

how often?

Obviously there is no clear answer to this question. Twice a week may be typical but there are considerable variations. There is cause for concern if the frequency drops below once a month or if a partner is not satisfied.

It is likely that one partner will desire intercourse more frequently than the other. This may change and reverse during the course of marriage.

Men have a physical reason to desire for intercourse due to the build up of seminal fluid.

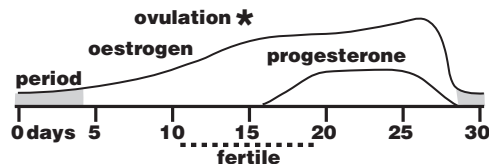
If there is a problem: (1 Cor 7:1-7)

- Discuss the situation
- Is the rest of the relationship healthy? Other difficulties (resentment, anger etc.) will be reflected in your sex life.
- Tiredness, anxiety, tension, stress, physical illness will depress the desire for having sex. Take steps to reduce these problems.

Partner desiring sex more - Pray for self control; reassure your partner of your love for them; try to understand them - not resent them; take steps to help and encourage your partner.

Partner desiring sex less - Reassure your partner that you love them; pray for God's help; work on enjoying sex more.

menstrual cycle



A woman may experience a variety of changes within herself as a result of the varying levels of hormones

PMT

Occurs just before the period when there is a large drop in hormone level. Symptoms are very varied but include increased sensitivity, tearfulness, feeling on edge, depression, increased appetite, headaches, bloated feeling, confusion.

Ovulation - Can be uncomfortable for some women

Periods

Most women do not enjoy menstruation. It is limiting and uncomfortable. For some it is a painful and miserable time. Intercourse is best avoided during the period.

NB Intercourse is usually possible during pregnancy.

Husband

Notice any monthly mood cycles and make the most of the good times. Be sensitive and gentle with PM and during the period.

contraception

It is good to have children and they bring blessing and maturity to parents - Gen 1:28, Psalm 127:3-5

You may wish, however to plan your family so that you can look after your children most effectively.

There are several methods of contraception:

Natural - choosing the safe time in the menstrual cycle - not very reliable. Withdrawal - hopeless!

Barrier Methods - Condom, diaphragm - can be difficult to use, can fail.

IUD - coil - prevents development of the foetus in the womb - actually a very early abortion.

The Pill - now very popular - ovulation is prevented by changing the hormone levels in the body - there are some side effects.

Sterilisation - a permanent option when you are sure you will want no more children - not suitable for newly married couples.

Oral and anal sex etc

There are no comments in the Bible about these and other sexual behaviour which may not be considered as straight sex. It is for Christians to assess motives and suitability of their sexual behaviour. It may be considered as unnatural (Rom 1:24).

Marriage [3]

sex in the bible

Gen 1:27-28

Invented by God for **procreation** to continue human race. This was before the fall.

Gen 2:24 Matt 19:4-6 1 Cor 6:15-16 Eph 5:31-33

An act **uniting** a man and a woman in marriage. The "one flesh" is both a physical and spiritual union and is a reflection of the union between Christ and his church.

Prov 5:15-19

For **enjoyment** of intimate physical relationship together.

1 Cor 7:2-5

For **preservation and protection** of the marriage relationship.

song of songs

This is a beautiful love song describing the tender relationship between man and woman. The story is difficult to follow but there are a number of scenes expressing the passions of love. There are vivid descriptions of the human body (4:1-7, 5:10-16, 6:4-10, 7:1-9), intense expressions of love and desire (2:1-17, 4:8-5:1, 6:1-3, 7:10-8:7) and the longing for a loved one far away (3:1-3, 5:2-8). There is a refrain echoing the power of love and a warning not to arouse it until the appropriate time (2:7, 3:5, 8:4). This is an excellent love song to read on your honeymoon!

bad sex

Heb 13:4 1 Thess 4:3-8

There are numerous warnings about bad sex in the bible. Sexual relationships are only for a man and a woman in the covenant of marriage.

Love concentrates on the relationship with the other person, lust concentrates on self gratification in sex.

expectations

As a newly married couple, you are likely to have high expectations of your sexual relationship. Although the act is natural, it can take time to perfect! Hopefully your lovemaking will continue and improve as time goes on...you have plenty of time!

how to..

foreplay

It is important to spend time kissing, cuddling and caressing each other before you have intercourse. Explore each other's bodies gently. Foreplay is particularly important for women who often take longer to be aroused (it is often helpful to stroke the clitoris just inside the vagina).

As the husband is aroused, his penis becomes erect and it is important not to stimulate him too much at this stage. As the wife is aroused, she produces a lubricant in the vagina which facilitates intercourse.

intercourse

The husband places his penis gently in his wife's vagina. Then for a while they both enjoy the movement of his penis back and forth inside her vagina - this should be for as long as possible. Eventually the husband reaches a climax (orgasm) and ejaculates semen into his wife. The wife also reaches a climax (orgasm) ideally at the same time as the husband.

relaxation

The act is completed as you relax together and enjoy your warmth and closeness.

difficulties

husband

Men sometimes have difficulty in achieving an erection and may need extra stimulation. Another problem is premature ejaculation - sometimes even before intercourse has begun! Most men experience these problems at times if they are stressed or tired - eg the wedding night! The causes are often psychological.

Relax and concentrate on loving your partner - it is not a performance sport! If problems persist - get some help.

wife

Women sometimes do not produce sufficient lubricant in their vagina for comfortable sex. They also sometimes have problem reaching a climax. Again these problems can be psychological caused by stress and tiredness. Relax!

Vaginal lubricants can be purchased at chemists. If you have continuing discomfort in intercourse or other difficulties - get some help.

You may experience bleeding when you have sex for the first time. Women sometimes get "honeymoon cystitis" when they start having sex. It is not a serious problem but causes discomfort and burning on passing urine. Drink lots. Best to seek medical advice.

both

For both partners, making love can be an exciting and meaningful experience whether or not a climax is achieved. Enjoy your intimacy and being close together. Help each other and remember that you have plenty of time to learn more.

hints and tips

husband

- Learn as much as possible
- Concentrate on wife's satisfaction - foreplay and self control
- Talk to wife - women more turned on by verbal communication
- Reassure wife that you love her and value her
- Start wooing when you arrive home - gifts, flowers!
- Respect wife's need for privacy
- Keep clean - beware bad breath, smelly feet etc.
- Don't fear failure

wife

- Maintain a positive attitude to sex, yourself and your husband
- Relax. Forget about the day. Have a bath!
- Look good - men are more turned on by what they see
- Reassure husband of his manliness
- Concentrate on husband's satisfaction
- Be an active partner - initiate
- Keep clean - beware unpleasant smells
- Don't fear failure