

# Calvary Marriage Conference

## Session 3

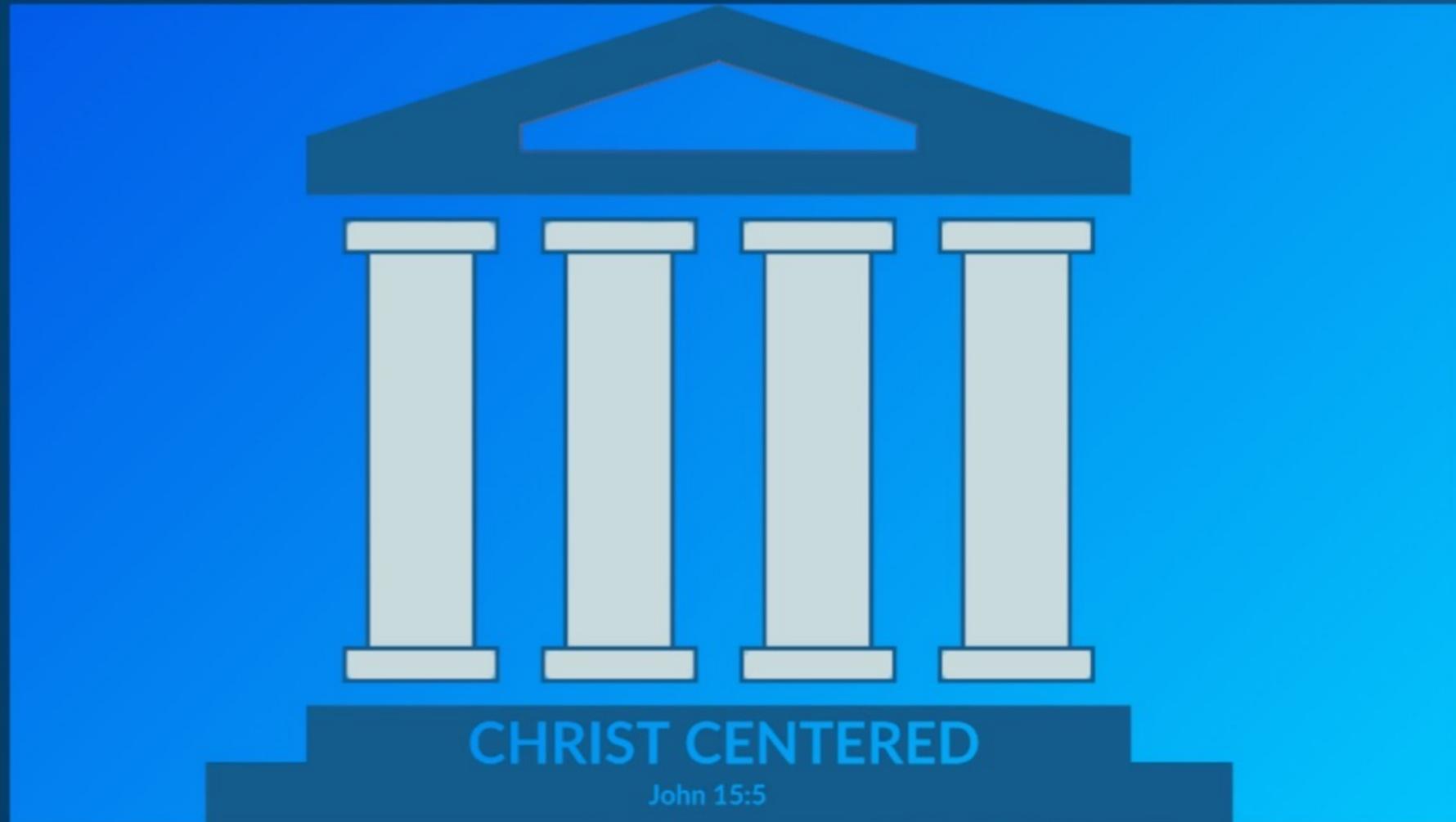
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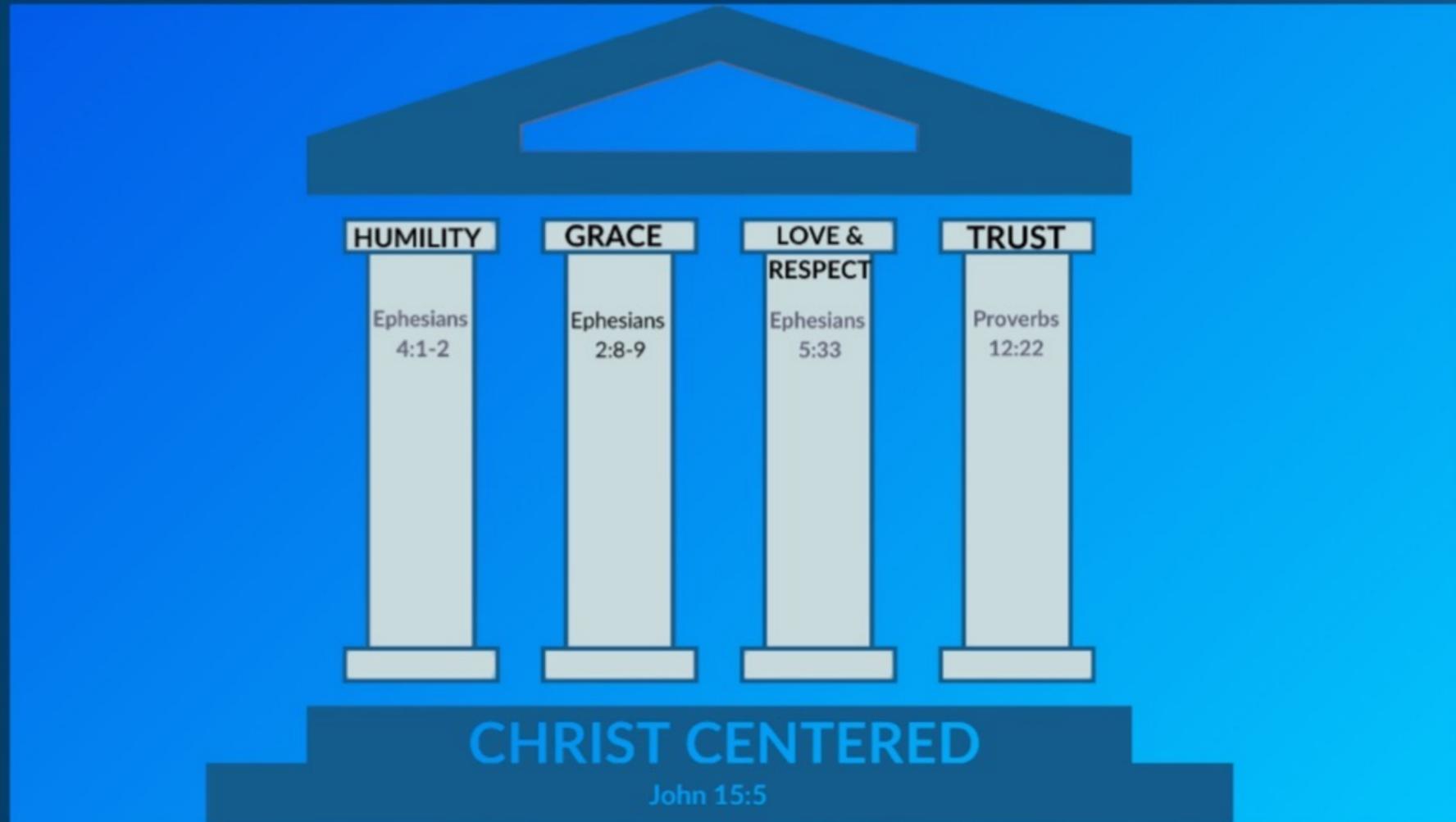
# A Healthy Biblical Marriage



“I am the vine, you are the branches. If you remain in me, you will bear much fruit.” John 15:5

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# A Healthy Biblical Marriage



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# Trust

- Proverbs 12:22

The Lord detests lying lips, but he delights in those who are truthful.

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# Trust

- Honesty - “I will tell you the truth”
- Reliability - “I will do what I said I would do”
- Integrity - “I am who I say I am”
- Loyalty - “I will never leave you”
- (Contract → Commitment → Covenant)

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# Love and Respect

- “Love each other as I have loved you.” - John 15:12
- “Let us love one another, for love comes from God.” -  
1 John 4:7
- “Husbands, in the same way be considerate as you  
live with your wives, and treat them with respect.” - 1  
Peter 3:7
- “Honor one another above yourselves.” - Romans  
12:10

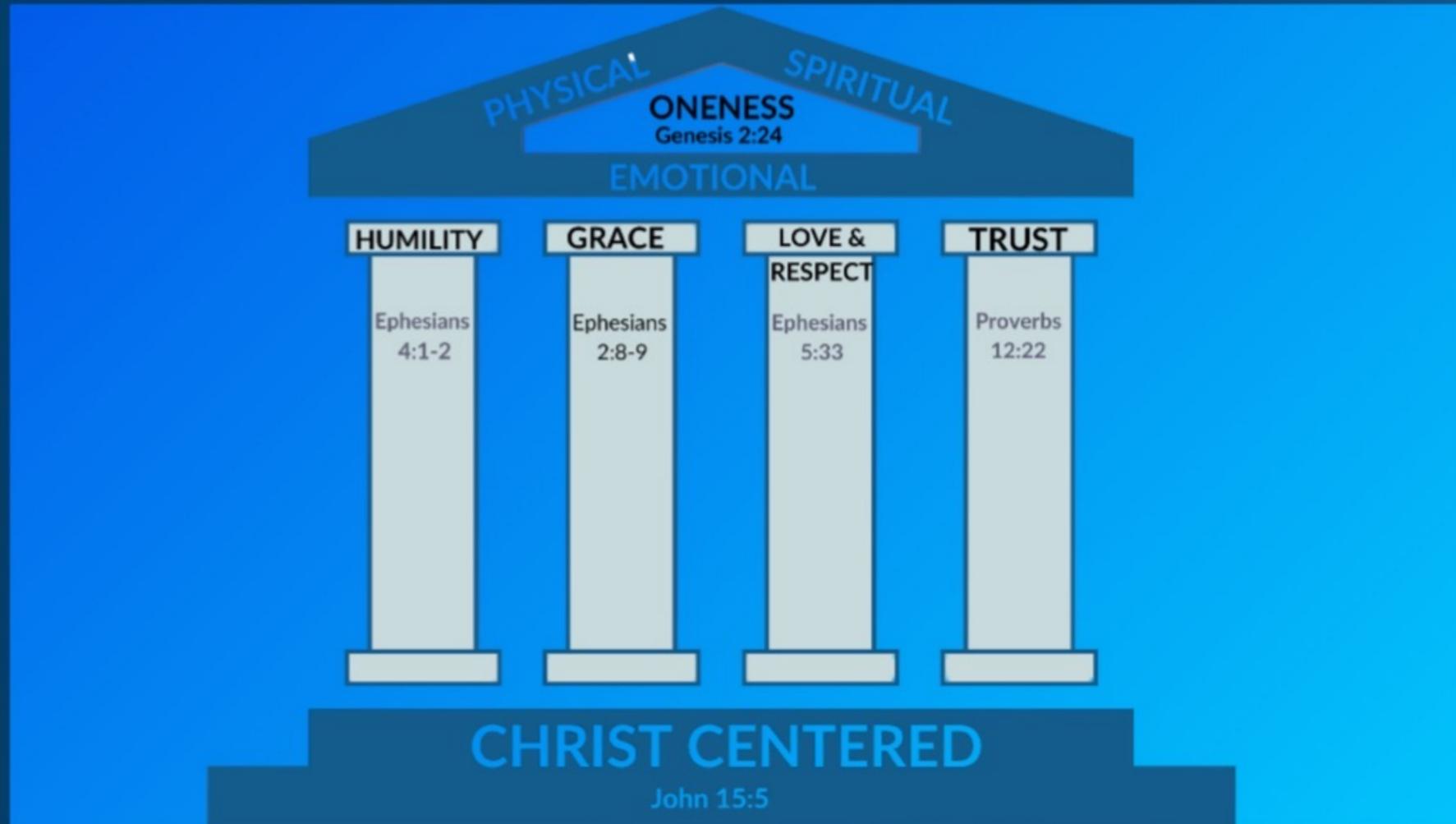
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# Love and Respect

- “However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.” - Ephesians 5:33

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# A Healthy Biblical Marriage



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# Oneness

- “For this reason, a man leaves his father and mother and is united to his wife, and they become one flesh.”  
- Genesis 2:24
- “For this reason, a man leaves his father and mother and is united to his wife, and they become one flesh.”  
- Matthew 19:5
- “For this reason, a man leaves his father and mother and is united to his wife, and they become one flesh.”  
- Ephesians 5:31

# Spiritual Oneness

- “Do not be yoked together with unbelievers.” - 2 Corinthians 6:14
- “A cord of three strands is not quickly broken.” - Ecclesiastes 4:12

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# Spiritual Oneness

- A. What we Believe about our faith
- B. How we Practice our faith

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# Emotional Oneness

- A. Sacred Friendship
- B. Listening Heart

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# Listening

- A. Prioritize
- B. Asking Questions
- C. Empathy and Understanding
- D. Mutual Sharing

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# Physical Oneness

- A. Non-Sexual
- B. Sexual

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# Outline

- Scripture and Sex
- Importance of Touch
- Attachment Science and Sex
- Reigniting Passion
- Curiosity-led Conversations

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# Sex as a Celebration and Form of Worship

- “Let him kiss me with the kisses of his mouth—  
for your love is more delightful than wine.” -  
Song of Songs 1:2
- “I am my beloved’s, and his desire is for me.” -  
Song of Songs 7:10

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# Sex as a Celebration and Form of Worship

- “Let him kiss me with the kisses of his mouth— for your love is more delightful than wine.” - Song of Songs 1:2

- “I am my beloved’s, and his desire is for me.” - Song of Songs 7:10

- “Blow on my garden, that its fragrance may spread everywhere. Let my beloved come into his garden and taste its choice fruits.”

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- Song of Songs 4:16

# Sex as a Celebration and Form of Worship

- Genesis 2:24-25 tells us, “...the two shall become one flesh. Adam and his wife were both naked and they felt no shame”
- “One flesh” language points not only to physical union, but to the whole-life union of a covenant bond: emotional, spiritual, and physical intimacy.
- Intimacy without fear, shame, or embarrassment.

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# The Healing Power of Safe Touch

- Touch can:
  - Calm the nervous system
  - Lower defense mechanisms
  - Increase oxytocin (the love/bonding hormone).
- The Gottman Institute has research that shows that a 6-second kiss or 20-second hug promotes psychological safety, connection, and increases oxytocin.

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# The Healing Power of Safe Touch

- Invitation: reintroduce simple, non-sexual, tender touch as a gateway to deeper emotional connection.

- Examples

- Holding hands during prayer
- A hand on the knee
- Cuddling on the couch
- Sitting close during conversation
- Gentle backrubs

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# Attachment and Sex

- Sealed-Off Sex
  - Physical Release
- Performance
- Escape

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# Attachment and Sex

- Solace Sex

- Primary goal is to alleviate fears/anxiety.

- The pursuing partner is looking for comfort, but it often lands as pressure or neediness to the other. The withdrawing partner may feel overwhelmed or inadequate, which can create distance.

- It can also serve to promote forgiveness, strengthen attachment, and provide comfort.

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# Attachment and Sex

- Synchrony Sex
  - When emotional openness and responsiveness, tender touch, and erotic exploration all come together.
  - Lovers can be tender and playful one moment, fiery and erotic another.
  - Partners both give and receive — it's **FOREVER US** a mutual dance of desire, pleasure and reassurance.

# Reigniting Passion

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# The Orgasm Gap

- Men: 90%+ almost always or always orgasm
- Women: only 48% almost always or always orgasm
  - 12% of women rarely or never orgasm

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# A Focus on Women's Pleasure

- Only 39% of women can achieve orgasm from penetration.
- Most women report that they reach orgasm through clitoral stimulation.
- Research shows that with adequate foreplay, women are 6x more likely to reach orgasm.

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# Desire Differences

- Spontaneous desire → appears in anticipation of pleasure
- Responsive desire → emerges in response to touch/pleasure
  - Both are normal & healthy
  - Responsive desire  $\neq$  low desire

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# Accelerators and Brakes

- Accelerators = what turns you on
- Brakes = what turns you off

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# Accelerators and Brakes

- Goal: know your spouse's accelerators and brakes and communicate your accelerators and brakes to your spouse.

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# Next Steps

- Awareness
- Attachment Exploration
- Shift Towards Synchrony

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# Shift Towards Synchrony

- Start Outside the Bedroom
- Practice Vulnerability and Curiosity
- Let Go of Performance
- Invite Play

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# Next Steps

- Awareness
- Attachment Exploration
- Shift Towards Synchrony
- Integration

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