

SEX BUSTERS vs BOOSTERS

Experiencing Sexual Intimacy Series - Part 4

Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all his demands and moves towards the goal of true maturity. (Rom 12:2 Phillips)

The devil tells us lies about sex:

1. Married sex is _____.
2. Sex is _____.

Marriage should be honored by all, and the marriage bed kept pure.... (Hebrews 13:4)

➤ **SEX BUSTER #1:** _____ **and** _____

See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. See that no one is sexually immoral(Heb. 12:15,16A)

➤ **SEX BOOSTER #1:** _____ **and** _____

1. It takes _____ positives to outweigh one negative
2. Usually when a woman feels _____, she is eager to open herself up to her husband sexually.

Awake, north wind, and come, south wind! Blow on my garden, that its fragrance may spread abroad. Let my lover come into his garden and taste its choice fruits. (S of S 4:16)

➤ **SEX BUSTER #2:** _____ **and Touchiness/Defensiveness**

1. Stonewalling: Refusing to _____ about something.
2. Touchiness: Easily _____, self-defensive.

➤ **SEX BOOSTER #2: Be** _____ **and** _____

1. Read and discuss books and CDs/DVDs like: *A Celebration of Sex* (Roseneau), *Restoring the Pleasure* (Penner's), *Experiencing Sexual Intimacy* CD's (Gillogly's) and *52 Ways to Have Fun Fantastic Sex* (Penner's), *Intimate Issues* (Lorraine Pintus and Linda Dillow).

2. Dare to be _____:
 - 1) _____
 - 2) Investigate each other's _____ techniques.
 - 3) _____
 - 4) Special _____

Come, my lover, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom-- there I will give you my love. (S of S 7:11-12)

Our prescription:

- Daily – 15 minutes (_____ & touching)
- Weekly – A 2 hour _____
- Quarterly – An _____
- 2 X per year – A _____ away

➤ **SEX BUSTER #3:** _____

1. Demanding stifles _____ and _____ (I Cor. 7:3-5)
2. _____ is demanding.
3. Demanding that your mate try a new sexual behavior lowers their _____.

➤ **SEX BOOSTER #3:** _____ **without expectation**

This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. (1 John 4:10-11)

➤ **SEX BUSTER #4 –** _____

➤ **SEX BOOSTER #4 – Make _____ Your Priority**

1. Re-order your _____ and De-clutter your _____.
2. Don't forget to have _____!
 - 1) Private names for _____
 - 2) Pleasuring without _____

➤ **SEX BUSTER #5 –** _____

➤ **SEX BOOSTER #5 – Get a New _____**

1. Love as though there is only _____.

2. Men: Do your _____ about your wife.

Why would you gaze on the Shulammitte as on the dance of Mahanaim? How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheat encircled by lilies. Your breasts are like two fawns, twins of a gazelle. Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim. Your nose is like the tower of Lebanon looking toward Damascus. Your head crowns you like Mount Carmel. Your hair is like royal tapestry; the king is held captive by its tresses. How beautiful you are and how pleasing, O love, with your delights! Your stature is like that of the palm, and your breasts like clusters of fruit. (S of S 6:13-7:7)

I said, "I will climb the palm tree; I will take hold of its fruit." May your breasts be like the clusters of the vine, the fragrance of your breath like apples, and your mouth like the best wine. May the wine go straight to my lover, flowing gently over lips and teeth. (S of S 7:8-9)

3. Women: Allow yourself to _____ about sex with your husband.

My lover is radiant and ruddy, outstanding among ten thousand. His head is purest gold; his hair is wavy and black as a raven. His eyes are like doves by the water streams, washed in milk, mounted like jewels. His cheeks are like beds of spice yielding perfume. His lips are like lilies dripping with myrrh. His arms are rods of gold set with chrysolite. His body is like polished ivory decorated with sapphires. His legs are pillars of marble set on bases of pure gold. His appearance is like Lebanon, choice as its cedars. His mouth is sweetness itself; he is altogether lovely. This is my lover, this is my friend. (S of S 5:10-16)

➤ CONCLUSION

Let my lover come into his garden and taste its choice fruits. I have come into my garden, my sister, my bride; I have gathered my myrrh with my spice. I have eaten my honeycomb and my honey; I have drunk my wine and my milk. Eat, O friends, and drink; drink your fill, O lovers. (S of S 4:16-5:1)

➤ COUPLE SHARING

1. What you want your mate to wear most for making love?
2. How you would like sex to be initiated?
3. Share a new place you would like to make love.
4. When do you like sex the most?
5. How can you improve your mutuality of giving (see I Corinthians 7)?

SEX BOOSTER DISCUSSION

Directions: Share and discuss these with your spouse. If some of the questions are too intimidating, save them until later. But discuss as many as you can.

1. Before we were married, what I looked forward to most as I thought about our future sexual relationship was:
2. Before we were married, my greatest fantasy about you (or us) was:
3. In my mind, the best time(s) we have had sexually have been in (location):
4. To me, sex would be even more inviting if I:
5. To me, sex would be even more inviting if you:
6. The best time of day for me to “make love” is:
7. The worst time of the day for me to be sexually excited is:
8. At times when my sexual responses are slow, or I’m not in the mood, I’d generally like for you to:
9. The way (or words) I’d like to hear from you when you want to “make love” is (are):
10. When other people are around and you are thinking about “making love” let me know by:
11. When preparing for “making love,” the most exciting things you can do for me are:
12. You turn me “on” the most when you:
13. I’d like you to touch me in the following ways when we “make love”:
14. I’d like you to say the following things when we “make love”:
15. With only positive growth in mind, the areas I believe we need to work on improving in our sexual relationship are:

(This discussion guide is an excerpt from *Experiencing Oneness* by Harold & Bette Gillogly, Joy Publishing, page 145)