

FROM GOOD SEX TO GREAT SEX: Getting There Is Half the Fun

Experiencing Sexual Intimacy Series - Part 3

May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer – may her breasts satisfy you always, may you ever be captivated by her love. (Proverbs 5:18, 19)

➤ The Fun of Getting There

1. Initiating Sex

- 1) Who should initiate sex? _____ about it
- 2) When
 - Make it _____
 - Owls and doves *can* _____ to each other
- 3) Where
 - Be creative
 - Respect one another's need for _____
- 4) How
 - Never _____
 - Don't play the approach-avoidance _____

2. Let the Fun Begin

- 1) Sexual _____ -- in the nude
- 2) Sensual Surprises
- 3) Pleasuring (page 146 in *Experiencing Oneness*)*
- 4) Take *responsibility* for your _____:
 - _____ your partner's preferences
 - _____ to be "scratched" where you "itch"
 - _____ to your partner when he/she is doing something that "turns you off"
- 5) _____ your responses
- 6) The truth about clitoral stimulation
 - Most women _____ clitoral stimulation
 - It is not the "turn on" _____
 - _____ about your needs

- 7) Have fun with what you wear -- or don't wear.
 - Wear what _____ your mate
 - Silk, fur, leather, skin...clean and shaved

➤ **The Fun of Being There**

1. The truth about simultaneous orgasm

- 1) Very _____ can achieve this
- 2) What should be the _____ of lovemaking?

2. Orgasm for women

- 1) _____ exercises
- 2) God has _____ you for orgasm

3. Orgasm for men -- To increase intensity of orgasm:

- 1) Wait at least ____ hours after previous orgasm to store more seminal fluid
- 2) _____ your wife's ecstatic responses
- 3) _____ your anal sphincter muscles during orgasm
- 4) Increase force of _____ while orgasm is in progress
- 5) Listen to and discuss *Experiencing Sexual Intimacy* CD's.*

➤ **Couple Sharing**

Schedule a date within two weeks on which you will discuss at least one of the following:

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

*Available in our GTO store at www.marriages.net/gto-store