

Seven Secrets of a Great Lover
Experiencing Sexual Intimacy Series - Part 5

➤ **Secret #1: They have the right _____ about sex.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

1. They get their perspective from _____.

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

2. They give _____ high priority.

Enjoy the wife you married as a young man! Lovely as an angel, beautiful as a rose – don't ever quit taking delight in her body. Never take her love for granted! (Proverbs 5:18 MSG)

➤ **Secret #2: They are willing to _____ and _____.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

1. They are _____.

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. (Song of Songs 7:11,12)

2. They grow in understanding their mate's _____

Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered. (1 Peter 3:7)

➤ **Secret #3: They communicate _____.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

Speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. (Eph 4:15)

➤ **Secret #4: They sincerely _____ and _____ their mate.**
(Rate yourself: 1 2 3 4 5 6 7 8 9 10)

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. (Phil. 4:8)

Mates Version: Finally, brothers and sisters, whatever is true about your mate, whatever is noble about your mate, whatever is right about your mate, whatever is pure, whatever is lovely, whatever is admirable about your mate – if anything about that man, if anything about that woman, is excellent or praiseworthy – think about such things.

1. _____ & _____ your mate

2. It takes _____ positives to outweigh one negative

3. Usually when a woman knows her husband admires and adores her, she will be _____ attracted to him.

➤ **Secret #5: They freely _____ their mate.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

_____ only about your mate, not others.

➤ **Secret #6: They put their mate's _____ above their own.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

1. They are thoughtful and _____ 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)

2. They _____ their own desires without demanding or manipulating.

▶ They take responsibility for their own sexual _____.

▶ They make sure they give their mate complete freedom to say “_____.”

➤ **Secret #7: They consistently make their love _____.** (Rate yourself: 1 2 3 4 5 6 7 8 9 10)

1. They invest _____ in their relationship.

Daily - 15 minutes _____ and touching

Weekly - 2 hour _____ alone

Quarterly - an _____

2x /Year - a _____ away

2. They put into _____ what they know.

➤ **Conclusion**

Now that you know these things, do them. That is the path of blessing. (John 13:17 LB)

➤ **Couple Sharing**

1. Share with your mate the Secret you most want to improve on (look back over the numbers you entered and select one of the lower ones).
2. Ask your mate for two or three specific actions you could take in that area which would show them you are becoming a great lover.
3. Set a time this week to talk about as many of the items on the Intimacy Discussion Sheet as you can. Push yourselves a little beyond your comfort zone.

Intimacy Discussion Sheet

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)