

DOWNLOAD PDF THE PASSIONATE MARRIAGE (FOCUS ON THE FAMILY: MARRIAGE)

Chapter 1 : The Passionate Marriage by Focus on the Family

*The Passionate Marriage (Focus on the Family Marriage Series) [Focus on the Family, Gary Smalley, Greg Smalley] on blog.quintoapp.com *FREE* shipping on qualifying offers. In a Christ-Centered Marriage, True Passion Can Thrive Sparks of passion can lead to marriage.*

A routine, lifeless, cool peck? Or a passionate, erotic, steamy smooch? The first response describes stereotypically dull, post-honeymoon marital intimacy. The second depicts electrifying, full-body expressions of lifelong sensuality between husband and wife. Sadly, reality confirms the stereotype: Average marital kissing habits are dry and destructive. David Clarke bluntly writes that passionate kissing fades in per cent of marriages. Supporting this statistic, a recent British Heart Foundation survey found that one in five married couples goes up to one week without kissing. And for 40 per cent of the survey respondents, the few-and-far-between kisses last no longer than five seconds. Rather, give your marriage the gift of exhilarating intimacy, in and out of the bedroom. Read on to learn the whys and hows of kissing your way toward a spicier relationship. Even if it were all in the lips, author Sheril Kirshenbaum remains optimistic. In *The Science of Kissing: What Our Lips Are Telling Us*, she explains that lips disproportionately dominate your neural space relative to other body parts. This means that lips are extremely sensitive, so a single sensual kiss rouses a great deal of neurotransmitter and hormone activity. For instance, a spike in dopamine increases pleasure and longing, elevated oxytocin fosters bonding and rising serotonin boosts feelings of contentment. In turn, a study conducted by Arizona State University professor Kory Floyd shows that bodily pleasure translates into marital satisfaction. His intriguing research reveals that when couples increased their kissing during a six-week period, their cholesterol and stress-levels lowered and their relationship satisfaction rose. As a bonus, science suggests that men transfer testosterone through their saliva! Since testosterone raises libido in men and women, swapping saliva can elevate sexual desire. Needless to say, while kissing feeds desire and can prime you and your spouse for more physical intimacy, it need not always lead to intercourse. How not to kiss Good kissing bonds a couple. Poor kissing threatens to erode marital intimacy. The Pathetic Little Peck Kiss: Husband and wife bump their lips together for a millisecond, as if reluctantly or by accident. The Poofy Lip Kiss: Husband and wife stand a few feet away with two sets of poofed lips stretched out, struggling for a point of contact. The Sound Effect Kiss: Husband and wife stand across the room from each other and one spouse purses their lips to make a kiss sound. The Dreaded Kiss on the Cheek: Cheek kissing is a common greeting in Europe between friends. As passionate lovers, husband and wife should move beyond this impersonal salutation. But they should be only part of a balanced diet. On their own, these lifeless kisses can result in a malnourished marriage. Top eight kissing tips For a more passionate, flirtatious and exciting marriage, practice these eight tips: Kissing deserves respect and attention as an essential act of marital intimacy. Without proper prioritization, the ardent embrace and flirtatious smooch dissolve into a hand wave and a peck for a couple overwhelmed by the pressures of kids, bills and busyness. But if erotic kissing occurs only preceding intercourse, Clarke flags this as a "huge mistake and a sign of decreasing passion. Put your body into it: Is "make-out touching" a lost art in your marriage? A "full-body, all-the-right-parts-touching, sensual hug is part of a great kiss," Clarke writes. Try using your arms to embrace your husband or wife. Touch their face, back, shoulders and legs. Greet with a kiss: The way you greet your spouse sets the tone for the rest of the evening. Start the night right with a second kiss, which Clarke says breaks the mold of saying "How are you? Maybe it causes you physical or emotional discomfort. Or maybe you think your husband or wife is a bad kisser. Rather than resigning yourself to a kiss-less marriage, Wells suggests having an open discussion with your spouse, approaching the subject from a "learning" perspective to avoid blame or embarrassment. Reverse roles, then discuss your preferences. Make kissing an eye-opening experience literally! Will it be awkward at first? Plus, eyes-open kissing keeps you in the present. Her mind habitually scanned her to-do list, or even fantasized about romantic film scenes. Focus on quantity and quality: Rhett Butler, iconic romantic hero in

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Gone With the Wind, sweeps his lover into his arms saying, "You should be kissed, and often" and by someone who knows how. Make it your goal to frequently shower your husband or wife with the best kisses you can. When you think one peck will do, opt for "lingering and multiple kisses," Clarke advises. Focusing on quantity and quality maintains a steady flow of romantic feelings so there are no more dry spells in your marriage. Kiss by the Book: Read the Song of Solomon and let the Scriptures be your kissing guide. In fact, the second verse in the Song references smooching: On the days you feel hurt, frustrated or angry, Clarke advises that you kiss anyway. If you liked this article and would like to go deeper, we have some helpful resources below.

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Chapter 2 : 8 tips for kissing toward a more passionate marriage - Focus on the Family

The Passionate Marriage focuses on the sexual intimacy in marriage and how it is a picture of God's romance with us. 4 Sessions. The Passionate Marriage, repackaged ed. () by Focus on the Family.

What are the key forces that impact passion in a marriage? In my experience, the major variables affecting marital passion are a sense of wonder and newness, coupled with a strong desire to please the other. One of the reasons that a new relationship or an affair is often so exciting, is that the couple wants to bring pleasure to each another which stimulates creativity and excitement. The challenge in marriage is to keep the relationship fresh. A couple falls into a comfortable pattern in which their sexual relationship begins to take a back seat. In marriage, you have to ignite passion. A couple needs to make their sexual relationship a high priority. For the busy two career couple, it may mean scheduling time for their sexual relationship. When it comes to sexual relationships we often operate on the misconception that passion is something that just naturally happens. Good sex, like career success, demands commitment, creativity and practice. Too many of us will settle for a less than satisfying sexual relationship or find quick solutions like an affair to break the monotony. Does the length of the relationship matter? The longer the relationship the greater the risk the couple will slip into bad habits. Too many men forget how to romance their wives. A man who treats his wife like a girlfriend is a man who will have a lover for a wife. Passion is not a given. It has to be cultivated and nurtured. It takes skill and knowledge. To develop that skill a couple needs to make the commitment to learn from one another and to discover what is pleasurable. A back rub for one woman may be more sexually satisfying than direct genital stimulation. During the courting stage of a relationship the focus is on one another. This is enormously satisfying. However, once the relationship becomes institutionalized, attention too often shifts to competing interests like friends, work, hobbies and children. It then becomes a major challenge to keep the marriage alive. Is passion in marriage influenced by whether or not you have kids? Children can be a cause of reduced passion in marriage. He now has to share center stage with a screaming baby who before-you-know-it becomes a demanding teenager. Kids can wear you out I know. I have four of them and nothing kills passion like exhaustion. I often recommend that couples take time out from parenting and pay attention to the marriage. A weekend away from the kids can do wonders for the marriage and will most likely improve their ability to parent. Is the passion between a couple affected by their stress level at home or at work? Whether the stress is external, i. By the time most of us have put the kids to bed, cleaned the kitchen, paid the bills, returned the phone calls and watered the plants, the only thing we feel passionate about is sleep. At best, we engage in obligatory, unsatisfactory sexual contact. More likely, nothing at all - a rather gloomy picture of marital life. Try a bit of common sense, a healthy dose of understanding and a genuine desire to give. One who is willing to give his or her more exhausted or stressed out partner a massage or some other form of loving, non-sexual contact will be storing up passion points for that quiet Sunday morning when the kids are gone, the dishes are done and the pressure is off. In a truly loving marriage there are many days of exhaustion sandwiched between moments of genuine intimacy and passion. Those moments of passion are the result of the understanding, commitment and warmth that sustain a loving couple through the demanding obligations of a shared life. Focus on being other-centered and your marriage will be a lifetime love affair. I hold by the adage that good lovers, like good leaders, are made-- not born. I doubt we can all reach the skill and passion of a Don Juan De Marco unless of course we, like Don Juan, devote our whole life to pursuing the ultimate sexual experience. Nevertheless, we can create passion. Success in bed is achieved as a result of an open mind, a willingness to learn, a loving feeling toward your partner and a desire to give. I want to say more about the desire to give. Learning to be other centered is, in my opinion, one of the most significant factors in creating a successful marriage - in bed or out. Too often, we focus only on our needs, our desires and our pleasure and forget about the other. If we could turn the focus of our attention from ourselves to our partner, our relationship, in general, and our sexual relationship, in particular, would vastly improve. Is it a given that

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passion declines over time? Of course, there are physical factors to contend with. However, a wise year-old can compensate for his or her decreased energy with experience. The most powerful sexual organ is the head, not the genitals. A smart and loving mind can fire up an old body. I know a number of elderly folks who have a twinkle in their eye for more than just their grandchildren. It is important to understand that passion is not merely explosive sexual fireworks. It is also the sexual warmth that is generated by a couple who have learned how to love. Their passion emerges within an atmosphere of understanding, acceptance and respect. The most important way to maintain lifelong sexual satisfaction is to constantly work on improving marital communication. Learning how to listen, to accept and to forgive are essential qualities in maintaining a passionate marriage. Is there anything we can do to increase the passion during those times when it seems to take a nose-dive? Recognizing that passion has taken a downward turn is the first step toward correcting it. A couple that is committed to maintaining a quality relationship will monitor it carefully. They will discuss their declining passion and will seek ways to restore aliveness and pleasure. This is a marriage that is in a constant state of creation. I am fond of telling people that love is a verb not a noun. Real love and passion is something that two people must work at together. A good sexual relationship is nothing more than good communication. To communicate, first and foremost, you need to know how to listen. To listen you have to get out of your own way. You need to empty your head of your arguments, preconceived notions, expectations and opinions and then be open with your entire being to what the other is communicating. Good sex is a function of learning how to listen. Many of us carry a great deal of baggage into our bedrooms. While he is worrying about duplicating the sexual gymnastics of some mythical Hollywood lover, she is feeling abandoned. Both men and women need to let go of trying to prove themselves to one another and learn to satisfy one another. When they achieve that goal, their reward will be a passionate and loving relationship. Last modified on Friday, 22 April Basic HTML code is allowed.

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The Passionate Marriage has 4 ratings and 0 reviews. This Bible study focuses on sexual intimacy in marriage and how it is a picture of God's romance wit.

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The Passionate Marriage (Focus on the Family Marriage Series) by Focus on the Family In a Christ-Centered Marriage, True Passion Can Thrive Sparks of passion can lead to marriage, but what happens when life throws sand on the embers?

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