



Best Sex Ever
Challenge

www.ElectricSex.org

Vision Runners International

www.VisionRunners.org

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Sundays at 10am

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Rules:

1. This is a 21 consecutive day challenge. There are 30 days in most months and 7 where some wives or husbands may not be interested in partaking in this challenge. Please choose your 21 days wisely.
2. Devote at least 1 hour a day to the challenge
3. Each day's activities must start in the bedroom
4. There are seven major topics that we cover for three days each. You are welcome to have as much sex and make as much love as you would like. We have designed this challenge to encourage love making at least every 3 days. However if the mood strikes you more than that...GO for it.
5. During these 21 days, if your spouse wants to have sex and you do not, you should do it. We don't mean the grin and bear it do it, but the find it within you and enjoy it. Trust us you will thank God after the 21 days.
6. Stay in the MOMENT. DO not read ahead. Only read today's activities, tomorrow has its own set of worries, challenges, and victories so focus on today's.

How to use this challenge

1. Each day you and your spouse start by reading the scripture that is referenced and each of you takes 2 minutes to say what you think the scripture means. All scripture is from *Today's New International Version* of the bible.
2. One of you reads narrative out loud
3. Both of you then partake in the Activity
4. After each activity you pray together. All prayers are couple's prayer to be prayed while holding hands or in close physical contact and the husband leads this prayer unless otherwise noted.
5. On some days there may be a 'Love activity', these are designed to help you get in the mood, they may or may not lead to sex. In some 'Love activities' we will give you several choices of things to do, choose one or as many as you and your partner are willing to try.
6. Prep for tomorrow, this will remind you that you need to schedule time with your spouse to continue the challenge tomorrow.

Assumptions

We have made some assumptions about you. If our assumptions do not fit your relationship perfect, its ok, you can still use the challenge. Here are our assumptions:

1. You are taking this challenge to either increase the frequency of your sex life or its intensity
2. Husbands typically want sex more than wives

Day 1

Topic: My bed is not sexy anymore

Sub-Topic: Something's got to go

- i. Scripture - Heb 13:4 - Marriage should be honored by all, and the marriage bed kept pure.
- ii. There was a time when the bedroom was a couple's oasis for sleeping and making love. When the bed was always made and the room tidy and inviting. In our fast paced world the bedroom has become an extra storage closet, the place that gets cleaned last (hence the dirty clothes piling up), and an extension of the boardroom thanks to our Blackberries and wireless network laptops. The challenge here is we have brought so much STUFF into the bedroom that it is hard to keep the marriage bed pure. Women get on their phones and gossip while doing their nails and sitting on the bed, while men secretly pull up a porn site on the laptop while hiding in the bathroom. Kids turn the bedroom into their extra play room (its not bad to have kids in your bedroom but they should be invited not assume its their play space). The bed is the new dining room table, and even the TV has become a detractor from a couple focusing on each other when they are in the bedroom. In our bedroom, extra furniture, especially bookshelves started piling up with books and all sorts of papers creating a mini-library, which is great for me but my wife hates it.

The bedroom is your sanctuary and its time you set some rules and remove EVERYTHING that does not add to the feeling of sanctuary.

- iii. Activity –
 1. Write a 'My List' of all the things you have brought into the bedroom that do not belong there.
 2. Write a 'Your List' list of the things that your spouse has brought into the bedroom that detracts from it feeling like an oasis.
 3. Give the 'Your list' to your spouse
 4. Compare the 'My List' you wrote to the 'Your List' your spouse wrote. Any items that exist on both lists must **IMMEDIATELY** be removed from the bedroom. We mean right now; stop reading and just put it outside of the door. **Note:** if it is a newborn in a crib don't move them right now but within the next 24 hours
 5. Any items on your 'My list' that are not on your spouse's 'Your list' must also be removed immediately.
 6. Any item your spouse wrote on the 'Your List' that you did not put on your 'My List' must be discussed with your spouse and the two of you must decide if it stays or goes. (HINT. If it's written, it's a barrier to intimacy for so you probably should remove it)
 7. Each of you sign your 'My List' and 'Your List' and keep them and agree not to bring those items back into the bedroom.
- iv. Prayer –God we thank you for giving us this opportunity to love each other and our willingness to learn and grow together. You are truly amazing and wonderful. Today God we have removed some things from our bedrooms that cause us to

defile our marriage bed and our sanctuary and we admit that some of the things that we removed we did not want to remove but we realize we have to in order to honor your word. So Lord we ask for strength and courage to never bring those or any other things that detract from our intimacy into our bedrooms ever again. Amen.

- v. Love activity - Passionately kiss your spouse for at least 5 minutes.
- vi. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 2

Day 2

Topic: My bed is not sexy anymore

Sub-Topic: **What needs to be added**

1. Scripture - 1 Corinthians 10:23 "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive.
2. Yesterday we removed things that do not belong in our bedrooms. Today we are going to define our ideal bedroom sanctuary. This is your opportunity to fantasize with your spouse. You may choose to add or change small things (e.g. making the bed every day, keeping personal grooming and beauty items in the bathroom) or you may choose to make much larger changes (e.g. installing a dancing pole). But, you both have to agree. (Here is why you have to agree: if only one of you agrees to the dancing pole it will eventually fall into the category of barriers to intimacy.) You do have the right to bring anything into your bedrooms but not everything will enhance your love making. The key here is to be creative, maybe its time for new paint, new curtains, or just some candles and soft music. Sometimes even just rearranging the room helps.
3. Activity
 - b. With your spouse, start to discuss what items you would like to bring into your bedroom. Visiting décor and design web sites may help give you ideas (this must be done outside the bedroom).
 - c. Create a plan of how you will transform your bedroom into your ideal sanctuary.
 - d. Find some things that you will add within the next 24 hours (or before you do Day 3 of the challenge).
4. Prayer – Lord you have done so much for us and afforded us with so many opportunities and so much love that prove to us that we are loved by you. We thank you that you have given us the right to do anything and want to ask you today for the wisdom to make wise choices about what we bring into our bedrooms. Amen
5. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 3. Tomorrow the wife reads the scripture. Remember don't look until tomorrow.

Day 3

Topic: My bed is not sexy anymore

Sub-Topic: Enjoy your new sanctuary

1. Scripture - Song of Solomon 2:3-4 - Like an apple tree among the trees of the forest is my beloved among the young men. I delight to sit in his shade, and his fruit is sweet to my taste. Let him lead me to the banquet hall, and let his banner over me be love.
2. Song of Solomon is the book of the bible dedicated to the art of making love. Hopefully you have done some things to really change the mood of your bedroom that are helping both of you. Throughout this challenge we invite you to read the book Song of Solomon to each other. Ladies today stop and admire the apple tree, the stallion that GOD has given you.
3. Prayer – *Ladies pray today*. God I thank you for this man that you have wonderfully made and fashioned to be my earthly expression of you. God help me to always remember that his love for me is really Your love for me. Help me to honor You by honoring my husband. Lord as I prepare today to express my love to my husband let me also realize that its Your love for him that is buried deep within me. So show me how to love him the way You need him to be loved. Amen.
4. Love activity – Ladies explore your husband physically. Husbands you are free to interact but you cannot direct, allow your wife to express love her way.
5. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 4.

Day 4

Topic: My crazy busy life

Sub-Topic: Over worked – Fatigue

1. Isa 40:29 - He gives strength to the weary and increases the power of the weak.
2. Part of the reason we used to bring so many extra things into our bedrooms is because our lives are so jam packed with things to do that we can hardly tell when one activity stops and the other begins. If you have kids you understand this well...there is always a child who needs something when you are trying to get something else done. We, in this society, live in a perpetual state of being tired, most of us don't eat well, we hardly exercise and we are over committed. We may have the best of intentions to have sex and make love but the rest of life has a way of sucking all the useful energy out of us leaving very little for our spouse.

We are so busy that almost everyday something from our to do list gets undone. We usually reach a point where we have to choose between cleaning the kitchen, finishing a report for the boss or watching our favorite TV show or sex. Something has to get left because we cannot do it all and very often sex is one of the first things to go, or we try to squeeze it in at the end of the day. Basically, we give our spouse the leftovers of our time and energy.

Scripture says 'what does it profit a man if he gain the whole world but loses his soul', here scripture is talking about selling your soul for material possessions but let's ask this...what does it profit a family if the kids are fed, the boss is happy, you saw your favorite TV show, and your spouse leaves or has an affair. Isaiah 40:29 is saying to us that as long as we have our priorities in order GOD will increase our energy and power, He will even show you what activities you should not do. As we will discuss tomorrow your spouse is one of your top priorities.

3. Activity – spend the next 20 minutes together in bed, clothed, and at rest (not sleep) with each other. You should be physically touching and able to look in each others eyes. Spend this time quietly.
4. Prayer – Lord we come before you today realizing that we have overcommitted ourselves in most if not all areas of our lives. We ask you today for the wisdom to begin to see and understand how we can let go of some things in our lives that pull our time away from you and the things that are truly important. Amen.
5. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 5

Day 5

Topic: My crazy busy life

Sub-Topic: Over committed – getting priorities right

1. Scripture – Ecclesiastes 3:1 - There is a time for everything and a season for every activity under the heavens:
2. God has given us so much. But when he gives us a spouse they become our earthly priority. Nothing else on earth should be more important. But the reality is that God also gave us dreams, desires and aspirations. He gave us a community of friends and extended family that we are to love and care for through the good and bad. And he gave us our churches, where we discover more about our personal purpose, life mission, and where we get involved in different ministries, activities and community service. And all of these things are great and wonderful. So how do we balance all these GREAT things and keep our spouse as our first earthly priority? The truth is: It's not very easy to do. We are in the era of multitasking. My blackberry will allow me to be on a phone call, write a blog, take a photo and upload it to Facebook, all at the same time. Ohhh, did I mention I was doing all that while grocery shopping with the kids. Our lives dictate that we squeeze every ounce out of every minute.. But Ecclesiastes speaks of something very important: there is a time for everything. The goal is to learn to achieve balance by getting your priorities in the correct order.

There should be nothing more important in our lives than our relationship with Jesus. Without Him we would have nothing. After our relationship with God, our relationship with our spouse should be our chief earthly priority. Everything else (kids, jobs, friends, etc), need to take a back seat.

3. Activity - Today's activity is going to force you to look at your daily and weekly schedule.
 - a. On a sheet of paper, write all the major things you do during the day. Include waking up, dressing, eating breakfast, commuting, etc. (You don't have to say, showering or brushing your teeth, we hope you do that everyday, regardless!!!! If not we need another chapter wedged in here about hygiene .LOL).
 - b. On the back of the sheet write down all your weekly commitments, the things that change from day to day. Like karate class, the gym, life group, band practice.
 - c. Circle the activities that are a must for your life
 - d. Place a check beside the things that are not that important right now.
 - e. Exchange lists with your spouse
 - f. Have a conversation about the items that were not circled. Decide together which of these activities you will eliminate.
 - g. Hopefully this has freed up time in your schedule for each other.
 - h. Now create a list of activities you will commit to doing together on weekly basis. It can be as simple as a favorite TV series, cooking meals

together, or something more complex like taking a class together (cooking class at the community college is a great inexpensive start). It is ideal to have 2-3 things that you look forward to doing together each week.

i. Our couple time suggestions:

- Everyday when you both get home spend **the first 15 minutes** of your time with your spouse. Kiss the kids then head to a quiet place together. This helps the two of you reconnect each day. In this time you can do anything that involves both of your being engaged with each other. Sometimes we just lay there other times we may watch a comedy sketch.
- **Date nights:** plan a night each week when you can have a date with your spouse. It can be to watch a movie, to play games together, to do some online shopping, to exchange massages, or to eat a great lavish meal. Occasionally, infuse new things into date night: a small gift, a night out, or dress up. Just switch it up to keep it exciting and fresh. We have 3 young children so most of our dates are at home. Every now and again though we do get to go out for date night.

4. Prayer – God it’s so easy for us to fill our days with so much and loose sight that You said that our relationship with You is our first priority and then our relationship with our spouse is the next most important thing in our lives. We realize today that we have compromised You and our spouse. So lord, today we humbly ask that You give us the wisdom and courage to rearrange our lives so we can get into right relationship with You and our spouse. Amen

Day 6

Topic: My crazy busy life

Sub-Topic: Over stressed – What has your attention –

1. **Scripture - Matthew 6:34** - Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
2. As the scripture says, do not worry about tomorrow, for tomorrow will worry about itself. And that is true! Each day will come with its own set of challenges and troubles. How many times have you anticipated having a calm day, but then: a coworker does not show up for work, or you woke up in physical pain, or your car had some issues, or the kids happened, or the dog really did eat your homework! Something happens everyday. Yesterday we focused on being over committed, and carving out more time for our spouse. Today we are going to work on raising the quality of time that we spend with our spouse. What's the point of spending time with your spouse if your mind and heart are focused on the other issues of your life.

The challenge for today is to take an honest look at what is bothering you. Especially if your spouse has no clue about these issues, this is your opportunity to share. Sometimes things that you are concerned about may seem simple and fixable for your spouse. So be upfront about what you want to share, and what you want help finding a solution for. *Remember:* It is not always comforting to trivialize your spouse's stressors with an easy solution. Allow them a chance to verbalize their stressors, and be empathic to their emotions.

One of the biggest things to take into this conversation is your attention. Nothing is worse than sharing something that is emotionally heavy with a drowsy spouse.

3. Activity
 - a. Write a list of the areas in your life where you are stressed right now.
 - b. Each spouse takes roughly 10 minutes to share their list. The key here is to share each area and to talk about why it is stressful to you. How long has it been stressful to? How is it affecting you and your relationship?
 - c. The spouse that isn't sharing listens, do not interject, co-sign, ask questions, and attempt to keep your facial expressions to a minimum.
 - d. Thank your spouse for being willing to share openly.
4. Prayer: Dear Lord thank for the courage to share our stressors with each other today. And Lord even though we may not have a solution for our spouse right now thank you for the allowing us this opportunity to truly hear the heart of our spouse. Lord if there is a role you need me to play in helping my spouse overcome this stress then use me in any way that you need. Amen.
5. Love Activity: Easy as ABC
 - a. The object is to work through the alphabet by massaging body parts that start with the letters of the alphabet. For example you massage your partner's ankle, then back, and so on.

- b. For a creative variation, you can use adjectives to have more “action” in your alphabet. Example: “cuddle” your partner’s “derriere.”
6. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 7

Day 7

Topic: I'm a great lover

Sub-topic: Men

1. Scripture: Philippians 2 1-4 - Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.
2. Most of us are 'self centered' enough to believe that we are great lovers. We truly believe that we love our spouses in a near perfect fashion, but here is the truth: most of us show our spouse love in the exact manner that we would want to receive it. Here is what we do, if we want our spouse to watch movies with us we include them when we watch movies. If we like to receive gifts, we give gifts. We do to our spouse exactly what we want done to us...because we believe that the way we like to receive love is the way everyone likes to receive love.

Have you ever done something for your spouse that you knew for sure would express your love but the reaction you received was not what you anticipated. Sometimes in those situations we walk away feeling unappreciated by our spouse. But did we ever take the time to consider how they want to receive love for us? Well, here is a truth, everyone likes to receive love differently. Our challenge is learning to express love the way our spouse likes to receive it. If we don't they may not ever receive your love. I remember one husband, who kept saying, 'But I go to work, I provide, what more can I do to show I love her.' His wife just wanted conversation; she actually would not mind struggling financially if they had a daily conversation. Other times we start expressing our love but then we sabotage ourselves (e.g. you may have brought her flowers and said I love you, then proceeded to watch sports for the next few hours and she may feel like you started well but did not seal the deal).

I love to spend time with my wife, we don't have to be doing anything, and just being together is great for me. My wife on the other hand is a task oriented person who knows that you love her when you get in and do a task with her or for her. We had major clashes because I just wanted to sit and chill with her and she was frustrated because while we were sitting dinner was not getting cooked.

The bottom line is we need to know how our spouse expects to receive love. We need to learn to effectively speak their love language.

3. Activity: This activity is taken from "The 5 Love Languages" by Gary Chapman. For best results and more detail, please consult the book, or their website www.fivelovelanguages.com

4. Go through the love languages and let her decide what love language best describes her style. Then ask her to create a list of things you could do to best express your love for her.
 - a. Men: Today we are asking you to listen and learn something about your wife. It is so easy to believe we already know how to love her, but be open for new suggestions. As the two of you go through this list, she will tell you which love language best fit her.
 - b. Afterwards, ladies, make a list of the ways you like to receive this love, and give it to your partner.
5. Prayer: God you give us so many different ways to communicate our love and we thank you for that. We are starting to realize that we like to receive love in a very particular way and maybe our spouse likes to receive it differently. So Lord we ask that you open our eyes and ears to understand how we should show love to our spouse that they may receive it from us. Amen

Chapman's Five Emotional Love Languages:

- **Words of Affirmation**
Verbal compliments, or words of appreciation, are powerful communicators of love. They are best expressed in simple straight forward statements of affirmation. This is when you say how nice your spouse looks, or how great the dinner tasted. These words will also build your mate's self image and confidence.
- **Quality Time**
Some spouses believe that being together, doing things together and focusing in on one another is the best way to show love. If this is your partner's love language, turn off the TV now and then and give one another some undivided attention.
- **Gifts**
It is universal in human cultures to give gifts. They don't have to be expensive to send a powerful message of love. Spouses who forget a birthday or anniversary or who never give gifts to someone who truly enjoys gift giving will find themselves with a spouse who feels neglected and unloved.
- **Acts of Service**
Discovering how you can best do something for your spouse will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy in order to be perceived as a gift of love.
- **Physical Touch**
Sometimes just stroking your spouse's back, holding hands, or a peck on the cheek will fulfill this need.

Speaking in your spouse's love language probably won't be natural for you. Dr. Chapman says, "We're not talking comfort. We're talking love. Love is something we do for someone else. So often couples love one another but they aren't connecting. They are sincere, but sincerity isn't enough."

Tank Check

- i. Dr. Chapman recommends that you have a "Tank Check" 3 nights a week for 3 weeks. Ask one another "How is your love tank tonight?" If, on a scale from zero to ten, it is less than 10, then ask "What can I do to help fill it?" Then do it to the best of your ability. This will keep your spouses' love language at the forefront of your mind. Don't get offended if their tank does not reach 10 for a while. It takes work to move from "I'm a great lover" to "how can I be a better lover to you." The latter will definitely help her feel loved and ready for intimacy.

Day 8

Topic: I'm a great lover

Sub-Topic: Women

1. Scripture: Colossians 3:12 - Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
2. Okay ladies, today you are going to sit back and discover your husbands love language. Throw out what you think you know and truly seek to understand what he needs to feel love. Make sure to express your appreciation for the effort shown in yesterday's activity, and offer to give the same or better support to him.
3. Activity: Go through the love languages and let him decide what love language best describes his style. Then ask him to create a list of things you could do to best express your love for him.
 - a. You may note that some of these activities are not exactly related to the Love languages, and these may indicate he has a strong secondary love language as well. Try to keep both his primary and secondary love language in mind as you plan to do something special for him between tonight and tomorrow before your next time with this Sex Challenge.
 - b. Remember, understanding and learning their language takes time, but it is well worth the effort!!
4. Prayer – *to be prayed by the wives*. God thank You for my husband. He truly is a wonderful expression of You. Lord today I ask that You make me sensitive to His needs and the ways he needs to receive love from me. Lord take my selfishness, show me how to be the lover in and out of bed that he needs, not the lover I want to be. Amen.
5. Love Activity: Hot or Cold
 - a. Ladies, create a coupon for a sexual favor you know your husband will love, and hide it very carefully in your bedroom.
 - b. Alert your husband that you have hidden the coupon and send him to look for it.
 - c. As they move closer to the coupon, say "Hot", and as they get further away say "cold."
 - d. For more fun, create a few coupons and do not say anything to help them find the coupons. Do the activity on the coupon they find.

6. Day 9

Topic: I'm a great lover

Sub-Topic: Prove it to me

1. Scripture - Romans 12:9-10 - Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honor one another above yourselves.
2. We have spent the last two days exploring the way your partner would like to receive love. And we have even attempted to put it into action. Well, now we are going to take this another step further. We are going to take a look at the way we spend our "couple" time together. As nice as couple time may sound, the reality is that we are probably spending most of our time together running errands, discussing work, and taking care of others (those little people we call kids). Well today we are going to take a realistic look at where all of our time goes.
3. Activity:
 - a. Write a list of all the activities you do together each week, both of you must be engaged in the activity. (car rides to kids games, church, watching TV, sleeping, talking on the phone while driving, showering, laundry at home, grocery store runs, cooking dinner, or meal time.) Write down all the activities that come to mind.
 - b. Create a large circle (about half a sheet of paper). This circle represents all the time you spend in each others presence each week.
 - c. Use this circle like a pie chart to designate the percentage your time that is spent doing each activity.
 - d. You may be surprised at how much time you spend together in activities where you are not focused on your spouse. Have a conversation about how to convert some of that time to real "couple" time.
 - e. After you have agreed on ways to maximize your time together, put it into action, This Week! Include yourself in your spouses schedule in a more significant way.

Example: When we did this exercise the first time we realized that we spent most of our time together in the car. So we decided to turn our car rides into an experience, we both value conversation and learning, so we started getting books on CD that we would listen to in the car and would discuss while we drove. Although this does not lend well to physical intimacy (I have seen some couples turn car rides into physical intimacy time, I don't suggest it), our car rides turned into a bonding time, which became something to look forward to instead of the mundane ride that it was before. Be creative, your marriage it worth it!!!

4. Prayer: God we come before You today acknowledging that You have given us so much time and so many wonderful resources and told us that it is our job to manage them well. Lord we know that we often fall short of being great managers of our time and our exercise today showed that even with our spouse we spend time but its not always quality time. So today as we are here before You we ask for Your creativity as we attempt to learn how we can use the time we

have together more effectively to bring us closer together and closer to You.
Amen.

Day 10

Topic: You want me to do What...: Part I

Sub-Topic: Effects of previous relationships

1. Scripture - Ephesians 4:26-27 – ...do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.
2. Don't go to bed angry is advice every marriage counselor gives and has become cliché in our society. To be honest it is a great principle to live by but the author of Ephesians did not mean it for just the marriage relationship. It applies to all aspects of life, we should not harbor anger, hard feelings, or hurt. However not every situation can be solved before the sun goes down, so how do we deal with those? Another way to look at this scripture is we should not move through life with the same resentment and pain. We should not carry pain from one season of life to another or from one relationship to another. This includes "baggage" from previous relationships.

We are all shaped by the experiences we have had in our lives. Things we have endured have made us tougher, stronger, and more knowledgeable. But so very often we also carry all the negative aspects as well, the low self-esteem, the feelings of being unworthy, and the feelings of mistrust or fear. What happens to us is we bring all of those feelings into our marriages and hand them to our spouse and use them as barriers to intimacy. We need to stop and deal with our past hurts and pains so they can stop affecting our marriage.

The relationship baggage that you may be carrying does not always come from past romantic relationships. I knew a couple who had serious intimacy challenges because the wife wanted her husband to be more of a father figure because she was holding on to repressed hurt from her biological father.

Each of you has baggage that needs to be dealt with.

3. Activity:
 - a. Make a list of all the things that came to mind that you have brought from your past. Make a list of 7 positive things (whether attributes or life lessons), and 7 negative things.
 - b. Share two items from each of your lists with your spouse.
 - c. Give your spouse clues as to how they can help you overcome and deal with your baggage. For example: I was cheated on in a previous relationship, so I would prefer my spouse be very upfront about friends of the opposite sex. This will help me to be more trusting of the friendships that you will make during our marriage.

This is not the time to blame your spouse for contributing to your negative emotions, but simply state how things can be better for you. You have to take ownership of the fact that you brought those negative feeling into this relationship, and respect your spouse for there willingness to help you clean up the mess.

4. Prayer: Lord we thank You for all the life experiences that we have had. And we are grateful for the life lessons that we have learned. But God we ask you to help us deal with the baggage that we still carry that is having a negative effect on our marriage and our life together. Give me the strength and courage to deal with my real issues. And thank You God for my supportive spouse who will be there to help me be a better person. Amen.

Day 11

Topic: You want me to do What... Part II

Sub-Topic: If I had my way

1. Scripture- Job 6:8 - Oh, that I might have my request, that God would grant what I hope for
2. We all have sexual expectations. We have a picture of what our sex life should be like. Very often our spouse's picture is different. I had a conversation once with a woman who said her husband is 'the only human who would figure out how to have sex from the grave, he loves it that much.' She on the other hand was perfectly fine with once a month. So you and your spouse may have differences on frequency, styles of sex, positions, locations of encounters, types of foreplay, etc. There may be a long list of differences and quite honestly that is ok. What causes a problem is when you do not communicate your desires to your spouse.. In those situations they assume that you like what they like (they may not be paying attention to your Love Language). So while they think they are doing a great job you are quite sexually frustrated.

There is another side to this, there are some spouses who are very demanding and vociferous about how they want their sex. Either way this causes problems if both spouses can not express their desires, be heard, and some type of agreement is formed.

3. Activity – today we will do part one of an activity we will finish tomorrow. Read each step thoroughly and do what it instructs before you move on to the next step.
 - a. Get 2 pieces of paper. On each create 4 columns. NOTE: The first column should be approximately 70% of the page.
 - b. Each spouse takes a page
 - c. In column 1 make a list of your sexual desires that you want, you must fill the page. This should be a specific and explicit list. Do NOT rule out any desire you think they don't want to do. Be brave; write down what you really really want. (Use a second or third sheet of paper if needed).

NOTE: do not make a list of what you do not want your spouse to do. If it is easier you can write your desire in the form of a story. Your list should not include activities that are immoral or illegal. Immoral activities would include: pornography, including other people, or animals.

 - d. Give your list to your spouse.
 - e. On your spouses list. At the top of column two write, 'Yes'. On column 3 write, 'No'. and on column four write, 'Maybe'.
 - f. Mark each of your spouse's desires as a yes I will do that, no I wont, or a maybe we can try that. You must say yes to at least 50% of your spouses list and no to no more than 30% of their list. **DO NOT** give the list back to your spouse.
4. Prayer – God I thank You for making it plain to me my spouses sexual desires today. Even though I may not be able to fulfill all of them I look forward to the opportunity to become a better lover. Amen.

Day 12

Topic: You want me to do What...Part III

Sub-Topic: Her grapes

1. Scripture – Song of Solomon 7:6-9 - How beautiful you are and how pleasing, my love, with your delights! Your stature is like that of the palm, and your breasts like clusters of fruit. I said, "I will climb the palm tree; I will take hold of its fruit." May your breasts be like clusters of grapes on the vine, the fragrance of your breath like apples, and your mouth like the best wine. May the wine go straight to my beloved, flowing gently over lips and teeth.
2. Can you look at your spouse and see all of their physical flaws, all of the things you would like to change about them. The husband in today's scripture can't see a single thing he wants to change as he vividly describes his wife's anatomy. Call it love being blind, or what ever you like. We should always see the best of our spouse, they are not perfect but we should never focus on their flaws. Their flaws pale in comparison to their beauty (men can be beautiful).
3. Prayer – God we come to YOU today with humbled hearts Lord because we recognize that TV and the media have created an image of how my ideal spouse should look. So Lord today I am humbled because Lord, today I realize its not societies place to define the physical attributes of my spouse. Lord you have created my spouse to be beautiful and pleasing. So God I want to say thank you for my spouse, I thank you that You made them with me only in mind. God You are awesome. Amen
4. Love Activity –
 - a. Husbands take 10 minutes and describe your wife's physical beauty to her out loud.
 - b. Get your spouse's desire list from yesterday. Do not give it to them.
 - c. Cut a sheet of paper into 8 pieces. You take 4 and give your spouse 4.
 - d. On 3 of your pieces of paper write 3 activities you said 'Yes' you would perform (one on each piece of paper). On the fourth piece of paper write an activity you said 'maybe', that you believe your spouse would be excited to receive.
 - e. Fold up each piece of paper and allow your spouse to choose an activity.
 - f. Each of you perform the activity your spouse chose and let love happen.

Day 13

Topic: My orgasm is awesome

Sub-Topic: Men Submit

1. Scripture – Ephesians 5:25-31 - Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, people have never hated their own bodies, but they feed and care for them, just as Christ does the church— for we are members of his body. "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."
2. Husbands we are the priests and pastors of our households. As pastors we are to care and serve our wives because to be a pastor is to be a shepherd (one who cares for sheep). We are to love our wives as we love ourselves because GOD formed her from our own flesh and blood...she is our missing rib (Genesis 2). Scripture says, he who finds a wife finds a good thing. Our wives are our good thing that should be cherished above all else.

However, as it relates to sex we have learned to be very selfish and self centered. Everything in society points us to a ME first attitude, sex has become about our pleasure and our terms. In fact a recent study showed that the number one reason men and women have sex is for their own pleasure. Here is the problem: Christ has told us that we are to put our wives before ourselves just like He put the church and your salvation above His own life.

Men we have to learn to put our wife's needs before our own. We have to stop worrying about if we will get sex and how much we will get and when we will get it. We have to become cognizant of her needs, in and out of the bedroom. She may be screaming for your help as loudly as we are screaming for sex. This is another area where the Love Languages can help. I vividly remember my prayers early in our marriage, I was asking GOD to help me stop being so sexually selfish and God opened my eyes to my wife's needs and that drastically increased the frequency of our sexual relations.

3. Activity
 - a. Wives make a list of non-sex acts your husband can do that will help you feel like he loves you like Christ Loved the church
 - b. Husbands choose 2-3 actions from the list that you can start performing immediately
4. Prayer – Lord God I thank you for the example that Jesus showed for how I am to love my wife. I acknowledge that I have fallen short of Jesus' example in the past and that I will continue to fall short but today Lord I am committing to getting better at expressing my love for my wife everyday. Amen.
5. Prep for tomorrow – agree on a time that you will meet tomorrow for Day 14

Day 14

Topic: My orgasm is awesome – selfishness

Sub-Topic: Woman submit

1. Scripture – Colossians 3:18 - Wives, submit yourselves to your husbands, as is fitting in the Lord.
2. For a lot of women it is tough to understand the concept of submission. Society will have us believe that submission means we are inferior, and that is not the definition, it is the connotation. Submission should be thought of as a form of respect. It is the equivalent of saying to your husband, I will trust you, and I will follow you where God leads us. The challenge comes with actually following him, especially when you don't believe God is leading him. The biggest lesson I have learned in my marriage is how to submit as it is intended in the Bible. There are many times when my husband has given a vision or plan for our family that makes no sense to me. After asking some simple questions (without the finger pointed at his face, no calling him stupid, and no rolling my eyes,) I went along with the plan. Whether the plan was successful or not, I followed and when necessary was there to give my advice or opinion on what to do next (that's not a nagging opinion, or an 'I told you so', its helping him realize the folly on his own). If the plan failed, he will be hurt to have let down the family, and my jumping down his throat to further cause pain, is unnecessary. At the same time when the plan works and I can see what God was trying to do I am there to celebrate with my husband. In this scenario, I have communicated to my husband that I trust him, and you can imagine how great that felt to his ego. He always knows I support him. Men are the spiritual leaders of the house. Weather your husband is actively playing that roll or not he is being spiritually attacked every day. When he knows that you are in his corner through everything it gives him the confidence to fight that spiritual warfare and the pressure of the world. When your husband is on guard he is able to protect the family from so much stress and tension from the outside world. Your submission supports him and builds him up so he is not also fighting at home.

Submission does not mean that you do not have an opinion, perspective, or question. It means that we hold honoring him, and his role as a leader, with respect. It means learning how to make our point heard with out belittling or undermining him. God did give women a special intuition that will help guide and direct our families as well (Proverbs 31). Don't be afraid to say how God wants to use you, just be willing to follow him without much question.

What if my husband is a selfish, control maniac? Well, hopefully he is not a maniac, but everyone is selfish. You still have to submit and learn to pray for your husband. Begin to get his input on everything. Most times when we are selfish it is because we do not believe we have control over something so we want to hold it tightly and horde it so we can feel like we have control. Stop fighting against him, submit and trust GOD. Trust that GOD is ultimately in control.

3. Activity: Guys, make a list that will give your wife ideas of ways that she can better show respect for you. Think of times you felt emasculated, disrespected, devalued, and manipulated. Be as specific as possible so she will have a real picture of how she has not been there for you in the past. Make sure to also include other things that she can do to show her love for you.
4. Prayer – Lord God we thank you for our husbands. The human reflection of your love for us. Lord we pray that you will guide us to more respectful and honoring of this special gift. We thank you lord that you have set divine order to the family, and we will work to know where we stand and do it with the love and patience that you show to us everyday. Lord cause us to be better in the areas where we fall short of being the loving wife you have called us to be. In Jesus name. Amen.

Day 15

Topic: My orgasm is awesome – selfishness

Sub-Topic: Don't deny your spouse

1. Scripture – 1 Corinthians 7:3-5 - The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.
2. We've been talking about submission for the last 2 days and we've looked individually at men and women submitting. In truly strong relationships both parties submit unto each other and create a culture of mutual submission. Paul was explaining this to the church in Corinth in today's scripture reference. He really was attempting to communicate that in marriage we are one and we belong to our spouse. That we don't have the freedom to just go and do anything with our bodies that we want. My wife sometimes says to me, 'you are not wearing that shirt out of this house showing off my arms'. This is Paul's first charge to us, to realize that even though we may feel good in that outfit, if our spouse does not like for us to wear it we can't. He is also saying that we have a major influence on our spouse's lust quotient. When we deny our spouse sex, for any reason (legitimate or not), we allow lust to take root and grow in their heart. Now when they are out they notice others more or they start to fantasize, or watch porn etc. Paul is warning you that if you do not keep your spouse SEXED to the level they need Satan will use lust to tempt them.

Lets look at it another way. A recent study showed that 60% of men and 40% of women have affairs. Those are alarming numbers. But I guarantee you that they are inaccurate. I believe that over 95% of all married people commit adultery. This may not be a physical act but a mental one, scripture says 'He who looks at a woman lustfully commits adultery'. So, porn is adultery, overly admiring the neighbor's legs or chest is adultery, fantasizing about people other than your spouse (even fictional characters) is adultery. When we do not keep our spouses sexed, we open the door to lust and adultery. I believe none of us ever want to deal with adultery in our marriages but the fact is...we already are.

3. Prayer – Lord each of us has used sex as a tool in the past. It has been our way to control our relationship. Lord today we are turning that control over. Today we are coming to you and saying we won't use sex as a power tool anymore. Today we will submit to you and each other in love and humility. Amen.
4. Love Activity – Time Trial Game
 - a. To express and extend passion, use a timer (or an alarm clock) set to 20 minutes, or a time you agree on
 - b. Use this time to make out. This is everything except penetration.
 - c. When the timer goes off, then you can go at it!!!

- d. For variations, try working in reverse. Use the timer to have passionate intercourse for a set time, then stop when the timer goes off (if you can!).

Day 16

Topic: Forgiveness

Sub-Topic: Conflict resolution

1. 1 Corinthians 13:4-7 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

James 1:19 - My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

2. By now you know that there will be conflict in your marriage relationship. It's impossible to live so closely with someone and not have conflict. Conflict can teach us about the other person, it can teach us about ourselves, it helps us grow and learn. You may be reading that last statement and saying you are right...conflict taught me that they are a pig headed and arrogant person and I never knew I could argue that way. Conflict does teach us about the negative side of our relationships but if we are wise it will teach us more about the positive sides as well.

Today we are going to focus on conflict resolution strategies. No doubt you and your spouse have already developed a few...there's the silent treatment, and the passive aggressive, or the yell till the cops show up method, or the I'm sleeping at my sisters tonight, or you are sleeping on the couch tonight, or some other way to get what you want and win the argument. Let's be honest, when tension is high and conflict is in the air we want our way, we want to win, we want to show them the folly of their ways and let them have it even just a little bit. Men here is the problem, men never win an argument or the battle, even if she walks away and say that you were right we usually have other repercussions later. So don't argue, it's never positive or helpful to discuss when tension and emotions are high.

Let me give you an example...one of the techniques my wife and I use for intimacy outside the bedroom is Instant Messaging software. From her laptop she may send me flirtatious message and then we flirt back and forth. About 6pm on one day she sent me a very direct message about her desires to be fulfilled as soon as the kids were asleep which I readily accepted. At the time I was working on two graphic documents. One I had spent considerable time and money on and that we both liked very much, the other I was just mocking up a draft. Before we put the kids to bed I asked her to view the draft. She loved it, but feared that the two images looked too different and her preference was for the draft. But when I told her that the second image would have to look like the first, she cut me off and accused me of being stubborn and too set on what I had done. By the time I explained to her that it was really about the amount of money we had already spent on the first image versus the \$0 we spent on the second her desire for

intimacy was gone for the night. See guys I was right, but in the end I lost the war.

A quick side note: If you initiate intimacy and then you lose interest, it is incumbent upon you to communicate that to your spouse and give a sense of when you may try again. Never initiate and then walk away without addressing the huge blue elephant in the room: 'Where's the sex.' Very few things will lead to resentment and infidelity quicker. Even if you are mad at the time, tell them how you feel and that you are no longer ready for intimacy. Honesty will take you far in this area of your relationship.

Quite honestly, we did not handle that situation well. Paul writes to the church in Corinth that 'Love is patient and not self-seeking, it is slow to anger'. In conflict we are first to remember the love for your spouse. We should pause and let love collect itself and ourselves. We cannot seek to be right. When we seek to be right, our attention is focused on ourselves. Instead we must seek the truth. Truth is eternal and truth very often does not come from just one side of the argument. Truth very often is a meld of where you are both right.

Here is the process for conflict resolution:

1. Realize you are emotional
 2. Understand her truth
 3. Understand his truth
 4. Define true truth
 5. Agree on move forward position
3. Activity: Choose an area of conflict in your marriage. On a scale of 1 to 10, 10 being the biggest conflict between you and your spouse, choose a conflict at about a 4. Sitting up in your bed face your spouse, hold hands, and maintain eye contact. Each of you takes turns to share the truth about where you are with the particular conflict, no cutting each other off. Then together write the truths that you learn. Remember this is not about who is right or wrong, it's about the truth of my perspective.
4. Prayer – God we know that conflict will come in marriage, in fact it comes regularly. And God we admit that many times in the past we have handled the conflict incorrectly or unconstructively which ultimately causes even more problems. Lord we admit that we don't have the answers to how to perfectly solve every conflict but we realize now that we must come to an understanding of what is true. We realize that our perspectives are not always the truth, so we ask that you humble us in times of conflict and give us the grace to have patience and understanding and to be long suffering with our spouses. Amen.

Day 17

Topic: Forgiveness

Sub-Topic: Guilt

1. Scripture

2 Samuel 24:10 - David was conscience-stricken after he had counted the fighting men, and he said to the LORD, "I have sinned greatly in what I have done. Now, LORD, I beg you, take away the guilt of your servant. I have done a very foolish thing."

Job 10:15 - If I am guilty—woe to me! Even if I am innocent, I cannot lift my head, for I am full of shame and drowned in my affliction.

Job 31:33 - if I have concealed my sin as people do, by hiding my guilt in my heart

Psalms 38:4 - My guilt has overwhelmed me like a burden too heavy to bear.

2. Guilt is a huge topic because we all harbor guilt for things we have done in the past. We gave you a lot of scripture today because we want to be clear on something; GOD wants to deal with your guilt. For most people guilt is a heavy word with a lot of connotations.

Let's share some truth today. Guilt is a God given emotion. In fact guilt is God's Public Service Announcement to you that you should NEVER engage in a certain activity again. The devil, however, uses the emotion of guilt to torment us and hound us for life. Here is how we like to think of it, God's definition of guilt: God's Unique Intentional Loving Tugs, but the devil defines guilt as: Grief United In Lifelong Torment. The second definition is probably closer to what you feel and experience but it is not what God wants for you or your marriage.

Another important point of truth is: guilt that gets harbored away in your heart turns to shame. Shame is when you no longer feel bad for what you did, but because of who you are. Guilt that you don't deal with will cause you to redefine how you see yourself and cause you shame.

Guilt in marriage is a HUGE barrier to intimacy. If I am feeling unworthy because of what I have done, I cannot accept the love of my spouse or give love. When we cannot give or receive love, that too leads to feelings of guilt. Here is the bigger problem: we often will project our guilt onto our spouses making them feel bad. I remember seeing some women wearing outfits that were very attractive, the kind that instinctively make you look twice. Sadly, I fell for the trick and looked twice, and immediately was overcome with a sense of guilt. Later that day I saw my wife and her hair was not done and I did not like her outfit and my first thought was, 'I gotta get her to wear different stuff'. I toyed

for a while with how to say that to her and then I just kinda let it out, 'you may want to fix your hair and wear this jacket over that'. Let me put it this way...only guilty people leverage guilt to get other people to do things. When we leverage guilt often times its because we are attempting to hide our own guilt. One of the easiest ways to hide guilt is to make someone else more guilty than you are, that's why we leverage guilt against people. Simply said, guilt leverages guilt. If your spouse has ever said, 'stop giving me a guilt trip' or anything close you may want to stop and ask yourself 'what do I feel guilty about', 'what am I hiding.'

In history, there was only 1 person who never leveraged guilt, which was Jesus. Because He never sinned He never harbored guilt and never leveraged it. The funny part is: if anyone should have leveraged guilt it was Jesus. Who better to make you feel guilty, for being imperfect, than the one true perfect man.

Only the guilty use guilt as leverage. What are you guilty of?

Today we want you and your spouse to take step 1 to releasing guilt God's way.

3. Activity
 - a. Write a list of things from your past that you feel guilty about where your spouse has been hurt, or would have been hurt if they knew. Do Not Share the lists.
 - b. Discuss with your spouse if you have ever felt overwhelmed by guilt as Psalm 38:4 says.
 - c. Apologize to your spouse for using guilt against them because you now realize that it was your own guilt you were trying to hide.
4. Prayer – God guilt has had such a tight stranglehold on us for so long. It has caused us to hide who we truly are, become ashamed, it has even driven wedges between my spouse and I because of the things I did in the past. Today I want to be free from guilt. Thank you for the courage to confess my guilt so that I can become free. Amen
5. Note: for more on Guilt visit www.VisionRunners.org and get our podcast from the sermon series: Monsters.

Day 18

Topic: Forgiveness

Sub-Topic: Confession

1. Scripture – James 5:16 - Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Colossians 3:13 - Bear with each other and forgive one another. If any of you has a grievance against someone. Forgive as the Lord forgave you.

2. Yesterday we started talking about Guilt and took the first step of breaking the hold guilt has on us. Today we are going to talk about how to finish the process. When we sin we are taught you should go to God and confess your sin and repent, and that is correct. In the book of James, we learn there is more to the topic of guilt. James says we must confess our sins to each other, to the person we wronged. Each of us has dropped to our knees and prayed to God to forgive us for something and then 1 day later, 2 weeks later, 2 years later we find ourselves back doing the thing we asked God to forgive us for. We all do that. James is telling us, if you really want to break free...don't just confess to GOD, confess to the family member you hurt, the spouse you cheated on, the child you robbed of time. When we take our confessions to the person we wronged, we have to humble ourselves. This causes something in our hearts to remind us never to betray that trust again.

The other side of this equation is, if you are the person being confessed to, you need to follow the instructions from Colossians 3:13 and bear with and forgive. Forgiveness means the debt is canceled. The person does not owe you anymore. You are no longer holding on to anything, it is finished. It is our duty and responsibility to forgive and cancel debts because that's what Christ did for us. He forgave us without condition or explanation.

3. Activity
 - a. Rank your list of things you feel guilty about that you made yesterday on a scale of 1 to 10, where 10 is the hardest thing for you to talk about.
 - b. Share an item from your list ranked at 5 with your spouse. Share with them your true feelings, the guilt you have been carrying, how it has affected you, and ask for their forgiveness
 - c. Spouses – forgive and cancel the debt
4. Prayer: God confession is hard. But honestly it is only hard because of the sin that I committed. I know we are to bear with one another and forgive. So please show me how to extend true forgiveness and grace. I want to do this because at those times where I have to confess I want to be able to receive forgiveness and grace. Amen
5. Love activity –Read between the lines

- a. The object is to communicate your desires by writing on your partners back. Without speaking, write your message. Your spouse, without talking, guesses about what was written, by doing the action that was requested.
- b. If the guesser was right, then the roles switch.
- c. If the guesser was wrong, then the writer tries again, and the guesser “guesses” again.
- d. For variation, you can allow the guesser to guess out loud and only perform the “right” action.
- e. Shorter messages work best.

6. Day 19

Topic: Naked and Unashamed

Sub-Topic: Empathy

1. Scripture – Ephesians 4:2 - Be completely humble and gentle; be patient, bearing with one another in love.
2. During this challenge we have asked you to reveal some of your real heart issues to your spouse. We know that what we have done has caused doors to open, that will take a lifetime of exploration and healing. In Ephesians, this verse talks about being patient and bearing with one another. That means when your spouse is hurt, don't just ignore it, find a way to support them and help them through. The reason we keep all those heart issues bottled up, is that we do not trust someone to understand what we are going through. But being married, we have become one another. If one of us is hurt, we are both hurt. As nice as it sounds, it does not come naturally for us to empathize. When we hear of someone else's struggles, we have sympathy, which means, it bothers us for a moment, but we then return to our own problems and our own lives. Empathy means that we will understand what the other is feeling and go on that journey toward healing with them. We not only understand but we act.
3. Activity: Share with your spouse the biggest area of your life where you could use their empathy.
4. Pray together that you will remain in a posture of support for them. That you will not go back to your own life and problems, without much thought for theirs.
5. Prayer: Father I thank you for the support that you have given me in my spouse. I appreciate that in tough times, I have someone who will be there with me and be patient as I bear the challenges that life will present to me. I am also grateful that I will be able to be humble and gentle as they will need me to empathic to their concerns as well. We thank you for this awesome partnership. Amen.
6. love activity – Word for word
 - a. The goal is to create a romantic or sexy story, which describes the encounter you plan to have. The catch is that you create the story one word at a time, alternating turns.
 - b. Begin by saying the first word, your spouse will add their word, and this continues until the story is complete.
 - c. Once the story is done, you get to act out the story you told.
 - d. For variations, tell the story phrase at a time. Or you can act the story out as you create it.

Day 20

Topic: Naked and Unashamed

Sub-Topic: Trust

1. Scripture: Proverbs 3: 5,6 Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.
2. Wouldn't it be great to know what was going to happen, so there was no anxiety about the future? Wouldn't it be great to have an idea that everything was going to work out and be just fine??? Well it will be, if we trust God to lead us. However, it is tough to not rely on our own understanding because that is all we have. Learning to truly submit to God's plan for your life is the biggest and first step to trust in a marriage. All the trust in your marriage is based on the trust you have with God. What you will eventually learn to trust in your spouse is there dependence on God. If you put your trust in the physical man or spouse, then you will always be disappointed. But if we learn to love and trust the God that is operating in their life, then we will not have the concerns for the future.

How do you get there? By growing closer to God. He is the only true source of trust.

Today we will talk about ways we can learn to trust God more. What are some areas of your life and your marriage that you have not turned over to God? What are those areas that you believe you are still working on?

There are tons of ways to strengthen your relationship with God, but they will all involve more prayer and more reading of the bible. We cannot get closer to God if we do not know what he has already promised to us (in the bible) or if we do not include him in our lives (through daily prayer).

Pick some time each week (or better, each day), that you will set aside to strengthen that relationship. Also find time when you and your spouse can do this together.

We recommend that couples read the bible together. You can go chapter by chapter. Set aside a specific period of time, then read and discuss. For those who are not as familiar with scripture reading or interpretation, start with scriptures related to the Sunday message. Re-read the verses used in church, but then go back to read the context of that scripture. At Vision Runners we post the podcast and a sermon blog for any questions that you have about the message. So, you can read, have a discussion, and if you need to, re-listen to the message or ask your questions online.

Reading the bible together may take a bit of adjustment, but having a better understanding of the bible is worth it. It will not only increase your knowledge, but open your eyes to the spiritual side of your partner.

3. Prayer: Lord we thank you for this awesome journey toward electric sex. We know that trusting you will lead us to have better intimacy in our lives. We thank you for taking care of all of our needs. We pray for strength to trust you in even more areas of our lives. Amen.
4. Love activity – naked caress no sex
 - a.

5. Day 21

Topic: Naked and Unashamed

Sub-Topic: Vulnerability – gen 2:22-25, 1 cor 7

1. Scripture - Genesis 2:22-25 - Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame.

Being completely open is a difficult thing to do. We all have secrets that we choose not to share for a host of different reasons. In marriage, however, God wants us to be able to open up and trust HIM enough to share our deepest darkest secrets with our spouses. In the Garden of Eden, where Adam and Eve lived, they were both physically and emotionally naked and free. It was not until they ate the apple and committed the first sin, that they realized they had anything to be ashamed of in life. Once they realized this, they covered themselves and humans have been hiding their sins and faults ever since. But that is not what God intended for us.

God wanted Adam and Eve to live in a free state where all they were able to see was HIS perfect love for them. We do this in our marriages too...there are parts of your heart that are hidden from your spouse, things you won't share or feel you can't share. When we hide things away we rob ourselves and our spouses of experiencing the true depth of love that God has given us for them. We are cheating them for our own gain and that is selfish.

Comment [kj1]: Need a transition sentence

But let's ask a fundamental question: Why do we keep secrets? The answer is always the same: we do not want to be vulnerable. In marriage though we have to be willing to be vulnerable, we have to be willing to let go of our fears. I'll admit that is not an easy task.

Men: we have to grasp the concept of loving our wives as Christ loved the church. We have to realize that Christ endured for the church and gave His life for the church. We also have to learn to truly trust GOD and follow His plan for our lives and our families. We can only do this by praying and listening and understanding the various signs He gives us. If you have not already, find a church that presents the Bible clearly in a language you can understand and start attending regularly, this will begin or continue your process to learning how to become vulnerable to God and your wife. You may be thinking, 'that does not make sense, or that's not for me.' Hold that thought and read these next words to your wife.

Comment [kj2]: What words???

Women: you must submit to your husbands and follow them as they follow Christ. Most women I talk to shudder at that phrase, 'submit to your husbands'. But let me ask you

this, If your husband truly submitted to GOD and followed God's lead in all areas of his life and loved you like Christ loved the church, in other words, really served you and looked out for your well being in EVERY situation, would you have an issue submitting to your husband. Every woman I've ever asked that question says they would have no issue submitting if they knew that their husband was truly submitting to God. So, ladies, if your husband is not submitting to God now, you need to submit to your husband to be a Godly example of a wife to Him. Believe me he will notice and change.

Once you both submit your will, becoming vulnerable is easy. You will realize that the love your spouse has for you is unconditional, and a representation of GOD.

In order for you to have the best sex ever, each of you have to be willing to submit your will and become vulnerable to the other.

2.