

## **Fathers Podcast 18 Intimacy Part 3**

### **Podcast Highlights**

- What was God thinking when he created sex?
- Intimacy and pleasure are relatively unique to humans
- God created sex for satisfaction, pleasure, oneness and connection.
- The clitoris is uniquely for pleasure
- God wants us to be playful, rest, and be together naked and unashamed together.
- It's physical, emotional and spiritual.
- It's easy to lose a sense of rest and playfulness. You will have to continually reinvent and reinvest the sex life over time.
- Start praying for your wife...pray openly, quietly, internally. Will soften, slow you do and make you more responsive. Praying will keep away the distractions.
- Talk about sex during sex.
- Include God

### **Thinking/Conversation Starters**

- Have there ever been sexual "droughts" in your marriage? Did anything specific trigger them and how did you overcome them? If you're in a "drought" right now what do you think caused it and how can you overcome it?
- How do you think you can include God in sex?

### **Action Step**

- Communicate with your wife about sex and talk about her needs and wants.
- Read a book together about sex like "A celebration of sex" by Douglas Rosenau or "The sex starved marriage" by Michelle Winer Davis

*There are eternal consequences to the seemingly inconsequential.*

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