Marriage & Sexual Intimacy
The Challenge!
Three Main Points

Why Does Marriage Kill Desire?

What Does Healthy Sexual Intimacy Look Like?

How Can I Develop a Foundation for Sexual Desire?
Why Does Marriage Kill Desire?

Your Personal Growth Must Keep Pace With the Increased Challenges of Marriage in order for Sexual Desire to be Alive and Active.

- The Ski Slope
- The Funnel
True, Oh So True!

“I will forever cherish my original misconceptions of you!”

“Love” is that short period of time when a person of the opposite sex holds the same opinion of us as we do ourselves.
The Take Away: The Point

• Desire is not Looking for a New Object; Desire is Looking for a New Subject!
  (A New You!)

• Sexual Development Must Shift from Passive (“You are responsible for turning me on.”) to Active (“I am responsible for increasing my sexual foundation with you!”)

• Sexual Development Involves Thoughtful Effort, Playful Courage, and Patient Practice.
Simple Questions to Ask Yourself

“Do I Want to be Desired and Found Attractive?”

“Do I Want to be Wanted?”

“Would I Like to be Desired?”

“Am I Willing to Risk Being Desired?”
Some Good Ideas

1. Do Your Best to Not Irritate Your Spouse!

2. Don’t Constantly Focus on the Negatives in order to Get a Positive!

3. Reverse the Normal Sexual Response System: Men Learn to Connect; Women Learn to Develop a Self!

4. Stop Any and All Sexual Activities Outside of the Relationship!
Become a “Team!”

The Best Sex is Relational Sex!

A marker of Life-Long Sexual Satisfaction is your acceptance that, by nature, sex is relational. This is the solid foundation for sexual vitality!

Barry McCarthy

Enduring Desire: Your Guide to Life-Long Intimacy
Some Good Ideas

1. Take the Pressure Off of Sexual Intimacy: Don’t use the Word, “Need.”

2. Increase Your Avenues of Intimacy! Watch your “Goals!” Everything Doesn’t’ have to Lead to Intercourse!

3. Develop “Good Enough Sex!” Be a Team and Work Together on Your Sexual Growth Opportunities.

4. Take an Inventory with your Spouse and Rate Your Avenues of Connection and Intimacy!
Intimacy Inventory

1. Recreation Intimacy
2. Intellectual Intimacy
3. Work Intimacy
4. Commitment Intimacy
5. Communication Intimacy
6. Spiritual Intimacy
7. Emotional Intimacy
8. Creative Intimacy
9. Crisis Intimacy
10. Conflict Intimacy
11. Aesthetic Intimacy
12. Sexual Intimacy
Developing a Foundation

Relationship Intimacy

Personal Maturity
Greatest Desire Enhancer

The closest thing to repentance on earth is the ability to see ourselves for who we are and shake our heads and laugh.”

C.S. Lewis