

SOLVING SEXUAL PROBLEMS IN MARRIAGE

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Sex is a topic most ministers don't want to talk about, and the church sees it as vulgar and indecent to talk about, yet it is a problem area in many lives and relationships. We see a lot of immoral behaviors amongst Christians today. Many marriages are suffering from unfaithfulness from their spouses, lack of sexual satisfaction and sometimes too much demand for it.

To talk and discuss sex is not evil as long as it is to enlighten and help the populace to live their lives successfully according to God's will and purpose. Space will not permit me to write so much on this subject, but I will give you enough to give you an understanding that will help you set things straight.

Sex is a vital part of marriage life. A lack of it has led many men and women to adultery in search of sexual satisfaction. Many women drive their husbands out into the streets through denials and betting with sex. So many men make their wives go into the streets through constant beatings and lack of romance before and during sex. So as a result, there is no sexual fulfillment. Someone may ask, 'how can a Christian ever think of that?' Don't forget that before some people became converted they had an active sex life, and being Christian does not mean that sex is evil or should not be enjoyed. Sex is not just for bearing children as some assume, but for enjoyment and strengthening the bond of love and unity in the marriage. A sweet and fulfilling sexual life will definitely unify the couple and make their love life interesting and sweet.

It is your duty to satisfy your spouse sexually. It is evil to deny your spouse sex except for health reasons. It is evil to bet with sex or sell sex to your spouse. By selling sex, I mean to only allow sex after your spouse has bought for you what you want or has done what you requested. Keep your marriage alive and sweet by giving yourself to your spouse willingly and joyfully. Adultery of all kinds should be avoided and the marriage bed undefiled. Masturbation is evil and should be abstained from. Self control should be practiced instead fight to keep romance in your marriage. Defeat everything that will want to destroy your romantic life.

When sex is no longer a pleasure for either partner, it can become a source of tension that spills over into other areas of life. Today there is no need for couples to "just live with it." You can revitalize a stale sex life and overcome any difficulties you may experience.

SELF-HELP

A sexual relationship can lapse into a routine or be so limited that it leaves one or both partners dissatisfied. This does not happen overnight; it is a result of two people getting so used to each other that they fail to appreciate the subtleties of their needs and desires and the fact that these can change over time. Sex then ceases to be a special experience and instead becomes a ritual like brushing your teeth or, for some, a chore.

Putting pleasure back into sex involves a shakeup of attitude, both toward sex and toward your partner. Each member of the partnership must again see the other as individual, whose personal qualities were once a source of attraction. You should not take your partner or the sex act for granted. This means starting over and re-establishing lines of communication.

When sex becomes a problem, it is important for partners to be frank and honest with each other. Try to express dissatisfaction in a non-hurtful way as a shared problem, not your partner's fault, and consider ways of remaking a sexually successful relationship. A simple airing of frustrations, stresses, and dissatisfactions, combined with a discussion of positive aspects of the relationship, can do a great deal to do a couple closer, and to emphasize that only joint effort will bring sexual happiness.

Do not regard it as if you cannot think of ways to improve your relationship but rather as an incentive to resolve a situation that has developed into a problem. Books can help with specific difficulties and give hints for improvement. Your family doctor or gynecologist might be willing to answer questions and provide counseling, or might recommend marriage guidance or sex therapy.

SEXUAL PROBLEMS

A great many people experience some sexual problems at some time. Many of these problems are occasional, for instance when a man has had too much alcohol or had experienced a lot of stress, worry and anxiety and cannot achieve an erection, or a woman has had a tense day and cannot become aroused. More enduring sexual problems can be a serious source of guilt, worry, and introspection if you do not do anything about them.

Most sexual problems arise from a subtle and complex mixture of psychological causes, attitudes, upbringing, and tension in daily life and or in relationships. Problems experienced by both sexes include lack of interest in sex, the inability to become aroused, and painful intercourse.

The most common problems in men are erectile dysfunction, or impotence, which is characterized by the inability to achieve or sustain an erection; premature ejaculation; retarded ejaculation; ejaculatory incompetence, that is, the inability to release semen into the vagina.

In women the most common problems are vaginismus, spasms or clamping of the vaginal muscles that prevent penetration, and difficulty in achieving orgasm.

Non-consummation that is due to impotence or vaginismus often occurs as a result of intense fear on the part of either or both partners. In some cases, however, non-consummation might simply be the result of a lack of knowledge.

A few sexual problems have medical causes. An overtight foreskin, for example, can make intercourse painful, while undescended testicle might cause embarrassment; both can be treated surgically. Some illnesses, such as diabetes, heart, lung, or kidney disease, and previous prostrate surgery, can cause impotence. Some drugs, notably those prescribed for depression and high blood pressure, and tranquilizers, can affect sexual response, particularly in men.

During the midlife transition men often experience a drop in sexual desire and performance. In women, vaginal soreness after childbirth, reduced lubrication in the vagina as a result of

menopause, and gynecological problems, such as ovarian cysts and vaginal infections, can make intercourse uncomfortable or painful.

If doctors and marriage counselors, sex therapists themselves cannot help you; they might be able to suggest other therapies available. With perseverance and positive attitude most couples can overcome their problems.

HOW GOOD IS YOUR SEX LIFE?

Do any of the following apply to you?

1. I cannot tell my partner what I want him/her to do in love making?
2. Our sex life is so predictable; I always know what is coming next.
3. Our sex life lacks passion or tenderness.
4. Other people enjoy sex but we don't
5. I wish my partner will try something new
6. There must be more to making love than this.

If two or more of the above are true for you, it is time you inject new life into your sexual relationships.

GETTING THE MOST OUT OF YOUR SEX LIFE

1. If your lovemaking follows a pattern, vary the order of events.
2. Put romance back into your life with flowers, soft music, and a candle-lit dinner. Seduce each other.
3. Vary the amount of sex you usually have. If it's twice a week, try it twice in one day.
4. Treat sex as fun, and add a touch of unpredictability.
5. Try making love in different surroundings.
6. Speak to your spouse during sex and express your desires or simply say you like what he or she is doing.
7. Say "yes" to sex even if you do not feel like it. Then make the effort to enjoy yourself.
8. Think of lovemaking as if it were your first time and try to discover something new about your lover's sexuality each time.
9. Tell each other why you like/love each other.
10. Set aside a whole evening just to touch, stroke, caress, and massage each other.
11. Say, "thank you for making love to me" once in a while.

WORD OF WISDOM

1. **It takes your all to make marriage succeed. Your whole heart, love, money, energy, creativity and entire personality are required.**

2. **For your marriage to work, don't concentrate on what your spouse can give or buy for you, but concentrate on what you can give to make your spouse happy.**
3. **No relationship will succeed when only one party is giving and making input for the success of the relationship. It takes two to succeed in a relationship.**
4. **If the two of you will attempt to outdo each other in showing love, caring and buying of gifts, I assure you, your relationship will stand the test of time.**
5. **Sincerity is the ingredient that heals hurts in relationships. It enables one to accept responsibility of mistakes and offenses committed within the relationship, apologize and make amends.**
6. **Selfishness, greed and secrecy are destroyers of relationship any day, any time anywhere.**
7. **Becoming like Christ takes away stress from marriage.**
8. **Submission is the key to greater love.**
9. **Freedom of sex expressions in marriage strengthens the bond of love and oneness.**
10. **The term "my husband" and "my wife" is for only those who are legally married.**