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Hard Hitting
Facts about
Marital Sex for
Christian
Wives

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Many Christian wives have not been equipped with the information needed to properly navigate sex in marriage. Some of this can be attributed to the lack of comprehensive sex education and misinformation taught in some religious institutions. This has led to many wives feeling frustrated, unfulfilled, and let down as it pertains to their marital sex life. Here are a few general truths "all" Christian wives should know about sex in marriage.

1. Sex isn't dirty or shameful

Sex is God's invention. Sex was created for more than just procreation. It was also created for pleasure, bonding, and intimacy. Sex is a gift from God to be shared in marriage. Sex is a God thing and a good thing! (Genesis 2:24-25)

2. Sexual Pleasure is for the wife too

God intended sex to be enjoyable and pleasurable for both the husband and wife. (1 Corinthians 7:3) When God created women, he designed them with a specific body part, the clitoris, for sexual enjoyment. The sole function of the clitoris is pleasure. There is no other reason for the body part except for women's sexual pleasure. Pleasure is your natural birthright.

3. Most women will not reach orgasm via vaginal penetration alone

Most women will not achieve orgasm from vaginal penetration alone. Research has found that only 30 percent of women consistently have orgasms during vaginal intercourse. However, the National Survey of Sexual Health and Behavior found women are more likely to orgasm when they engage in a variety of sex acts and when oral sex or vaginal intercourse is included. For most women to achieve orgasm, the focus and attention should be shifted to the clitoris. The clitoris is the most important sex organ on a women's body with the sole function of pleasure!

4. Consent is needed in marriage

A marriage license doesn't give anyone full authority over another person's body nor does it give advance consent. There is a misconception that it's unbiblical for wives to decline sex and that wives are obligated to have sex whenever their husband wants to. Every person has sexual agency which is the ability to freely decide when and how they will have sex. At no point should any wife be forced, pressured, or manipulated into having sex. Your wishes should be heard and respected. Sex should be done willingly and should be mutually pleasurable for both the husband and wife.

5. Marriage will not automatically guarantee you will have a great sex life

Sex is something that many married Christian couples struggle with. Don't expect your husband to automatically know what you like and know how to please you sexually. Unfortunately, your husband cannot read your mind. If you're not happy with your sex life, have an open and honest discussion about what you want, need, like/dislike, and desire when it comes to sex. You owe it to yourself and your marriage to be completely honest.

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