



Week Five

*Regular
Connection
with your
Husband
(Physical)*



Week Five: Regular Physical Connection with your Husband



I hope you are doing well as we continue to grow in intimacy with the Lord and in our marriages! Today we are talking about the importance of regular physical intimacy in marriage.

Emotional and physical intimacy is so important to God that he dedicated an entire book of the Bible to this subject--Song of Songs (or Song of Solomon).

If we desire to honor God in our marriages, we need to look at what God says about the topic of physical intimacy and make it a priority in our marriages.

Connecting Physically with your Husband

Let's take a quick look at the book Song of Songs. King Solomon is the "lover" mentioned in the book and his new bride (the Shulammitte woman) and the "fiends" who represent the community around them.

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My lover is to me a cluster of henna blossoms from the vineyards of En Gedi. (Song of Songs 1:14)

How beautiful you are, my darling! Oh how beautiful! Your eyes are doves. (Song of Songs 1:15)

Like a lily among thorns is my darling among the maidens. (Song of Solomon 2:2)

Physical intimacy begins with genuine appreciation for each other and meaningful emotional connection. We as Wives of Worth can become more intentional about speaking life, love and affirmation to our husbands as a way to honor and appreciate them. Out of love and gratitude, they will often reciprocate this affection to you, setting the stage for genuine connection and physical intimacy.



Connecting Physically with your Husband

After the husband and wife in Song of Songs spend multiple chapters honoring and affirming each other, chapter 4 is where they officially consummate their union of marriage by engaging in physical intimacy.

Read how the Lover describes this beautiful union in Song of Songs 4:10-15,

*How delightful is your love, my sister, my bride!
How much more pleasing is your love than wine,
and the fragrance of your perfume
more than any spice!*

*11 Your lips drop sweetness as the honeycomb, my bride;
milk and honey are under your tongue.
The fragrance of your garments
is like the fragrance of Lebanon.*

*12 You are a garden locked up, my sister, my bride;
you are a spring enclosed, a sealed fountain.*

*13 Your plants are an orchard of pomegranates
with choice fruits,
with henna and nard,*

*14 nard and saffron,
calamus and cinnamon,
with every kind of incense tree,
with myrrh and aloes
and all the finest spices.*

*15 You are a garden fountain,
a well of flowing water
streaming down from Lebanon.*

Listen to how the wife responds to her Lover in Song of Songs 4:16 and 5:1,

*I have come into my garden, my sister, my bride;
I have gathered my myrrh with my spice.
I have eaten my honeycomb and my honey;
I have drunk my wine and my milk.*

Friends

*Eat, friends, and drink;
drink your fill of love.*



These passages exchange tender words of love and pure delight as they enjoy passionate love expressed in sexual intimacy.

The husband describes his wife's sexuality as a garden spring enclosed--a precious oasis filled with delicate choice fruits that are for his delight and pleasure--he is the only one who has access to this beautiful garden.

The wife then invites him to come into his garden and taste of its choice fruits (Song of Songs 4:16).

In Week One of the Wives of Worth program we discussed how we are worth more than rubies, being created in the image of God and as priceless temple of the Holy Spirit. The Holy Place of our temple is like the enclosed garden described in Song of Songs 4:10-15. Only our husbands have access to this holy and intimate place.

Of course, God dwells within us and knows us completely and intimately. The Most Holy Place of our spirit is where we can connect with God on the deepest level. Our husbands are the only humans on earth with the most intimate access to our souls in the Holy place of our temples--the "secret gardens" of our body and soul.

This means that sexual union with your husband is a holy, sacred experience. It is a place where we can be the most free, uninhibited, open and real. It is the highest level of authenticity and connection where we are the most seen, appreciated, deeply loved and honored.

Linda Dillow and Lorraine Pintus in their book *Intimate Issues: 21 Questions Christian Women Ask About Sex* they say,

"Through God's gift of sex, and husband and wife receive an intimate knowing of one another that they have with no one else. This knowledge brings a depth to their relationship."

How can you and your husband, as suggested in Song of Songs, eat, drink and delight in each other's "choice fruits"? This comes with intentionality and planning.

Linda Dillow and Lorraine Pintus suggest three different types of sexual intercourse between Christian couples. Hors d'oeuvres sex, home-cooked sex, and gourmet sex.



Hors d'oeuvres Sex- Since sexual pleasure usually takes more time for a woman, Hors d'oeuvres sex is the occasional “quickie” that sometimes husbands need and appreciate, since their bodies often respond much more quickly. This is a nice gift to give to your husband when he is in the mood for quick connection.

Home-Cooked Sex- Since women need more time and foreplay to experience authentic and passionate lovemaking, home-cooked sex gives more time for wives to get in “the mood” and is a good staple to have in your marriage.

Gourmet Sex- This is the long, luxurious rendezvous experiences that are mentioned in Song of Songs. This can be special date nights that include fine dining and special experiences that climax with wonderful moments together in sexual intercourse. Since life is busy, gourmet sex may not take place as often as hors d'oeuvres or home-cooked sex, but this type of connection is important in keeping your marriage fun, lively, and exciting. Get creative and plan your next gourmet experience below!

The Ultimate Gourmet Experience



Date of Gourmet Experience: _____

Place: _____

Activities:
