



Healthy Sexuality

August 2011

THE INSIDE RUNNING

We live in a highly sexualised world yet society is trying to minimise gender differences. In this changing world our sexuality and our identity as men can be undermined. It goes to the very heart of manhood.

As men we have the potential to either make others more secure or to damage them by the way we manage our sexuality. As Christian men we should also be able to understand the wider spiritual significance of sexual union. We need to realise that healthy sexuality in marriage is based on humility and a desire to honour and serve our wife. Usually the state of the sexual relationship is a good gauge of the overall health of the marriage relationship, and is an easy indicator for us men to understand!

There are many powerful resources on this month's DVD. Make sure you check out the excellent articles and MP3 audios on the ROM section. There is even a message for wives from Juli Slattery (Focus on the Family) which she gave in Auckland. This gives a bit of balance so that if you are married you can both be on the same page.

My hope is that these resources will help you in your journey and strengthen this important part of your identity as a man and as a son of God.



All the best

John

John Subritzky

By Erin Smalley

The marriage experts say that communication is the key to great sex. But how many times have you found yourself tongue-tied when it comes to discussing sexual matters with your mate? As you attempt to talk about your sexual relationship maybe you feel confused, frustrated, disappointed, fearful and hurt, to name a few.

Good Sex Follows Good Communication

Sexuality is more than sex. Our sexuality includes our values, what we know, our attitudes, what we believe, and how we behave. Sexuality is about our bodies and how they work. It includes who we're attracted to and what we desire. It's influenced by our upbringing—our morals, our ethics, and our culture. Communication is what makes it work. Our spouse needs to know what we want, how we feel and what concerns us sexually. On the other hand, we must pay attention to our mate when he or she is trying to communicate wants, feelings and concerns as well. The solution then is to communicate in the bedroom.

I would like to encourage you to consider four key elements to improve your communication around sex.

1. Develop a Sexual Vocabulary

Between men and women there can be a lot of double meanings, confusion and missed communication. Sex will be better if you are able to communicate likes and dislikes. Each couple will discuss sexual intimacy in different ways. But the key is to talk in ways that neither of you find embarrassing, distasteful or just plain silly. Honour should always be at the core of your communication. Establishing a sexual vocabulary is not something that happens quickly or in some sort of formal sit-down discussion. It's something that develops with time as trust develops.

2. Talk About What You're Not Talking About

Be aware that a number of factors may

hinder your sexual satisfaction which have nothing to do with sex. If either person is unsympathetic to the pressures and worries of life—weight, children, finances, work—it most likely will detract from your sexual relationship. There will be times when neither spouse feels "sexy," or "in the mood." Talk about these things. When these things interfere with your sexual intimacy it's critical to discuss what is really happening. Although it might be easier to withdraw and fade off to sleep hurt, frustrated or disappointed, it will not help the relationship if you do not talk about these other things.

3. Be Specific

Many couples forget to talk about what is working well for them sexually or they feel awkward trying to figure out what pleases each other. Tell your spouse what he or she is doing that pleases you. How can you know what he or she likes, especially if they don't say anything? Some people think it's selfish to say what they like. Or they may think that they should pretend to like everything. That sets up a bad precedent for the future.

4. Earn a Ph.D in Your Mate

In order to have a strong sexual relationship it's critical to learn everything you can about your mate. Your attitude about your spouse should be, "I am going spend the rest of my life learning about you. I am going to work so hard at deepening my knowledge of you that I will have earned a Ph.D in you." To accomplish this you must: ask questions, ask questions, ask questions. I cannot over stress the importance of asking questions to have a great sex life. A huge part of the

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communication in your bedroom should be learning about the sexual likes and dislikes of your mate. Phrases like "I really enjoy it when you..." or "How do you feel about..." or "I think the thing I enjoy most about our intimacy is..." can add huge insight into your sexual relationship. Even if you think you know the answers to these questions, ask. You both will change over time and with each phase of your life.

Keep on Talking

To have a great sex life we need to recognise that it requires patience, understanding and a willingness to communicate together about this sacred aspect of our marriage. It will require frequent monitoring, for there must be a sharing of our own sexual feelings, preferences, and responses. We must be good teachers and humble students, for we have much to learn together. As the life cycle adds years, the complexities of our lives and physical changes may affect our sexual responses. Feelings and reactions are usually different during pregnancy, after child-birth and in our later years. Sexual interest is never static. Although ageing may affect hormonal levels, there is no reason why healthy couples should not find satisfaction in their sexual relations their entire lives as long as they keep talking.

<http://smallley.cc/communicating-in-the-bedroom>



Valiant Man

Men's sexual discipleship and integrity have been relentlessly promoted nationwide over the last year by Focus on the Family NZ and Dr Allan Meyer who have teamed up to get the Valiant Man small group program up and running in churches. Because this is such an important topic for men, Promise Keepers wants to be involved in making it a widespread success. This month's DVD reflects that partnership.

Meetings with Allan Meyer: Queenstown 24 & 25 August, Whangarei 21 & 22 September - focusonthefamily.org.nz

PROMISE #3

A Promise Keeper is committed to practicing spiritual, moral, ethical and sexual purity.

Next Month: Men's Ministry



Register Now!

Promise Keepers Men's Events 2011

- ◆ Dunedin 29-30 July
- ◆ Tauranga 26-27 August
- ◆ Auckland 7-8 October
- ◆ Christchurch 12-13 August
- ◆ Wellington 9-10 September

0800 PROMISE (77 66 47)



Game On QR code

What's on the DVD



FEATURED SPEAKER:

Allan Meyer filmed a special message for Promise Keepers about healthy sexuality and how the Valiant Man course can help with sexual discipleship. Watch this interesting video then follow it up with the excerpt from Becoming a Valiant Man. 33 min

BONUS FEATURES:

- **Game On Promo** – Get ready for this year's challenge! 2 min 43
- **My Story: Ray** – Overcoming Sexual Addiction. A kiwi's story about how he almost ruined his life and marriage but after a lot of work, God has blessed them in ministry to others. 9 min
- **Becoming a Valiant Man** – excerpt. 9 min
- **PK Music Medley** – Blessed Be Your Name and Great is Thy Faithfulness. 7 min
- **Planning Your Ministry with Men** – Paul and Brian offer sensible advice on planning a way forward. 8 min

HUMOUR CLIPS: Petrol driven; What's in the FedEx package? Hostage; Japp extra energy. 5 min

DVD ROM: Access these using Windows Explorer on a PC

- Articles: incl. Sex and the Married Male, Confronting Porn, Body and Soul, 1 in 3 Marriages Struggle with Low Sex Drive, Libido Shut Down and other articles
- Book: How to Be Born Again by Bill Subritzky. Also an article by Bill, What Happens When We Die?
- Report: How to Restore Sexual Purity by Allan Meyer
- Game On Artwork & Resources
- Weekly Studies for Men's Groups for August and September
- GPS Group Photos – teams at Auckland
- Promise Keepers programs – what PK is doing

MP3s including:

- Allan Meyer
- Juli Slattery – No More Headaches - a message for women about sexuality
- Doug Weiss – Sexcess and Game Plan for Purity
- PKNZ Classic: Richard Black – Healthy Sexuality
- PKUSA Classic: Jerry Kirk – Sexual Pleasure

iPOD VIDEOS

The Valiant Man program with study and devotional guide is designed to fortify and restore the moral and spiritual integrity of men. Developing and maintaining a healthy sexuality is every man's battle. Valiant Man is about male sexual discipleship. The program challenges all men to fight for their own personal, moral and spiritual vitality and help other men fight for theirs.

Associated resources on the DVD: Featured speaker, Becoming a Valiant Man excerpt, PDF "How to Restore Your Sexual Purity & Reclaim God's Vision For Your Manhood". See also Juli Slattery's MP3 "No More Headaches" for women, from Focus on the Family.