

Marriage Preparation - Lesson 8

# Physical Intimacy



# April Conference Quotes:

## ■ 9 talks were specifically about marriage

Boyd K Packer - The end of all activity in the Church is to see that a man and a woman with their children are happy at home, sealed for eternity.

L. Tom Perry - Family is the center of life and is the key to eternal happiness.

D. Todd Christofferson - A family built on the marriage of a man and woman supplies the best setting for God's plan to thrive.

Joseph W. Sitati - The promise to all who are sealed in the covenant of eternal marriage and who are fruitful through keeping their covenants is that the adversary will never have power to undermine the foundation of their eternal companionship.

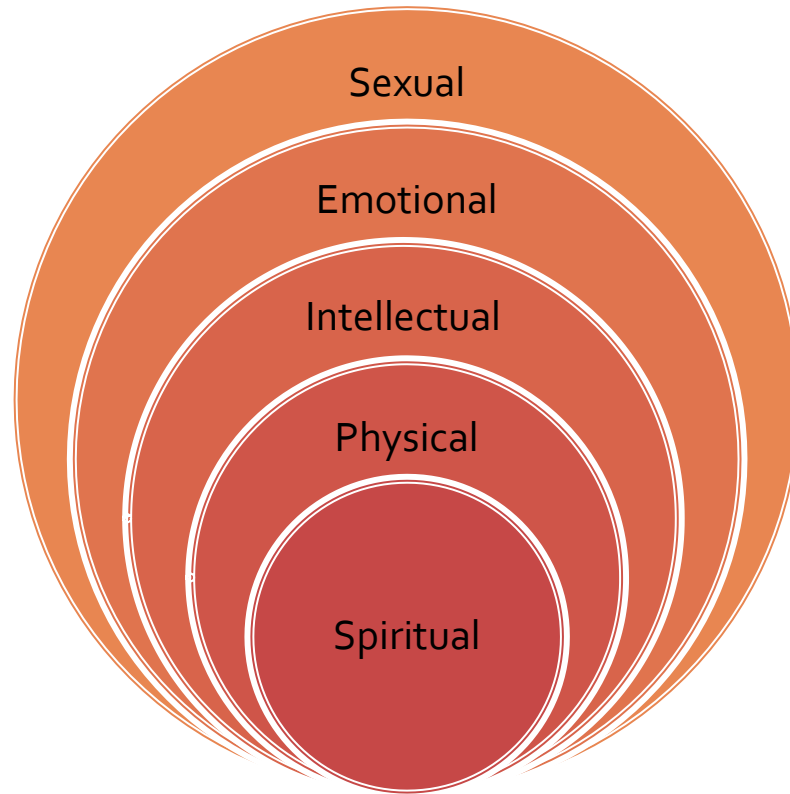
Cheryl A. Esplin - Families are the Lord's workshop on earth to help us learn and live the gospel.



# Sexuality and Spirituality are not opposites!



**You are a complex being, and sexuality is one of your important traits.**

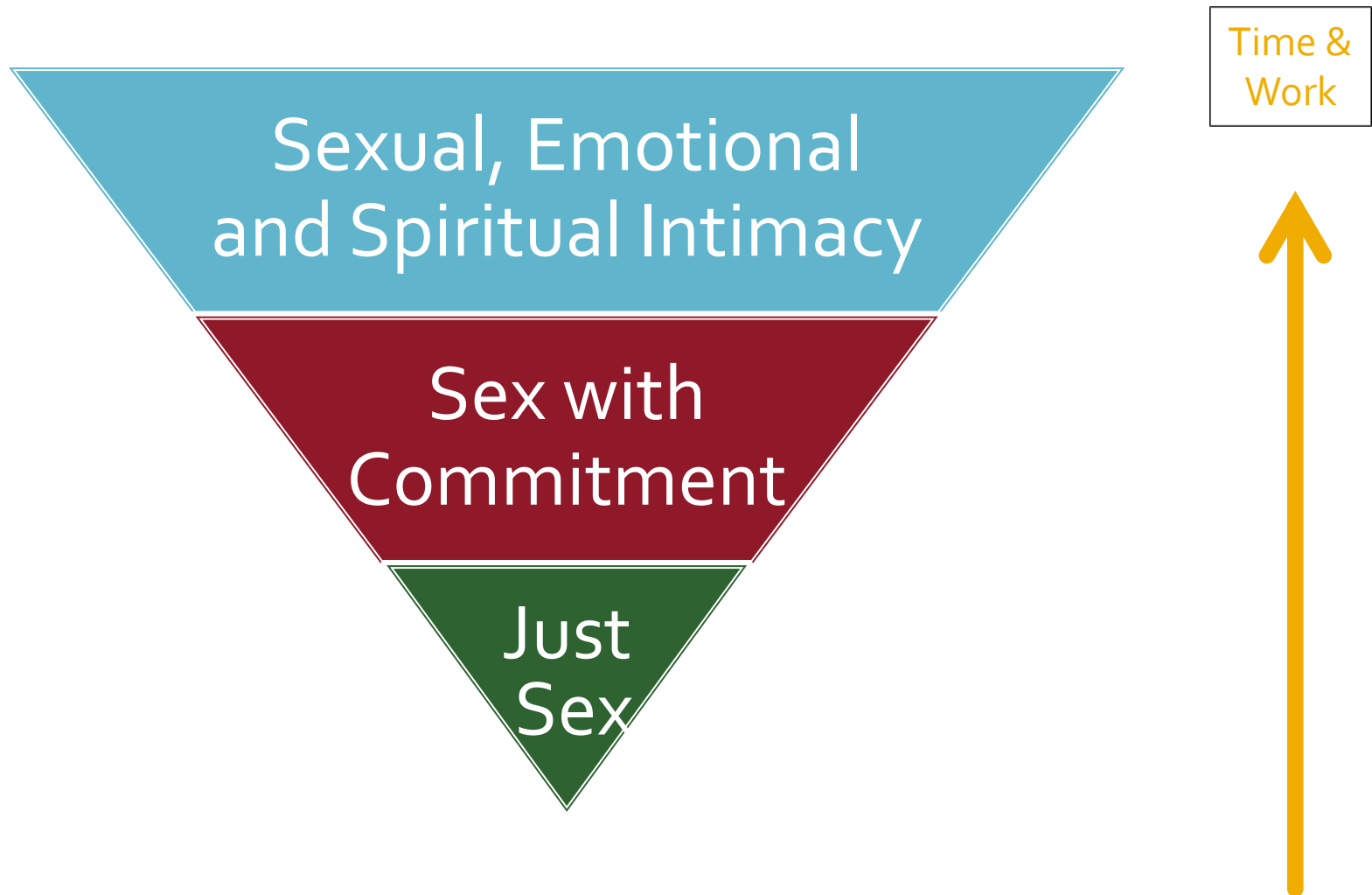


**Sexuality and Spirituality are vital parts of your wholeness.**

# President Spencer W. Kimball

In the context of lawful marriage, the intimacy of sexual relations is right and divinely approved. There is nothing unholy or degrading about sexuality in itself, for by that means men and women join in a process of creation and in an expression of love.

# God Wants You to Have a Full Sexual Experience in a Married Relationship



# Pre-Marriage Positive Sexual Behavior

- Appropriate non-sexual touch
- Learn about sex from good sources
- Date a wide variety of people
- Observe married couples who demonstrate affection
- Recognize sexual feelings as positive and normal





*Though it seems impossible, an inhibited husband and wife can make love for a period of years without ever verbalizing their feelings or frustrations on this important aspect of their lives. When this happens, the effect is like taking a hot coke bottle and shaking it until the contents are ready to explode. Remember this psychological law: any anxiety-producing thought or condition, which cannot be expressed, is almost certain to generate inner pressure and stress. The more unspeakable the subject, the greater the pressurization.*

*And . . . anxious silence leads to the destruction of sexual desire.*

*Dr. James Dobson*

# Hidden Issues, Taboo subjects, Toxic Topics

## Underlying emotion - fear

### Serious Issues

- Sex
- Finances
- Jealousy
- Distrust
- Power/Leadership

### Symptoms of Deep Marital Rift

- Disproportionate reaction
- Score keeping
- No resolution
- Stonewalling
- Avoidance



# Negative male conditioning

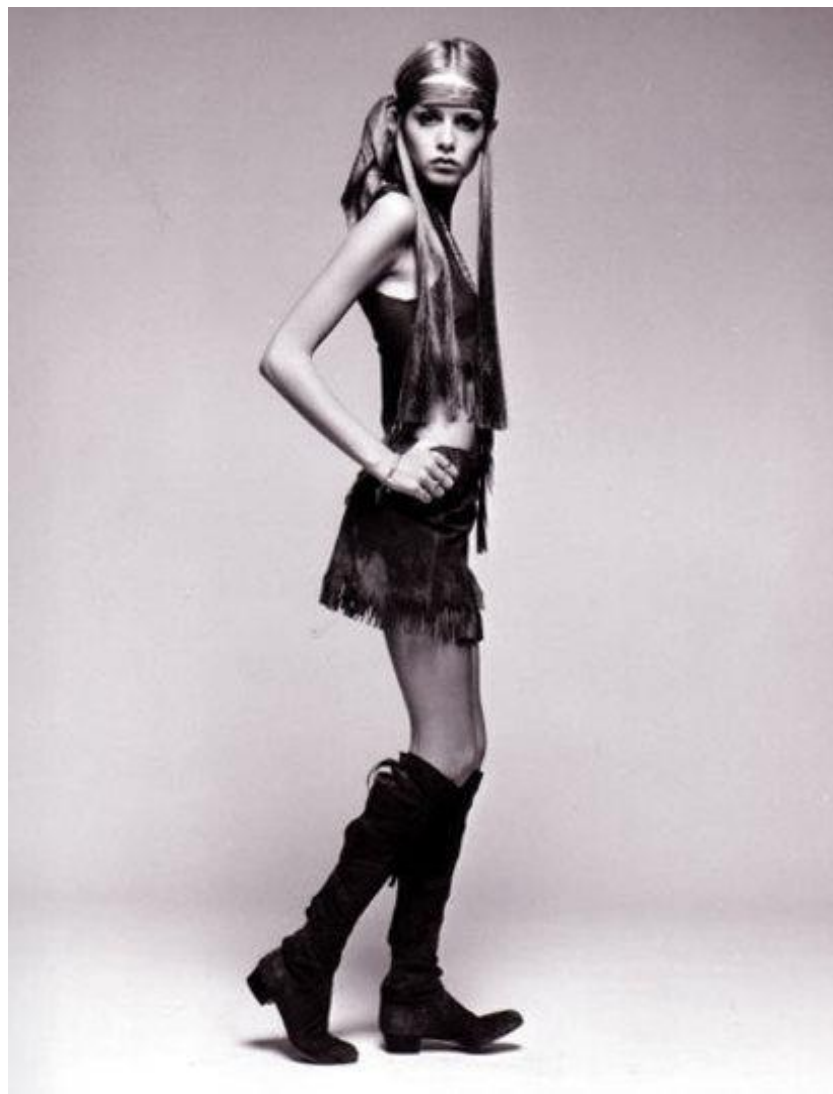
- Physical vs. Spiritual
- Responsibility far more important than desire
- Always put wife's feelings first
- Concept of lust
- Excessive privacy
- My needs don't matter
- Nature will teach us
- Women just accommodate men, they don't need or want much sex



# Negative Female conditioning

- Some have been taught that girls are the keepers of the virtue –Must play a passive role.
- Parents are reluctant or embarrassed to talk about sex. Little or no practical info.
- Youths absorb shame from misinformed sources for natural sexual yearnings.
- Immorality is equated with sexuality.
- Media is filled with examples of sexual aggression and aberrations rather than long-term marital fulfillment.
- Believing that your purpose is to make others happy can automatically relegate sex to the list of dutiful jobs.
- Our society says that if women are not young, thin and beautiful they do not deserve passion.





# Gender Differences

## WOMEN

**Hormones** constant fluctuation

**Interest** think about sex once/day

**Multi-sensory stimulation**

more taste buds, better sense of smell, more sensitive hearing, skin thinner with far more receptors

**Brain activity** at rest 90% still active, difficult concentration, need calming

**Cultural role:** passive

## MEN

**Hormones** stable, 20 times more testosterone

**Interest** area that triggers sexual desire 2x stronger– think about often

**Visually stimulated**

**Brain activity** at rest 10% active, great concentration, looking for excitement

**Cultural role:** aggressive

# Desire differences

- Frequency
- Emotional connection
- Intensity
- Variety



# THE POWER OF THE LOWER DESIRE PARTNER

- Knows partner has no alternatives
- Can do nothing and still be in control
- May feel superior spiritually or emotionally
- Can easily redirect cause away from self
- Can use sex as manipulation
- Is able to fulfill own needs without meeting needs of partner



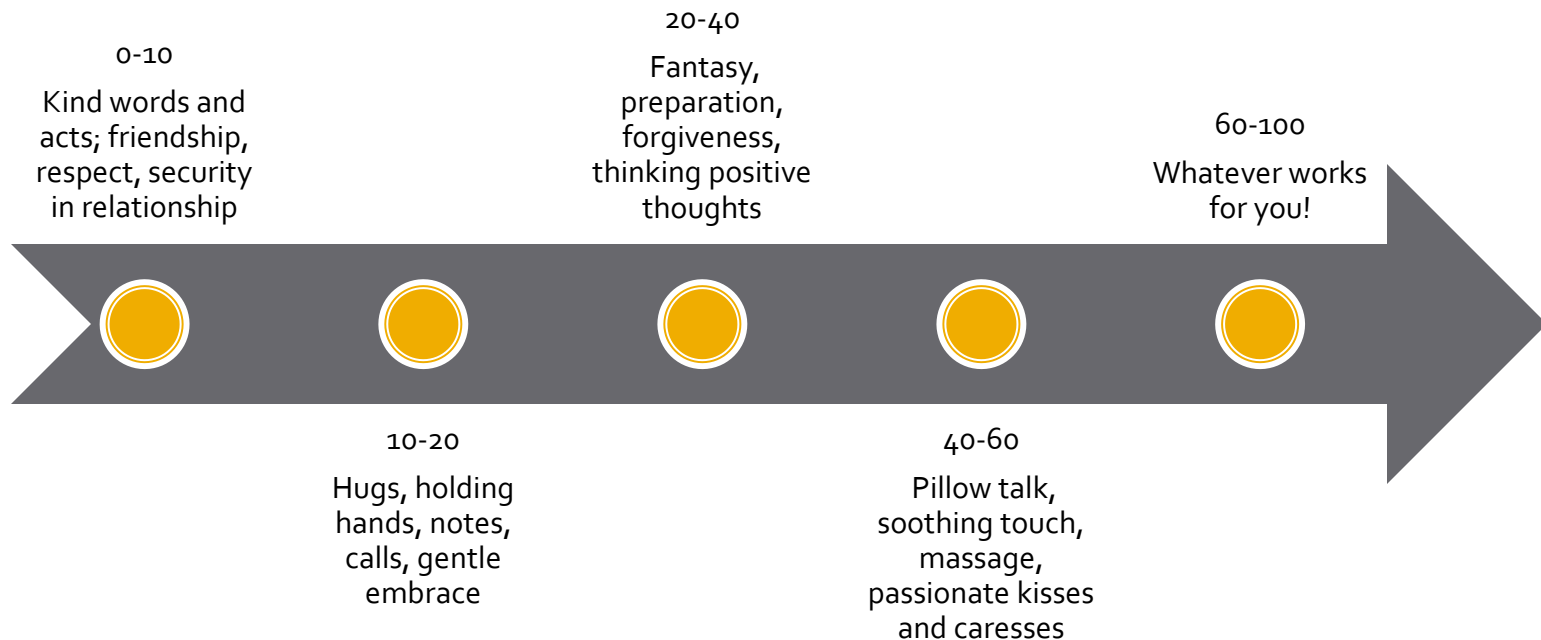


**For the lower desire partner,  
sex requires a leap of faith**

# “I'm just not in the mood” could be caused by:

- ❖ Medical issues
- ❖ Emotional Issues
- ❖ Spiritual issues
- ❖ Education issues
- ❖ Preparation Issues

# New Definition of Physical Intimacy:



*Men and women have a responsibility to set priorities, create the mood, and make appropriate preparations that enable them to come to the bedroom with a positive attitude about physical intimacy.*

The determining factor in whether wives feel satisfied with sex, romance, and passion in their marriage is, by 70% , the quality of the couple's friendship. For men, the determining factor is, by 70%, the quality of the couple's friendship. So men and women come from the same planet after all. John Gottman



# Paradigm Shift

Previously you may have thought about sex as :  
Need, drive, forbidden, mystery, good thing, bad thing

Sex is:

- Opportunity for growth
- Conversation
- Resource for marriage enhancement
- A skill developed through practice
- Force field around marriage – protection from attack and shock
- Anything inappropriate to do with someone other than your spouse



# Summary

- Physical intimacy is fundamental to the wholeness of a marriage.
- Men tend to be intuitive in their sexual desire, while for women, desire is more often a decision.
- Understanding and confronting the barriers to desire can give you the power to overcome them.
- Both partners needs to jointly face sexual issues with patience, education, faith, and love.