

Angie's Marriage Column – February 18, 2009

Help, Sex Life Going Down Hill!

Marriage Question: Angie...maybe you can address this one for us. It came from a friend. Both are married for 15 years now. Problem is their sex life is not doing well anymore. She is tired when he wants. He is sleepy when she wants. Lately the man has started looking for other wife to feel the sexual gaps. Please shed your light to save this family. Does God approve sexless life? Can it work in a Christian life to live as Christians without sex? Does God prohibit any sex position?

As obedient children, do not CONFORM to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so BE holy in all you do: for it is written: "Be holy because I am holy." Peter 1:14-16

Marriage Guidance: Sex between a husband and wife is a beautiful part of marriage. The "he's tired" - "she's tired" issue can easily be resolved by simply not having sex at night when it is time to go to sleep. **There is no reason why married couples should not be having sex with one another, unless one of them is physically unable to do so.**

If couples can get up and go to work at 7:00am then they can awake at 6:30am and spend quality intimate time together when both are not tired from the day. Couples can also meet at home for lunchtime... or they can simply wait until each comes home from work...or they can have sex all weekend long. **The "he's tired – she's tired" thing is an excuse.**

The new label they are putting on a marriage where couples aren't having sex is called the "sexless marriage" and is something that couples have created for themselves for their own selfish reasons. If the husband you are referring to in this letter is looking for another wife just because of a need not getting met, then he is certainly is not behaving in a manner conducive to the principles of Christianity. Therefore there is really nothing that I can say that is going to help him or their marriage.

I'm confused as to why you would ask me if God approves of these things and then in the next sentence tell me the husband is looking for another wife? Apparently it won't matter what God approves of if the husband is out looking for another wife, now would it?

Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Hebrews 13:4

God blesses marriages and families that live righteous and holy lives – period. People get so caught up with the religious and political aspects of their life that they don't understand or care to follow simple principles. Do you think God wants couples to be unhappy in their marriage? Do you think God wants couples to treat one another badly? Is a sexless marriage a happy marriage? God does not want couples to reject one another sexually, emotionally, physically, spiritually, or mentally. He does not want couples to feel resentful because one partner is not getting their physical needs met. So then what do you think the solution is? Should we look for another marriage partner or have an affair? This is what people do when they don't have a relationship with Jesus. Godly men and women don't look for another partner because of an issue brewing at home! That's silly!

Drink water from your own cistern, running water from your own well. Proverbs 5:15 In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. Ephesians 5:28

What is the principle that we should be following here? The best thing a man can do if his physical needs are not getting met is to talk to his wife about it. **The principle for marriage is to love your wife or husband, even if you don't always feel like it.** Your wife may anger you three times a week, but you still have a duty to love her. Your husband might offend you in front of others but you still have a duty to love him. You do that because love is not always about feeling good, but is about forgiveness, compassion, honor, respect, and sincerity. Love must be sincere.

Dear children, let us not love with words or tongue, but with actions and in truth.

1 John 3:18

Couples need to take the time to communicate their needs with one another almost on a daily basis. It's not about holding in resentment and getting angry later over it. It is about being open and honest about your needs. **You don't go outside the sanctity of your marriage to be with someone else because you're unhappy about something.** You work with what you already have been blessed with, using the principles God has designed for marriage. There is no immoral activity involved in a righteous and holy marriage.

Virtually anyone can follow this principle of love when you realize that love is not the euphoric and giddy feeling you had on your first date...or first puppy lust...or the feeling you had when you first were dating your wife—those feelings are LUST and DESIRE.

Do not confuse LUST feelings with LOVE. This is where all of society has gone wrong. People are basing their whole life upon feelings of lust and desire – this is why there is so much corruption and evil in this society. See article at end of this marriage column **Love vs. Lust**. Print it out and give it to everyone you know to read and study,

For everything in the world – the cravings of sinful man, the lust of the eyes and the boasting of what he has and does – comes NOT from the Father but from the world.

1 John 2:16

For the rest of your questions, read the article I wrote three years ago called the *Sexually Satisfied Marriage* (see article resource) and it should clear up the last couple of questions for you.

Take care and God Bless!

Angie and Frank

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Article Resources:

- ✓ [Love vs. Lust](#)

- ✓ [Principled Acts of Love](#)
- ✓ [The Intimately Satisfying Marriage](#)
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