The Marriage Counselor!

Though the fig tree may not blossom, Nor fruit be on the vines; …Yet I will rejoice in the LORD, I will joy in the God of my salvation. Hab 3: 17, 18

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Take your marriage to the next level: pump it up spice it up, so you two can live it up together!

A – Ask for What You Need

"You have not because you ask not"

B – Beat the Bedroom Blues

Be creative

C – Celebrate your Sexuality

Create opportunities to be "sexy"

D – Develop a Biblical Perspective on Sex and Sexuality

We can love God and love sex – He created it for our pleasure

God placed Adam and Eve in the garden of Eden – naked

Gave them a commandment

Be fruitful and multiply **Gen 1:28**

Jesus describes marriage – not in terms of a ceremony, but as a moment when the man and wife become 1 flesh (Math 19:25)

The Holy Spirit inspired Paul to write these words:
Marriage is honourable in all, and the bed undefiled ***Hebrews 13:4***

E – Embrace the Art of Sensuality

Stimulate all of your senses

F- Forgive

Learn to forgive your spouse

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I – Initiate Sexual Intimacy

A great sex life needs an assertive woman

J – Jump in with Enthusiasm

Don't be a "bump on a log"

K – Kindle Romance

Set the stage for love

L – Lighten Up

Fill your relationship with laughter

A cheerful heart is good medicine, but a crushed spirit dries up the bones. **Prov. 17:22**

M – Make Time to Make Love

Make lovemaking a priority

N – Navigate Troubled Waters

Get through the difficult times - together

O – Overcome Poor Body Image

Nobody is perfect, so accept yourself the way you are

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. ***Psalm 139:14***

P – Pray

Don't leave your sex life out of your prayer life

Pray without ceasing. ***1 Thes. 5:17***

Q – Quarantine Stress and Distractions

Create a "no-stress zone"

R – Reconnect Daily

Maintain your emotional bond with each other

S – Safeguard the Lover Within

Think of yourself as a woman with sex appeal

T – Transition from Routine to Romance

Find ways to move from one role to another

U – Understand and Accept Your Differences

Men are from Mars/ Women are from Venus

V – Vent Your Anger

Talk through your issues

"In your anger do not sin": Do not let the sun go down while you are still angry,

Ephes. 4:26

W – Write Your Own Story

Don't compare your marriage to others

X - EXalt Your Husband

Encourage him, respect him, support him

Y - Say YES to Biblical Boundaries

There are lots of things we should be open to try, but there are some specific things the Bible says "No" to.

Z – Zealously Guard Your Marriage

God has given you a gift. Take care of it!

…. And Yet Will I Rejoice….

"A happy woman marries the man she loves; a happier woman loves the man she marries." - Anonymous quote

"Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat." - Joanne Woodward

"You don't need to be on the save wavelength to succeed in marriage. You just need to be able to ride each other's waves." - Toni Sciarra Poynter, *From This Day Forward: Meditations on the First Years of Marriage*

One advantage of marriage is that, when you fall out of love with him or he falls out of love with you, it keeps you together until you fall in again. ~Judith Viorst

Our wedding was many years ago. The celebration continues to this day. ~Gene Perret