

A publication of
Genuine Joy Ministries

SPECIAL
POINTS OF
INTEREST:

- Christians report they have the most satisfactory sex lives.
- Bonding between husband and wife makes for a successful marriage.
- I've heard it said that there are no frigid women only inept husbands. But not to worry. All this means is you have something to learn together.

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The Hard Questions

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Answers to Life's Hard Questions— Are You Ready?

Genuine Joy Ministries has a new web site!
Now *Answers to Life's Hard Questions* are online.
www.genuinejoyministries.org Check us out!



Dear Joy,

Help! We are both Christians but my wife is shortchanging me. How do I get my wife to have sex with me more often?

Did you know that in most surveys on this subject, Christians report they have the most satisfactory sex lives? I think overall, the findings are true. However, there are, no doubt, a small percentage of women who don't enjoy sex for one reason or another, Christian or not.

Some of these reasons may include:

1. She was raised to think it is her duty and not to be enjoyed
2. She may believe that the sex act is mainly for procreation so enjoying it makes her feel guilty or dirty
3. It physically hurts
4. Her hormone levels are out of whack
5. You're not a skillful lover

6. A health reason—**not** meaning a convenient headache
7. She's angry: at you, at her lot in life, at herself, at God, or just because

Let's look at these reasons one at a time.

1. She was raised to think sex was a duty and not to be enjoyed

This kind of thinking is more likely in the older population but it is still around today. As her husband it is your responsibility to lead her to a better understanding of God's design for our sexuality and you are long overdue in doing this. Check out some of the Internet references at the end of this article. Scripture shows us that the Lord designed sex for: 1) our pleasure, 2) reproduction and 3) the bonding of husband and wife.

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

2. She may believe that the sex act is mainly for procreation so enjoying it makes her feel guilty or dirty.

Bonding between husband and wife makes for a successful marriage. We all have our own idiosyncrasies, weirdness, and flaws that we have to deal with and so does our spouse. Usually these are not too apparent before an "I do" is said. The sex act, if it is enjoyable for both parties, is like the cement that holds the marriage together. God knows we



**You dated
her once
didn't you?
Do it again.**

Let the wife make
her husband glad
to come home
and let him make
her sorry to see
him leave.

Martin Luther

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need all the help we can get. Melding two people together as one unit is hard enough since both parties bring enough baggage along to take a cruise. So, find out what you need to do to make it enjoyable for her. (This may mean putting your ego aside and humbling yourself to find out what is bothering her.)

“Haven't you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? So they are no longer two, but one. Therefore what God has joined together, let man not separate.” Matthew 19:4-6

3. It physically hurts

If it hurts her physically, she may not want to tell you and just suffer in silence—women are like that sometimes. There can be a host of physical reasons for this. Insist she make a visit to her gynecologist to find the problem but do this in a loving and kind way to show her that it's intended for her good.

4. Her hormone levels are out of whack

Women are pretty much controlled by their hormones, some of the time without their knowledge or understanding of the problem. Maybe you're acquainted with her mood

swings or sudden fits of crying for no reason—usually around the time of her period? Her hormones are out of control. Perhaps if this is the case, a visit to her gynecologist is in order.

5. You're not a skillful lover

Yeah, I know. Now I've gone to meddling but hear me out—this may be important. I've heard it said that there are no frigid women only inept husbands. But not to worry. All this means is you have something to learn together. Take her by the hand and tell her you are going on an adventure together. It will take putting your ego, inability to talk about it, and macho image aside but it will be worth it in the long run. Starting with scripture might be a good idea. Here are a few: Genesis 2:24; Matthew 19: 4-6; I Corinthians 7:4 and the Song of Solomon. Then you need to talk openly with your wife to find out what she likes sexually. She doesn't know what she likes? So try different things—gently and slowly—and see what turns her on. Remember, men are visual creatures but women are into feelings. You might start in the kitchen, even, by helping her with a chore or two and surprise her while she's at the sink or stove with a lingering kiss on her neck. You could even talk to her and tell her how much you love taking the garbage out for her. After you revive her from her dead faint, you follow up by whispering sweet nothings in her ear. You dated her once, didn't you? Do it again. All this is called “foreplay” and women love it unless...but we'll cover that later.

6. A health reason—not meaning a convenient headache

It seems odd to even include this one, but women can be sick and not even know it, especially those with young children. It may be just a matter of her feeling unwell but since she's so busy with car-pooling, fixing lunches, working, doing the laundry, cleaning bathrooms, refereeing the kids, etc. etc. she puts off her needs for the greater needs of her family. Plus she may not want to bother you with her difficulty but at the end of the day it may be all she can do to flop into bed and try to prepare for another day. If this is the case—talking will help you find out—then a visit with her primary care physician is in order. Insist upon it.

7. She's angry: at you, at her lot in life, at herself, at God, or just because

This is the tricky one. I'm not talking about momentary angry but repressed anger. Maybe you already know she's got a lot of anger, maybe not. Anger can be hidden by depression. Some psychologists believe that depression is anger turned inward. This is the place where all the kindness,



A successful marriage requires falling in love many times, always with the same person.
Mignon McLaughlin

Continued from page 2

loving words, and helpfulness may not help. (Remember where I said foreplay may not work all the time? Well this is it.) It's important not to put bandaids on the problem but to find out the reason for her anger. Maybe it's something you've done or not done or it could be related to a host of things. You need to help her find out what is at the bottom of her anger. She may have a good reason to be angry but she still needs your help. This one requires patience on your part, lots of prayer and a willingness to find the problem no matter what. A Christian psychologist may be helpful or talking to your pastor or talking gently and lovingly to your wife.



Sex is another way of
Communicating.....

Sex is another way of communicating and unfortunately many men would prefer it to be their only method of communication. Women on the other hand, would you believe it, usually prefer speaking, talking, verbalizing as a method of communication. A wise husband adjusts his preferences to his mate's preferences. Some men are called the strong-silent type. I'm just this way and can't help myself goes their thinking. With enough determination, will power and incentive (a more active sex life) anyone can make desired changes. Communication provides the key to the problems outlined here. You can do it with God's help and the realization that you may very well have a better marriage, a happier wife and an exciting sex life.

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

“Surprise her while she’s at the sink or stove with a lingering kiss on her neck.”

Further References

WEBSITES:

- www.christian-sex.info
- www.intimatemarriage.com

BOOKS:

- *A Celebration of Sex* by Doug Rosenau
- *The Gift of Sex* by Clifford L. Penner

My wife says I never listen to her... at least I think that's what she said.



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Helping you find genuine joy!

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Sometimes you come up with really hard, tough questions that you don't have the answers to.

At times you're too embarrassed or uncomfortable to ask your friends and family... and when you are brave enough to ask the questions, even they don't always have the answers.

You don't think you have anyone that you can talk to... well now you do.

Genuine Joy Ministries is dedicated to helping you find the answers to life's hardest questions.

Call us—Write us—Fax us—Email us



Just for Fun—The Popsicle



The only way to pull off a Sunday afternoon quickie with their 8 year old son in the apartment was to send him out on the balcony with a popsicle and tell him to report from the balcony on all the neighborhood activities.

He began his commentary as his parents put their plan into operation:

'There's a car being towed from the parking lot', he shouted.

A few moments passed ...

'An ambulance just went by'

A few moments later,

'Looks like the Anderson 's have company', he called out.

'Matt's riding a new bike...'



A few moments later,

'Looks like the Sanders are moving'

'Jason is on his skate board...'

A few more moments,

'The Coopers are having sex!

Startled, his Mother and Dad shot up in bed!

Dad cautiously called out,

'How do you know they are having sex?'

'Jimmy Cooper is standing on his balcony with a popsicle.'

THE HARD QUESTIONS — DO YOU HAVE ONE?