

SEX and SENSIBILITY

A 12-DAY JOURNEY

KEMI
OYEDEPO

er in einer Ecke
s etwa so groß wie eine
Eine kleine Schwarzwaldler
Miriam senkte ihre Stimme und sah sich u
kwürdiges Bild, als versuchte sie, jemanden zu ent
en, der sie hinter den Büschen hockend beobachtete.
»Tja ...« wiederholte sie sich. »Ich musste gerade an un-
druck von ihr?«
Ellinor war die Frage nicht ganz klar. »Wieso, wie mei-
ren Sie das?«
»Na ja, ich weiß nicht recht ...« Miriam zuckte leicht
mit den Schultern, als ob sie andeuten wollte, dass ihre
Meinung vermutlich ganz unwesentlich sei. Trotzdem fuhr
sie fort. »Na ja, Sie haben von Ihrem Grundstück aus keine
direkte Sicht auf dieses Haus. Aber haben Sie vielleicht be-
merkt, dass hier abends recht viele Autos aufrauchen, seit
sie eingezogen ist? Die drehen ja alle vorn bei Ihnen auf
dem Wendepunkt.« Miriam zog die Augenbrauen hoch und
wartete auf eine Reaktion von Ellinor.
»Tja ... ich weiß auch nicht so genau ... Wille hat das
auch schon beobachtet, aber mir ist das noch nicht auf-
gefallen. Warum?«
»Ich weiß ja nicht, ob man sich wirklich Sorgen machen
muss, aber sonderbar ist es ja schon.« Miriam machte ein
sorgenvolles Gesicht. »Jeden Abend andere Autos, manch-
mal mehrere nacheinander und jedes Mal Männer, die aus-
steigen und ...« Miriams Stimme wurde leiser. »Und dann
die Sache mit den Jalousien?«
»Mit den Jalousien?«
»Ja, wenn sie Besuch empfängt, geht sie durch das Haus,«
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SEX

AND

SENSIBILITY

A 12 day journey

KEMI OYEDEPO

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Acknowledgements

The Holy Spirit, who is my teacher, my helper, my comforter and my guide. I remain grateful for Your inspiration and empowerment.



EQUIPPING YOU. EDUCATING YOU. ENRICHING YOUR FAMILY LIFE.



And the man and his wife
were both naked and were
not ashamed.

~Genesis 2:25~

Introduction

Sexual intimacy is important in your marriage, let's be real! It is nothing to be embarrassed or ashamed about because the blessing of the Lord is fully on your marriage bed and He created sex, among other things for your enjoyment as husband and wife. It is unfortunate that this topic lacks the much needed attention it requires and it has left many couples dissatisfied with this part of their marriages.

This is one of the reasons for this divinely inspired series I held on social media. The Holy Spirit nudged me to compile this teaching to help married couples understand some much needed points when it comes to sexual intimacy. This is simply to remind us all that for this part of marriage to be truly fulfilling, it requires deliberate effort because things will not just fall into place. Single ladies and gentlemen will also find this useful.

This has been compiled exactly as it was posted on social media, with minor additions to expand on some of the points made. While you await the expanded version of this topic which I hope to someday release as a book, I pray that you find this one helpful. I encourage you to also share this with someone who might benefit from it also. Thank you for downloading it.

I wish you God's best in your marriage and family life!

Peace and blessings

Kemi Oyedepo



DAY 1

A healthy sex life is important in marriage. When this is missing, it can negatively impact and increase tension between a husband and wife. In actual fact, the number of marriages that have experienced crises because of this is innumerable. It is important to make sexual intimacy in your marriage a priority, among other things. Do not refrain your body from your spouse; their body belongs to you and your body belongs to them (1 Corinthians 7:1-5).

This is a fundamental part of marriage and it should be taken seriously. Being inconsistent with your sex life opens the door to temptation. The scripture advises against this, "...so that satan tempts you not..." (1 Cor. 7). When a husband and wife are truly united in the body, and committed to maintaining a healthy sex life, they are ready and able to overcome all sorts of temptations from outside. Therefore, ensure there is total union in the body and allow your spouse to enjoy what is rightfully theirs.

Unless there are critical reasons for abstaining (health challenges, fasting, sometimes pregnancy, etc), sexual intimacy should happen as often as possible,

no matter how busy your schedule is. Don't overlook this area for any reason because once the enemy finds a loophole, he takes advantage. I often say that sex is an outward expression of an inner connection between a husband and wife so apart from just sexually, we must strive to be fully connected emotionally, mentally, and spiritually.

This means any differences must be resolved quickly and respectfully so that no room is allowed for bitterness and division. If this is not deliberately dealt with, sexual intimacy with your spouse will not be as fulfilling as it ought to be. If for whatever reason, sexual intimacy is not fulfilling in your marriage, speak to your spouse wisely and propose reasonable solutions. Please also prayerfully seek godly counsel if necessary. Wishing you God's best in your marriage and family life!



DAY 2

It is no secret that sexual intimacy requires much vulnerability and freedom in order for it to be enjoyable. Both the husband and wife must let go of any inhibitions and feeling of shame in their nakedness. The scriptures tell us that the man and his wife were naked and not ashamed (Genesis 2:25). They had an assurance that their most sacred and sensitive parts will be guarded by their spouse. You can't be deliberately naked in front of a person you are not comfortable with so when your spouse allows you into their space, it is your duty to cover any insecurities they may have about their bodies. You must affirm them and draw attention away from any imperfections they magnify. Otherwise, they will spend more time thinking about how they look or how you view them during sex, than building an intimate connection with you. In fact, they'd rather switch off the lights or dive under the covers before you can see them!

Unfortunately, body ridicule takes place in some marriages, which has hindered a healthy sex life. A wife may be uncomfortable being naked in front of her husband because he has made fun of sensitive parts of her body or perhaps it's a husband who feels that way. This prompts such individuals to have sex with their spouses simply to fulfil their "duties" and nothing more. Don't ridicule your spouse or their insecurities. Instead try building their confidence by doing the following (among others):

- Listen to them and be sensitive to their feelings.

- Compliment them often, inside and outside of the bedroom.
- Encourage them to make certain lifestyle changes (diet, exercise, etc) that will show on their body. Joining them will help.
- Affirm them continuously with your words and actions.

Beyond all this, nakedness depicts openness, with nothing hindering the intimacy and trust between the husband and wife. That's exactly what we should strive for!



DAY 3

Sexual intimacy in marriage should never be forced. Marriage is for givers and everything about it, including sex should be an act of giving willingly and joyfully. Don't force your spouse to give you their body by all means; it will hinder the intimacy, the trust and the bond that you are expected to build in your marriage. When sexual intimacy is given freely, the wife is expressing a willingness to please her husband and her husband is doing the same.

A husband or wife may not want to give their body to their spouse because of unresolved issues outside of the bedroom. If there is strife, unforgiveness, a feeling of lack of appreciation, bitterness, disrespect or abuse, the desire for sexual intimacy will be gone. Beyond that, there may be psychological barriers due to past experiences or maybe some fears about sex that an individual may have. Whatever the reasons are, please be sensitive and give your spouse the necessary support.

When you want to be sexually intimate with your husband or wife, also remember that there is a right way to receive what you desire. You must approach your spouse in a tender manner that will prompt them to willingly give their body to you. If there are reasons why you withhold your body from your spouse, it is important to express yourself to them wisely and respectfully so any issues can be correctly resolved. Remember that your body belongs to your spouse and any abstinence should be agreed upon (1 Corinthians 7:5).

The point here is that it is your duty to fulfil your spouse's sexual needs and vice versa but it must be done with consideration and respect.

Therefore, ensure you are a willing giver, not a forceful taker! In doing so, may we experience a deep level of openness and intimacy in marriage as God intended. Where needed, prayerfully seek professional/godly counselling. Wishing you God's best in your marriage and family life!



DAY 4

Did you know that sexual intimacy actually begins outside of the bedroom? Married couples who have a healthy sex life and an intimate bond beyond the physical, enjoy this because of how they handle other parts of their relationship. As mentioned before, sexual intimacy in marriage is deeper than just having sex; it should be an external expression of an internal connection.

This means that to enjoy such intimacy with your spouse, your relationship should never lack critical pillars such as 1). understanding and effective communication, 2). Kindness and tenderness, 3). Consideration and encouragement, 4). Acknowledgement and appreciation, 5). Attention and affection, 6). Trust, respect, and a lot of patience. This is where it all begins. You can't be unpleasant and inconsiderate towards your spouse and expect good loving behind closed doors!

A husband who desires to enjoy sexual intimacy with his wife, for example has to be deliberate about understanding her and loving her rightly. He must learn how to love her and apply it outside the bedroom to get positive results. If your wife loves affection, you have to be willing to be affectionate with her, not just in the bedroom but as often as necessary. It shouldn't be only when you want to be intimate with her, that you touch her. If you hardly ever check on her or she doesn't feel appreciated, valued and affirmed by you, she won't be interested in pleasing you. That could be why she has everlasting headaches or other excuses to prevent intimacy!

It goes both ways; a husband who feels disrespected or disregarded by his wife or perhaps lacks trust in her, will not be interested in meeting her sexual needs. How well you value each other will translate to how well you interact with each other sexually. So please pay attention to these key areas and work on enhancing them for the good of your marriage. Where needed, please talk to each other and prayerfully seek professional/godly counselling. Wishing you God's best in your marriage and family life!



DAY 5

Good hygiene practices/physical appearance matter in marriage; we can't deny this. How we present ourselves will either repel or attract our spouses. Don't get so used to each other that you no longer put effort into your appearance. Being married doesn't mean we should look drab. It doesn't mean we should let ourselves go and no longer keep our spouses longing after us. In fact, we have to work harder in marriage because of the additional responsibilities we may have.

Your commitment to your appearance shouldn't only be seen outside but much more at home. Many husbands/wives are turned off by their spouse's appearance, which sometimes makes them have an excuse for not being 'in the mood' and this has opened the door to temptations. Folks, clean up, dress well, smell nice, look enticing, keep your spouse chasing after you, desiring to touch you, etc. This applies to the husband and wife; it shouldn't be one sided. Men may be moved by what they see but we all see first before we want to touch or feel what we see, right? The same way a husband may like his wife to maintain a particular figure, etc, unless she considers a pot belly to be attractive, he has work to do.

Examine yourself and make changes. Adjust your diet if needed, engage in physical exercise, be deliberate about your personal hygiene (shave, shower, brush your teeth, etc), and keep yourself in top shape. This is part of what makes sexual intimacy enjoyable in marriage. To be clear, this is not about being a particular size; I am only encouraging you to strive to be healthy. Not just by faith but by your actions! Also, learn what your spouse likes and put in the effort required so you can enjoy your home as God intended.

While all this is important, please know that the state of your inner man reflects on your outer man. As you take care of your physical appearance, watch how you conduct yourself in your marriage. If you are a good-looking or sexy spouse with a bad attitude or character, you're automatically unattractive. Speak up if you believe your spouse may be ignoring the importance of their appearance. However, please do so wisely and respectfully, promoting peace always. Also, prayerfully seek professional/godly counsel if necessary. Wishing you God's best in your marriage and family life!



DAY 6

We have been wired by God with a sex drive. However, just like fire, if it's not subdued or controlled consciously, it can be damaging and destructive. There is a time and a place for sexual intimacy even in marriage and we must know how to appropriate it. Many marriages have crumbled because of a lack of self-control with some husbands or wives knowing nothing else and wanting nothing else but sex. When their spouses are unavailable, they find themselves constantly thinking about it, watching/reading sexually explicit materials, etc which eventually may lead them to falling into some kind of temptation.

If a husband or wife feels their spouse is sexually demanding, they will begin to feel used, turned off and full of excuses, which will cause tension in your relationship. If you believe your spouse has an overactive sex drive, insulting them, ignoring them or pushing them away is not the solution. On the other hand, perhaps if you feel your spouse's sex drive is too low, forcing them to be sexually intimate with you is not the solution either. A platform should be established for open communication where both of you can freely discuss your feelings about this respectfully and wisely to reach a solution.

The truth is that if all you ever want to do is have sex, there is a serious problem and you should seek help and engage yourself productively in various activities. Sex is important in your marriage, but it is not the ultimate in life. We must discipline our bodies (1 Cor. 9:27), even in our marriages and ensure our sexual urges don't lead us into trouble. Remember, "he will die for lack of discipline, led astray by his own great folly" (Pro. 5:23).

It's important for both the husband and wife to have a good understanding of their spouse's sexual needs and do their best to fulfil them. However, if you believe your spouse is not meeting your needs, talk through it and seek guidance. A reason for them falling short, could be health related so don't rule out professional help if needed. Wishing you God's best in your marriage and family life!



DAY 7

Sex was created by God to be enjoyed by a husband and wife within the confines of marriage. The body of a husband or wife is meant to be a place of pleasure and delight for their spouse and it is therefore important to maintain God's original intent and not begin to use our bodies for selfish gain. In many marriages, a husband or wife may refuse to sleep with their spouse unless they get something in return or simply to "punish" their spouse. The scriptures admonish us to glorify God with our bodies and such behaviour is contrary to God's Word (1 Corinthians 6:20).

I heard someone liken the behaviour of refusing to be sexually intimate with your spouse until you get what you want, to 'prostituting oneself in marriage'. When a husband (or wife) says "I won't sleep with you unless you give me XYZ, or unless you do XYZ for me," it displeases God because He created marriage as honourable (Hebrews 13:4), and such actions strip marriage of the dignity and honour placed on it. It also gives room to the devil, who is always looking for an opportunity to wreck any marriage; so, give him NO place!

No matter how justifiable it seems, using your body as a weapon against your spouse or as a bargaining tool is never the solution. Clearly, in any marriage where such behaviour is the norm, there are issues that shouldn't be ignored. Both husband and wife should be willing to walk by God's Word and respectfully talk through their differences to find common ground. Remember that your body is your spouse's marital right and it shouldn't be used fraudulently (1 Corinthians 7:3).

You may claim that it's working for you, but it is disrespectful to your spouse, it demeans your marriage and it prevents you from enjoying a healthy sex life that the bond of marriage brings. If you are not making headway in your discussions with your spouse, prayerfully seek godly counselling to provoke the change you desire. I trust God that it would help. Wishing you God's best in your marriage and family life!



DAY 8

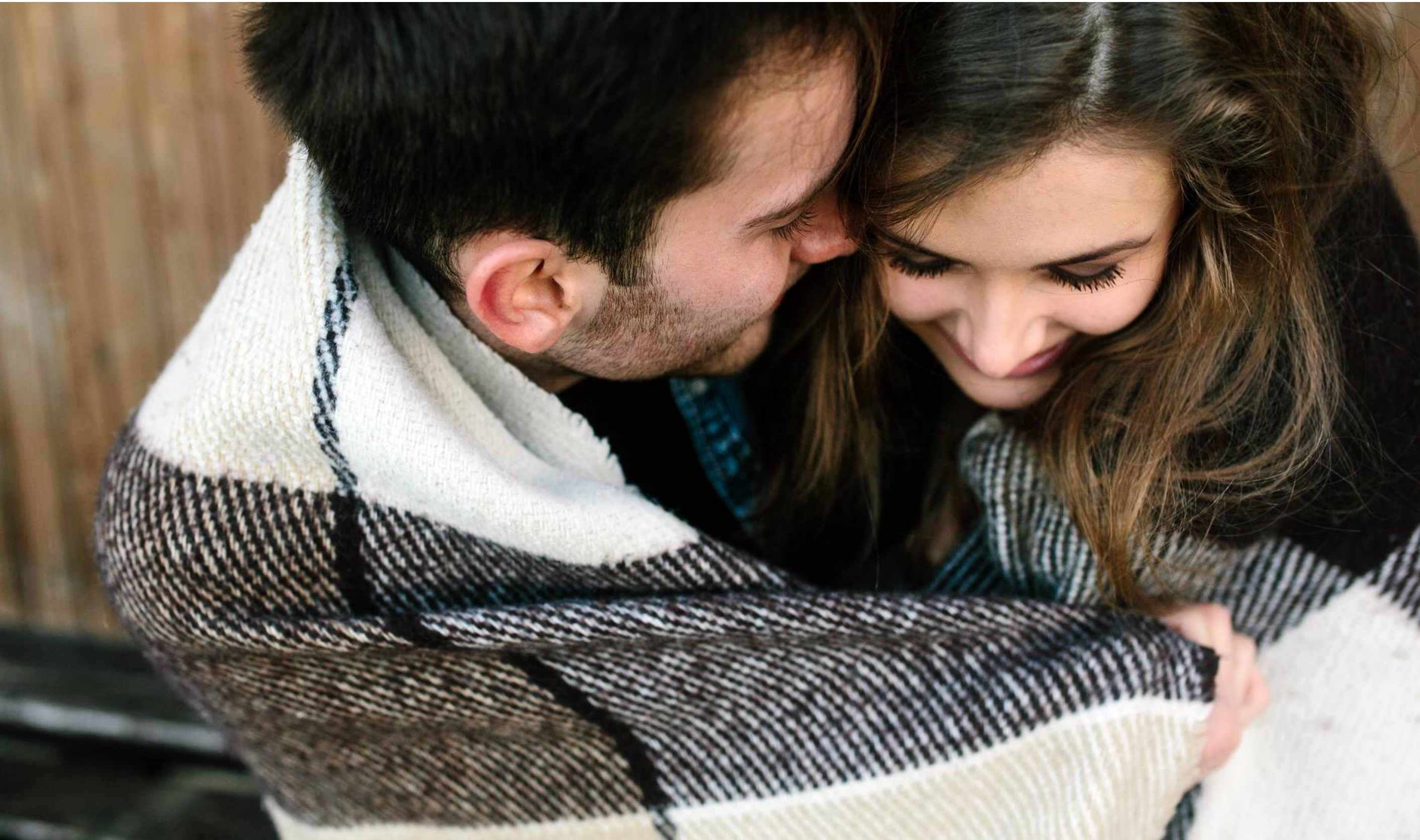
You cannot enjoy a healthy sex life in your marriage if you refuse to talk about this critical subject with your spouse. Many husbands and wives can express themselves on just about any subject, but they remain mute when it's time to talk about their sex life. Perhaps, based on experience or the fact that this topic is often viewed as a taboo, many would rather avoid it and trust that things will just fall into place.

However, remember that sexual intimacy was created by God not just for procreation but also for pleasure in marriage, so He is for your sexual well-being and wants you to get the best out of it (Proverbs 5:15-19). The key to getting the best out of it is by effective communication, which is at the heart of every strong marriage. I define this as ensuring your message is rightly understood and accurately interpreted by the receiver. Please note that communication cannot be viewed as effective if it lacks respect and understanding.

When a husband and wife are able to effectively communicate their thoughts, desires, and opinions about sexual intimacy without feelings of shame and insecurity, it tightens their bond and makes room for a more fulfilling experience. In Song of Songs, we see a beautiful picture of lovers expressing themselves without inhibition. That is how it should be!

For many, such conversations can bring about a lot of anxiety and even fear of criticism, so they avoid it altogether. However, avoiding this discussion will not make things better but may actually lead to frustration and resentment, which will negatively impact your home. If you are more comfortable having this discussion than your spouse is, start the conversation but be patient, be understanding and create an atmosphere of openness and trust. Your spouse will not be open or comfortable with you if they cannot trust your reaction.

As has been stressed so far, if there are any issues that need to be resolved, promptly do so with wisdom and promote peace in your conversations. If you are not making any headway, prayerfully seek godly counselling. Wishing you God's best in your marriage and family life!



DAY 9

In addition to earlier points, 2 vital keys make sexual intimacy exciting in marriage: consistency & creativity. A consistent sexual relationship is vital in a thriving marriage. No wonder a marriage that lacks this is often tension-filled. The scripture has made it clear that when a husband and wife refrain from sexual intimacy, it should be agreed for a limited time (1 Cor. 7). If you abstain from sexual intimacy to pray/fast, and your spouse desires to be intimate with you, it is wrong to deny them if there was no agreement beforehand. Remember it is your duty to fulfil their sexual needs.

Of course, there are other instances that abstaining may be necessary; just ensure there is agreement and understanding. Your responsibilities may also prevent consistency, so it is important to evaluate your schedules and work together to reach a mutually fulfilling conclusion about the frequency of your intimacy. It's also advisable to avoid a long-distance marriage, however if it must happen, it shouldn't be prolonged, so the enemy doesn't take advantage of any gaps.

Creativity: For anything, including sexual intimacy to remain exciting, creativity is key. Be creative with meeting the needs of your spouse. One of the reasons some individuals don't enjoy sex with their spouse is because they consider it to be boring; more like a chore! You have the responsibility to ensure your sex life with your spouse is lively and interesting, not something to be endured.

Be willing to trying new things to keep the spark alive. Make it something you both look forward to, not something you dread. Talk to each other; be open, make your spouse feel comfortable and let go of any feeling of self-consciousness or anxiety. Remember, the man and his wife were naked and unashamed (Genesis 2:25). Let go of your inhibitions, this is scriptural! God is for your sexual well-being in your marriage and He wants you to enjoy it! Whatever you do, be respectful of each other's wishes at all times. Wishing you God's best in your marriage and family life!



DAY 10

Romance plays an important role in marriage and has a direct impact on sexual intimacy. Romance can be likened to continued courtship in marriage. It means being emotionally connected and expressing those emotions at every opportunity. It's making sure your spouse feels loved by the things you do and say. Romance is usually visible during the courtship phase but tends to fade away in marriage. However, this shouldn't be so. Really, the things you did to show your spouse how special they were to you before saying "I do," should continue much more in marriage.

Don't allow your marriage to become stale; you have a responsibility to ensure the fire never goes out. When you invest time doing romantic activities (whatever works for both of you), you're able to build long lasting and refreshing memories, which helps you stay connected emotionally, and in turn positively impacts sexual intimacy. Discuss ideas on the things you both could do to keep the spark alive. Organize your schedules appropriately and set aside quality time to be together. Rub minds on how to manage your children so they don't interrupt your "us" time.

If you claim that you're not romantic, learn to be romantic. For example, become a student of your spouse and learn their love language. The love languages, according to Gary Chapman are quality time, physical touch, words of affirmation, acts of service, and gift giving. Once you know which one is dominant in your spouse, overwhelm them with the love language they understand. Be willing to go the extra mile to prove the sincerity of your love.

That's marriage! Your spouse is your companion for life, and it's your responsibility to keep that bond fresh! No one can do it for you. Too many marriages have gone from sweet to sour because the emotional connection that should keep the marriage alive is no longer there. If the spark has gone out for whatever reason, don't watch your marriage disintegrate; do what you must to revive it. Instead of remaining at odds with each other, strive to work out your differences respectfully and promote peace always. If needed, seek godly counsel; I trust God that it'll help. Wishing you God's best in your marriage and family life!



DAY 11

It has been stressed that God created sex, and one of its purposes is to bring pleasure to a husband and wife in marriage. However, it's no secret that the enemy has perverted this beautiful gift, and it is important for each one to protect this sacred treasure within their marriages. This means the marriage bed must be kept free from any kind of perversion. Just as single ladies and gentlemen are admonished to remain sexually pure, husbands and wives should do the same and give the devil no place (Heb. 13:4, Eph. 4:27). While the Bible does not give specific details on sex, these useful tips to remaining sexually pure in marriage should help:

- Don't allow fantasies and lust to take control of your mind. Be wary of anything that fulfills the lust of the flesh and the lust of the eyes (pornography, etc) - 1 John 2:16. Anything that negatively engages your thoughts will destroy your marriage.
- Renew your mind with the Word of God to keep your thoughts pure (Eph. 5:3, Pro. 6:20-7:27, Pro. 5:15-19, Matt. 5:28).
- Don't establish ties with anyone other than your spouse. Sexual intimacy is for you and your spouse alone, keep it that way. Guard yourself from falling prey to the enemy's devices (2 Cor. 2:11).
- There should be mutual agreement about whatever is done between you and your spouse. As read on day 3, sexual intimacy should never be forced but given willingly.

Oftentimes, couples wonder what exactly they are allowed to do sexually.

I am no expert and I personally refrain from telling couples what to do on their marriage bed however, here are some important points that I believe should be used as a guideline for sexual intimacy in any Christian marriage:

- Does it disturb your conscience before God? Any act that makes you feel guilty or makes you feel like you have to keep asking God for forgiveness afterwards, should probably not be done.
- Is it physically safe? Ensure whatever sexual act you engage in, is not dangerous for either of you.
- Are there health risks involved? This is important! Anything that will negatively affect your (or your spouse's) health should be avoided. If your spouse has any illness that could be sexually transmitted, please seek professional help first.
- Does it treat your spouse in a disrespectful manner? If it makes your spouse feel degraded, please avoid it.
- Does it damage your relationship in any way? I believe this is clear enough.

You should be able to answer these questions confidently and honestly, and use your answers to guide you both on what is comfortable for the both of you. As has been stressed, communicate openly with your spouse to get the most out of this part of your marriage. Use wisdom, be respectful and promote peace always. Get godly or professional counsel as required. Remember that God is for your sexual well-being in your marriage! Wishing you God's best in your marriage and family.



DAY 12

If you have followed this series from day 1, you know this has been more than just sexual intimacy in marriage. Sexual intimacy is one of the most important dimensions of a healthy marriage, but it is affected by just about everything that happens in a marriage. Any good marriage flourishes where there is total oneness in all things, and that is what intimacy is. Intimacy is not a one time thing, it a continuous journey that must be deliberately built upon. You want the bond between you and your spouse to become stronger as the years go by. For this to be a reality, please avoid and deal with the following hindrances, among others:

- Pride. This is a marriage destroyer. Both you and your spouse have to wear humility like a cloth in order to thoroughly enjoy your home.
- Untamed emotions. Learn to control your emotions. Don't allow them to get the best of you. Your behaviour should always exude self-control.
- Careless speech. Watch your mouth! Your words should never tear down but always build up. There is always a right way to make your point and still promote peace.
- Bitterness. This usually stems from unforgiveness. You must have heard it before: 'a strong marriage is a union of two forgivers.' Without a forgiving spirit, no marriage can thrive.

- Misunderstandings. These will come but don't allow them to lead you into arguing and fighting.

Learn to settle differences wisely, respectfully and peacefully. Evaluate your marriage and begin to take corrective steps as required so you can truly enjoy the benefits of intimacy: spirit, soul and body!

As always, I advise you to seek godly and/or professional counselling. If you can, also pick up one or more of the recommended books on this topic. Thank you for joining me on this journey. The aim of it was to help couples understand that sexual intimacy in marriage is good and should be enjoyed. Also, to show us that even when it comes to sexual intimacy, a lot of sense is required! I trust God that you have been blessed.

Wishing you God's best in your marriage and family life!

Recommended books:

Intended for Pleasure: Sex Technique and Sexual Fulfilment in Christian Marriage by Dr. Ed & Gaye Wheat

60 things God said about sex by Lester Sumrall

Kingdom Marriage: Connecting God's Purpose with Your Pleasure by Tony Evans

A Celebration of Sex: A Guide to Enjoying God's Gift of Sexual Intimacy by Dr. Douglas E. Rosenau

The 5 Love Languages: The secret to love that lasts by Gary Chapman

Additional family enriching resources are available on the following platforms:

Websites:

www.crisisproofyourfamily.com

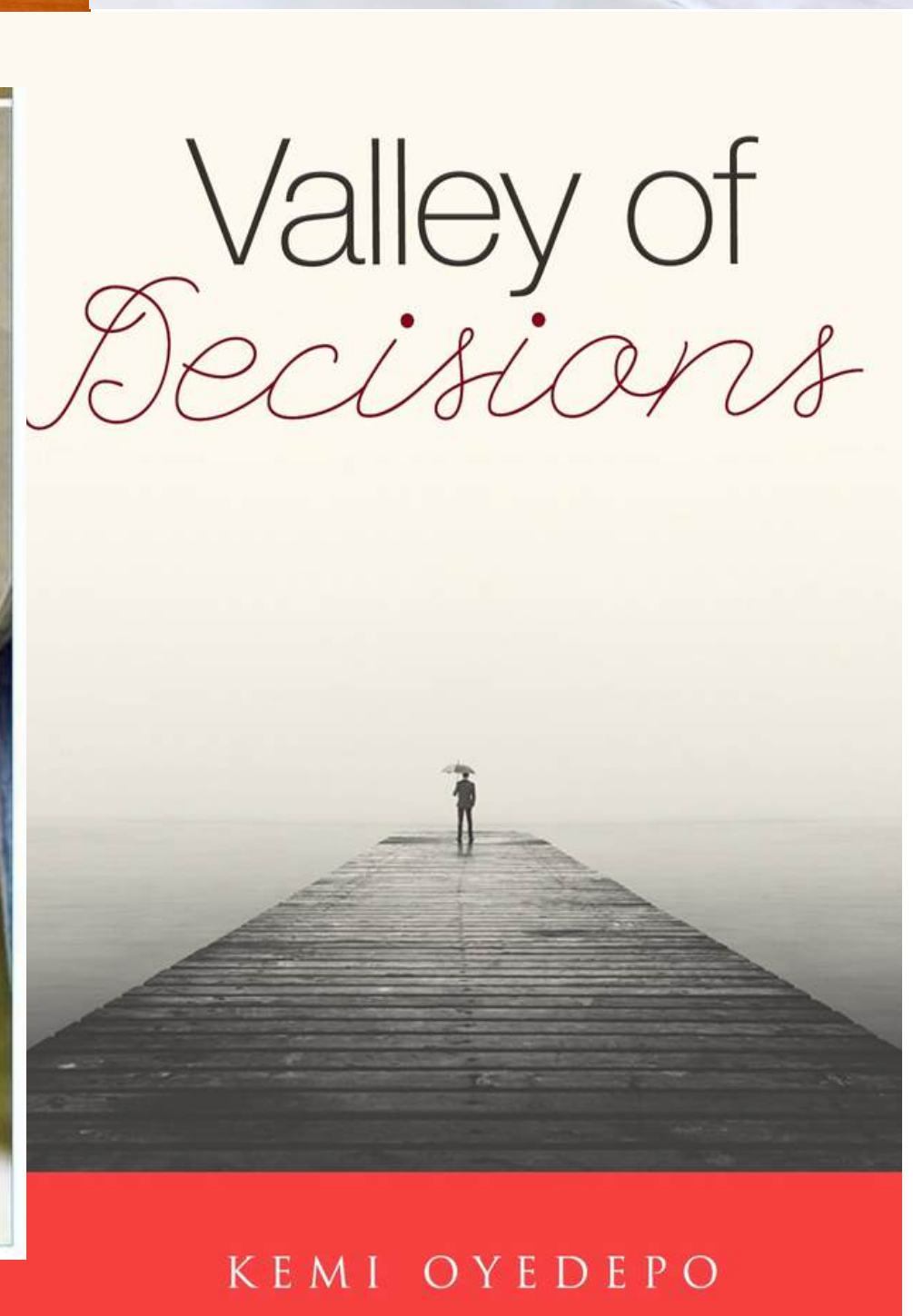
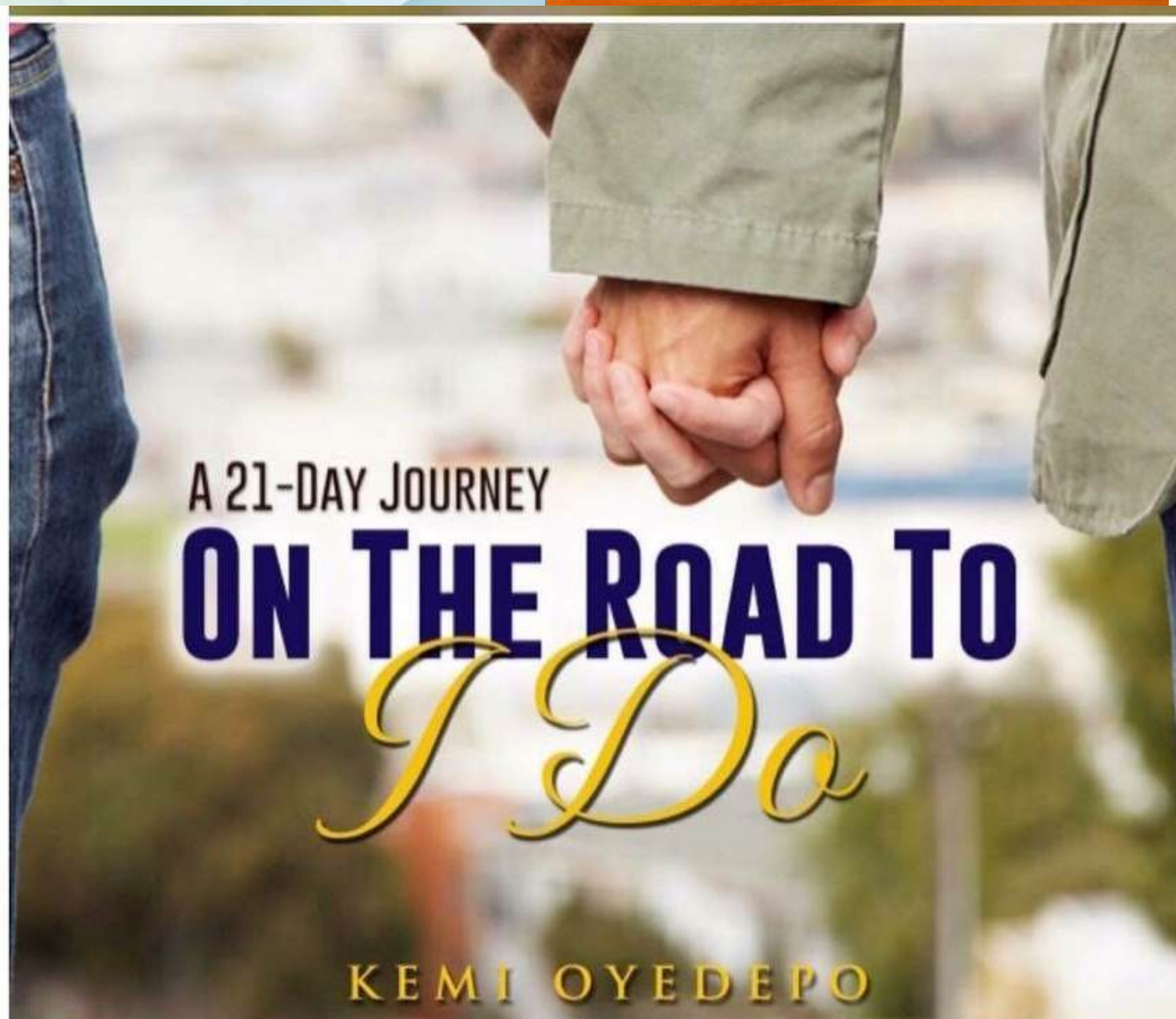
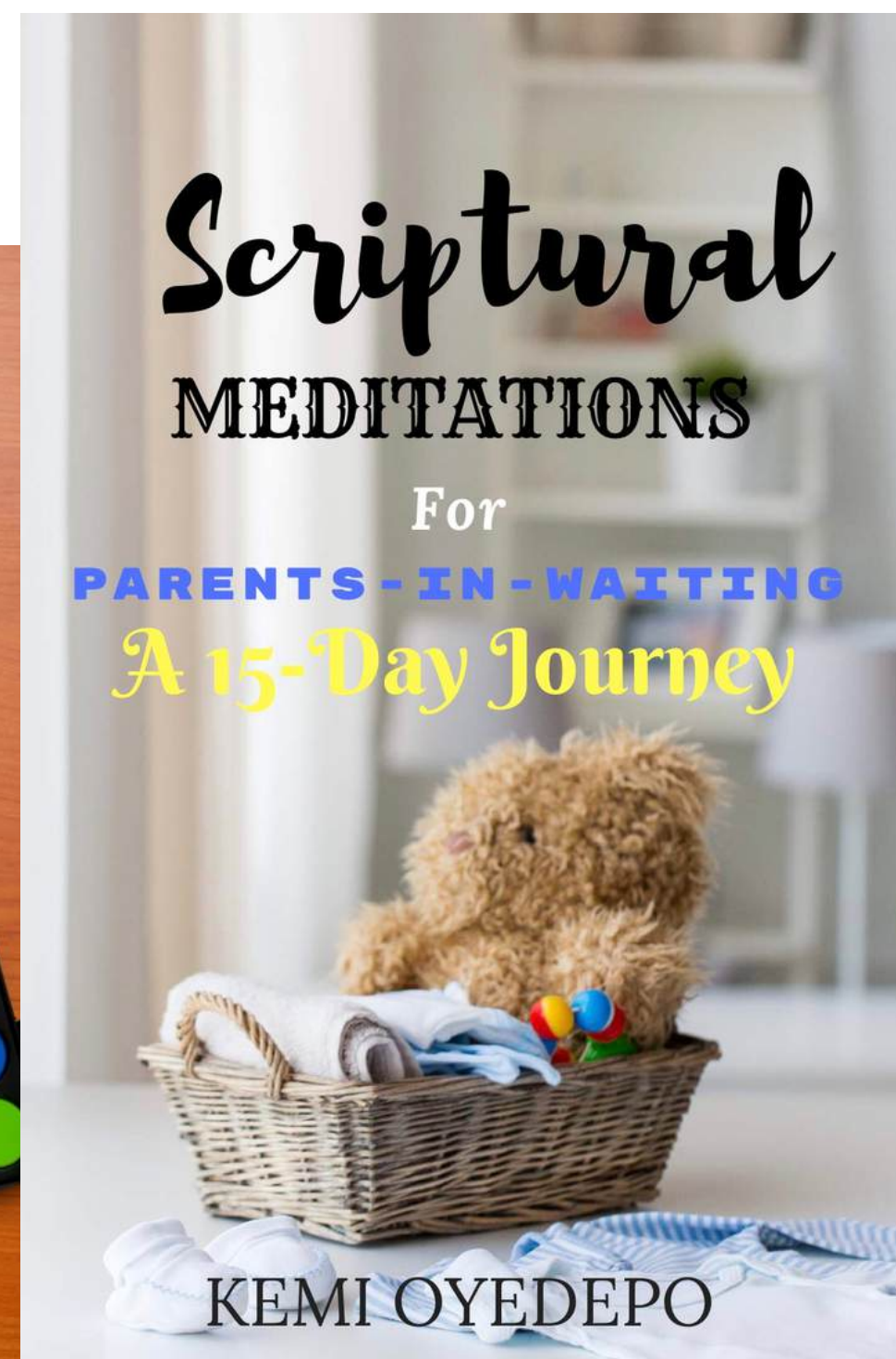
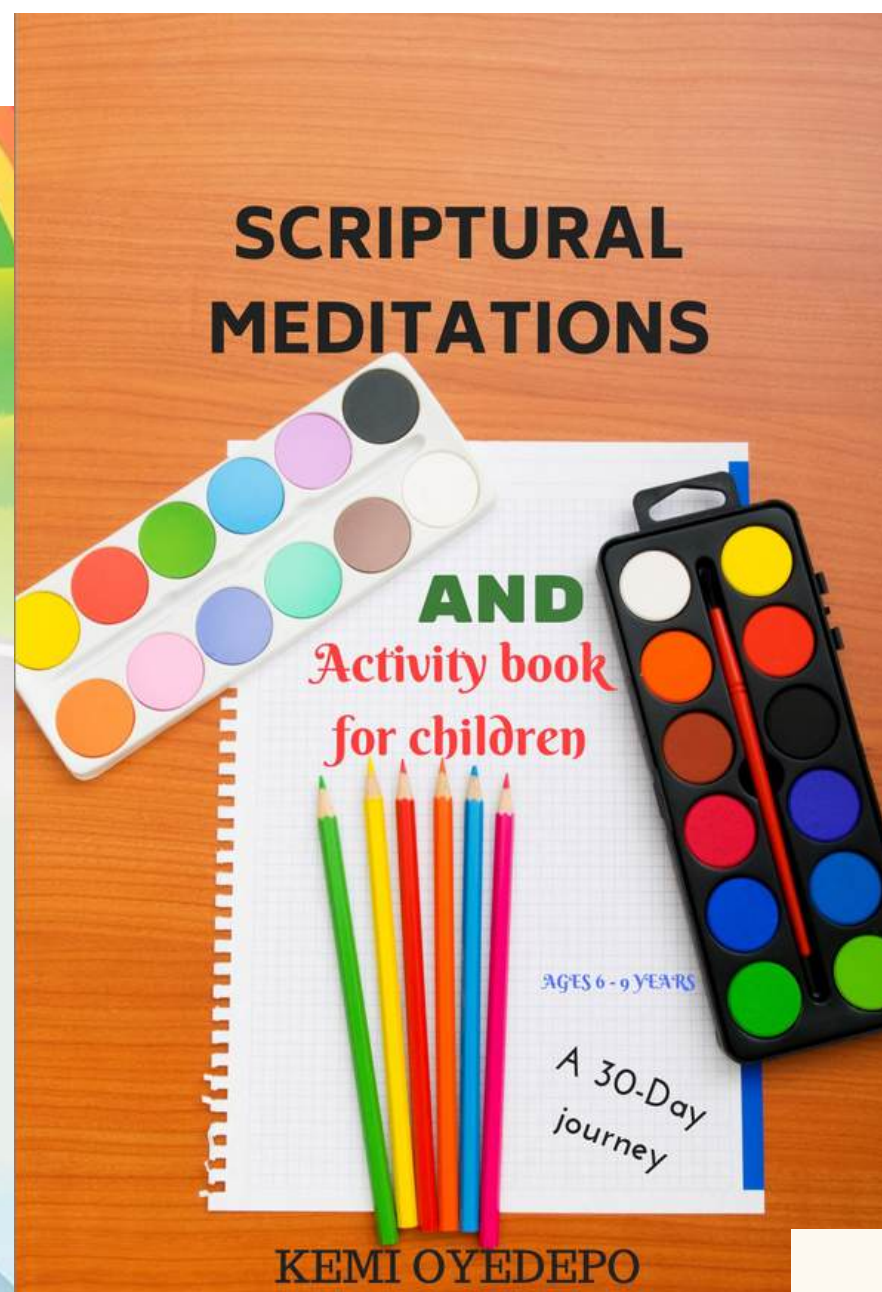
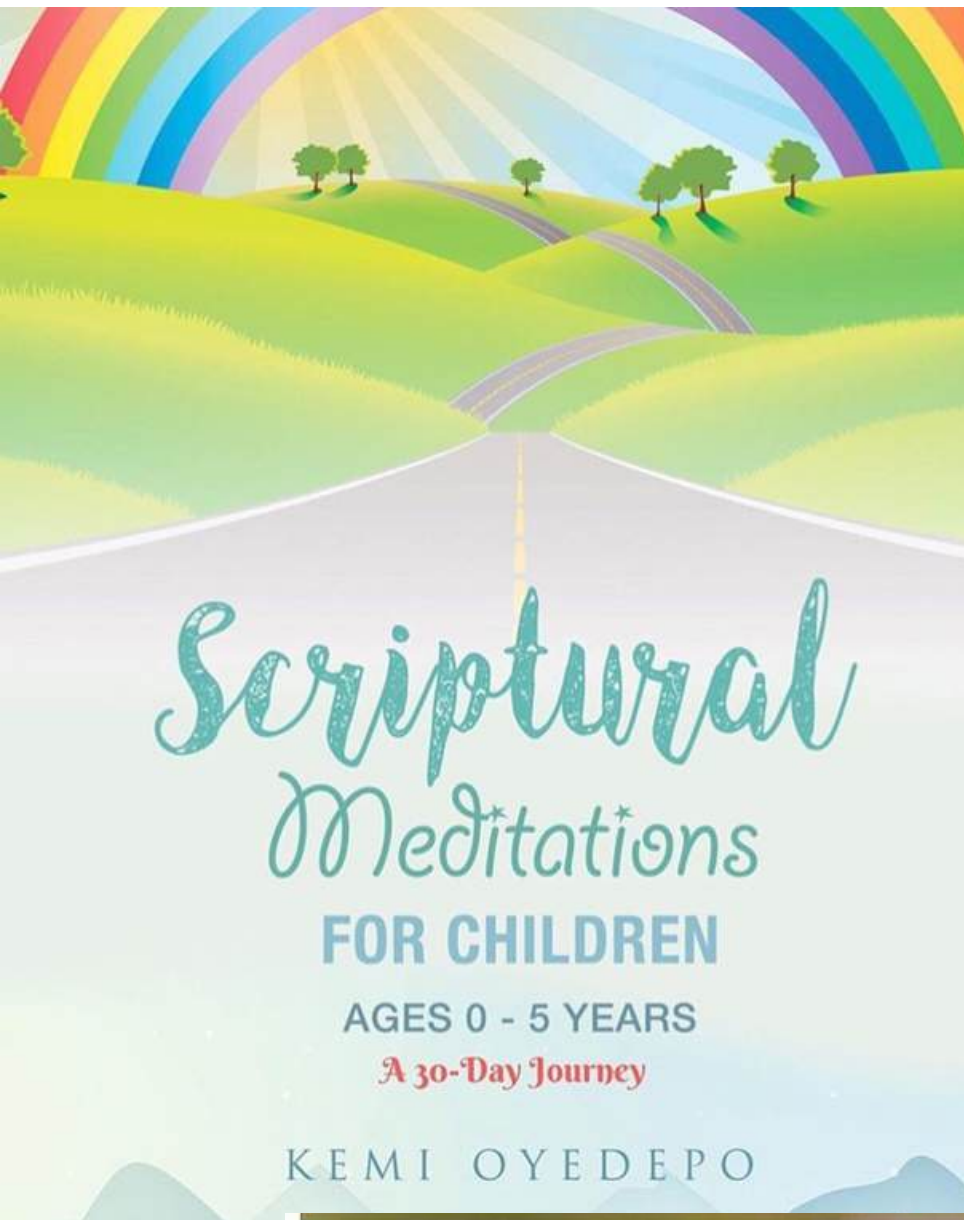
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Kemi Oyedepo writes and teaches about relationships and family life in an exciting and engaging way. She uses her God-given platform – Crisis-Proof Your Family (CPYF) to communicate her message with a unique and practical style drawn from the Scriptures. Her vision is to help individuals build and maintain an enviable family life that glorifies God and draws multitudes to Jesus Christ. She is the team lead at BibleMath Media Ltd, an organisation with the vision to provide creative resources for the learning, entertainment and spiritual growth of children and youth. She is married to Pastor David Oyedepo Jnr and they are blessed with children.