

Women and Sex

By Dr. Clifford & Joyce Penner

Sex was designed for both men's and women's delight. Mutual sexual joy and fulfillment will be reached as each spouse takes responsibility to do his or her part without taking on the responsibility of the other. For a woman to do her part, she must discover who she is as sexual persons and maximize the vitality her sexuality brings to all of her life – not just in bed.

In order for a woman to find her full potential sexually, she needs to:

1. *Have Realistic Expectations*

Think through what are realistic expectations for *YOU* given where you are in your marriage, family, and life? Married sex is not “zap-sex” like in the movies or romance novels. You are not likely to feel like tearing his clothes off and making mad, passionate love when he comes in the door; because the initial passion of intense, adrenal-based sexual energy dissipates six to thirty months after a new romantic relationship begins. Instead, make the transition to a deeper life-long passion by being deliberate about your sexual relationship. Set aside times for the two of you.

Formula for Intimacy:

15 min per day to talk, connect spiritually,
and kiss for 30 seconds without leading to sex

1 evening per week to pleasure

1 day per season to talk about your likes & dislikes and play together

1 weekend per year to focus on growth and learning

2. *Be Able to Receive Pleasure*

Is sex for you? Do you enjoy being touched? To be able to receive, you may need permission from Scriptural teachings regarding God's design and intention for us as sexual persons and the expectation of sexual fulfillment in marriage. Read I Corinthians 7. Listen to your body; invite the touch it desires.

3. *Accept Your Body*

It may be difficult for you to be totally open and unashamed with your husband. Women have difficulty freely enjoying and sharing their bodies sexually when there is a gap between their view of themselves and their ideal. To bridge that gap, redefine your ideal or make a plan of action that will move your view of your body closer to your ideal.

4. *Enjoy Newness and Flexibility*

You may have come to marriage with some inhibitions that make it difficult for you to fully enjoy the pleasures of sex. You may have tried for years to be free,

but you just can't get there; you can't jump from where you are to where you want to be. Try taking small steps from inhibition to freedom.

5. *Be Free to Say, "No"*

In order to say, "Yes," freely, we have to be able to say, "No!"

6. *Be Able to Let Go*

To be able to enjoy sex, you must be able to get active, go after and let go. But your need for control, lack of trust, or evaluation of how you are doing during a sexual experience (*spectatoring*) may be hindering your release.


To summarize:

For passion in marriage,
a woman needs to be able to take;
She needs to believe she is
worthy of his affirmation
and
has the right to be intensely sexual.

Sex has to be as good for her as it is for him
if it is going to be good for both for a lifetime.

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