



YOUR MARRIAGE MATTERS

52 GREAT CONVERSATIONS FOR BUILDING
A MORE VIBRANT, HEALTHY MARRIAGE!



JIM & CHRISTIE JACOBUS

CHAPTER 5

LET'S TALK ABOUT SEX BABY!

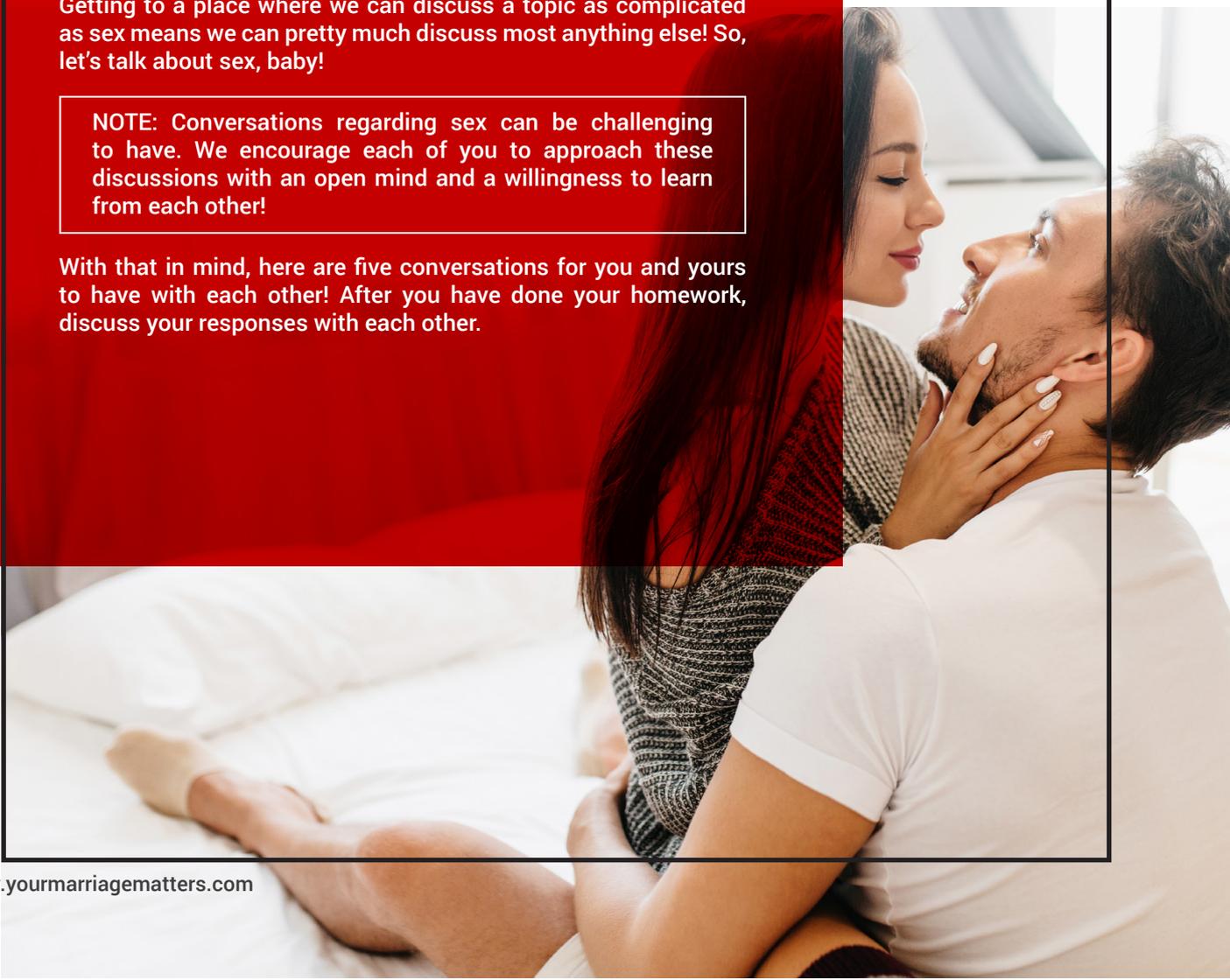
Therefore, a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. Genesis 2:24

Sex is a fantastic thing and a fantastic gift from above! It can be the source of an incredible bond between two people, or it can be a destructive force that drives them apart! The conversations we recommend below are designed to help us explore the topic of sex and encourage an open and transparent discussion.

Getting to a place where we can discuss a topic as complicated as sex means we can pretty much discuss most anything else! So, let's talk about sex, baby!

NOTE: Conversations regarding sex can be challenging to have. We encourage each of you to approach these discussions with an open mind and a willingness to learn from each other!

With that in mind, here are five conversations for you and yours to have with each other! After you have done your homework, discuss your responses with each other.



CONVERSATION #1:

THE CONUNDRUM!



We are sooooo very thankful that God made men and women different from each other! Some of those differences are an incredible blessing, while some of the differences are just downright confusing, mysterious, and confounding! That said, it is crucial that we work together to understand them and solve part of the mystery God created when he made men and women!

We will start with one of the most thought-provoking mysteries we have come across in all the marriage work we have done together! Here it is!

“Women need to feel loved to make love while men need to make love to feel loved!”

Here is the first conversation in this chapter about SEX Baby!

- What do you think was God's purpose in creating women and men different?
- On a scale of 1 to 10, with ten being outstanding, how well do you feel you are doing your part?
- On a scale of 1 to 10, with ten being outstanding, how well do you feel your partner is doing their part?
- Ask your spouse, “What could I do to fulfill my role in this equation better?”
- What do you think happens when one partner doesn't hold up their end of the equation?

CONVERSATION #2:

WHAT MAKES YOU FEEL LOVED?

Let's talk about love and how it plays a genuine part in a great sex life. Dr. Kevin Leman is the author of the book *Sheet Music: Uncovering the Secrets of Sexual Intimacy in Marriage*. This book is one of our favorites on the subject of sex in marriage.

In the book Dr. Leman says:

“Sex is all that it can be and should be ONLY when it is surrounded by and wrapped in LOVE!”

Well, that should be easy enough, right? Not at all! We are not all made to feel loved by the same things. We make a mess of things by trying to make our spouse feel loved by doing for them what makes us feel loved—if it were only that easy!

To assist us in knowing what makes our spouse feel loved, we use an excellent tool called the “Relational Needs Questionnaire” created by the awesome folks at Intimate Life Ministries in Austin, Texas. You will find it on our website at www.yourmarriagematters.com/RNSurvey.

Complete the survey and the debrief provided and then have the following conversation:

- What are your Top 3 and Bottom 3 Relational Needs?
- Your spouse's/significant other's?
- Any surprises?
- How do you define each of your Top 3, and what would they look like if played out in everyday life?
- Make a commitment to become a master at making your spouse feel loved! Start with the easiest of their Top 3 Relational Needs—don't try and tackle them all at once. It is too overwhelming! Ask your spouse, “What are three things in this area I could do that would make you feel loved?” And DO THEM!!!

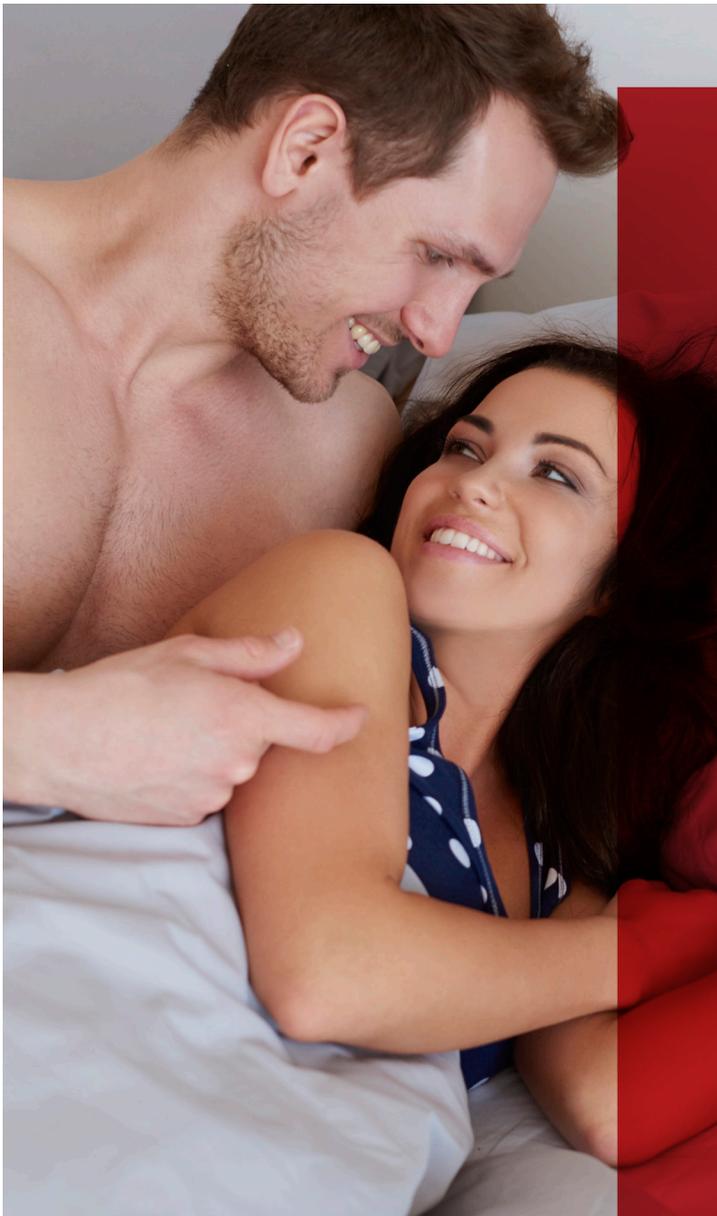
CONVERSATION #3:

ALL ABOUT EXPECTATIONS!

Our level of satisfaction in life, marriage, and sex life is the difference between what we expect and what we receive! That gap, whether it is less than or more than what we expect, is everything!

In our Prepare to Last class, we play “The Nearlywed Game,” a knockoff of the very popular Newlywed Game from years ago. The purpose of the exercise in our class is twofold:

- Get them talking about important topics they may not have discussed on their road to the altar.
- See if we can identify any critical or dangerous gaps in their expectations regarding their lives together moving forward.



One of our favorite questions for each couple is, “sex should occur ____ number of times per week?” Trust us when we tell you that the answers are all over the map! We have had one partner say more than once per day while their future spouse said once per month! Imagine the potential challenges that lie ahead?

Here are some great conversation points around expectations about SEX Baby!

- Let’s begin with that old favorite; sex should occur ____ number of times per week?
- Are my expectations regarding sex reasonable? How about my spouse’s expectations?
- Is there anything physical or emotional in the way of meeting my spouse’s expectations when it comes to sex?
- If so, what is it, and what can we work on together to resolve it?

CONVERSATION #4:

HOW TO KEEP SEX HOT FOREVER!

An old saying goes along the lines of the following: If you put a penny in a jar every time you have sex during your first year of marriage and then take a penny out every time you have sex, after that, the jar would never be emptied. We have not done any actual research on this but let's just agree that sex changes over the years for couples!

There are good reasons why our sex lives can change—busy schedules, work, kids, a changing relationship, and the effects of aging. Let's face it, even something as good as sex can get boring if we don't do something about it!

So, let's do something about it! Let's start with a bit of humility and take ownership of being an incredible lover! That means we have to admit we may not know everything there is about lovemaking and commit to becoming a stud or a goddess in the bedroom!

We are not suggesting you can become the man or the woman on the cover of the hottest romance novel, but we aren't saying you can't either! We can say without a doubt that you can become the best version of yourself in the bedroom!



Do some research and commit to reading one of the following books together!

- Red Hot Monogamy by Bill and Pam Farrel
- Sheet Music by Dr. Kevin Leman
- The Sex-Starved Marriage by Michelle Weiner Davis

Ask each other,

- "What do we want to learn from this book?"
- "What do we/I need to learn to be better lovers?"

Then read a second book the same way! And then the third.

CONVERSATION #5:

INTIMACY, THE MISSING PUZZLE PIECE!

In the preface to this chapter, we talked about what a mystery sex is. Through the first four conversations, we have worked to unravel some of the puzzle pieces to solving the mystery and having a great sex life. That said, there is one critical puzzle piece missing!

When we discuss the idea of Intimacy in our workshops, we acknowledge that most couples are thinking about physical Intimacy. And indeed, physical intimacy is critical. That being a given, there is another level of Intimacy that can turbocharge our physical relationship as well as every other area of our marriage!

This Intimacy is the same one God desires in our relationship with him. We reach this “next level” when we are open and transparent before God and trusting and knowing that he loves us unconditionally! We believe God created marriage so we could experience that kind of love here on earth from another human being and give that same love as well!

To reach this level of transparency, we need to:

- Become a student of knowing who God is!
- Become a student of what God intended marriage to be!
- Become a student of our spouse!
- Become a student of ourselves!

This conversation is simple yet could be the most powerful conversation out of the 52 Great Conversations in this book! Here goes:

- How do you think it would feel to have a relationship with your spouse where you knew that they fully understood who you were—the good, the bad, and the ugly— and they loved you with all of their heart unconditionally?
- How do you think it would feel to have a relationship with your spouse where they knew that you fully understood who they were—the good, the bad, and the ugly— and you loved them with all of their heart unconditionally?
- How do you think it would feel to have a relationship with God where you knew that he fully understood who you were—the good, the bad, and the ugly—and he loved you with all of his heart unconditionally?

Can 52 Conversations really make a difference? We believe they can, especially if they are “GREAT” conversations gleaned from 34 years of doing the hard work required to build a vibrant and healthy marriage. Add to that the 20+ years Team Jacobus has spent helping others build their own vibrant and healthy relationships through podcasting, workshops, counseling, coaching and now ... this book!

Together we are going to journey through conversations we ask couples we work with to have around critical subjects. These conversations are designed to challenge you to think through what you believe, individually and collectively about communication, conflict resolution, money, sex and a handful of other important relationship topics!

By challenging what you currently believe, we want you to have some fun while coming up with new and better ways to approach building the life together that you both dream of!

Please understand that we are here for you and if there is anything we can do to help and encourage you reach out to us and let us know!



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