

2drink

Today we continue our twoignite series. The first weekend of each month this year we're taking one igniter, one aspect of marriage and talking about what we can do to make it great. Then for the entire month we have adventures for you to go and live it out. Last month was 2sweat, the value of caring for yourself physically, and we gave you all free gym memberships. This month is 2drink, it's about drinking your fill of each other in love making. In one sense it's a continuation of 2sweat because 30 minutes of active sex (as if there's another kind) burns 200 calories. See, exercise can be fun.

Now, for all the igniters other than this one, there's a clear application for singles in the crowd. But this one is uniquely targeted to married couples. So singles, two things, first don't check out because if you desire to get married you'll save yourself a ton of pain if you learn these truths before you get married. But also, singles, twoignite wants to bless you. **(Blessing the single, kick off of new single ministry)**

2drink...Warning, PG-13

This message will clearly be pg-13. There won't be any nudity, but there will be a very frank discussion about sex. So if you have children in here today, now's your last chance to bring them to our children's ministry department. Turn to Song of Songs, chapter 5.

2drink...eat, O friends, and drink; drink your fill, O lovers (Song of Songs 5:1)

God wants sex between husband and wife to be a feast in which you eat and drink your fill to the point of intoxication. It's time to stop settling for sips and start drinking your fill sexually.

Who's in the room

Singles sexually active, here's the msg for you, stop it. This message isn't for you to get better at your sin.

Sexually abused. Some of you have been deeply hurt by someone sexually. Sexually confused, struggling with same sex attraction. Sexually addicted men who prefer masturbating to pornography over sex with their wife. You need more help than this message can provide (direct to celebrate recovery as a start).

Sexually frustrated. I read the other day that penguins only have sex once a year (I don't know who's following them around counting, but somebody did and that's what they say). Humans and dolphins are the only species that have sex for pleasure. That's why dolphins are always the happiest animals in the zoo. Jump out of the water, do tricks, why not we're having sex later... yippee. Some of you have penguin sex not dolphin sex, and you're frustrated.

I can't possibly speak to all of those situations today, and that's not my aim. Here's who I'm talking to today, the married couple that's in a rut sexually and one or both of you is beginning bored. Maybe it's the couple with one sitting here thinking, 'we totally have this one figured out. I should be teaching this one.' But their spouse is sitting here thinking 'oh, I hope he or she listens closely.' Or maybe it's the younger couple, not yet bored, but you're in a rut, and you're on pace to be bored in the years ahead. The worst part is, you probably don't feel the freedom to talk about how to make it better. Maybe you struggle to honestly talk about sex because on this subject your

marriage isn't a safe place. So instead of having the hard conversation, you've decided it's just easier to settle for less. For those couples, this message might be a tremendous help.

But first, we need to take the shame out of discussing this subject.

2drink...no more shame

From childhood we're taught sex is something you don't talk about. If you grew up in the church you probably got the message that sex is naughty and dirty and bad and should be saved for the one you love. It's no wonder so many people are so confused in the area of sex. We've given this subject over to the enemy. That's why it feels shameful to discuss, we think it's the turf of the enemy. Newsflash, It's not!

God created sex as a good gift. God created the penis (Matt Chandler quote). God created the clitoris. God created orgasms for our pleasure. And can I just say, thank you God for that one. Some of you right now are thinking this kind of talk doesn't belong in the church, and that's because you've bought into the lie that this is the enemy's turf, and you are wrong. This is God's turf, he's the author of it, and he's not embarrassed to speak frankly about it in scripture, Song of Songs 7:7-8a. God's not embarrassed to talk about this stuff and neither should we. So, let's just say some things together (penis, clitoris, orgasm). This is God's turf.

My aim today is to kick the door open and start the conversation for you. But the real change will happen as you go home and continue the conversation. So take notes. Some things you really want to talk about, but you don't know how to start, you'll be able to point at the notes and say, 'I didn't really want to talk about this, but pastor said we should.'

Great sex is first and foremost about submitting to each other out of reverence for Christ. It's about putting your spouse's pleasure before your own. If you both have that attitude, your sex life becomes great.

2Drink...listen up guys, Song of songs 4:1-5:1

16 verses about foreplay. 1 verse about the sex. Guys, take this note, for women it's mostly about the foreplay. Yah, that thing you think is just an appetizer, it's her entrée. If you're going to put your wife's pleasure before your own, you need to get really good at foreplay. Take notes men...

Slow Down. My wife has to remind me of this often because by nature men have 2 gears sexually, first and fifth. Women actually have to work through all the gears to get to fifth. So if you're going to love her the way she wants to be loved, slow down. Don't just start grabbing your favorite parts. Notice this guy starts at her eyes and works his way down. He doesn't go straight for her breasts. He takes his time before he gets there, 4:1-6. Now guys, don't freak out, you don't need to have some poetic description of your wife's body every time you want to have sex. But the point is this, slow down. If you've run out of words, offer a sensual massage, do something creative to slow it down.

Jesus spoke in parables, so let me put it in a football parable for us ordinary guys, the reason you're playing offense and she's playing defense is because you keep going right for the end zone. Learn to enjoy the pregame show. Call some short distance plays, chew up some game clock, before you go for the score. **Focus on her.** Notice his attitude. It's not just about him getting what he wants. He's focused on her. First words of vv. 1-5, 'how beautiful you. You're teeth. Your lips. Your neck. Your two breasts.' Men, learn from this stud and make your wife the center of your attention in love

making. There are men so selfish in bed, when they experience orgasm they think it's game over, and she's left there like, 'well I hope that was fun for you.' Even if you think you're a stud, every husband here needs to go home and ask his wife what he can do to improve her pleasure sexually. I know you think she'll have nothing, but I bet she's got an answer for you.

Speak her love language. Notice, how this man uses his words, **4:1**. This guy knows his wife's love language, it's the same as my wife's, kind, romantic words. That's what turns her on. My wife had to coach me on this one for decades before I got it. Because my love language is physical touch... when I'm in the mood I just want to start grabbing stuff. But if I'm going to love my wife the way she wants to be loved, I'm going to have to slow down, focus on her, and use my words.

And let me just say, this does not come natural to me. When I want to make love with my wife, slowing down and saying kind and romantic words is the last thing on my mind. I had to learn to get good at this. But guys, the payoff is great. So men, learn your wife's love language. If you don't know what I'm talking about, get the little book called five love languages. In my opinion it's the most helpful marriage book out there. Maybe your wife's love language is acts of service, and you need to clean the house to turn her on. Maybe it's gifts and bringing her something thoughtful sends her over the top. Maybe it's physical touch. Maybe like my wife it's kind words. But whatever it is, figure out your wife's love language and speak it.

When you slow down, focus on her, and speak her love language, here's what you're doing...**Making her secure in your love for, and attraction to, her.** This is a woman who started out with not the greatest self image, **1:6**. She wasn't fully comfortable with her physical appearance. Most women aren't. That insecurity causes women to hold back sexually, put up a guard, because they're not comfortable. In chapter 4 her husband is dropping her guard by making her totally secure in his love for, and attraction to, her, **4:7-15**. He's done such a great job of making her secure in his love for her, she's totally dropped her guard, she wants her man inside her. Verse 15 is referring to God-given natural vaginal lubrication, **v. 15**. She's totally sexually stimulated, and she essentially says, enough, get over here and feast on me, **5:1**. Jackpot!

Men, if you want smoking hot sex with your wife, make her feel totally secure in your love for her and your attraction to her. If your wife is guarded sexually, one reason might be because she's not secure in your love for her. You see, this is why pornography is so destructive. When you're masturbating to pictures of other women, your wife thinks there must be something wrong with her. She doesn't feel secure, and up goes her guard. This is why she gets so angry when you stare at other women in the mall, it makes her insecure in your love for her.

Sometimes people mock me for the PDA with my wife. Let me tell you something, I do it for a reason. Well, 2 reasons. One, I like to grab her stuff. But two, because I want her to be secure in my love for her.

Men, when your wife truly believes she's beautiful in your eyes, when she believes she, not some pornographic image, has stolen your heart, then she's going to let her guard down and be excited about making love.

That's how you get her there guys, did you take notes...slow down, focus on her, speak her love language, make her secure in your love. Do that and she'll be begging for it. I know it sounds like rocket science to some of you, but guys, seriously this is way easier than managing your fantasy football team. You can do it.

2Drink...listen up ladies

Ok ladies, now it's time for you to take notes. Here's what you need to do to turn us on...show up naked. Really, we're just not as complicated in this area. But in all seriousness, just because your man is having orgasms with you, it doesn't mean he's not bored. So allow me to just share a few biblical tips.

And just like for him, the key is submitting to one another out of reverence for Christ. It's about putting the pleasure of your spouse before your own pleasure.

Lose the false boundaries, 4:15–5:1. Many women come into marriage thinking Christian sex has to be vanilla, but the really exciting stuff is naughty, aka not godly. I don't know where you got that idea, maybe it was from church, or your parents, but it's not from the Bible. Sure, sex outside of marriage is sin, but inside of marriage the Bible presents sex as anything but boring vanilla.

4:15–5:1 is the picture of a wife totally sexually stimulated, inviting her husband to come and feast on her choice fruits. Not nibble, not fast food, but feast. And there's no doubt about it, verse 16 is very oral, **taste her choice fruits.** I love Pastor Ted Cunningham's comment on this. He does conferences on sex and intimacy, and he says when couples come up to him after his talks and ask him if oral sex is ok, he says, 'absolutely not, it's fantastic.'

Listen women, if you think Christian sex has to be missionary style boring plain sex, then stop having Christian sex and start having some wild feast biblical sex. I'm going to twitter that on Monday.

Get Creative. 7:10–13. This woman is planning a creative, adventurous sexual encounter with her husband. Ladies, thrill you husband and you'll gain his heart, because most men have an inner need for adventure.

v. 12, she's planning outdoor sex. Now I don't want to read about any of you in the newspaper, so plan carefully. But this is the kind of stuff men love. If you thought your husband was the only weird one, nope it's pretty much all of us.

v.13, mandrakes were used as an aphrodisiac. She's not holding back, she's getting creative. She's got both old and new stuff up her sleeve. Women, let me speak for all the men out there. We love the new stuff. We do, our drive for adventure causes us to absolutely hate ruts. If you're struggling to get creative we've put some resources on our website to help. Go check them out, and keep getting creative. Put your husband's pleasure before your own, love your man without the false boundaries, thrill your man and win his heart.

2drink...let the conversations begin.

My aim today was to start the conversation, but where the real change will happen is when you go home and continue the conversation as husband and wife. Here's what we're giving you to help...

2drink menu. List of questions for you to discuss. Candle that burns for 2 hours. By the end of 2 hours, come up with your own plan.

Fifty great date ideas on website. Free ballroom dance lessons. Best \$10 romantic date night ever. Big ball, 5 piece orchestra, dessert, childcare. Low rates negotiated at two local hotels. Check out the website for the offer.