



14 DAYS OF INTIMACY

Inviting Physical and Emotional Romance Back Into Your Marriage

“Across the board, married couples said over and over again that they didn’t have enough time, enough money, or enough sexual intimacy.”¹

You can’t give yourself more time, and more money is not guaranteed, but the good news is - you do have control over your sexual intimacy if you make it a priority!

welcome to 14 days of intimacy!

What is the answer to the chaotic, exhausting or mundane stage your love-life might be in?

Simple: Make your marriage a priority for at least 14 days. Yes, it may feel strange just because it is different. Yes, it may be risky to break out of established routines (or lack of sexual routine!). But think now of the possibilities. Consider the reward of a deeper emotional union with your lover; of gratifying physical connection and reestablishing the all important affirmation that you love and are loved!

goodbye and hello

Saying goodbye to life's distractions and your self-imposed bad habits and saying hello to your spouse anew can mean navigating tricky terrain. Shifting your focus isn't just about being at the same place at the same time. There's also an internal shift: paying closer attention to your spouse and their unmet needs, to yourself and your desires, and authentically committing the best of you to your marriage and sexual intimacy.

ready, set, go!

This is a personal decision between the two of you. Even if one day doesn't go as planned...there is no failure. The victory is deciding to focus on your emotional and sexual intimacy. You can start anytime, but we suggest beginning on a Monday and follow the day by day routine. Be positive, adventurous, safe, have fun, give it your whole heart and don't be surprised if your affection for each other changes for the better!

The 14 Days Of Intimacy challenge encourages participants to embrace the biblical perspective of sexuality. This process is meant to manifest continued improvement in healthy sexuality and intimate connection. Every person is unique and for those who experience or have experienced sexual, emotional or mental abuse or dysfunction, we encourage you to engage in self-management and contact professional counselling.

DAY 1: TURN ON FLIRTING

Flirting creates a private world for just you and your spouse. The challenge is to start early today and keep the sexy looks, whispers, texts, touches and love notes, etc. going until and after you're alone in your bedroom tonight! This playful, romantic activity is an ego boost to you both and reaffirms that you find each other attractive (it's good for your children & grandchildren to notice your love too).



Turn your eyes from me; they overwhelm me. Song of Songs 6:5

be spontaneous and considerate of each other!

end your day by making love and decide that this kind of flirting affection will be the new normal in your love life!



DAY 2: HOLD ME TIGHT

Today you are going to explore the value of touch. It may feel forced or funny but just go with it anyway! Physical, tactile touch has been proven through scientific research to improve romantic satisfaction as well as significantly lower blood pressure in women and improve conflict resolution between couples. As well, men who kiss their wives in the morning live 5 years longer than those who don't! Isn't that remarkable? So simple and powerful!

Today is all about touch. A kiss good morning, a hug goodbye, a shoulder rub, cuddling on the couch, holding hands, being in each others arms and linger longer than usual. Have a lot of fun creating that intimate bond and as your day winds down, make sure you arrange for some skin on skin time alone together!

Your lips drop sweetness as the honeycomb, my bride; milk and honey are under your tongue..

Song of Songs 4:11

DAY 3: PILLOW TALK

Tonight when you go to bed together (preferably naked!) you are going to spend time talking. Not about how your day went, but what you like and/or desire sexually. Words can be a powerful aphrodisiac (turn on) so talk encouragingly to each other. Being intimate allows for safe vulnerability with your spouse. Think of kind and complimentary things to say and let go of your ego and inhibitions. During sex, express what you like and what you are enjoying. Feel free to say “no”, “stop” or “that hurts” anytime. Remember, sex isn’t about your techniques, it’s about your feelings, emotions and where you want to go. So enthusiastically spur each other on with your words of affirmation and love!

*How handsome you are, my beloved! Oh, how charming! And our bed is verdant.
Song of Songs 1:16*



extra: read *proverbs 30:18-19*

the Bible states that intimacy between a man and a woman is one of the most amazing and greatest of mysteries.

enjoy your intimacy
everyone loves a good mystery!

DAY 4: UP IN THE MORNING

Rise and shine with a kick-start to your day! Don't worry about messy hair or morning breath...you're creative enough to find solutions to those kind of problems!

Early morning sex may start off sleepy but will leave you feeling alive and full of energy. After 7-8 hours of sleep your brain nerves will benefit from being awakened by a sweet time of love making. It doesn't even have to last that long. Quickie-sex can truly give a jump start to your day.



and the two will become one flesh. So they are no longer two, but one flesh.

Mark 10: 8

extra: divine sex

- God is our creator
- God created the human body
- God created the human body with the capacity for the enjoyment of the sense of touch, including sexual touch
- God created numerous areas of the human body that respond to sexual stimulation
- God created specific areas with concentrated amounts and types of nerves that respond intensively to sexual stimulation, bringing both men and women to sexual climax.

DAY 5: UNDIVIDED ATTENTION

The beauty of a committed, long lasting marriage is the sense of belonging and security that it brings. A challenge of that stability and reliability is being able to still be curious and intrigued by one another.

Tonight, is a special challenge: set up a time and place outside of your home for a dinner date. Choose a new restaurant and make a reservation so there's no chance of not getting in.

- **Get dressed up alone** - bonus if you can buy a new outfit, lingerie and/or new hairstyle.
- **Arrive separately** at the restaurant (*Uber?*) and don't enter until the other arrives. Enjoy the moment of seeing each for the first time again.
- **Put aside** work, calls, texts, social media and all screen time.
- Talk, laugh, converse, be yourself...but allow no distractions. Give your undivided attention to your spouse.
- When the time is right, hurry home to finish your date together by making love...the best undivided attention there is!



I belong to my beloved, and his desire is for me.

Song of Songs 7:10

extra: flirting

trying to draw your spouse into a deeper romantic connection using verbal, written or body language

flattery	gifts/cards
staring	chatting
standing close	blowing a kiss
footsies	tickling
teasing	winking
texting	brushing up against

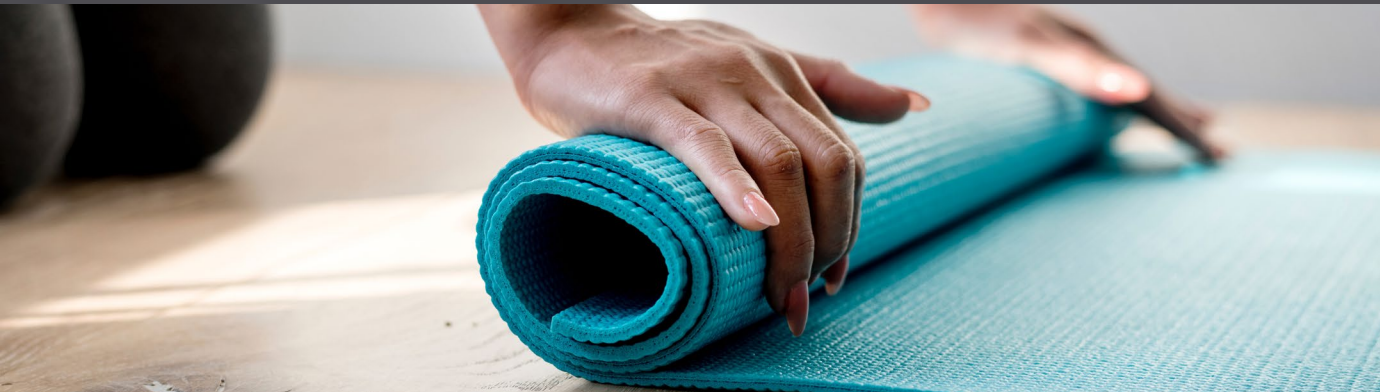
try it for fun - try it for love!

DAY 6: EXERCISE ROUTINE

If you started the 14 Days of Intimacy challenge on a Monday, it is Saturday today. This is a great day to set aside some time (short or long) to exercise. Higher levels of sexual activity and satisfaction in men and women are linked to increased physical activity as well as mindful resolutions toward better health choices.

- A 2003 study found if men took a 1 hour walk, 3 times per week it improved sexual function, activity and orgasms. Aerobic exercise reduces incidents of erectile dysfunction up to 30%.
- A 1999 study found higher sexual satisfaction in men and women over 55 who exercise compared to inactive younger people.
- Bortz and Wallace confirm the fitter you are, the better sexual activity and satisfaction you will experience.

So try to exercise together? It may even help your routine later tonight!



Do everything in love.

1 Corinthians 16:14

extra: consistency

ever wonder how often couples in healthy marriages have sex? daily? weekly? rather than worry about exact frequency, try to be consistent, whatever that looks like for your marriage and your life.

consistency nurters intimacy



DAY 7: YOU CAN DO IT!

You are 1/2 way through the 14 Days of Intimacy challenge. It may be tempting to end today, but in spite of being tired and/or distracted, stick with it! (*write your marriage vision statement*)

Sometimes being a successful business person, creative entrepreneur, reliable employee or good parent doesn't make a great spouse! It is true that you have responsibilities and obligations to so many others, but you and your spouse deserve, in fact need this season of focussing on one another.

Today, recommit with your love that you will keep going and keep giving your best to them. Heart, soul and body. Now, seal it with a kiss! And another! And another! (*you get the idea!*)

Many waters cannot quench love; rivers cannot sweep it away. If one were to give all the wealth of one's house for love, it would be utterly scorned.

Song of Songs 8:7

extra: marriage vision statement

write a motto for your marriage. maybe use a phrase from your wedding vows or choose words that describe what's best about your partnership.

"we're playful & positive". "we're always a team". "we trust each other at all times". feel free to change it as often as you want.

great intimacy takes great vision!

DAY 8: CHEAP (OR EXPENSIVE) SPA DATE



Set up your bedroom for an evening of massage! Put towels down on your bed and have the lights dimmed and consider adding candles, music, diffused essential oils and create a romantic ambience.

Remove your clothes and set a timer for 15 minutes. Wife massage your husband first. When the timer goes off, switch places. Husband, if she is able, have your wife lay on her stomach while you sit gently on her backside and give her a loving massage. Make sure she gets the full 15 minutes! 😊

Enjoy where this relaxation will take you!

extra: plan it out

if you're cooking a meal, you put effort and planning into it. Rarely are spontaneous meals all that memorable! the same is true of sex, but we think that after a busy day we can fall into bed without energy or planning, and experience earth-shattering love.

How beautiful are your sandaled feet, O prince's daughter! Your graceful legs are like jewels, the work of an artist's hands.

Song of Songs 7:1

DAY 9: DAY OF LOVE LANGUAGES

Today is a day to learn and speak your spouse's love language. According to Gary Chapman the love languages are:

1. Words of Affirmation
2. Acts of Service
3. Receiving Gifts
4. Quality Time
5. Physical Touch

Once you know your partner's love language, write it somewhere so you won't ever forget.

Today's challenge: Take some time to reflect and do two things for him/her that will speak the love language of your sweetheart.

As your day comes to an end, talk about your love languages with a heart of grace and learning. Do you feel your type properly represents you? Did your actions today meet the needs of your spouse? Finish another day in one another's arms.



Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

1 Corinthians 13:4

extra:

don't know your love language?

take the online quiz for free at:
www.5lovelanguages.com/profile/

DAY 10: NEW POSITIONS

One or both of you may view today's challenge as exciting!

Whatever the case, be open, creative and try not to fall into the same old patterns in love making.

Trying new sexual positions can create excitement and sometimes even undiscovered feelings of pleasure. Quite often the greatest thrill is that you are both open and eager to keep a heightened energy in the bedroom! Sexual positions are as numerous as there are ideas. Some you'll like... some, not so much! But it can be really, really fun to try!

You may find this topic embarrassing, but don't be. This is a safe discussion between the two of you.

You may find that you have no ideas of new positions. Check out this website for helpful tips:

www.christianfriendlysexpositions.com



extra: pleasure

The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband.

1 Corinthians 7:3 (MSG)

Awake, north wind, and come, south wind! Blow on my garden, that its fragrance may spread everywhere. Let my beloved come into his garden and taste its choice fruits.

Song of Songs 4:16

DAY 11: YOUR STORY

Sometime during your day today text or write down (on a valentines card?) for your spouse the story of when you knew they were the one. You will need to put some mental energy into remembering how you felt then.

Think back to how you met and how your friendship grew into passion. Was it love at first sight or maybe your significant other had to pursue you before you fell for them? There is no right or wrong, just keep the standard of kindness and encouragement as you tell your wonderful tale of how you have arrived here today. Once the story is typed in text, press *send* to your spouse or seal the card and leave it on their pillow.

Good memories, thought about often, keep our appreciation and passion strong. Tonight give flowers and chocolate, but make sure you are in each others arms thankful!



Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Proverbs 16:24

“When a husband’s eyes meet his wife’s during the intimacy of those moments, they are looking into each other’s souls. They are reaping the harvest of all the years they have spent in getting to know each other and celebrating the love that has blossomed, grown and deepened between them.”

Cloud, H. & Townsend, J., *Sex & Intimacy*, Integrity Publishers, 2005.



His mouth is sweetness itself, he is altogether lovely. Song of Songs 5:16

DAY 12: MAKE OUT and/or MAKE UP SEX

Today you both need to find some stolen moments outside of your bedroom and make out! Parked car, elevator, grocery store... Kissing couples become rare as the years of marriage start adding up. YOU can change that statistic!

Are you aware of the incredible health benefits of kissing? There are many.

See: mentalfloss.com/article/501990/10-scientific-benefits-kissing

Our bodies are created to respond to the stimuli and resulting chemical reaction of kissing in wonderful ways. So keep your breath-mints handy and start kissing each other early in the day to get your body, mind and soul ready for make out sex this evening!

“Sex after sixty can be better than ever! This is not propaganda to encourage the faltering but a frank statement of fact. Many of my patients have told me that this is true in their experience. In my office a number of couples married forty-plus years have reported wonderful love relationships with more pleasure for both than ever before.”

Wheat, E. and Wheat, G., *Intended for Pleasure*, Revell, 2010.

DAY 13: STRESS AWAY DAY

At the end of today, dissolve stress together in a warm bath or shower. Soaking in a bath with epsom salts has long been used to calm and relax the body. The magnesium content of the salts will help you to unwind. A drop or two of oils like lavender, sage, orange or rosemary can be wonderful as well. (*careful not to use oils that can irritate skin*)

Make this time together a special sanctuary after another long day. Rose petals, candles and towels fresh from the dryer in preparation for a sexy soak! This water induced relaxation can cleanse not only your bodies, but will heat you up for some steamy romantic love-making in the tub or shower or wherever you decide after you towel off!

extra: *frangrances*

from song of songs:

- *nard*: an ointment derived from himalayan plant of the valerian family
- *myrrh*: a fragrant gum resin obtained from certain trees and used, especially in the near east, in perfumery, medicines, and incense.
- *frankincense*: an aromatic gum resin obtained from an african tree and burned as incense.
- *saffron*: an autumn-flowering crocus with reddish-purple flowers
- *calamus*: the aromatic root of the iris
- *cinnamon*: romatic spice made from the peeled, dried, and rolled bark of a southeast asian tree.



My beloved is to me a sachet of myrrh resting between my breasts. My beloved is to me a cluster of henna blossoms from the vineyards of En Gedi. Song of Songs 1:13-14



DAY 14: ENDLESS LOVE

Tonight is a celebration of 14 Days of Intimacy! You are blessed with a partner who is willing to invest in the most precious sanctified relationships on earth. Here are some final suggestions:

1. Plan to be alone together this eve (*perhaps prepare a favourite meal?*).
2. Spend 20 minutes talking about the experience of the last 14 days.
3. Focus on what was positive emotionally and sexually for you both.
4. Agree on a plan for enhanced intimacy in the weeks & months ahead.
5. Finally, end the night together and put into practice some of the last 14 days: flattering speech, lengthy kissing, massage, skin on skin, eager foreplay and love making.

Thank each other for the quality and quantity time that you have given as a gift to one another!

His left arm is under my head, and his right arm embraces me.. Song of Songs 2:6

extra: food

aphrodisiac foods (supposedly)

- oysters // seductive, improves dopamine
- watermelon // citruline can increase sex drive
- chocolate // stimulates excitement
- banana // triggers testosterone production
- asparagus // histamine for healthy sex drive
- avocado // delicious and sensual
- maca // peru's natural viagra / increase libido
- pumpkin seeds // zinc for testosterone
- honey // regulates estrogen & testosterone
- celery // increases attractive pheromones in men
- arugula // libido protection, boost sexual energy
- chili // stimulates arousal endorphines
- figs // antioxidants, sexuality - - - think adam & eve
- strawberries // blood flow stimulant
- pomegranate // positive effects on erectile dys
- whipped cream // no evidence, just fun!

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