



Building a Successful Family

Excerpt

Enjoy God's precious gift of pleasure

God created sex to be enjoyed only between a married man (husband) and woman (wife). God intends for a husband and wife to enjoy great, pleasurable sex. In the Bible, God emphatically commands:

“Let thy fountain be blessed: and rejoice with the wife of thy youth. Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love”. (Proverbs 5:18-19)

Is God not kind and wonderful? Let us always bow before God, love Him, worship Him and obey all His words. God truly loves and cares for us! He wants us to live in fullness of joy.

Sex builds a strong bond between a husband and wife, through the intimacy that comes from hugging, cuddling, snuggling, kissing and being joined together. Sex makes marriage immensely pleasurable.

Beyond pleasure, sex promotes good health. When orgasm is reached during sex, the hormone, oxytocin, is released. Also known as the love hormone, oxytocin improves heart health, lessens stress, depression and anxiety.

Sex enhances sleep quality and is a natural exercise that improves the workings of the body and mind, keeping you and your spouse healthy and happy.

Sex makes us feel secure, desired and loved by our spouse, giving us joy and peace of mind. There are many other benefits of sex.

Sex is created to be great fun between husband and wife. And it should be. When got right, it makes a marriage strong. When got wrong, it makes a marriage weak, or even crash. Sex is very important in marriage.

If you and your spouse are not having mind-blowing sex sessions, both of you are to blame. You are neglecting the most pleasurable activity given to married people by God. So there is a need for you to make time out for sex and get sex right in your marriage.

Happily, there are things you can do to join the millions of married men and women, who even in old age, indulge in active and joyful sex with their spouses, practically, on a daily basis.

No matter the state of sex in your marriage right now, learning and applying the following strategies will help you jerk up your sex life to climax levels, day or night.

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