

T2 Chat – Marriage Monday Hotline – Let’s Talk About Sex Part 2

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♪ ♪ **Playlist:** ♪ ♪

Luther Vandross - So Amazing

Marvin Gaye – Sexual Healing

Teddy Pendergrass – Turn Off the Lights

Musiq Soulchild – Teach Me How to Love You

Mother Naamah

1 Corinthians 7:4-6

VS 4 The wife hath not power of her own body, but the husband: and likewise, also the husband hath not power of his own body, but the wife.

VS 5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

VS 6 But I speak this by permission, and not of commandment.

Mother Naamah

Fasting and having your monthly cycle should be the only reason you do not lay with your husband. When you are married, you need to make sure you are fulfilling all your husband's needs. You may not feel like it, but Satan has a lot of women who feel like it and they will be tempting your husband. In the same, he should be fulfilling your needs. The clean up woman is waiting she is thinking "you did not do your job? I will do it for you" and then everything will be a mess. Make sure that he is good when he leaves the house, so when he gets outside, he is totally fulfilled. You do not want to leave space for Satan to come into your marriage.

Joshua 1:8

VS 8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Top 8 Reasons why you are not laying with your husband

1. Lack of respect
2. Feeling objectified
3. You view sex as a chore or dirty
4. View sex as a trophy for your own selfish ambitions
5. You have resentment towards your husband
6. Husband is financially careless making you feel unloved
7. You do not trust your husband because of adultery, porn, or fornication
8. You see your husband as an enemy

Ephesians 5:22-24

VS 22 Wives submit yourselves unto your own husbands, as unto the Lord.

VS 23 For the husband is the head of the wife, even as Christ is the head of the church: and he is the savior of the body.

VS 24 Therefore as the church is subject unto Christ, so let the wives be to their own husbands in everything.

Mother Naamah

You must submit to your husband as if he were Christ. You must see Christ in your husband. If you do not you will not submit. We must be patient, compassionate and kind towards our husbands.

Genesis 2:18

VS 18 And the LORD God said, it is not good that the man should be alone; I will make him a help meet for him.

Mother Naamah

God intended for every man to have a wife. She is to be a helpmeet to him. Make sure that you are helping your husband in every way and remember everyone is different. Know your husband, prepare your time so that when he comes you are ready.

Just like when you first met him. You were all dolled up and excited you must remember those times. Even when you are in a difficult part of your marriage remember why you first got together. You must know your why – why do you want your marriage to work? Endeavor to keep the unity. Fight for that thing! Some days you may not feel like it, or you are having a bad day, etc., but one thing has nothing to do with the other. You cannot starve a man's sex just because you did not get what you wanted.

Keep the lines of communication open and address the problems as they come up. Be adults and have an honorable marriage. Be open and honest about the need. Men need sex, if you know this why would you leave the door open for Satan to come through? If you did not want to have sex, why did you get married? Sex is a big part of marriage. At IUIC we teach one man one woman just like Christ said. You know that you are the only one he can come to for sex, that is evil to take away the thing that you KNOW he needs.

Hebrews 13:4

VS 4 Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Mother Naamah

The Most High knows what he created. We took on the responsibilities of being a wife, so we need to make sure that your husband is completely satisfied even when you do not feel up to it. You must try to find a way to be sure he feels full and complete before he leaves his home every day.

Some sisters use sex to hold over their husband's head because they know they want it and they do it for their own selfish reasons. Example: A Car, a certain amount of money, etc.

Resentment may come from not receiving help around the house. That is not their job, that is the job of the woman. If you need to get a daily planner and write things that need to get done.

1 Timothy 5:14

VS 14 I will therefore that the younger women marry, bear children, guide the house, give no occasion to the adversary to speak reproachfully.

Proverbs 14:1-3

VS 1 Every wise woman buildeth her house: but the foolish plucketh it down with her hands.

VS 2 He that walketh in his uprightness feareth the LORD: but he that is perverse in his ways despiseth him.

VS 3 In the mouth of the foolish is a rod of pride: but the lips of the wise shall preserve them.

Mother Naamah

You may be better at finances than your husband. You are going to have to show him how to do it without usurping authority over him. You are going to have to be patient

and show compassion. You can not say because he is financially careless that now I am going to give him sex and I am going to be angry with him. Again, one thing has nothing to do with the other. Make sure that if your husband is not good at certain things in the marriage that you are building him up. Men do not like to be told what to do or given advice by their wives. If you have this type of husband, you must show by example. Do not make him feel beneath you just because you may be better at something than he is.

1 Timothy 2:12

VS 12 But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence.

Some sisters find out that their husbands are addicted to porn.

Genesis 3:16

VS 16 Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

Mother Naamah

If your husband has this issue, find out what his desires are so that he does not want to go to porn. You must become that thing. Example: He likes a certain type of lingerie. You need to go and buy it and wear it.

Say he likes a certain scent (perfume), or high heel shoes or sex talk a hairstyle or whatever it is you need to do it. You want to become everything that he loves.

Every husband likes something different. Figure it out; how he likes it, where he likes it, how many times, etc. Try roleplaying, dress up for him. The “moo-moo” dress is not dressing up for your man!



This is a moo-moo dress. You have cleaned the house, the bathroom, the dishes, vacuumed the floor and now you are presenting yourself to your husband in the same dress! NO! You must care what your lord likes. Care about how you present yourself to him.

Luke 8:17

VS 17 For nothing is secret, that shall not be made manifest; neither anything hid, that shall not be known and come abroad.

Mother Naamah

For sisters who suspect their lords are committing adultery, do not worry. If you are doing what you are supposed to do, the Most High will reveal, with evidence, what you need to know. Pray and ask the Most High to reveal it. If he is doing this, take it to counsel. Do not make assumptions, do not evil surmise. Wait on the Lord and enjoy your husband.

Sirach 36:23

VS 23 "If there be kindness, meekness, and comfort, in her tongue, then is not her husband like other men.

Mother Naamah

If you feel your husband is your enemy, you must put your pride aside and fight for your marriage to work. Have a kind tongue and be comforting. If you want your marriage, you must fight for it, or it will go to shambles. You must want it.

You must know why you want your marriage to work. Write it down. This way if you feel like giving up you can remember this! Realize that withholding sex is pushing the person away, you are making things worse. You must know that your marriage is more than just today. You must love your husband with your whole heart, your whole soul, your whole body, and strength. **You must see Christ in your husband! You can not say my lord, my lord outside of the house and then treat him like a nig--- inside of the house!**

Make sure you are taking care of your husbands before they go out. Make sure that you love him wholeheartedly and fight for your marriage. Some of us do not play when it comes to marriage. If you do not have in your heart that you want your marriage to work and you do not want Satan to get into your midst and break up your home and your children will not have their father, then you need to go and pray about this thing. You cannot make your lord happy if you do not even want the marriage. None of our husbands are perfect. Do not play games.

How to enhance things in your bedroom

1. Set the mood



2. Music – Oldies but Goodies, Smooth Jazz or whatever you like
3. Lingerie – should not be the girl in sweats, do not think your moo moo is sexy, do not have crusty feet, ashy skin, fish scent, you did not take a bath, you do not look like a troll doll or Cynthia from rugrats.



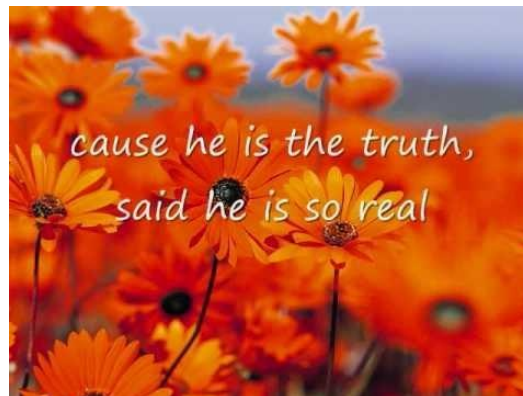
4. Wear husband's favorite fragrance, oils, take a nice bath.



Listen to the words of this song, this is how you should feel about your husband or at least how you are working towards feeling about your husband. Just remember no one is perfect but give him a chance to get better.

Love you all, it has been wonderful as always. MHNCB Shalom

India Arie – The Truth



<https://youtu.be/YR29jPstRAI>

Mother Azarayah

Shalom everyone, hope you are all doing well.

Speaking of lingerie, I just want to say I use to spend hundreds of dollars at Victoria Secret and the tag said made in China.

There is a website called <http://us.Shein.com> you can find beautiful lingerie for cheap, under \$10! They have a variety of sizes, plus size etc., for all kinds of shapes. You can never go wrong with a body suit. It just tucks in at the right places.

I want to talk about the benefits of having sex but also what happens when you defraud in a marriage.

Genesis 2:24

VS 24 "Therefore shall a man leave his father and his mother and shall cleave unto his wife: and they shall be one flesh." **Genesis 2:24**, NASB: "For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh."

Sex is the glue to marriage. It is also what is going to maintain your marriage.

1 Corinthian 7:2-5

VS 2 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

VS 3 Let the husband render unto the wife due benevolence: and likewise, also the wife unto the husband.

VS 4 The wife hath not power of her own body, but the husband: and likewise, also the husband hath not power of his own body, but the wife.

VS 5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Incontinency means you have lost control.

Benefits of Sex

1. Releases Oxytocin Hormone – makes you feel closer to your husband, bonding hormone.
2. Your husband will feel loved - they understand from touch and affection, not emotion. That may not be how we are, but men are wired this way. You may think all they think about is sex, but this is how they show love.

1 Corinthians 11:3

Vs 3 But I would have you know that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God.

1 Corinthians 11:9

Vs 9 Neither was the man created for the woman, but the woman for the man.

Genesis 3:6

VS 6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

2. Oxytocin – Calming, reduce stress

Sirach 36:24-25

VS 24 He that getteth a wife beginneth a possession, a help like unto himself, and a pillar of rest.

VS 25 Where no hedge is, there the possession is spoiled: and he that hath no wife will wander up and down mourning.

Husbands are more patient when they have sex in their life regularly and they are better fathers.

3. Patient

Video – Devalle Ellis Dead ass back in October

4. More willing to provide you with what you need too

1 Corinthians 7:33

VS 33 But he that is married careth for the things that are of the world, how he may please his wife.

5. Good exercise, physical fitness, tighter abs, tighter pelvic floor

Mother Azarayah

They say that sex is equivalent to walking up a flight of stairs or power walking. If you have a mommy pouch, have more sex. With us having all these babies, our bladder

often becomes weak (incontinence), and women are known to urinate on themselves, so more sex can help tighten your pelvic floor.

7. Improves sleep, brain clarity

Mother Azarayah

Consequences of not having sex is it can provoke your husband to cheat. I am in no way saying we are to blame if they choose to cheat.

1 Corinthians 6:9-11

VS 9 Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind,

VS 10 Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.

VS 11 And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

Mother Azarayah

So, he will have to answer to TMH for his sin if he cheats, however, there is a direct correlation between your lack of keeping your wifely duties and why men cheat. If you know anything about statistics, correlation does not mean citation, but they are related.

1 Peters 5:8

Vs 8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Mother Azarayah

A lot of people who cheat, cheat with someone who is in proximity, someone they are around a lot. For example: work; they go to work every day and you have left him with a tank fully steaming and someone at work in stroking their ego, what do you think is going to happen over time?

The number one reason men cheat is lack of sex. This is for women also and for not being sexually fulfilled. This causes insecurities because when they do not receive sex, they feel rejected, unloved, and undesired. Men want to feel desired too, they have a self esteem just like we do.

Another reason is childhood trauma. Maybe they saw their father cheating on their mother. Or maybe they witness infidelities between their parents, and it was just a continually bad cycle.

People are also dealing with addiction. Their inhibitions are lower. Meaning the part of the brain that tells them “I probably should not do that” is distorted when your high or drunk.

Another reason people may cheat is because of mental health issues. Some people are just straight narcissist. They are sociopaths, which means they have no conscious they do not care about anything but what they want, when they want it. They do not care about how you feel. Mental Health is real!

Women not keeping themselves up (clean) is another reason why men might cheat. This can be hygiene and physically. Men want something pretty to look at. Scriptures says how a man loves nothing more than a beautiful woman. But women start to get comfortable and feel like their husbands are not going anywhere because he is an Israelite Man. You are playing with fire if this is your way of thinking. Every time he leaves out of the house, the adversary, the Devil is seeking to whom he can devour and destroy! There are beautiful sisters out there who are half naked, wearing leggings, showing their bodies. They look, they may not tell you that, but they look, and they might even do a double take. Looks turn into thoughts, thoughts turn into actions if you are not fulfilling your part of the duty.

We are all accountable for our own sins however, at some point we will have to take responsibility for the role that we play.

Proverbs 7

VS 1 My son keep my words and lay up my commandments with thee.

VS 2 Keep my commandments, and live; and my law as the apple of thine eye.

VS 3 Bind them upon thy fingers, write them upon the table of thine heart.

VS 4 Say unto wisdom, Thou, art my sister; and call understanding thy kinswoman:

VS 5 That they may keep thee from the strange woman, from the stranger which flattereth with her words.

VS 6 For at the window of my house I looked through my casement,

VS 7 And beheld among the simple ones, I discerned among the youths, a young man void of understanding,

VS 8 Passing through the street near her corner; and he went the way to her house,

VS 9 In the twilight, in the evening, in the black and dark night:

VS 10 And, behold, there met him a woman with the attire of a harlot, and subtil of heart.

VS 11 (She is loud and stubborn; her feet abide not in her house:

VS 12 Now is she without, now in the streets, and lieth in wait at every corner.)

VS 13 So she caught him, and kissed him, and with an impudent face said unto him,

VS 14 I have peace offerings with me; this day have I prayed my vows.

VS 15 Therefore came I forth to meet thee, diligently to seek thy face, and I have found thee.

VS 16 I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt.

VS 17 I have perfumed my bed with myrrh, aloes, and cinnamon.

VS 18 Come, let us take our fill of love until the morning: let us solace ourselves with loves.

VS 19 For the goodman is not at home, he is gone a long journey:

VS 20 He hath taken a bag of money with him, and will come home at the day appointed.

VS 21 With her much fair speech she caused him to yield, with the flattering of her lips she forced him.

VS 22 He goeth after her straightway, as an ox goeth to the slaughter, or as a fool to the correction of the stocks;

VS 23 Till a dart strike through his liver; as a bird hasteth to the snare, and knoweth not that it is for his life.

VS 24 Hearken unto me now therefore, O ye children, and attend to the words of my mouth.

VS 25 Let not thine heart decline to her ways, go not astray in her paths.

VS 26 For she hath cast down many wounded: yea, many strong men have been slain by her.

VS 27 Her house is the way to hell, going down to the chambers of death.

Mother Azarayah

This point is she has cast down strong men. So do not think that your lords are so holy that they can do no wrong, that they can not slip and fall or be tempted.

At the end of the day, we must provide this type of atmosphere for our lords. We must be that prostitute for our lords. Do not ever get comfortable. Take care of your hair, take care of your skin, take a bath, and make sure that you are smelling good. This is extremely important. Your marriage depends on it.

Men do not want to smell a dead fish.

A common problem that women have is BV – Bacterial Vaginosis. So, if you have an odor down there and it smells fishy, more than likely you have some sort of infection. I am not a doctor, but I have had my run in with it.

The doctor said African American women are more susceptible to BV!

Some men do not care, and others just cannot get down with that. It is unacceptable. This will lead to them not wanting to have sex, which will lead to lust and possibly adultery. It is extremely important to take care of our vaginal health.

If you are wondering why your lord will not have oral sex or any sex with you, you must have a conversation with him. Then take care of the issues. Do not give up hope. There are reasons why you keep having this problem.

I had to do a process of elimination.

Take Care to Correct BV

1. Diet – lower your sugar, starch, and carb intake. Drink more alkaline or crystalized water.



2. Wear cotton underwear. When you sleep, sleep bottomless so your private area can air out.
3. Wash before and after sex and make your lords wash also. If not, you risk reinfecting each other with bacteria because you are not cleaning properly.

My lord uses the same soap as I use because I do not want harmful particles or bacteria from strong soaps like dove, or Axe and throw off my Ph balance.



4. Watch what soap you are washing with, body soap, laundry detergent, feminine soap, etc. Use the process of elimination to figure out what is going on. Maybe wash your panties separately with unscented laundry detergent.
5. Do not forget to wash your anus area, go all the way up, get all the cracks and crevasses.

6. Wash after a bowel movement or use wipes (Luxe Bidet – connect to your toilet and sprays water after you have a bowel movement) Wipe front to back.



Honey Pot Soap is good for Ph Balance



Why do we smell?

Isaiah 3:16-24

VS 16 Moreover the LORD saith, Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet:

VS 17 Therefore the LORD will smite with a scab the crown of the head of the daughters of Zion, and the LORD will discover their secret parts.

VS 18 In that day the Lord will take away the bravery of their tinkling ornaments about their feet, and their cauls and their round tires like the moon,

VS 19 The chains, and the bracelets, and the mufflers,

VS 20 The bonnets, and the ornaments of the legs, and the headbands, and the tablets, and the earrings,

VS 21 The rings, and nose jewels,

VS 22 The changeable suits of apparel, and the mantles, and the wimples, and the crisping pins,

VS 23 The glasses, and the fine linen, and the hoods, and the veils.

VS²⁴ And it shall come to pass, that instead of sweet smell there shall be stink; and instead of a girdle a rent; and instead of well-set hair baldness; and instead of a stomacher a girding of sackcloth; and burning instead of beauty.

Mother Azarayah

The reason some of us are plagued with some of these ailments is because we need to get our act right. Fear God and keep His commandments.

Ultimately sexual attraction is something that is hard to maintain. The things that may have worked in the beginning do not work anymore.

Benefits of cooking for your wife



Dwele song – I'm Cheating

I....you drink more than my girl
While she keeps me business post
She dresses warm in the summer
While you don't wear any clothes (in the
winter) Rememberin the other day (when I
sent ya) A dozen of them longstem roses
You told me neva eva Send roses you
would rather Me send them to the other
And then you took off your clothes
You asked me who I wanted

Mother Azarayah

In marriage, we must learn to turn into the complete opposite of what he is use today in and day out. Turn on that alter ego. If you must take a couple of shots to relax and get it the mood, then do it. Practice looking in the mirror. You can pretty much find anything on YouTube these days.



Sirach 36:24 Build together

Vs 24 “He that getteth a wife beginneth a possession, a help like unto himself, and a pillar of rest.”

Mother Azarayah

When you get married the two of you are supposed to build wealth, children, property or whatever it may be.

All Praises for these T2 classes and they are so important. We (Elder Sisters/Mothers) did not have these classes, there is a lot to learn from them. We come here to show you all a variety of things so that you do not have to make the same mistakes.

1 Peter 3:7

Vs 7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

We are the weaker vessel and the Lord designed us perfectly. Our bodies are so beautifully made when our babies cry our breasts leak. Sometimes when we have babies our hormones are all out of whack or you are a little more sensitive or it is that time of the month and therefore it is important for our lords to understand we were made

differently and are the weaker vessels to have compromise. A lot of them were not taught this either. We are different, but we were made perfectly different for a reason.

Just understand what you are getting into with marriage. A lot of sisters want a husband because they are burning and then they get a lord and now are complaining. Sisters be prepared to have sex when you are married. Remember to also communicate.

“Why do women expect monogamy from men, but they do not want to have sex?” Men have all this testosterone, and we want them to be monogamous to us, but we do not want to give them the love. How fair is that?

Please take heed to the scriptures and communicate.

I pray you all did get something from this class. This will probably be an ongoing topic.

Question:

Is it always the case becoming older means lower sex drive?

Answer:

No. Not necessarily because in your 30's and 40's and 50's you are in your prime. You are in tune with your body. You have had the body for so many years, you know how it works. Maybe your children are grown, you are ready to get it going. Menopause can cause you to have vaginal dryness and lower your sex drive but there are things that you can do. Hormone replacement etc. Sis Yoella is the expert in this area. She has helped many sisters get their mojo back.

Question:

What if you have a higher sex drive than your husband?

Answer:

Like the scriptures say; your body does not belong to you and his body does not belong to him.

You must each render due benevolence.

Question:

Can you go to other sisters for classes or dance lessons?

Answer: Yes.

I had gotten comfortable in my marriage and it took for me going to this pole dancing class that taught me to be sexy. I knew how to get dolled up and pretty, but I wanted to learn to be sexy. I was looking at myself in the mirror as I was moving, and I realized I was learning from this lady and realized my confidence grew as well. The class was held in her house, in her garage. There are YouTube videos.

Question:

How do you deal with lower sex drive when pregnant?

Answer:

You just must go through the motions. Some people drive goes up and some go down you just do not know, and it could vary from pregnancy to pregnancy. Talk to your husband and try to come to some sort of understanding.

Aliyah Jenell – videos are good to watch to learn from.

Question:

Am I allowed to masturbate and make a video for him?

Answer:

Whatever you do with your lord is between you both. Some of the brothers are truck drivers are on the road and are gone for weeks and months at a time, you must do something. Whatever that something is between you and your lord. Do not use toys!

If you are not comfortable with your body, the more sex you have the more comfortable you will become with your body. You must accept what you have, make it work.

I am not a sex therapist, but as far as orgasms are concerned you must explore your body with your lord and communicate. You must know your anatomy and teach him.

Question:

Is it better to wax or shave?

Answer:

That is a personal decision. If you choose to shave, do it properly or you can get ingrown hairs and boils. **Note:** Wherever there is hair, it is going to be prone to sweat and stink. Figure out what works for you.

Pray you were all edified and we will probably continue this discussion as a series.

Shalom Most High named Christ Bless.