually get the position to work first before you tilt, or he'll have a hard time entering you.

## **3. Start with a Massage**

Here's one of course you'll agree with: start sex with a massage. Keep some massage oil in the bedside table, or a massage candle, and start by massaging each other's backs and legs. The benefits? It helps you relax first so that you can get rid of all the pinballs in your head of all the things you're thinking about from the day. Also, if you massage naked, it's very

sensual, and it can get the libido going. It's just a good transition time, and we're more likely to get "warmed up" with a massage. It shows he cares, it helps our bodies relax, and it helps us calm down mentally, too.

#### **4. Play Teacher**

Just because you're married doesn't mean that you understand each other sexually. What feels good to one person does not necessarily feel good to another. And men tend to like being touched very differently than women do (men like things rougher and more deliberate; women tend to like things lighter). Also, just because something is an erotic zone does not mean that it wants to be touched all the time. For instance, many women don't like their breasts touched roughly at all, or even handled that much, but when they're highly aroused all of a sudden it's exciting. So we're different, and we like specific things.

Take a session or two where you play teacher. Tell him exactly what to do, like he is a pupil and he has to do everything you say. Pay attention to your body, and ask him to do anything you want. You can even be quite demanding! Then the next time turn the tables and let him be teacher. You just may learn a lot about each other.

It's good to do this at least once a year, because hormonal changes will often affect what we want. We may think we've lost our libido when really our body has just changed and responds to different things now.

#### **5. Think Pressure, not Friction**

Men tend to feel aroused by friction—he likes the rubbing back and forth. That can be pleasurable for women, too, but

what really tends to help us is pressure—pressure on the clitoris, but also the pressure of feeling “full”.

Instead of thrusting all the way out and all the way in, then, try for part of making love to get him as deep as possible and and thrust only a little bit, so that the pressure is quite intense all the time. To help this, try wrapping your legs around him, or even have him kneel while you lie down to help him go deeper. Other positions, like having you lie on your stomach while he lies on top of you, can help with pressure, too.

Note: for many women this is something which changes after childbirth. Before childbirth, pressure isn't as great a turn-on. After childbirth it is, because we're a lot looser. So if you haven't had any babies yet, this may not be as big a one for you.

## **6. Squeeze**

To get that same feeling of pressure, try squeezing him while he's inside you. That's not as hard as it sounds. You use your Kegel muscles (the ones on the wall of vagina). They're the same muscles that are engaged if you stop the flow of urine on the toilet. Do that a few times and you'll feel what muscles I mean. Then try the same squeezing when you're making love. This helps with that “pressure” feeling for you, and helps him feel great, too!

## **7. Use Lubricant**

Seriously. It's not a failure on your part if you need to use lubricant. It often enhances the pleasure right away. You may not need it all the time, but most women fluctuate through the month with their ability to get aroused quickly, and with the amount of lubrication we naturally produce. Some nights may be great, and others may not. Menopause or breastfeeding

and pregnancy throw another wrench in the whole thing. Lubricant can help you get a leg up, so to speak, so that sex is arousing right away.

## **8. More Foreplay—And I’m Talking to You, Women!**

Think of foreplay not as something that he does to you, but as something that you BOTH do. If you can become active BEFORE you start making love, you’ll find yourself much more aroused. Rub yourself against him. Climb on top of him and feel him. Take his hand and put it where you want it to go. Circle your hips and help him. If you’re lying there while he touches you, you can start to feel embarrassed, or bored, or nervous. If you’re engaged in the process, it’s more exciting for both of you.

## **9. No More Erotica or Porn**

If you want sex to feel amazing, you need to be aroused by your husband ONLY, and not be fantasizing about something else in your head. The more you watch porn or read erotica, or the more he does, the more sex isn’t about any kind of spiritual intimacy, but it’s just about using each other. That ends up feeling cheap and impersonal.

And the best sex isn’t sex that’s “enhanced” by porn (one of the effects of porn is lower sexual pleasure); it’s sex when you feel very loved. Commitment is the best aphrodisiac. If you want more information about this, check out this [ebook by Covenant Eyes](#) about what sex does to your brain.





If sex has never felt that wonderful for you, don't worry! It CAN get better. [The Good Girl's Guide to Great Sex](#) has lots of tips and information about how to make sex feel good--and encouragement from other women who took a while to reach that pinnacle, too!

# 5 Ways to Spice Up Sex!

None of us wants to get stuck in a rut. So what can you do to get more passion back?

Personally, I don't think there's anything wrong with just "normal" sex usually. If you feel great, and you enjoy it, and you feel close, that's wonderful.

But every now and then, it's fun to add some excitement. This isn't something you have to do every time by any stretch of the imagination. Nevertheless, if you'd like some tips for something "out of the ordinary" routine, these can get you started!

## 1. Spice up your marriage with “love coupons”

Sometimes the idea of having to be at someone's mercy is actually rather enticing. If we have to do what they say, then it takes the hesitancy out of things. Sometimes we hesitate because we ask ourselves, “do I really want to do this? Is this too wild for me? Is this too weird?” And we get so caught up analyzing it we're not able to make a decision.

Emailing your husband a coupon saying, “tonight you own me for an hour”, or “anything you want is yours tonight” can get around that hesitancy.

You can download some coupons [here](#).

And if you're going to do this, set up a safe word, like “uncle”, that you can say when you just feel like it's too much. Yes, even if you give coupons, you still have a will and you still have autonomy and can say no. But you're less likely to, and if

you give him permission to do what he wants, it can actually be quite freeing for you.

## **2. Create “his” and “hers” nights to add some spice**

One woman who answered one of my surveys for *The Good Girl’s Guide to Great Sex* explained how she and her husband handled this. Her husband tends to be more adventurous than she is. So one evening a week is for him, where they do things that he wants. One evening a week is for her, where they do things the way she wants—like starting with a long back massage and then being very gentle. And then the other evenings are just “normal”. This way each of them feels as if their needs are met, and they both go out of their way to make things fun for the other person on that person’s night, because they know it will be reciprocated!

## **3. Write Down Fantasies—that’s spicy!**

At the beginning of the year, both of you write down 12 things that you would like to do to spice things up. Maybe you’ve already done them before, or maybe you haven’t. Don’t show your spouse what’s on your sheet of paper. Fold up the papers and put them in a jar, and once a month, on different nights, you each draw a piece of paper and do what’s on the paper. Again, the rules about saying “uncle” still apply. You never HAVE to do anything. But if you each have things written down, and you know it’s a give and take, then your spouse can feel like you’re going out of your way to meet his needs without feeling like you have to do it every night. This saves the special things for special nights!

## 4. Play the Match-the-Dice Game

Get two dice of different colours, and write on a sheet of paper what each dice means.

Red Dice – Actions

Choose six actions, like kiss, stroke, etc., and assign them to 1-6.

Blue Dice – Parts of the Body

Choose six body parts and assign them to 1-6.

Then you each take turns throwing the dice, and doing whatever combination comes up! You can make the game as adventurous or as tame as you want by varying the actions or body parts. Make sure you give enough time—like let's say at least a minute—to each task, or else it's kind of a cop out!

# *The Dice Game*

### **Die #1**

- 1 - Lick
- 2 - Suck
- 3 - Stroke
- 4 - Massage
- 5 - Tickle
- 6 - Rub



### **Die #2**

- 1 - Lips
- 2 - Ears
- 3 - Neck
- 4 - Inside of Thighs
- 5 - Chest
- 6 - "Privates"

## 5. Create a Multi-Sensory Experience—Spicing Things Up at Its Finest

We have five senses: sight, hearing, touching, tasting, and smelling. Write down each of the senses on a piece of paper and put them in a jar. Alternate nights, so that you're each responsible for a different night. On your night, pick out three pieces of paper, and create a sexual experience that uses all three senses.

Often we really only use one—touch. We make love with the lights off, we don't say much, and we don't really even taste. So figure out way to engage the different senses! For sight, you can wear something pretty to bed. For taste, you can put on flavoured lip balm, or get some chocolate to feed to him, or whatever you'd like! For hearing, you can tell him a story. For smelling, you can put perfume somewhere and ask him to find it. Be creative!

Challenge yourself, though, to come up with different things for each sense when it's your night, so that you're always changing things up a little bit.



If you want some more great ideas to spice up your marriage, never fear! I've got the [Deck of Dares](#)--40 dares that you can do with your husband that enhance intimacy and fun without crossing moral boundaries. Check out the Deck of Dares [here](#).

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There you have it! Five ways to try new things and spice up your marriage that are perhaps less intimidating than feeling like you have to always do one particular thing. Sometimes a man (or even a woman) will get fixated on one

particular sexual thing they want to try. Like I said, it is okay to say no. But if you are regularly doing at least one of these ideas, and making love with relative frequency, you'll likely find that this request becomes less and less important. Do things slightly differently, and your spouse will feel as if your sex life is really exciting! And that's what you want—for both of you.

# 5 Ways to Feel Spiritually Intimate When You Make Love

I want to end with what is perhaps the most important element of bringing "sexy" back--feeling like you are "one".

I firmly believe this:

*Billions of people have had sex. I don't know how many have truly made love.*

What if sex isn't just supposed to be a physical union, but is supposed to also encompass this deep longing to be known, the way that David yearns for God?

I think that's actually part of God's plan for sex. Think about it: in sex we bare ourselves physically. But for sex to really work well, we also have to bare ourselves emotionally. We have to be able to be vulnerable. We have to be willing to "let go". We have to emotionally let him in for us to even get aroused. And men have to let their guard down, too, in order to experience the kind of love they long for.

God created people with first and foremost a desperate longing for relationship. **We long to know and be known, and in that knowing to be accepted.** It's our deepest need. God gave us this drive to know Him and be known by Him, but He also gave us these sexual longings which mirror how we long to be truly united with our husbands and with God--to be truly and wonderfully KNOWN.

I talk about this at great length in [The Good Girl's Guide to Great Sex](#), and look at how we can make this spiritual longing and spiritual intimacy part of the sexual experience,

because I truly believe that it's the spiritual intimacy that people actually crave the most. **When we focus only on the physical, sex too often can seem shallow.** When we combine the physical with the emotional and the spiritual, sex is stupendous, because it encompasses all that we are. One of the reasons that our culture has become more pornographic—and why things that were once considered sexually taboo are now pretty much mainstream—is that our culture has made sex into something only physical because they don't have anything else. And yet they know they're missing something, so they try more and more extreme things.

We, who are married, have the real deal. **We have the ingredients for an amazing sexual relationship, because it's real intimacy, not just orgasm.** (And, by the way, that makes orgasm even greater!). In fact, the women who were the most likely to orgasm in the surveys I took were Christian women. When you're in a lifetime committed relationship, you're more likely to experience all the great aspects of sex—and not just the physical.

That spiritual union that is part of sex isn't something out of the Kama Sutra or some eastern thing. That's not what I'm talking about. I'm talking about that deep hunger to connect that is part of sex—not just a desire for orgasm, but a desire to be joined. And to me, that's actually more profound, and more of an aphrodisiac, than the thought of something specifically physical.

But how, practically, can we experience “spiritual intimacy” while making love? Here are some thoughts:

## 1. Take time being naked~~literally and spiritually.

I don't just mean taking your clothes off to make love. I mean actually be naked together. Hold each other. Take a bath together. Even pray naked together! Redo that exercise where



you just take time touching each others' bodies. Really feel as if you completely know the other person. It's actually more vulnerable to be naked while someone touches you than just to be naked while you "have sex". And so take that time to explore!

This may sound weird, but trust me on it: pray before sex. Or at least read a Psalm or something! When we unite together spiritually first, it's as if our souls are drawn together. And when our souls are drawn together, we want to draw together in a deeper way. So keep a Bible by the bed and just read passages at nighttime together. Try to pray together. If you're uncomfortable with freeform prayer, buy a book of prayers, or use the Anglican prayer book. The words don't matter; the heart does. When you mean it, and you bow before God together, you really are drawn towards each other in a much more intense way.

## **2. Look into each others' eyes**

The eyes are windows, and yet how often do we close our eyes, as if we're trying to shut the other person out, and concentrate on ourselves? I know sometimes you have to close your eyes to feel everything, but sometimes open up and look into his eyes. To actually see him—and to let him see into you—is very intimate, especially at the height of passion.

## **3. Say "I love you"**

It's such a little thing, but while you're making love—or even when you orgasm, say "I love you". Make sex about not just feeling good, but expressing love. Say his name. Show him that you're thinking of him in particular.

## 4. Be Mentally Present

This is a tough one for some people, but don't let your mind wander. Sometimes our minds wander because we're multi-taskers, and we start creating shopping lists in our heads. But I'm not just talking about that. Other times we let our minds wander in order to get aroused. We [fantasize](#).

Personally, I don't think there's anything wrong with remembering something wonderful that you did together that was stupendous, or imaging being on a beach, or whatever it may be for you. But to fantasize about someone who isn't your husband, or to bring up pornographic images to get aroused, isn't right. And it hinders your ability to really bond with your spouse. If you're having trouble with that, my book can help! And [here's a post](#) that offers a little bit of insight into how to stop doing that.

Guys often struggle with this, too, especially guys [who have used porn](#). Images often come into their heads. If either of you is short-cutting the arousal cycle by pulling up pornographic images, ask God to help you stop, and then practice just being present. Think about your body. Think about your spouse. Trace your fingers along your spouse's body. Think specifically about what is feeling good and what you love about your spouse, and say some of these things out loud. Keep your mind focused on the here and now, and you'll find it a much more intimate, and intense, experience.

## 5. Desire Your Spouse

Spiritual intimacy during sex ultimately depends on that desire to be united with your spouse. And that desire is fed throughout the day—by concentrating on what you love about him, by thinking about him, by [flirting](#) and [playing](#) with him, by saying positive things about him to others. It isn't something

that “just happens”. It’s something that is the culmination of a relationship that you already have.

I truly believe that for many couples this is THE major roadblock to sex being everything it can be. Tomorrow we’ll be dissecting some of the problems with spiritual intimacy and sex a little more, but I think many people have bought into this idea that sex is only physical, when really sex is the physical expression of a deep drive we have to be connected to one another.

I received a comment on yesterday’s post from a woman who said this:

*I always thought “Oh sex is just something that HE needs, I can do fine without it”. So not true. I need it too! We have connected in amazing ways, in and out of the bedroom and I am so excited to have my old husband back!*

For you women who are reading this, sex ISN’T something that he needs just for physical release; it’s that he needs to feel really intimate. And we need that, too! Many of us push sex out of the way because it seems like a chore, but what we’re really doing, then, is denying ourselves one of the most powerful tools we have to feel truly connected and accepted by another individual.

If you’ve never experienced sex this way, then try those steps. Concentrate on what you love about each other. Pray together. Memorize each others’ bodies. Say I love you. Look into each others’ eyes. Truly be joined. There really is nothing else like it.

# More Resources

Looking for answers to more marriage questions? I address so many on my blog, and I've got a roundup post with links to all my [Frequently Asked Questions](#), including:

- What to do if sex doesn't feel that great
- What do I do if I feel like our marriage has lost the love?
- My husband has no libido! What now?
- My husband looks at porn. What should I do?
- I'm not sure how to handle talking to my teens about sex.
- Sex hurts me. Is there a cure?
- I found out that my husband is having an affair.
- I have no libido! How do I get my engines running again?

And so many more!

[\*Click here for my Marriage FAQ.\*](#)