

#PillowTalk - Three keys to **SPICY** sex!

Sex is one of God's greatest gifts to mankind and it was given to be enjoyed by **married** couples for life. Sadly, many couples struggle in the bedroom. I'm not talking about performance or enhancement, I'm talking about the basics. Most couples (myself included) struggle at the most fundamental parts of a marital and ultimately sexual relationship. So before you condemn yourself to a sucky sex life for eternity lets go over these three simple keys that lead to INCREDIBLY **SPICY** SEX!

1. Spend time face **to** face before you spend time face **on** face.

GUYS, we all love fast paced spontaneous sex, but our women (typically) don't. Most often your wife wants time **WITH** you before she will be interested in time **ON** you. One of the best things a guy can do is spend time with his wife face to face. With no agenda, no motive, no pushiness. Just time. Three of the best questions you can ask are,

- How was **your** day?
- How can I **help**? (with whatever she seems to be doing right now or with a situation she is telling you about)
- How do you **feel** about that? (can be about anything)

These three questions allow your wife to open up. What do you do next? You **listen**. **WITH YOUR FACE**. You don't ask

these questions while you stare at your phone, you don't ask them while you stare at the TV, you don't ask them while you are distracted you ask them face to face with nothing else going on. If the phone rings you **ignore it**.

Do yourself a favor, tonight, when it's you and your wife alone, pull her to the side, look her in the face and ask her these questions. Then just sit and listen to what she has to say. This simple act will change your relationship forever.

The best dates for your wife are dates where you get exclusive time together. A marshmallow roasting romantic fire pit in the backyard, a great dinner and game night just the two of you (No kids allowed), hiking trails, going for ice cream and a walk, etc...

When you are on dates with your wife, don't feel like you have to have something planned for every second, allow for time for the two of you to be together with no distractions.

LADIES, your man connects over things he likes to do. I know you struggle to get him to open up, and it's hard to understand what he is thinking. (Unless he is thinking about sex, he doesn't struggle with that one lol). Typically you like the direct approach to feelings, you want to sit down and let it out. He is the opposite (It's why you love him) he expresses himself through doing things, if you want your man to open up and talk, take him on a drive, let him drive and you listen as

he talks. Interrogations are much easier when he is distracted ;).

Come, my lover, let us go to the countryside, let us spend the night in the villages. Song of Solomon 7:11

As the verse above says, you can also join your husband in what he likes to do, maybe he likes to fish or hunt, you don't have to go with him, sometimes just helping him pack the boat or showing support when he wants to go is enough. Packing lunches, picking up some extra fishing gear at the store (Even if you have no idea what it does or if its the right thing), or even learning the lingo of his hobby can go a long way in helping your husband open up to you.

The best dates for you to plan for your man are dates where you do something together that you both enjoy. Bowling, axe throwing, mini golf, a Nerf war at your house, fishing at a pond, etc...

2. Guys = **Microwaves** / Ladies = **Crockpots**

How beautiful your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of a craftsman's hands. 2 Your navel is a rounded goblet that never lacks blended wine. Your waist is a mound of wheaten circled by lilies. 3 Your breasts are like two fawns, twins of a gazelle. 4 Your neck is like an ivory tower. Your eyes are the pools of Heshbon by the gate of Bath Rabbim... Song of Solomon 7:1-4

GUYS, The verse above gives you a snapshot into the bedroom of Solomon and his wife. Solomon's wife is standing naked in front of him and he has the reserve and strength to not touch her, freak out or attack her, he actually takes time to compliment her. From her feet all the way up to her head he compliments every part of her. No jokes, laughing or crude humor. He is focused, considerate, and controlled. It's incredible and as a man I believe we can learn a lot from Solomon (he was the wisest man who ever lived after all).

Your wife is a crockpot. Have you ever tried to make dinner in a crockpot? If you want a meal out of a crockpot, you better **start early**. Crockpots produce some of the most incredible meals on the planet, BUT you better be ready to do the preparation and wait the time needed in order for the meal to be complete. You better slice carrots in the morning, prep the meat around lunch, stir and season throughout the day and FINALLY at dinner time it MIGHT be ready to eat.

Why is this understanding important? Because your wife doesn't approach sex the same way you do, your wife (typically) needs time, she needs affection, confirmation, and reinforcement before she is ready for sex. If you want to spice up your sex life, start preparing for sex the day before. Treat your wife like a crockpot. You don't get angry at your crockpot for not cooking like a microwave, why? Because that would be dumb your crockpot is not a microwave, it needs more time and attention but it can also produce some of the most

delicious meals ever made. If you want to spice things up with your wife, don't be in a rush, prep, take your time and be prepared to invest.

LADIES, Solomon's wife stood **naked** in front of him. If you want a spicy sex life you have to be willing to be vulnerable with your husband. Not just physically but mentally, emotionally and spiritually. This is usually not fun, exposing yourself and leaving yourself open is difficult to do. Your husband is the one person that you have to try with. No one else should ever get to see you that way or talk to you about those things but your relationship with your husband is special.

Ladies, your husband is a microwave, “**DING**” and your husband is ready to go. No prep, affection or investment needed. He can go in the kitchen, living room, bedroom, office, lights on or off he doesn't care he is a sex machine. I know this seems gross or weird to you but it's the way he is wired. He doesn't do it because he wants to annoy you, he does it because he loves you.

For you, there are a few important things to remember, your husband needs sex to feel validated by you, he needs you to love him in that way. Typically your husband's love language is going to be physical touch, (At least one of his two love languages will be) This means that not only is physical touch the way your husband expresses love but it is also the way he

FEELS loved. So when you want to love him, touch him. (Not all touching has to be sexual but sexual touching is for sure not discouraged.)

Your husband is going to be working on taking his time, controlling himself and investing in an intentionally intimate life with you. I need you to work on being a little wild. (Just a little) be willing to put yourself out there for him. Buy clothing that only he gets to see you in, shower together, walk through the bedroom naked, be a little spontaneous. If nothing else, do it for him. He won't always "deserve" your unbridled affection but at times it is the only way that he will feel truly loved and validated by you. Take some risks and have lots of fun.

Final note here; when you engage your husband intimately, if you don't like something, **tell him**. I know it sounds weird but one of the best things you can do is communicate clearly about what you like, don't like, and ultimately how you feel **loved** the most. This note is not just pertaining to sex but even the leading up to sex, if you like when he does the dishes, rubs your back, shaves his face, whatever BE CLEAR. He cannot read your mind and you being mad at him about something you didn't clearly tell him isn't fair to him or to you.

3. **PRAY TOGETHER.**

Many moons ago I was a student pastor. Students of all ages always think that their relationships are going to last forever. I

read a stat one time that less than 10% of high school relationships will lead to marriage and of those 10% a whopping 60% would end in divorce. It always amazed me though how many students thought that their relationship would be the one. The one to not only make it to marriage but also to be the one that doesn't end in divorce!

So every year, around February in my student ministry I would do a relationships series, we would unpack sex, dating, marriage and friendship. During the dating talk I always had a couple rules...

- a. Don't ever be alone in a house with someone you are dating.

Houses have beds and empty beds in empty houses lead to babies...

- b. Don't ever pray together alone with a person you are dating.

This rule was a reinforcement of the first. I would be proud to hear that my students were praying. BUT if you happen to find yourself alone with a person you are dating DO NOT PRAY TOGETHER!

Sounds like I was a horrible youth pastor but this was for the students own good. Couples that pray together and for each other end up sleeping together. Why??

Because when we pray together and when we pray for each other it's so attractive to the other person that we can't keep our hands off them.

Prayer strengthens relationships. If you get nothing out of this document, get this, PRAY WITH YOUR SPOUSE.

Alone

In private

And just for them.

You don't pray for them in a group or with the kids in the room. You don't thank God for the weather. You sit face to face, bow your head and pray to God for your spouse. Pray for their strength, thank God for them, pray about how incredible they are and all the many blessings they bring to your life. Pray for the things that worry and scare them. Pray for them.

BUT when you do this, make sure you are alone, make sure the kids are asleep and make sure the bed is clear. Because once you start praying together and for each other, there is a good chance a violent fit of spicy sex is going to overcome you and you will have no choice but to fix that right then and there.

Final thing, I read a story years ago of an older couple who wanted to spice up their sex life.

They decided to do this through role play. The woman decided that she would get into some skimpy clothing and be tied to the bed and then her husband would dress up as batman and swing in to save her.

The two constructed the scene, she got into her skimpy clothes and he got into his batman costume. He tied her tightly to the bed and then went into the other room. Within seconds he burst through the door pretending to fight the make believe bad guys who had captured his wife.

But, the husband got a little carried away, he climbed on top of the dresser and leaped across the room, aiming for the bed where his wife was tied up. In his excitement the husband misjudged how short the ceiling fan was. With a loud crash the husband slammed into the ceiling fan and then fell to the floor unconscious.

Seeing her poor husband mangled on the floor the wife began screaming for help. It wasn't long before the neighbors contacted the police and the authorities made entry into the house. As the officers rounded the corner they entered the bedroom and found a poorly dressed woman tied to the bed screaming and Batman knocked out on the floor.

It was the talk of the town for ages.

I tell you this story for one reason, in a marriage, sex is great, trying different things to spice it up is not only good, it is encouraged (As long as both parties are ok with whatever it is). I want to give you one final piece of advice before I set you loose to try all of these things with your spouse, listen to your mate, have fun and **BE CAREFUL**.

Thank you so much for reading this document in its entirety, I really hope you had as much fun reading it as I had writing it.

Kendall