

**A MARRAGE WITHOUT REGRETS**

**PROGRAM 26 (#910156)**

**WEEK 6 (910334)**

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## ***PRECEPTS FOR LIFE***

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The following is an actual transcript of the PRECEPTS FOR LIFE Broadcast. For the purpose of filling transcript requests quickly, they have received only light editing. If you have questions concerning the material covered in this broadcast, Kay has published a number of books explaining the Scripture in depth. These books may be ordered by contacting the telephone number or address printed above.

**SERIES: A Marriage Without Regrets**

**TITLE: Program 26 – How To Have Good Sex In Marriage**

### **MONDAY**

#### **OPEN**

A lot of those women in the workplace are on the make. And so if he's getting praise at work and admiration and she's smelling good and looking good and leaning close to him, know this, that usually a man wants to go home to his wife. And he wants to go home to his wife because that's where he's secure. That's not where he has to prove himself, where he has to be this king of sex. This is where he finds intimacy, the intimacy that God intended in sex.

#### **PART ONE**

Have you ever wondered why there's so much sex outside of marriage? Because you see, when you look at the Word of God, God says that sex is wonderful. And He designed us for pleasure. But sex is not to happen outside of marriage. And yet today, what do we have? We have countless people living with their significant other. They're living with this person.

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They're sleeping with this person. But they haven't gone and gotten a marriage contract. They haven't said, "Okay, I'm yours for life and you and I are entering into marriage and it's going to stay that way and I'm committed to you in sickness and health, in poverty, in riches. No matter what, I'm committed to you. I want you to be my wife. I want you to be my husband." No. Instead, we're living with significant others and we're having sex outside of marriage. Thirty-five million abortions, sex outside of marriage. People are walking out on their mates, sometimes after having lived with them 20 years and 30 years. They're saying, "I don't love you anymore." Is there another man? Is there another woman? Many times, they'll say no. Sometimes they brazenly say yes. And you find out, yes, there is someone else. Yes, they are going to have sex outside of marriage. What can we do to make sure that sex in marriage is everything that God intended it to be? Because you see, if we could find satisfaction in our sexual relationship, a husband with a wife and a wife with a husband and there was contentment there and satisfaction there, and joy there and pleasure there, then we would be less prone to wander. We would be less prone to be looking at someone else and desiring someone else. We would be, in a sense, less tempted to have an affair if we really built that strong, physical bond between a husband and a wife. So what I want to do today is I want to talk to you about what men are like and what women are like. Because if we can understand how God created a man and how God created a woman, and how they come together, and what God has in mind for the two sexes, then I think we could build stronger marriages. And a stronger marriage will be your insurance against infidelity and immorality. And I say that because it's so sad, but the statistics say that the divorce rate in the church right now is higher than the divorce rate in the world. And I think it's probably because those who profess to know Jesus Christ, who profess to be followers of Jesus Christ, are quicker to get married rather than live with a significant other. But let's see what God has to say. The first thing that I want you to

understand is this: that men are turned on by sight. They are sexually turned on by what they see. This is why pornography is far more rampant among men than it is among women, because men are visually oriented. They are visually excited. Now let me prove that to you in the Word of God. I want to take you to Job, chapter 1. And in Job, chapter 31, Job says this, “I made a covenant with my eyes.” Now a covenant is a solemn, binding agreement. In other words, I said, “Okay eyes, this is what you and I are agreeing on.” He says, “I made a covenant with my eyes; how then should I gaze at a virgin?” How then could I focus on this woman and think about her sexually? And that’s what he means there. “Does He...,” God, “...not see my ways, and number all my steps?” And one of the things I want you to understand is this: that God knows everything, everything that you think about. “There’s not a word formed on your tongue but what God knows it all together. He knows when you step down and He knows when you get up.” He knows when you say, “Hey, the darkness is going to cover me.” Usually immorality takes place in the night time. Usually it takes place in the darker places. But you go into any place where they are advertising sex and I guarantee you the lights are not going to be high and bright. There’s going to be a lot of darkness and there’s going to be a lot of dark shadows. Why? Because innately, inside, unless you sear your conscience, inside you know that it’s wrong to be immoral. It is wrong to be promiscuous. It is wrong to go from woman to woman or man to man. And that’s why we don’t advertise it. Now we’re living in a time where we don’t think it’s as wrong anymore. We’re living not in a time of immorality. We’re living in a time of amorality. I was on the plane, not too long ago. And they were passing out headsets and the flight attendant said, “Do you want one?” And I said, “Well, what’s the movie?” And she told me the title of the movie. And I didn’t know what it was and she told me the stars that were playing in it. And I said, “Let me ask you a question. Is it immoral?” And she says, “What do you mean, is it immoral?” Because you see, we have no standards today. I mean, whereas in

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Hollywood, at one time, if a husband and wife were sleeping with other actors or actresses, Hollywood would keep it under wraps. Why? Because society would not have it. But today, what do we do? We have our pictures taken. They come out in People magazine. And so-and-so is with their significant other, and their significant other is pregnant. And they're thinking about getting married. And society doesn't say that's wrong. So we've moved from morality to immorality in our society. But listen to me carefully. God never moves. God knows your ways. God sees your steps. Nobody else may know that you're on the internet or the pornography that you're involved in. No one may know that you're a part of this, group of pedophiles that are preying on children and passing all these things around over the internet, all these pictures and saying, "the only way that you can join this club is if you give us 5,000 pictures or so many hundreds of pictures of you or someone else, a child in a sexual act" you may have that covered. Nobody else may know about it. But I want you to remember this, God sees your ways and you think you're going to make the next step and you're going to crash. Because "Marriage is honorable in all and the bed undefiled, but fornicators and adulterers God will judge." So, how's a man turned on? A man is turned on by sight. Now what does that tell you as a wife? Well to me, it tells me that I need to dress in an attractive way. Now all men have their different attractions. I mean some men like the jockey look. And other men like the lace look. But I know this, that if God intended sex for pleasure and if men are turned on by sight, if I'm a smart wife, then I'm going to dress attractively for my husband. I'm not going to be standing there with the elastic in my panties hanging down my leg or my panties pinned up together or holes in the back of them. I'm going to be dressing attractively, because men are turned on by sight. And I just want to tell you something, these little flannel things that you zip all the way up, that have even the feet in them, I'm sure don't turn on anyone. Maybe a rabbit, but you just look like a little bunny. You might as well put a little tail on your

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bottom. God wants us to look attractive for our mate. It is so important when your husband comes home for you to be attractive or when you come home for you to be attractive. It's important for you to take showers. It's important for you to shave your legs. It's important for you not to go to bed with rollers. I mean, it's like attacking an armored division. We need to remember that God intends for us to enjoy sex, to keep the romance. My father said to me, "Honey, when you get married, just remember this. Never fail to stop courting one another. Always court one another. Always keep it fun. Always keep it delightful." You say, "But some of the things that my husband wants are not delightful at all. Some of them just make me sick." Well we're going to talk about that on another program. But let's talk about healthy stuff right now. And let's just remember that if a man is turned on by sight, then it's important for us to keep ourselves attractive. You say, "That's why I don't want sex. I have gained so much weight. And when I stand and look at myself in the mirror, I am absolutely disgusted with myself. I don't want him to see me. I don't want him to touch me." Listen, Precious One. You cannot withhold yourself from your mate even if you are overweight. Don't withhold yourself from your mate. Because when you withhold yourself from your mate, then you're putting your mate in a vulnerable position. Now let's go back to 1 Corinthians. Just in case you didn't hear me last week. But in 1 Corinthians, chapter 7, he says, "Now concerning the things about which you wrote." Now the Corinthians wrote them because they had questions. They had questions about sex. They had questions about sex and marriage. They had questions about sex outside of marriage. They had questions about what do I do. I'm a believer and I'm married to an unbeliever. How do I handle this? You know, should I divorce him? If my body belongs to Jesus Christ, is it right for me to stay in a marriage where my mate's not a believer? So he answers all these things in 1 Corinthians 7. And you find it very, very helpful to read through this chapter. As you read through this chapter, I would suggest that you start in chapter 6, verse 12,

and that you just mark every reference to the body. And then see what He says about the body. So many times, we look at the body and we say our bodies are disgusting. But I want you to see what God says about the body. All right, now, he says, “Because of immoralities, let each man have his own wife” and he goes on to say in verse 9, “But if they do not have self-control, let them marry.”

## **PART TWO**

Sex, as a woman may not be vital to you or it may be vital. And if it is, that’s wonderful. But I want to tell you something, it is absolutely vital to a man. You say, “I wish it were, because I have a husband that’s not interested in sex at all. And it is about to kill me.” That’s hard, I know and we’re going to talk about that. You give me time to cover these issues and we will cover those issues. But just know, for the most part, that sex is very, very important to a man. And he is in far greater need than a woman is, usually, of having those sexual needs met. If you are overweight, if you are kind of disgusted with your body, then, honey, turn out all the lights, light a candle and put it at the opposite end of the room. And just make sure that you smell good and just make sure that you talk very sweetly to your husband and that you admire him. And just know this: that you may be overweight and you may not look like all those models, but there’s something wonderful and comfortable about softness. And just know this: that he needs you more than he needs for you to wait to lose weight. So just know this, 1 Corinthians, chapter 7, “Because of immoralities, let each man have his own wife.” In other words, sex in marriage is designed to prevent sex outside of marriage. But you must not deprive your mate of sex. Now listen to what he says, “Let the husband fulfill his duty to his wife.” And what he’s saying is this: your wife has desires also. It is your responsibility; it is your duty before God, to meet her sexual needs. And it says, “And likewise also the wife to her husband.” It is the duty of the wife to meet her husband’s sexual needs. So

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you can't say, "I'm overweight. I'm ugly. I can't stand myself." Forget all that and just know that you're a wife and tell God you want to be obedient to Him. And ask God for the grace to go ahead and love your husband the way you ought to love your husband. You are obligated by God to meet your husband's needs. Now, he goes on to say, "Stop..." and it's a command, "Stop depriving one another." Now, "Stop depriving one another" in the Greek is in the present tense, and the present tense is a continuous action. It's like a line that starts and keeps on going. It's a habitual action. So he says, "Stop depriving yourself." And when you find a negative in a continuous tense like that, it says you're doing something already that you shouldn't be doing. Now I want you to stop it. Stop habitually depriving one another. He says, "Except by agreement for a time." And that agreement is only to be because you're going to spend that time praying together, or you're going to spend that time fasting, not only from sex, but from food because you're seeking the Lord. But then he says, "And come together again lest Satan tempt you because of your lack of self control." Now, what makes for good sex? Number one: understanding that men are turned on by sight. Number two: for the man it's understanding that women are turned on by touch. And that's so important. This is why, as I told you before, men gravitate to pornography more than women. They see things and that excites them. But that's not the way it works with a woman. We like attractive men and we like men, that have certain color hair, or whatever. But you know what? The way that you treat us, the way that you handle us, the way that you touch us can override anything that our eyes desire. If you just understand a woman. And I love "My Fair Lady". I love Henry Higgins and when Henry Higgins says, "Why aren't women more like men?" you know. Well, women aren't more like men because God created us male and female. And there's a distinctive difference between the man and the woman. If you understand that a woman is turned on by touch and if you understand another principle that I want to give you, is God designed the man to be the

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initiator. God designed the woman to be the responder. Even in the act of sexual intercourse, you see this because the man is the one that is received by the woman. The man initiates and the woman responds. The woman receives. And so in the sexual relationship, the way that a woman is prepared to respond to her husband in such a way that will give her pleasure and give the husband pleasure because he's pleased the woman and that helps his ego, is by him knowing and understanding the importance of touch. This is what makes for good sex. If you want to have a wonderful evening or a wonderful night with your wife or a wonderful time with your wife, then you start preparing her ahead of time. You can't get mad at her. You can't complain about breakfast. You can't just walk out and leave the kitchen in a mess, especially if both of you are going out the door. You can't yell at one another and expect her to want to be in your arms that night. Men are goal-oriented. Women are relationship-oriented. And the man can have the goal. And the goal can be, hey, sex tonight. I mean, something happens during the day and because something happens during the day, then he's ready for sex that night. But I'm telling you, if nothing happens during the day for that wife, nothing good, no sweet things that are said to her, no compliments that are given to her, you can't demean her all day, or you can't leave her with harsh words and expect her to look forward to coming into your arms at night. So you need to start preparing her during the day. You need to start preparing her a couple days in advance and don't say, "It's because I want to have sex on Wednesday night at 9:00 or 10:00 or 11:00." Don't say that. That takes all the romance out of it. But romance your wife, talk to her. Compliment her. Learn to touch her without expecting something to follow, let there be touch. Let there be romance. And listen, women. If you have a romantic husband, get down on your knees and thank God that you have a romantic husband. Now many times, you find a romantic husband and an unromantic wife. You find a romantic wife and an unromantic husband. And when you understand these differences, you need to learn each other's love

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language. You need to understand what is it that tells this person that I love them. Is it words? Is it touch? Is it doing something for them? Is it helping them out? And so during the day, you speak that love language to one another. Just remember that you are building a relationship. And you need to consider your future. And what you're doing is when you have a good sexual relationship and you maintain that good sexual relationship, you're building a strong future. And not only that, you're building a fortress. You're hedging in your wife. You're hedging in your husband by your love, by your strong sexual relationship that will keep them from wandering and keep them from straying or keep them from being prey to someone that's going to come along and appeal to them. A lot of men and women end up in affairs not because of sex, but simply because they found someone that understood them, would talk to them and meet their needs. Make sex in your marriage what it ought to be.