

Scripture: Ephesians 4:25-32

Pastor Wayne

Memory Verse: Psalm 127:1 Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh *but* in vain.

Have you ever been to the Winchester Mystery House in San Jose, California? Sarah Winchester, heir to the Winchester Rifle Company fortune, built the home in the late 1800's. After the death of her husband and child she was told by a medium that she needed to build a house for all of the people that were killed by Winchester rifles. Construction on the house was continuous for 38 years 24 hours a day. There are roughly 161 rooms, including 40 bedrooms, 2 ballrooms (one completed and one unfinished) as well as 47 fireplaces, over 10,000 panes of glass, 17 chimneys (with evidence of two others), two basements and three elevators and 20,500 US gallons of paint! It is obvious that Sarah had some mental and emotional problems, but she did have a good idea for you and I to apply to our marriage: Never stop building!

The word edify (vs. 29) means "to build up". It comes from two root words, both meaning house or home. We should never stop building our marriage. Keep working on it 24 hours a day, 7 days a week, every year until you die. Someone once said that buying a house is buying a never-ending project. There is always something to work on, something to fix, and new additions or changes to be made. Marriage is the same way!

There are some basic things you will need in order to build your marriage:

- Plans – You need a blueprint for what you want your marriage to look like. Sarah Winchester had no plan for her construction work. There are doors that open to walls, hallways that lead to nowhere, and bathrooms that don't work. The Bible is God's blueprint. He is the Master Architect. Find His plan for your marriage!
- Survey the boundaries – My house was built over the property line. This has caused all kinds of issues for us. Be sure to set boundaries for your marriage and don't cross the line.
- Tools – You can't build unless you have the right tools:
 - Tape measures, squares, levels – There is an old Carpenter's saying "Measure once, cut twice. Measure twice, cut once." What is the "measure" of your marriage?
 - Saw – "I saw the problem and I fixed it." You need to see what the needs are and get a vision for what God wants to do.
 - Hammer – Ecclesiastes 12:11 says "The words of the wise *are* as goads, and as nails fastened *by* the masters of assemblies, *which* are given from one shepherd." Whatever you build, you need to nail it down so it will not fall apart.
 - Power tools – Using power tools makes every job easier. Let the power do the work for you. Ephesians 1:18-19

What are you working on right now to build a better marriage?

Meditation: Think about what it takes to build the Christian life and a godly marriage.

Assignment: Sit down together and draw up a blueprint for your marriage. What are the "fix-it" projects that need to be taken care of? What changes do you want to make? What additions are you planning for? Prioritize the list and start talking about what needs to happen to get it done.

Just for Fun: Build or fix something together as a couple, whether it is a major home repair or a simple DIY project that you can build. Working together is a good way to grow together.

Scripture: Ephesians 4:25-32

Pastor Wayne

Memory Verse: But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

Stop! I know what you did! You skipped over the Scripture passage because it has been the same passage for the last 10 devotions. So why do you need to read it again? Because “faith *cometh* by hearing, and hearing by the word of God.” and God also tells us that repetition is the key to learning; “Whom shall he teach knowledge? and whom shall he make to understand doctrine?... For precept *must be* upon precept, precept upon precept; line upon line, line upon line; here a little, *and* there a little.” (Isaiah 28:9-10)

Now that we have taken care of that problem, let’s talk about this weeks devotion. At the end of verse number 29 God tells us that our communication should “minister grace unto the hearers”. Do you minister grace to your spouse, especially when you are arguing or fighting over something? Grace is “unmerited favor”, in other words, doing or saying what they don’t deserve.

When you are in the middle of an argument or a fight, the last thing you feel like is being nice to your spouse, but that is exactly what God wants you to do. Luke 6:35 tells us “But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and *to* the evil.” You spouse is not your enemy, so how much more should you show grace and kindness to them?

Some ways you can show grace are:

- ***Be humble and remember you are human, too.*** Because you, like your spouse, are not perfect, that means you, too, make careless mistakes, just like the mistake your spouse made that is really grating on your nerves. Be willing to admit you are not perfect.
- ***Don’t assign motives.*** That often involves taking yourself out of the equation. Grace says, “*I won’t make this about me or how you’re treating me.*” Grace says, “*I won’t try to figure out why you said or did that. I will just consider you didn’t mean it the way it came across.*”
- ***Be understanding.*** The easiest way to remember to extend grace is to realize that you are capable of doing the very same things (or similar things) that you dislike in your spouse. For every five things that irritate you about him, I’m sure there are at least *ten* things that you do that irritate him and vice versa! By being understanding and extending grace, you are hopefully putting on reserve a deposit in your spouse’s bank of understanding so when you are someday in the same situation, he or she will extend grace to you, as well.
- ***Be giving.*** Give of yourself to your spouse. Do some act of service. Provide for some need in their life, even something as simple as giving him a glass a water in the middle of an argument or rubbing her shoulders while you are having your “discussion”.

Meditation: Think about the ways both God and your spouse have shown you unmerited favor; Grace.

Assignment: Make a list of five specific things you can do for your spouse, especially when they “don’t deserve it.”

Just for Fun: Designate a Grace Day. On Grace Day you have to do things for your spouse, not because they deserve it, but because you want to be a blessing to them.

Scripture: Ephesians 4:25-32 (Don't even think about not reading it!)

Pastor Wayne

Memory Verse: Ephesians 4:30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Do you remember your parents saying "This is going to hurt me more than it is going to hurt you." right before they spanked you? I never believed that, until I had children of my own. Now I know how it can hurt us as parents as much or more than it hurts our children when we punish them. It should hurt us emotionally because we love our children.

First, it hurts because they did something wrong and we want our children to do right. Second, it hurts because we don't want to cause our children pain even though it is necessary. I counsel parents that they should never discipline their children out of anger and frustration. Always do it in love. It should hurt you more than it hurts them!

You might be thinking that is great advice Pastor, but what does this have to do with my marriage? The same advice works with your spouse. Often we strike out at our spouse in anger because they have hurt us and we want to hurt them back. When there is a problem, it should always hurt us more than it hurts them. We need to grieve over the problem and how it is hurting our relationship and work to fix it, not make it worse for our spouse.

When my kids were little we would spank them with a wooden or plastic utensil. One time I sent my son youngest son to the kitchen to get a spoon for his spanking. He came back without one. When I asked him why he didn't have a spoon, he said he couldn't find one. Thinking he was just trying to avoid a spanking, I went into the kitchen to get it. There were none. I don't know if they were all dirty or if he hid them. I couldn't find a spoon but I did find a plastic spaghetti server, the kind that has all of the tongs sticking out to scoop up the noodles. I figured the flat side would work the same as any spoon. When I brought it into the bedroom, Ben looked at it with tears forming in wide-open eyes and said "You can't spank me with that, it will leave holes in me." I don't think I ever spanked him because I was laughing so hard.

The point is how many times has our spouse thought we are going to hurt them? How many times have they been right? Anytime you fight with your spouse or have to deal with a problem it should grieve you that there is a problem. Sometimes we have to "speak the truth in love" and what we say is going to hurt, but it should hurt you more than it hurts them. If it doesn't hurt you then maybe you are not ready to deal with it yet.

I think of how many times that I have hurt my wife with my words or my actions and it grieves my heart. This is the person I love most in this world. I should not be hurting her.

Meditation: What have you done that has grieved the Holy Spirit? How have you grieved your spouse and hurt them? Do you need to ask God or your spouse for forgiveness?

Assignment: Talk about ways you have hurt each other. How can you do better? What are words that hurt? What actions are hurtful? Commit yourself to doing better in this area.

Just for Fun: Try "spooning" with your spouse on the couch or in bed. Spend a little time lying close together. Talk or cuddle or both. The fun part is deciding where to put your hands! Hint: Most men can only last about 15 minutes before their arm falls asleep!

Scripture: Ephesians 4:25-32

Pastor Wayne

Memory Verse: Philippians 2:1 *If there be* therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies.

Are you constipated? Staying regular is crucial for staying healthy. It plays a major role in how you feel (physically and emotionally) while removing waste from your body. It is important to have regular bowel movements! You are probably thinking, “This is not going to be one of Pastor’s more romantic devotions.” and you are right. So, why am I talking about “bowel movements” in a marriage devotion? Because the word “tenderhearted” in Ephesians 4:32 literally means, “having strong bowels”.

In the Bible times people thought of the emotions as being in our bowels rather than in our heart. It makes sense. Where do you feel emotion? In your gut! If you are excited about something you get butterflies in your stomach. If you are upset you will usually have an upset stomach as well. Getting upset can affect you physically.

Being tenderhearted (they would have said tender-stomached) means that you are not going to get upset easily. You heard it said, “He has a cast-iron stomach.” That usually means that he can eat anything and it is not going to bother him. Some people are easily upset. Any little thing can set them off emotionally. They just cannot handle much. Are you that kind of person, especially with your spouse?

If you are irregular in your bowel movements you should eat more fiber, drink more water, and use the restroom more consistently. If you are irregular emotionally with your spouse you need to work at being kind and forgiving. Learn to have a tender heart towards your spouse. Stop and forgive whatever she or he has done. Think about what you can do to show kindness towards them. Make sure your heart is tender towards the Lord and your spouse.

I know that this has not been a pleasant topic to discuss. I don’t even like talking about these things with my doctor, but God has given us a very graphic picture to understand our relationship with others. Don’t let yourself get diarrhea of the mouth, spewing out nasty and hurtful things to your spouse just because you are upset. Psalm 19:14, “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”

Meditation: Meditate on the forgiveness of God in your life to help you to be kind, tenderhearted and forgiving towards your spouse.

Assignment: Talk with your spouse about your feelings and how they affect you physically, mentally, mentally, as well as emotionally. Discuss ways that you can find relief.

Just for Fun: I can’t think of anything fun about irregularity. Go back to one of the previous devotions and do that Just for Fun again!

Scripture: Ephesians 3:20-21

Jerry Riddle

Memory Verse: “And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.” - Genesis 2:18

Growing up, I remember watching the popular dating show “Love Connection.” The show consisted of single men and women from all walks of life searching for romance. In the unscripted series, the single contestants participate in three blind dates to see if a match can be made. The contestants then open up about their experiences in front of a live studio audience with the ultimate goal of finding the perfect “love connection.” As humorous as the show was, it projected an extremely minuscule view of what God sees as a “Love Connection.”

Genesis 2:18 says “And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him.” The Hebrew text includes the word *neged* which literally means “conspicuous,” “in front of,” or “obvious.” Eve was the obvious design for Adam; there was no question about it. And just like Adam and Eve, God has uniquely designed us for our spouse. What we may so easily point out as flaws could be the features God felt were best to equip our spouse with. It’s easy to laugh at the singles on Love Connection continue their quest to find the “perfect mate” but do we consider the fact that we could be doing the same thing in our marriage? Do we continuously pick and choose what we like and dislike about our spouse with the objective of getting them to become what we consider our “perfect mate?”

Paul’s doxology at the end of Ephesians 3 notes that God operates in a manner beyond all that we can desire in our prayers; more than our minds could ever conceive (Eph 3:20-21). That should cause us to realize the greatest idea or desire we can conceive of our spouse is incomparable to God’s purpose in His design of them. Perhaps our desires for our spouse fit more into our own agenda rather than God’s. Perhaps the things we consider flaws are the very things God included in our spouse to be a help to us.

Meditation: When God created your spouse, He had you in mind. How can you ensure your marriage in turn keeps Him as the center?

Assignment: Sit down together and reminisce of each phase of your relationship and marriage leading up to today. Honestly and openly discuss the thoughts and feelings you had when you first met, during the dating and/or courtship phase, newlywed period, and marriage throughout the years.

Just for Fun: Have an at-home date night consisting of dinner, desert, and an episode of an old (clean) dating show (Love Connection, Newlywed Game).

Scripture: Song of Solomon 1:1-7

Pastor Wayne

Memory Verse: Ephesians 5:32 This is a great mystery: but I speak concerning Christ and the church.

The Song of Solomon or Song of Songs has probably aroused more confusion than any other book in the Bible. It is one of the books of the Bible that we are never sure what to do with. I would venture to say that most Christians have never read this book and if they have, they weren't sure what it is supposed to mean.

First, it seems very out of place in the Bible. It is a love story, it is written in language like Shakespeare (which I never understood), and the analogies they use to describe each other don't sound very romantic to our modern ears. Solomon calls it "The Song of Songs" even though it is not an actual song. Some have speculated that it was written to be performed like a musical on the stage.

The Song of Solomon is a series of lyrical poems organized as a lengthy dialogue between a young woman and her lover. A third party, or chorus, occasionally addresses the lovers. There are many different opinions as to why this story was written and why God chose to immortalize this tale of two lovers in Scripture. Most theologians will tell you it is an allegory of the love of Christ for the church. In Ephesians 5:32 it is clear that the marriage relationship is a picture of Christ's love for His bride, the church.

Other Bible scholars will tell you God inspired Solomon to write this book as an instruction manual for romance and sex in a committed marriage relationship. The marriage profiled in Song of Solomon is a model of care, commitment, and delight. It is clear that both the husband and wife were in love, committed to their relationship, and enjoyed the physical pleasure that came with it. This matches up with God's teaching in Hebrews 13:4, "Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge." and Proverbs 5:18-19 "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.*"

I believe that both schools of thought are true. We can learn much about God's love for the "bride", His church, and our relationship with Him through the study of this book. For this series of devotions, we will be focusing our study on the romantic examples that this couple provides us and specific guidelines provided for our physical relationship.

I would like for each of you, husband and wife, to read through the book at least one time by yourself, three to five times would be even better, and to read it together as a couple. Over the next few weeks we will look at the dialogue between the two lovers and glean what we can learn and apply in our own relationship.

Meditation: Think about how your marriage can be a more complete and clear picture of Christ and the church. Is your marriage a clear picture of that love?

Assignment: Read the book of Song of Solomon 1 – 5 times.

Just for Fun: This book is called the Song of Songs. Do you have "A song?" If so, why did you choose it? If not, what would you choose? Why?

Scripture: Song of Solomon 1:1-6

Pastor Wayne

Memory Verse: Hebrews 13:4 Marriage *is* honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

English was my least favorite subject in school (recess was my most favorite!). What made English even worse was when we had to interpret poetry. I have never understood poetry. I thought it was supposed to be about using words that rhymed, but apparently in some poetry nothing has to rhyme and sometimes it isn't supposed to rhyme! Huh? Poets never say what they mean. They use flowery words, allegorical terms, and double meanings to say what most people could state in five words or less. That is why Song of Solomon is such a difficult book for me to understand!

I don't like poetry, but I do like sex. That is one of the reasons studying the Song of Solomon is worth the effort. This story is a very sensual description of the physical expression of love by a married couple. God gave us this book so that we might fully understand that "Marriage *is* honourable in all, and the bed undefiled." (Hebrews 13:4) Sex is not something we should be ashamed of or embarrassed by. It is to be celebrated by both husband and wife.

There are certain basic terms that you need to know what they mean if you are going to understand this book:

- Vineyard or garden refers to a woman's genitals.
- Apple tree & wood refers to a man's genitals.
- Roe, hind, & hart, are all pictures of an animal in heat symbolizing strong sexual desire.
- Wine pictures being intoxicated with love. Giving yourselves over to total abandonment with no inhibitions between you.
- Fig, vines, fruit are symbolic of fertility and the sweetness of sexual fulfillment.
- Spring, stream, or fountain often refers to having an orgasm.

These terms will help you to see that God gave us sex as a gift to be enjoyed in marriage. He intended for us to each other's bodies and designed us to both give and receive pleasure. Couples often ask me if there are certain sexual acts that are forbidden within the marriage relationship. Even a cursory reading of Song of Solomon will reveal that this couple enjoyed a very robust and varied sexual repertoire. God made our sex organs and He gave us the ability, desire, even need for sexual fulfillment. Enjoy what He has given you.

Meditation: Think about why God designed sex the way that He did. What was His purpose in His design? Are you as a couple filling that purpose?

Assignment: Talk about how you both view sex. Where did you learn your perspective from? Do they line up with the teachings of God's Word? How did your parents, friends, teaching from the world, pornography, and personal experiences affect that view? What needs to change?

Just for Fun: Song of Solomon uses word pictures to describe sexual organs, having sex, and orgasm; What terms could or do you use to describe the same things? Make a fun list that is just for the two of you.

Scripture: Song of Solomon 1:1-17

Pastor Wayne

Memory Verse: Song of Solomon 1:15 Behold, thou *art* fair, my love; behold, thou *art* fair; thou *hast* doves' eyes.

Song of Solomon is not an erotic book, but it is a very sensual story. The couple is making verbal love to each other. We can learn from them. Most couples don't know how to communicate their love verbally in and out of the bedroom. We either say nothing or we say the wrong things. It is important to compliment one another and to be both specific and descriptive. You don't have to be a poet to say it! It will be awkward at first, but I promise you that it will pay dividends in the end.

Let's start with chapter 1. The woman starts out comparing his kisses to wine, meaning they were sweet and intoxicating. Every guy wants to know he is a good kisser. Ladies, you can never go wrong complimenting your husband on his skills in this area.

Next she talks about how good he smells. Fellows, women care about things like hygiene, cleanliness, and smell. Sometimes the sexiest thing you can do is to take a shower or wash your hands before making love. A little aftershave doesn't hurt either. What makes this compliment special is that she compares his "savour" to his reputation signifying that his character was pleasant and attractive.

In verses 5-7 she fishes for a compliment. Like most women she is not totally happy with the way she looks. She thinks she is too dark. She grew up on a farm spending a lot of time outdoors and was very tanned. Most girls today would love to have a tan like hers but that wasn't the fashion of the day. Fortunately, in all of his wisdom, Solomon didn't take the bait. When your wife says she is too fat – tell her she is not and change the subject!

Solomon compares her to a spirited mare (a special compliment from a horse lover) and then he uses the classic – comparing her to gold and precious jewelry. Guys, please note that he doesn't start by complimenting her breasts. He does later. Women don't like it when you focus on the sexual too much or too quickly.

She jumps back to the smell compliment again. This tells me two things; First, how important the sense of smell is to the ladies and second, when someone compliments you more than one time on the same thing it helps to reinforce how important that is. I like what she says in verse 12 – Being around him made her pheromones spike! It's also good that she is first to bring up the subject of her breasts. Every guy likes to know that his wife's breasts call out to him!

He doesn't take the bait. Most guys would immediately focus on her breasts. After all, she brought it up. Solomon goes for the classic: Her eyes. Women love for their men to talk about their eyes. The color, The depth. The look. Anything about her eyes is going to get you brownie points!!

Finally, she finishes with a simple statement: "Thou art fair". Simply put she tells him three times: "You are handsome" and on top of that you are pleasant to be with. You cannot say this enough! Say it again and again and again!

Meditation: Meditate on all of the good and positive things about your spouse and then tell them what you came up with.

Assignment: Work really hard at being more generous with your compliments. Try being descriptive and poetic, but either way SAY IT!

Just for Fun: Read chapter 1 to each other as if you were auditioning for the part and reading from a script.

Scripture: Song of Solomon 2:1-17

Pastor Wayne

Memory Verse: Song of Solomon 2:3 As the apple tree among the trees of the wood, so *is* my beloved among the sons. I sat down under his shadow with great delight, and his fruit *was* sweet to my taste.

Let's continue our study on how to compliment each other with a look at what they say in chapter two. She starts out with a hint that she would like flowers by comparing herself to flowers. Flowers are always a good way to say I love you. You can find some good deals on flowers at Costco, Sam's, or Watanabe's Florist if you live in Hawaii. Did you know that different flowers have meaning? You can learn more here: <http://www.canadianflowerdelivery.com/flower-meaning.aspx>. Even the color of roses means something: <http://www.passiongrowers.com/web/ot/colors.asp>.

Song of Solomon 2:3 has stirred up much debate. Many people feel that she is describing oral sex on him (in 4:16 it seems that she invites him to come to her "garden" and perform oral sex on her). I cannot say that these passages describe oral sex, but it is clear that she is being very graphic in her description of their lovemaking and that there was a clear openness and liberty between them. The Bible does not prohibit oral sex; neither does it directly endorse it, with the possible exceptions of these two verses. Read it for yourselves and discuss what you feel is right for your relationship. Don't be ashamed of your desires and actions towards each other in the sanctity of the marriage bed. I discuss the topic of oral sex and other controversial topics in the booklet "Sex Problems and Questions for Married Couples".

The next few verses compare lovemaking to a feast to be enjoyed together. The banner pictures his willingness to proclaim his love for her to the entire world. To be "sick of love" simply means that she was lovesick for him. Verse 6 describes a very passionate and intimate embrace. Most women enjoy the feel of their husband's arms wrapped around them.

The woman expresses her thoughts about her husband's lovemaking. She compares him to a young stag describing his virility and passion. The world is a better place after they make love! She just wants to be with him.

Solomon asks her not to hide anything from him. He wants to explore everything about her. He desires to see her countenance as she expresses her emotion and to hear her voice express her joy. Don't be silent when making love! Let your face and your voice express the joy and the pleasure you feel. Speak out!

In verse 15 the chorus reminds them that it is the little foxes that ruin a relationship. Don't let that happen to you.

The bride ends by telling him that they belong to each other. He is welcome to come into her "garden" anytime he likes! She is excited that he is a stag. She basically calls him her stud!

Meditation: Think about the last time you made love. Would it merit a chapter in Song of Solomon? Not every sexual encounter is going to be a mountaintop experience, but what can you do to bring the excitement and passion back into your bedroom?

Assignment: Talk about your lovemaking. What do you like? What feels good? How can you improve? Is there something different that you would like to do? Take the time to listen and to compliment one another.

Just for Fun: Try a different position in your lovemaking. Be more verbal. Don't be afraid to tell each other what you like and what feels good.

Scripture: Song of Solomon 3:1-11

Pastor Wayne

Memory Verse: Proverbs 5:18 Let thy fountain be blessed: and rejoice with the wife of thy youth.

In the first part of chapter 3 the bride dreams about her lover, her husband. She wakes up looking for him and he is not there, so she goes searching for him. Most often it is the husband who seeks out his wife for sex. That is because men are usually more driven in this area. That is why it is so special when a wife initiates. Men love it when they feel that their wife desires them physically and has to have them. It is probably one of his biggest turn-ons. Ladies, let me encourage you to initiate sex sometimes. Your husband will love it and so will you!

Sometimes it is helpful for the wife to “prime the pump” for sex. Start with your thoughts. Spend some time thinking about him. Meditate on his good qualities. Remember the last time you made love and how good it felt. Think about how sensual it feels to be close to him and to become one flesh. Daydream about spending time with him. Look forward to and anticipate how nice it will be.

Start looking for him early on. Reach out to him. Talk about what you are going to do. Send him a text or email. Call him on the phone. Tell him what you are planning when he leaves for work and meet him at the door when and when he comes home remind him about what is to come. Drive him crazy with anticipation and you will find yourself anxiously anticipating your liaison together.

Verses 6-11 describes their wedding. She is remembering that special day and watching him coming with the processional and how handsome and strong he looked. I think it is good to remember your wedding day and your honeymoon. Guys, one way to turn your wife on is to spend some time looking through the wedding albums. Yeah, I know, you were there, so why do you need to look at the pictures? Because she will love it! Talk about what you felt that day as she walked down the aisle. Share how you felt when you looked up and saw him standing there waiting for you. Reminisce about your honeymoon. What did you feel, think, and do when you consummated your marriage. What was it like the first time? How has your sex life changed since then? What were some of the fun things you did? What can you laugh out now that you cried over then?

One of the greatest blessings of married sex is the memories. We don't have to “relearn” each other every time we make love. We can build on what our partner likes and doesn't like. We know from experience what works and how everything “fits”. It is also nice to remember special times together, to relive them together in our conversation. Have you ever reminisced about special times together? Maybe that weekend getaway you had or the night you tried something new or the vacation you spent at the beach, just the two of you. What made it fun? Why was it special? What did you do differently? Why don't we try it again?

Meditation: Meditate on the romantic times that you have had together. What made them special? How can you create new memories today?

Assignment: Get your Wedding albums or recording out. Take time to remember why you fell in love and the special magic of that day. Recreate your wedding night together, but even better.

Just for Fun: Describe a sensual dream that you had about your spouse. If you can't remember one, make one up.