



15 Tips

For A Great Sex Life

Without Pornography

#1 Think Sex

Yes, our days are busy but you must devote some time to thinking about sex outside the bedroom

#2 Be Prepared

Make personal hygiene a habit. I know it's hard to shower every day but make it a priority.

#3 Know The Truth

You must know what God's opinion is about sex, love and intimacy because His opinion is truth. When it guides our thoughts, feelings and actions we find freedom in the bedroom (or the on the couch, or outside in the rain.)

#4 Use Words

Get over the fear of talking in the bedroom. Tell your spouse what you like and what you don't like. And if you can't use words, at least grunt and giggle.

#5 Schedule It

Schedule sex with your spouse. Tell them, "tonight is the night" and then remember tip number 1 & 2.

#6 Make it Special

There are times for quickies and there are times for really, really good sex. When time allows, make the occasion special. Wear a certain outfit or perfume you only wear on those special days. Light candles, play soft music and put fresh sheets on the bed.

#7 Experiment

Try a new position or a new move and get or give feedback. Don't be offended if your partner doesn't like it and don't lie if you didn't enjoy it.

#8 Be Adventerous

Sex is not just for the bedroom!

#9 Have A Secret Language

Create phrases only you and your spouse will understand. Then, when you're out or with friends you can hint around about what's to come without anyone else noticing.

#10 Don't Ignore Problems

Physical and emotional issues must be addressed. Christian counseling and family doctors may be necessary and that's okay.