

Intimacy in Marriage

Living Prepared for “That” Moment

Introduction

I think that we all look forward to the end of the day: washing the last dish and turning out the light in the kitchen, tucking the last child into bed, praying that they won't reappear until morning, and getting into comfortable clothes to hang out with our husband. It may be easy to prepare to “hang out” with our husbands – cozily watch TV, read, and doze off to much desired sleep. But, hmmm..., have you ever climbed into bed and realized that your husband is not really thinking that the evening will be so calm and sleepy? And have you ever realized that you are not at all mentally ready to be to him what he wants you to be at that moment?

I'm guessing that many of us have been there. The different ways in which men and women become prepared for love-making are often pronounced. Did you notice that in my description of preparing for bed I mentioned, “Getting into comfortable clothes...?” That simple act may be enough to prepare our husbands for sexual intimacy. But often for women, the preparation needs to start long in advance and be much more comprehensive.

So, for the next few minutes, I'm going to talk about some ways to help us live all of life prepared for “that” moment, meaning those regular moments that are opportunities for us to be sexually intimate with our husbands.

Think Rightly

1. About God's view of marriage and intimacy

Regularly re-read parts of the Bible that remind you of God's good plan for marriage and the rightness of relational and sexual intimacy.

2. About our husbands

a. Study him

Personality – what interests him, what does he like talk about, what does he like to do, what is he good at, what encourages him, what discourages him

Men – know something about them biologically, physiologically, scripturally

1. Helpful books: Ed Wheat, Ricuccis, Chanski

2. Scripture:

“Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love,” Prov. 5:18-19.

“It is not good that the man should be alone; I will make him a helper fit for him,” Gen. 3:18.

b. Love and cherish him

I Cor. 13

c. Be grateful for him

“Remember, dear married ladies, the great blessing the Lord has provided in giving to you a man. You don’t return every night to a deserted apartment, a lonely dinner table, and an empty bed. God has given to you what countless women can only dream about,” Chanski, p. 166.

d. Respect him

“A woman of dominion will seek to rule over her spirit, fighting down the common tongue plague of spewing out biting and disrespectful talk to her husband. The Proverbs make no little thing of this besetting sin of belittling talk,” Chanski, p. 168.

“A constant dripping on a day of steady rain and a contentious woman are alike,” Prov. 27:15.

“A soothing tongue is a tree of life,” Prov. 15:4a.

“Men love to be perceived as heroes and dragon slayers. We love to rescue damsels and be admired for our chivalrous feats. That kind of treatment and talk fills our sails. One woman said that she’s adopted ways of making her husband feel like her champion, ‘Because he is!’ When you view us like that, you become lovable darlings in our sight. I know you think we’re silly for wanting respect. But we think you’re silly for wanting flowers!

Your husband wants to be your man, not your boy. He wants an adoring bride, not a hen-pecking mother. Respect him. The Lord will smile. So will your man, and so will you!” Chanski pp. 169-170.

3. About ourselves

a. Be a student of yourself

1. Read some books that inform you about how a woman's body works. (Intended for Pleasure, Sheet Music, The Act of Marriage)

2. Take note of what is helpful and/or not helpful to you personally. We're not all the same.

Communicate this lovingly to your husband
Enjoy the process

b. Beauty

1. I alone am the helper fit for him (Gen. 2)

You are beautiful to him because you are the one in all the world that completes him. You are a woman. And you are the one woman that is his. There is a sense in which each one of us is Eve to our husband. He is alone and out of dust God makes us and gives us to him. This should give you godly confidence as you consider how you appear to your husband.

2. I make myself beautiful to him when I care for myself as I am.

You are his Eve. He chose you, and God chose you for his husband; you are beautiful to him. Take care of you. Don't compare to others – just appropriately beautify you for the one who already thinks that you are beautiful.

3. I make myself beautiful to him by the way that I treat him.

Love him, be grateful for him, admire him, respect him, enjoy him, and you will be beautiful to him.

“Let your adorning be the hidden person of the heart,” I Peter 3:4.

Create a Part of Life That is Just for the Two of Us

1. Learn how to leave the daily cares of life behind

Life is full of kids, work, kids, money, extended families, kids, church, kids, money, friends, kids, money, work, church, kids, etc. These things are important and must be talked about regularly. But these things are often stressful. And often our conversation about these things involves evaluating how we and our husbands are doing in some way.

There's a sense in which we have to create a part of our relationship that is above all of this. A part of our world in which we remember what we love about each other despite our daily successes and failures. A part of our world in which we get interested in new things together and enjoy them just because we love to live life together.

People do this in many different ways. There are many factors that determine what this looks like for us. Are we in early marriage with more time but less money? Are we

in the midst of having babies and caring for young children? Are our children sleeping through the night but taking all of our energy and more throughout the days? Do we have young adults in our home who stay up late at night talking with us? Have our children left home and is the adjustment back to the two of us less natural than we expected? Is sickness or physical weakness a part of our relationship now?

Circumstances will affect how we build a life for just the two of us. But no circumstances should make us think that we are exempt from finding ways to enjoy life with our husbands. We really all need to be on a lifelong pursuit of growing in our skill at creating that life for the two of us.

So be creative. Drink your coffee together in the mornings. Sit beside each other as you read your Bibles. Enjoy a television series together. Watch the 100 best movies of all time together. Exercise together. Train for a race together. Plan a vacation together – even if it's a just a dream for 20 years from now. Hike together. Have some special coffee shops that you love to escape to regularly. Discover which kind of food you as a couple like best. Learn how to cook it together. Or learn which local restaurants cook it best. Visit all of the lighthouses in North Carolina. Go to the same beach house every year. Buy a boat and take it out on the lake in the summer. Plan and tend a garden together. Design a home addition together. Downsize together and dream of what kind of a place will suit your family now that the kids are gone. Cheer on your husband as he makes your house dreams come true with his remodeling. Ride bikes. Read a book out loud together. Read separately and talk about

what you're each reading together. Sit on your porch and look at the stars.

The list is endless. And there's no right or wrong. Just have a secret life that you look forward to and love together. No one has much time to do these things on a daily basis. But a little time as often as you can over years and years adds up. I think you'll be surprised at what happens.

2. Do what I need to do to make this happen

We as wives have much control over what happens when in our homes. It could be that we're really the ones who have the biggest responsibility in carving out time for the two of us. It takes strategizing and rearranging and sometimes giving up what would be our preferences. But I think that in most cases that if we talk to our husband about what he sees as a workable time for us to grab time together regularly, and then adjust our own schedule to make that work, most of our husbands will join us in hanging out whenever possible.

I would encourage you to purpose to grow in finding ways around the obstacles that you have to developing your relationship. Growing relational intimacy leads to growing sexual intimacy. It's all part of the good plan that God has for us in marriage. Let's work hard and embrace it. We won't be sorry that we did!

Book List

Womanly Dominion, March Chansky

What Did you Expect, Paul Tripp

Reforming Marriage, Doug Wilson

Love that Lasts, Gary and Betsy Ricucci

Sacred Marriage, Gary Thomas

When Sinners Say I Do, Dave Harvey

The Heart of the Matter, Gary Enzor

By Design, Susan Hunt

Feminine Appeal, Carolyn Mahaney

Helper By Design, Elyse Fitzpatrick

The Disciplines of a Godly Woman, Barbara Hughes

The Message of the Song of Songs, Tom Gledhill

Intended For Marriage, Ed and Gaye Wheat

Sheet Music, Dr. Kevin Leman

The Act of Marriage, Tim LaHaye