

on the honeymoon will help him last longer, but there are exercises to help prolong intercourse. Do some reading and get help in your first year.

The wife takes time. A couple shared how disappointed and frustrated they were that it took them three months of experimenting and learning before she became orgasmic. This is not unusual, and becoming orgasmic should not be the focus of the honeymoon. Unlike men, women typically can take fifteen to thirty minutes of direct stimulation to reach an orgasm. This can be even longer when she is just learning her sexual responsiveness.

A crash course on understanding differences occurs. He wants to hike and she wants to romantically sun together on the beach. She comes into the bathroom uninvited. He wants to eat in bed. Welcome to marriage. But the honeymoon is not an ideal time to feel relational pain and to be angry with each other. That is why a helpful course in communication and conflict resolution and some effective premarital counseling can greatly help these first weeks and months as partners.

With all of these challenges, have the wisdom to not let them become destructive strongholds in your marriage in the coming months and years. Assertively talk them through and seek professional help early if needed.

HONEYMOONING THE FIRST TWO YEARS

The honeymoon begins the fun journey of becoming lovers and partners. Remember that it is the beginning and the goals will not all be accomplished in one or two weeks. It is vital to continue the playing and transitions and problem solving in the next year or two. "When a man has taken a new wife, he shall not go out to war or be charged with any business; he shall be free at

necessary. Consider these years sabbatical years in which you say no to other obligations and yes to each other.

Thanks for reading this book. I'm proud of you. A great marriage and a fantastic sex life are marvelous testimonies to the Creator's intimate love. May God bless and guide your ongoing journey into His awesome world of intimacy.

home one year, and bring happiness to his wife" (Deut. 24:5). Here are some of my encouragements:

Work through the challenges. Don't let them become barriers as you nondefensively seek out the needed help. She may need to check out the pain and perhaps stretch her vagina over the coming months as she reduces anxiety and pain. That sexual abuse may finally have to be faced. A sex therapist can help with the premature ejaculation or desire issues. Your stress reduction may involve learning better communication skills or finding a financial planner.

Become orgasmic. It is not unusual that wives have not explored themselves and already experienced an orgasm. What does a female orgasm feel like? If you wonder if you have had an orgasm, you probably haven't. Buy my book *A Celebration of Sex* and work through the exercises together. Be patient but persistent.

Create greater sexual intimacy. Read more and make the time for playing at sex. It can help to read out loud to each other from a sexual book. Start with this one. Set aside date nights and gourmet sex nights where you play for hours. Try new positions and get some props to accent sensuality.

Build your marriage skills. Go to some workshops. There are many great books on marriage; read one together. Find some other couples with solid marriages and hang out with them. Join a community group. Get some more training in building better conflict resolution skills or financial management. A great marriage creates great sex.

Make extra time for each other. The first two years should have more vacations and times to retreat into the privacy of your home and bedroom. You are creating a lifetime partnership, and hours of communicating will be