



Love Map

“and the two shall become one flesh” – Genesis 2:24

- I. **BACKGROUND** – Four of the major hindrances to sexual intimacy are addressed in this exercise. These major hindrances are as follows:
1. **Lack of Openness/Communication** – Sex is not as easy subject to discuss for most couples; little experience or role modeling plus learned avoidance of the topic leaves many couples in a cycle of little openness, resentment and frustrations.
 2. **Unhealthy Pre-occupation with “Getting” Rather than “Giving”** – tragically many of us (especially men) grew up with a mindset that sex was something to be taken, earned or manipulated; the art of giving oneself to another person is therefore foreign to us and awkward.
 3. **Boredom – Lack of Creativity/Freshness** – “Sameness” produces complacency and feelings of obligation and duty while creativity communicates initiative, desire and anticipation.
 4. **Lack of Anticipation and Expectancy** – “as a man (or woman) THINKS, so is he (or she)! – Proverbs 23:7. Your mind is your most important sexual resource; learning to mentally anticipate, times of being together with your spouse builds excitement, creativity and desire.
- II. **COMPLETING YOUR “LOVE MAP”** – Each spouse completes the chart below in answer to this question: “From my point of view, a perfect sexually intimate time with my spouse would include the following?”:
- | | |
|----|-----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |
- (Include personally meaningful items related to timing, location, clothing and romantic preparation)
- (You might want to consider personal preferences related to initiate, foreplay, positions and “after-play”)



III. MARRIAGE INTIMACY – the Freedom to SHARE all of Oneself with Another Person...
Body, Soul and Spirit

- Exchange your “Love Maps” – pick a private time and place
- Discuss them as much as you are comfortable – (You’ll grow more comfortable as you repeat the exercise.)
- Clarify and answer questions as appropriate.
- “Free” your spouse to fulfill as much as your love map as he/she is now comfortable with... don’t “insist,” get pushy or love conditionally!

IV. GIVE TO ONE ANOTHER — Scheduling two times of intimacy to fulfill both Love Maps

- Husband (as the leader) should first “Give” in fulfilling his wife’s Love Map—Scheduling two times of intimacy to fulfill both Love Maps
- Schedule (plan a time for this so you can both anticipate it)
- Throughout the day, spend moments anticipating the pleasures of the two of you “becoming one”
- Freely share all of yourself with one another

V. REFLECT/EXPERIMENT/REPEAT THE EXERCISE – Have Fun!

- Return to Step II above and repeat this exercise!