

Paul writes in 1 Corinthians 7:3-5 (*The Message*): “The marriage bed must be a place of mutuality---the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to stand up for your rights. Marriage is a decision to serve the other, whether in bed or out.” The marriage bed can never be a place of mutuality if you don’t understand and talk about the differing needs you have sexually.

Differing Sexual Needs

Wife

Stimulated by touch and tender words

Needs love to open up to sex

Needs to relax and get into sex slowly

Needs great communication to enjoy sex

Needs time to enjoy sex

Pleasure is increased by direct stimulation of nonerogenous zones first

Pleasure corresponds to a gradual build-up of tension

Orgasm results from direct stimulation of the clitoris, not only through sexual intercourse

Doesn’t always need orgasm to feel fulfilled

Enjoyment increases when she focuses on the sensations in her body

After orgasm, still aroused

Husband

Stimulated visually

Needs sex to open up to love

Starts out all ready to go

Sex opens a man up to his feelings; sex precedes communication

Needs an occasional “quickie”

Pleasure is increased by direct stimulation of erogenous zones first

Experiences pleasure as a release of sexual tension

Orgasms from direct or oral stimulation of penis and testicles

Needs orgasm to feel fulfilled

Enjoyment increases when he focuses on his wife enjoying sex

After orgasm, loses arousal quickly

A good sexual relationship is actually a work in progress. Men, you need to strive to understand your wives’ wants and desires. For many women a major component of sex is the level of non-sexual intimacy in the relationship.

Women, you need to understand that many men are performance oriented and that the sexual act itself is important to them.

Each partner must be ready to enter the other’s world. We must tell each other what we need and like sexually. We must learn how to respond to each other’s needs.