

Scripture: [Genesis 29:1-14](#)

Pastor Wayne

Memory Verse: Song of Solomon 1:2 Let him kiss me with the kisses of his mouth: for thy love is better than wine.

The Bible is an amazing book! It is not just a textbook of God's laws or a list of doctrines and teaching. It is a book of mystery, romance, and intrigue. It is the story of real people, facing real issues, dealing with personal relationships and the challenges of life. The story of Jacob and Rachel is one of the greatest love stories ever written. It was love at first sight! He even kissed her the very first time they met! (I don't recommend that for young couples today. Save the kisses for later when they will be even sweeter...)

The kiss that Jacob gave Rachel was probably more platonic than passionate. Kissing was, and still is a standard form of greeting in the Middle East although it was usually not practiced between members of the opposite sex that were not related. We need to remember that Rachel was a distant cousin (not the problem back then that it is today) and so Jacob wasn't taking any untoward liberties with her, however it is clear that there was a spark that started a flame.

Genesis 29:18 reveals that "Jacob loved Rachel". I am sure that there was a lot more kissing in years to come and it was more passionate than that first one! Do you remember the first time you kissed your spouse or was it the first time that they kissed you? Remember the butterflies in your tummy, how it took your breath away, and the spark of fire you felt on your lips? Even if your first kiss didn't meet all of your expectations, I think I am pretty safe in saying that most of you reading this enjoy kissing.

The problem is that even though we enjoy kissing, we stop kissing as much and as passionately as we used to when we were dating or first married. Somewhere along the line the kisses become more platonic and less passionate. We walk out the door with nothing more than a peck and a promise instead of a passionate promise of more to come! My challenge to you today is to bring back the "Kiss". Any two people with lips can kiss. There is an art to good kissing.

Ban the "peck" and pick some new and fresh ways to pucker up with passion and pizzazz! I believe I can guarantee that your relationship will change for the better just by improving and increasing your kisses. This is one assignment I want everyone to do and not just for one day. Change your bad habits of kissing starting today. What are you waiting for?

Meditation: Spend the day thinking about your spouse and anticipating that first kiss when you get home (and maybe a few others to follow later on!)

Assignment: Talk about what you like and don't like about kissing. Start working on a list of different ways to kiss. Be descriptive about when, where, and how. Send me your top ten (I will keep them anonymous) and I will compile them for a handout.

Just for Fun: Do two ten second kisses every day. There is no limit on how long, but nothing less than 10 seconds. Count in your head or set a timer. You can even have your kids count out-loud!

Scripture: [Song of Solomon 4:1-5:1](#)

Pastor Wayne

Memory verse: Proverbs 5:19 *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.*

Most Bible scholars believe that this passage in Song of Solomon describes the couples wedding night when they consummated their marriage for the first time. I don't know if they used such metaphorical and flowery language when they were in the bedroom, but God certainly presents a very graphic, sensual picture of lovemaking in marriage. Hebrews 13:4 is clear that "Marriage is honourable in all, and the bed undefiled". Proverbs 5:18-19 He tells us "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.*"

The words God uses are very descriptive:

Hebrews 13:4

- Honourable = of great value or price, precious
- Undefiled = not stained or polluted (not wrong between a loving married couple)

Proverbs 5:18-19

- Fountain = A spring, flowing, fresh
- Blessed = Praise, thankful
- Loving Hind = A deer in heat
- Pleasant Roe = To show favor, grace, & charm
- Satisfied = To be satiated, saturated, full
- Ravished = Intoxicated, out of control

Would these words describe your love life? If not, why not! This is what God says it should be like. What are you going to do now that you know what God wants you to do? One survey asked men and woman what they wish their spouse understood about sex. Here are the top five answers for each:

Men said:

- Be confident! Don't be embarrassed, inhibited, or unsure. Stop obsessing how you look and let me enjoy what you've got because you are all I get!
- Enjoy it! It is so much better when you enjoy lovemaking and express your pleasure.
- Tell me what you like! Talk to me. React verbally and physically! Guide me to bring you pleasure.
- It is so much more than physical! Making love makes me feel a part of you. It is my way to connect with you. It means more than you can know when you invite me in.
- Be spontaneous! Make the effort to show your interest. Initiate intimacy now and then.

We ran out of room for the ladies top five. Don't worry... We will cover them tomorrow!

Meditation: Meditate on why God designed us to have and enjoy sex. What does that tell us about our relationship with God and each other as a couple?

Assignment: Read or listen to a Christian book on sex (see book list). Be sure to do your homework!

Just for Fun: Make love!

Scripture: [Song of Solomon 7:1-13](#)

Pastor Wayne

Memory Verse: Song of Solomon 8:3 His left hand *should be* under my head, and his right hand should embrace me.

I know that the husbands enjoyed yesterday's devotion and I sincerely hope that these last two devotions have led to some very serious discussions together as well as some hands (and lips) on practice! This is a very serious topic for couples to talk about and to not neglect. The Bible tells us that this is one of the areas that Satan will tempt us in when our needs are not being met (I Corinthians 7:1-5). Yesterday we discussed what husbands need, now let's talk about the ladies!

Women clearly perceive sex on a whole different level than men. Yes, it is physical for them but it is primarily emotional and mental. You will see that clearly when you read the answers to their survey. This is what they said:

- Sex is not just physical for us! I need to feel an emotional connection with him before he connects with my body. Sometimes the best foreplay is to talk, listen, and even pray with me.
- I love it when you initiate! I want to be pursued, seduced, and desired by you. It is especially a turn-on when you show your desire for me and my body.
- When I say "no", it's not you! Sometimes I'm stressed out by the kids or work or life. Be patient with me. Give me time. Keep pursuing me patiently and gently. Show me that my needs are important too, and I will want to meet yours.
- It takes time to get me in the "mood". My brain and my body don't work like yours. Take it slow. Let my mind and body catch up with you. I don't always need to climax to enjoy it.
- Romance needs to be all day long! Sex starts in the morning! We cannot be disconnected all day long and jump in bed at night expecting it to work.

None of these answers are one size fits all. Your spouse is unique and special; made by God just for you to enjoy and give pleasure to them not just take pleasure from them. The greatest obstacle to good sex is a lack of communication. I am amazed about how many married couples don't talk about sex and what they like and don't like. Talk to each other. Be honest and transparent. This is one area where you cannot and should not be inhibited.

Be patient with each other as well. Sex is a lifetime of learning and practice. It is easy to fall back into old habits or to forget. The other challenge is that our needs, wants and desires change over time. Just about the time you think you have this all figured out everything changes. That is also part of the fun – keeping it fresh, new, and exciting!

Meditation: Meditate on how God created us uniquely as male and female. Why did he make us the way we are? Everything God made is good, so what is good about your spouses body?

Assignment: Read or listen to a Christian book on sex (see book list). Be sure to do your homework!

Just for Fun: Make love again!

Scripture: [Ephesians 5:21-33](#)

Pastor Wayne

Memory Verse: Ephesians 5:29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church.

Since we have been talking about surveys, let's look at two more of them. The first is The Top 8 Ways Men Destroy Their Marriage and the second is 8 Things Women Need to Understand About Men. We'll start with the men because we are supposed to be the leaders of our home... and because we tend to be the most clueless!

1. **Leaving her alone.** Most women feel lonely, even when their husband is home. Spend time with your wife. Talk to her and with her. Don't get lost in TV, video games, sports, or a hobby and leave her out in the cold. One of the most miserable experiences for a wife is the feeling of isolation in her own home.
2. **Not getting close enough.** Intimacy to her is more than just having sex. It is the ability for her to feel connected to you and that she is a critical part of your life. She needs to feel that she can be transparent with you and that you feel the same with her.
3. **Always trying to "fix" her.** She wants you to be her strength. She needs you to help her to carry the heavy loads of life. Sometimes she needs you to fix the problem, but more often than not she just needs you to listen and to care.
4. **Never saying, "I'm sorry!"** All marriages have problems. Saying I am sorry is not a sign of weakness. It is a sign of strength. "I will love you more when you sincerely ask me to forgive you."
5. **Looking at other woman.** Most women are very insecure about their body and how they look. When she sees you looking at another woman, whether on TV, the computer, or in the mall she feels inadequate and disrespected. It is as if you are telling her that her body does not satisfy you and that is why you need to look at other women's bodies.
6. **Taking all of the fun out of sex.** When sex is demanded, expected, or neglected then it becomes a chore rather than something to look forward to and anticipate. She will respond when you take the time to involve her in the process and are attentive to her needs.
7. **Being bitter, angry, or sullen.** Your mood affects her mood! When you shut her out and put a wall up she feels rejected and fearful. She needs you to trust her so that she can trust you. Don't hold your problems, concerns, or fears inside especially when they involve her.
8. **Not taking responsibility.** Many husbands blame their wives for their actions. Your wife is not the root of your problems. Her actions may trigger your reaction, but you still have the choice about how you act or react. Work on yourself to change and do not focus on what she needs to do. Let God convict and change her.

Which of these do you need to work on? If you are really brave you will ask your wife to highlight the ones that bother her most. You just can't get mad at her for telling you the truth!

Meditation: Think about what it means to nourish and cherish your wife.

Assignment: Come up with three practical things you can do to nourish and cherish your wife.

Just for Fun: Make it your goal to have her catch you not looking at other women. Turn your head away from them and look at her!

Scripture: [Ephesians 5:21-33](#)

Pastor Wayne

Memory Verse: Ephesians 5:33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence *her* husband.

Now it is the wives turn. You had fun saying “Amen!” to the list for the men yesterday, now it is time to say “Oh Me!” Here is the list “8 Things Women Need to Understand About Men.”

1. Men would rather feel unloved than inadequate or disrespected. Husbands need to know that their wives respect them both privately and publically. Men thrive when their wives trust them, admire them, and believe in them. You need to respect him even when he doesn't deserve it. Respect the person and the position.
2. Men are insecure! Despite appearances, your husband is full of insecurity and most relate to you. He is afraid of failing to provide for his family, of not meeting your expectations, of falling short as a lover. He needs affirmation. Affirmation from you is everything! When men feel insecure and disrespected they will become angry and look for security and respect from somewhere else.
3. Men want more sex. Not just because of a stronger sex drive, but because men have a strong need to be desired by their wives. Regular, fulfilling sex is critical to a man's sense of well being.
4. Sex means more than sex. Sex is how men feel connected to their wives. When a woman opens herself to receive her husband into her body it is a profound statement of acceptance and love. When a wife rejects her husband sexually, he feels rejected as a man.
5. Men struggle with visual temptation. The vast majority of men respond to visual images when it comes to women. Even the most godly husband cannot avoid all of the sexual images that he is bombarded with daily. These visual images are stored away in the brain and can reappear without any warning. Help him to combat this problem by giving him ample opportunity to look at the one body he is allowed and encouraged to enjoy!
6. Men enjoy romance, but doubt their skills to be romantic. This doubt causes them not to try out of fear of humiliation and failure. Many men try and quit because their attempts are either not acknowledged by their wives or rejected as being inadequate.
7. Men care about their wife's appearance. This isn't saying that all men want their wife to look like the latest supermodel. What men really want is to know that their wives are making an effort to take care of themselves and want to look their best for their husband in public or private.
8. Men want their wives to know how much they love them. This was the number one response of men. Men are not confident in their ability to express their feelings adequately. They know they fall short in this area and don't know how to change it.

One of the most important lessons you should take away from this list is that men are ego-driven. This is not a bad thing in and of itself unless it becomes pride. Men want to do well. They want to accomplish things. And most important for you is to understand that when they are affirmed and respected by you they will want to live up to those expectations.

Meditation: Think about what it means to reverence your husband.

Assignment: Come up with three practical things you can do to reverence your husband.

Just for Fun: Review numbers 3, 4 & 5 and then act upon them!