

Adding Sizzle To Your Marriage

We are still discovering how to meet your husband/ future husband's first need—sexual fulfillment. During the next few sessions we will discuss specifically "*Adding Sizzle To Your Marriage*".

Some of the material I will be providing was used by my husband and me for a Marriage Seminar we conducted. Therefore, some of the information may specifically address the male. It is okay to share this information with your mates.

This portion of our seminar will be divided into three sub-topics:

1. Sizzling Touch
2. Sizzling Talk
3. Sizzling Treatment

Warning: Make sure your seatbelts are fastened and secured. Here we go.....

SIZZLING TOUCH

The Importance of Touch

In the Gospel according to Mark 1:40-42, we find an account of Jesus' miraculous healing of a man with leprosy. According to Levitical law people with leprosy were considered unclean and, thusly, isolated from the rest of society because others would become unclean by coming in contact with them.

In verse 41 of the passage, we discover Jesus being moved with compassion by the humble request of the leper. Jesus then stretched out his hand and touched the leper. The disease immediately responded to the touch of the Savior.

Jesus could have healed the leper in any other manner, but he touched him because he realized that he needed a touch. God created us with a need to be touched.

Women can relate to the Pointer's Sister 80's hit whose lyrics say it best, "I want a man with a slow hand, I want a lover with an easy touch." Women are stimulated by touch.

We shall look at two forms of touch; romantic touching and sexual touching.

Romantic Touching

One Sunday in church, I was observing some of the people who I know were married. A lot of them do not sit with their mates during the services. Others never hold hands, embrace, or give clues that they are in love with one another. Even in settings outside of the church, I have noticed these same couples not showing affection towards one another in public. Touching seems to be one of those experiences that slip away from the married couple.

When my husband holds my hand as we walk down the street, He is sending out a message– *"She is mine and I am hers! I'm proud and blessed to be with her."*

Men often give sexual touches when women want romantic touches. Romantic touches are "*sensual*", not sexual. Here are examples of romantic touching:

- Hold hands as you walk together.
- Hold hands while doing activities such as watching television, riding in the car or sitting in a restaurant.
- Gently touch the other's face and softly caress the chin, cheeks, nose and forehead while looking at each other.
- Rub your noses and cheeks together in a very soft circular motion.
- Run your hands through each other's hair. (It's okay if he has a sunroof on top of his head...rub it DIVA)
- Hug each other as much as possible. These are non-sexual and non-demanding hugs.
- Spend time being playful with each other.

Sexual Touching

Sex in marriage is often rushed because of busy schedules, long workdays, and those kids who won't go to sleep. I suggest you make time to enjoy your encounters together. Sexual touching is not just touching the genitals. It is, touching your mate's body sensually and slowly, and can help to extend your lovemaking sessions. Here are examples of sexual touching:

- Caress spouse's shoulders & feel the curves of their body.
- Run your hands over his chest. Lick and suck his nipples.
- While lying close to your mate, caress the sides of your spouse's body along their rib cage.
- Caress their back, runner your fingernails up and down their spine.
- Massage their buttocks.
- Lay him on his stomach and rub your breast slowly up and down his back & buttocks, kissing & rubbing gently as you move.
- Rub the inside of your mate's leg from thigh to knee.
- Give your spouse a full genital massage. (If you need more details, let me know).

Don't Forget to Kiss

Kissing is an art that must be learned through trial an error. Kissing is the spark that starts the fire. However, once couples start having sexual intercourse they kiss less. Try some of these ideas to rediscover the art of kissing:

- Curl up on the sofa and agree to spend at least 20 minutes doing nothing but kissing.
- Cut an orange or strawberry in half and squeeze the juices out of it and put it on your lips. Join lips and taste the flavor while you kiss.
- Get in the car and go parking. Find a great place to gaze at the stars and begin to kiss.
- Take turns giving each other a kissing message. Take time to kiss various parts on your spouse's body.