An Online Post from an LDS Woman

I know I’m old, but I’m not dead, so I thought I’d add a lifetime of a sexlife into the mix here.  
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I confess that I feel sorry for husbands. They are given a strong and steady drive for sex, which when there is no release causes physical discomfort strong enough to cause irritability. When they’re irritable, we don’t want to be near them, let alone be intimate. Yet, we women have so many variables in our drive for sex that derail our urges. I believe this is the single biggest factor in determining how to become one in marriage. Sometimes, the wife has a stronger sex drive. But usually, it’s the husband. And the church teaches to be considerate of wives so much that men just have to do without….well….a lot. If you don’t have the urge, doing without is no problem. But if you do, and it’s strong, doing without is difficult, at best, and fracturing at worst.  
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My husband has had prostate cancer. Two different urologists told him he should be emptying his prostate daily or every-other day at most. Backing it up is very unhealthy over a lifetime. So even weekly sex is too long from a biological standpoint.  
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I’m not saying wives should always be in the mood. But I do believe it is a gift wives can give in that we are made to give sex even when we aren’t in the mood, except for cases such as some of you suffer with physical obstacles. Even then, the Lord blesses us with many others methods of having sexual fulfillment. Being tired all the time, having headaches, etc. is not being very loving, in my opinion. I’ve gone to Heavenly Father in prayer to seek the energy and mental attitude of positively initiating and participating in the marriage affirming act–which is the only thing that defines you as a married couple and not merely roommates.  
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I also believe emotional intimacy is what wives desire far more than physical intimacy. Husbands must learn that this drive in women is as strong and important as their sex drive. They must want to reach out to be emotionally intimate as much as wives should reach out to be physically intimate. Again, I am speaking in the common generalities that most husbands sex drives are more powerful than wives, and that most wives emotional intimacy needs are stronger than their husbands. When both needs and drives are being freely and positively offered and filled, the marriage is strong, vibrant and thriving. But when dry spells come for either type of intimacy, the marriage begins withering and dying.  
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So work it takes. Marriage doesn’t happen. Marriage is built. I hope we remember that God gave us our sex drives and needs for emotional oneness. Both are good and holy. Both are a celebration of being human beings, alive in the image of God. Nothing should come before our spouse and our spouse’s needs. Nothing. We so easily let children, work, callings, chores, and everything else wear us out till we have little left for the person we hope to spend eternity with. Make sure that there is enough energy left to become one at the end of the day, or to start the day being one–physically and emotionally. Don’t just go through the motions. Don’t just say an obligatory, “love you.” That is just copulating. Make it important and worthwhile. Make eye contact. Be in the moment. Forget the kids and bills and the worries of the day. This is your gift from loving Heavenly Parents to reaffirm your love, your joy, your hopes, your fun being together, your team spirit, your happiness.  
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Forget about the “messiness” and throw out that attitude that it isn’t worth the effort. That’s not good. Make it worth it! Remember, it takes work and the spirit of giving. Husbands, help with the clean-up. That can be fun, too! And give yourselves time to get back in the groove. Good sex is figured out by around 40, and fantastic sex by around 50 and beyond. Keep practicing. Make it part of your schedule. Just like you wouldn’t skip brushing your teeth to prevent tooth decay, don’t skip emotionally intimate sex to prevent marriage decay. Husbands, foreplay begins with flirting all day long. Text messages are a great way to flirt–didn’t have that in my day. Notes, a flower, a cupcake, hugs, intentional kisses, dip her once-in-a-while—-all such things must, must, must be part of your daily marriage.  
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No calling and no role in life is more important than your marriage covenant. And sex IS what makes the marriage different from being roommates. But women need and deserve the things that help them want to have sex. Wives, even when you’re not in the mood, remember he is. Constant rejection leads to nothing happy. Stop saying no. If he isn’t asking, it’s because he’s afraid you’ll say no again and he’s shutting down. So you go to him. It’s that important. He’ll love it. Wear something pretty. He won’t care if you still have baby weight, wear it anyway and he will love it and you will feel prettier. Be kind to each other. Fill one another’s needs. The Lord will absolutely bless your efforts.  
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Sorry for how long this is. Good luck to all! With much love, RockiesGma