

Open the Car Door & Great Love Tips

Husband Tip - Please open your wife's car door for her to get in almost all the time. If you do this, great job! If you do not do this, start immediately and continue forever. This is a near daily effort that will continue to show your love and service to your wife, which will have far reaching effects in your marriage and even your children's marriages. I was reminded myself of the very specialness of this effort this past week. My wonderful husband Bruce has done this for me almost all the time ever since we started dating. However, last Thursday on our way to and home from our small group meeting, he did not do it. I then realized how much I appreciate it and how special it makes me feel...

Wife Tip (and husbands please read also!!) - Please make great sex and time with your husband (or wives) your main priority. In my work at physicals to encourage marriages, I am reminded of the frequent disparity between women and men of their sexual interest. Us women are much more likely are affected by work and children and home demands to lower our sexual desire. To counter these exhausting demands, we need to be intentional to think about our Lord's gift of our husbands, and plan into our schedules as a priority making love frequently (AT LEAST TWICE A WEEK!) and time alone together daily. Remember, what we spend our time upon demonstrates our priorities - to ourselves, our husband, and our children who are constantly watching and learning from us...

Two great books for you to read to greatly help you with ideas to get or maintain an amazing intimate marriage, are "Red Hot Monogamy - Making Your Marriage Sizzle" by Bill and Pam Farrell, and "Intimate Issues - Conversations Woman to Woman" by Linda Dillow and Lorraine Pintus.

From *Red Hot Monogamy*

"Couples need T.I.M.E. together. Here is what we see as a minimum time commitment you should have together just to maintain your relationship:

Ten to twenty minutes to talk together ALONE every day.

Invest in a weekly date night (or date lunch or breakfast) together for at least 4 hours (takes a couple hours to emotionally connect and leave some time for love making).

Make a monthly "day away" policy. At least once a month spend 8 - 12 uninterrupted hours together to reconnect. You can spend time doing things you BOTH enjoy (exercising, relaxing, errands, etc.), and be sure to have the house or your bedroom alone for some red-hot monogamy during this special time together.

Escape quarterly (or at least biannually) for a 48 hour weekend, and you can keep a special marriage treasure box to save up money for your special times together."

From "Intimate Issues"

Mind our mind! God gave us our minds with the expectation that we are to rule them - uproot weeds of past bad sexual images or attitudes, and renew and transform our minds with Scripture teaching on wonderful exhilarating marital love. "Set your mind on the things above, not on the things that are on the earth" (Colossians 3:2) "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind" (Romans 12:2). Memorize Scripture and ask God to open your mind and feelings to these and other seeds from Scripture...

"As a loving hind and a graceful doe, let (my) breasts satisfy you at all times; be exhilarated always with (my) love. "(Proverbs 5:19)

"His mouth is full of sweetness. And he is wholly desirable. This is my beloved and this is my friend." (Song of Solomon 5:16)

"I am my beloved's, and his desire is for me." (Song of Solomon 7:10)

Meditation sends the roots of Scripture down deep as you personalize what you've memorized and pray it back to God. For example you can meditate on Proverbs 5:19 by praying... "God, thank You that You say that I am to be like a graceful and beautiful deer to my husband, that my breasts are to satisfy him at all times. God, show me how to be a creative and sensuous lover to him, how to use my breasts, my body to give him pleasure. I want him to be intoxicated and exhilarated with my skill as a lover."

Let your mind go and appreciate and meditate upon the manliness of your God-given lover and husband! Shulamith, a biblical example of a Godly and sensuous wife, used her mind to shift into sexual gear. She had placed a storehouse of treasured erotic memories in her mind and pulled them out reliving them. She is thinking about her lover, Solomon, in very sensuous ways. Listen to the start of her beautiful words, and then read them and the Song of Solomon in your Bible, asking our Lord to open up and renew and transform your mind...

"My beloved is dazzling and ruddy, outstanding among ten thousand. His head is like gold, pure gold; his locks are like clusters of dates, and black as a raven. His eyes are like doves, beside streams of water, bathed in milk and reposed in their setting. His cheeks are like a bed of balsam, banks of sweet-scented herbs; his lips are lilies, dripping with liquid myrrh. His hands are rods of gold set with beryl; his abdomen is carved ivory inlaid with sapphires. His legs are pillars of alabaster set on pedestals of pure gold; his appearance is

like Lebanon, choice as the cedars. His mouth is full of sweetness. And he is wholly desirable. This is my beloved and this is my friend, O daughters of Jerusalem..." (Song of Solomon 5:10-16)