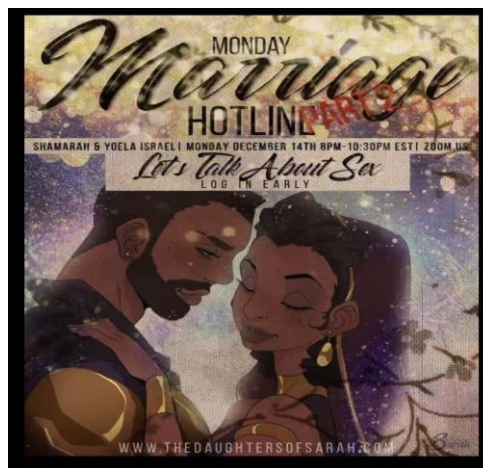


T2 Marriage Hotline – Let's Talk About Sex

Host: Mother Shamarah
Monday December 14, 2020



Mama playlist



Script of the night:

1 Corinthians 7:3-6 KJV



vs³ Let the husband render unto the wife due benevolence: and likewise, also the wife unto the husband.

vs⁴ 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.

vs⁵ 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.

vs⁶ But I speak this by permission, and not of commandment.

Mother Shamarah

Shalom ladies, the Let's Talk About Sex the first series is really about a conversation that I wanted to have for quite some time now with my daughters.

This is a conversation that I did not have with my own mom. Because I did not have the conversation with my own mom, like many of you, single, virgins, those who are more aware of their sexuality.

Girls growing up are always told, "save yourself for marriage," "sex is for having babies only," "do not let anyone touch or feel on you, etc." Not knowing that sex was instituted by the Heavenly Father.

Genesis 2:18-23 KJV

vs¹⁸ And the LORD God said, it is not good that the man should be alone; I will make him a help meet for him.

VS 19 And out of the ground the LORD God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

VS 20 And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him.

VS 21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs and closed the flesh instead thereof;

VS 22 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.

VS 23 And Adam said, this is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

Mother Shamarah

So, when it comes to our own sexuality and our ideas of sex, the Lord knows what He made. Do you all believe that? He made you to be a part of your lord and knew that penis and vagina is supposed to go together.

Sex is for married couples only and we know that but the reason this conversation is so important is that newly repenting women coming into the truth has this believe that sex is bad and that they should not be enjoying sex with their lords. There could possibly be a history of sexual abuse or something in their mind concerning past trauma that hinders them from the ability of thinking of themselves in a sexual manner.

The Heavenly Father made the woman for the man not only for preparation purposes but for sex, and for pleasure. It is important to understand and accept this.

Sometimes women go into marriage as virgins and some are afraid. They ask the questions “is it going to hurt?” “what does my body look like?” “what is my body going to



do?” “what does an orgasm feel like?” A lot of sisters do not even know what their private parts look like.

Genesis 1:28 KJV

^{vs 28} And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

- To be fruitful and multiply means sex is going down. There is a meeting in the bedroom ladies on a habitual basis once you get marriage. That is part of the program.

Genesis 4:1 KJV

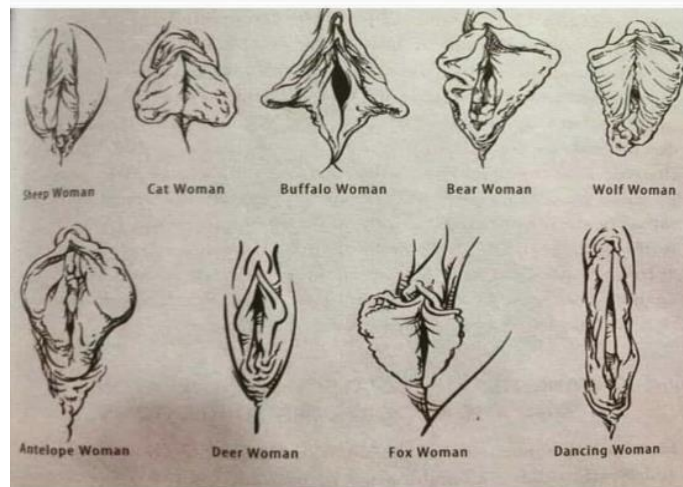
^{vs 4} And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD.

- “Knew” means that they had sex.
- Let’s get down to where these sexual problems are coming from.

-I want to talk about defrauding.

This is important for virgins or women that are proving because you need to know what you are getting into. Note that issues involving you and your lord are between you and your lord and no one else’s business. However, my business as an aged woman is to explain to you the issues that occur and based on the issues create an atmosphere of courting in the bedroom.

Teen Vogue <https://www.teenvogue.com/story/vagina-anatomy-diagrams>



Mother Shamarah

Without going into pleasure points, we just want to show there is more to the vagina than just the inside. For example: The Vulva is on the outside of the vagina, you have the vagina walls, you have the outside and inner lip. You need to know that. I recommend for those of you who are afraid to look at what your goodies look like, take a mirror, get a flashlight go down there and see what your man is looking at. Look to see what your future lord will be looking at. You need to be able to accept what you

look like down there and that the Heavenly Father made you not only to give birth but to give pleasure to your man and to receive pleasure in return.

1 Corinthian 7:3 KJV

^{vs 3} Let the husband render unto the wife due benevolence: and likewise, also the wife unto the husband.

To *render* means to fulfill. When you fulfill your obligation, you need to:

1. Surrender the goods.
2. Give away for your own profit.
3. Pay off a debt.
4. Give back or restore.
5. Recompense one to another.

Due benevolence means: Serve a duty to that which is owed, pay your debt. Meaning that payment is due. Payment that is due is the sexual services between a husband and a wife.

The words *fulfill* and *duty* both include the idea of paying back something owed to another.

Do not think of the sex as a duty or obligation, it will be offensive to the man because a man does not want his wife, his rib to feel like she is now obligated to have sex. It should be given out of her own desire to her lord and fulfilling what her wifely duties are.



When you sign on your marriage certificate you are agreeing that these are the things that we are going to do and that these are my duties as a wife, and I must render payment. Order his house (your lord) aright, including raising children and in the bedroom as well. Make sure that you are always paying your debt.

If you do not fulfill these agreements (your signature on the contract/marriage license) you must realize there will be consequences behind these actions. Both the husband and the wife agree to pay off the debt to each other. Both the husband and the wife owe each other sexual gratification. Our lords are dependent upon us to fulfill his sexual dependency.

When you get married you are going to have to talk about sex. Whether you need more of it, how you like it etc. We can not take this sexual dependency to the other lightly. If we are seeing it as a duty, most like the fulfilling of it will be failed attempts to satisfy the mate's desire. This tempts the other one to lead to fornication.

I am in no way saying or blaming a wife if a husband commits adultery or fornication, however sisters we really need to consider that we have a strong element in whether our lords are satisfied sexually and whether they are going to be looking for sexual fulfillment outside of your marriage. Whether it be in the form of porn, adultery etc. and we must take responsibility for that.

Unfortunately, many wives suffer great sexual pain when they compare what their lords possibly use to be like when they were courting. For example: The Honeymoon phase. Remember you can keep the Honeymoon phase going throughout your entire marriage. Many husbands know the pain of unsatisfied sexual desires.

In the article, it states one of the main reasons for men's bitterness is they feel they made a deal whereas they would give children, home, and security working to live up to



the money that we need to create a family unit. They feel that good sex is the icing on the cake.

When the wife withholds sex, the wife is not upholding her part of the deal and that is where the bitterness comes in.

When you are married you are going into a union with a man and you want to become one with that man. You need to like whatever he likes, pick up on his body movements and what his desires are because scriptures say we are to have his desires. Learn your man. Your job as a wife is to make sure you fulfill your husband's desires.

Everyone throughout the world knows that IJIC raise men that are faithful and believe in one wife, they are about these commandments and it is our (leadership) duty to make sure they are sexually satisfied.

Things do change, babies happen, stress, loss of work, sleeplessness, health, desires, menopause, finances, and life happens. These things have a way of negating sexual appetites in a marriage.

The partner with the lower desire should allow the other to stimulate the other for love making. Likewise, the partner with the greater desire should willingly do most of the work initiating lovemaking.

The male and female bodies fit perfectly together. If you believe in the scriptures, you need to understand that your body was made to please a man. If you and your lord was destined to be together and preordained to be together, your body was made to please him.

You must believe that. The woman was made to be able to make love any time, whether she is tired or not. The man however may be limited by his physical abilities if he is overworked or preoccupied. He may have need or desire to have sex but lacks the physical stamina necessary. A woman should use or natural gentle touch to connect with her husband emotionally.

Sexually communication is another way for a man and woman to talk to one another. If your communication is off in other area you are going to be lacking in your sexual communication also. This is going to be a problem.

Book (The Sexual Responsibility of a Woman) **Quote:**

“God created the woman as a perfect garden of love and the husband depends on her to fulfill her role”

The wife’s attitude toward love making determines what happens to her husband’s sexual capacities in his later years. You must do what is necessary to build a future with your lord. Not just speaking it, but doing what it takes, including sexually. Do not just say it, show with your actions physically and spiritually. The husband’s actions also effects what his wife’s performance is over the years.

Hebrew 12:15 KJV

vs¹⁵ Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.

Mother Shamarah

Bitterness is a form of hatred and when you have bitterness in your marriage that leads to other things. If the problem is the lack of sex, there is an ability to help heal that.

Women masturbate and they watch porn also. This is the reason I wanted to make sure that single women and virgins were on this chat.

Bitterness can come from the lack of sex.

The scripture says to avoid fornication, let every man have his own wife and wife have their own husband. Right now, that means one wife, until we get to the Kingdom. So, you need to make sure you are fulfilling your duties.

We would not want Christ coming through the sky and you have a dildo in your hand!



Or your lord is masturbating because you are not fulfilling his needs.

We shield our children from sex, like it is bad. When the door closes and they hear the bed bumping, what the hell do you think they think is happening in there? There either going to learn about sex from you or the TV or dirty magazines.

The opportunities to learn about sex from the scriptures and from spiritual parents is a beautiful thing. That way when you go into marriage you know what the expectation is when the bridal chamber doors close.

Make sure that your children know the heterosexual relationship between a man and a woman is ordained by the Heavenly Father.

Matthew 5:28 KJV

^{vs 28} But I say unto you, that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Mother Shamarah

“The bedroom is like a performance.”

“Pleasure selfishly sought after evades the seeker. Instead, pleasure comes from seeking to give pleasure to your marriage partner”

Regarding masturbation, neither partner can fully satisfy themselves through this act. The real deal is always going to be better than something artificial. Because that is the way the Heavenly Father made us.

The question of frequency of sex often comes up. Some husbands or wives want more sex. Others think they have too much and would like less. Couples want to know what is normal so that they can have. However, there is no statistic on this because each couple creates their own ratio. It is not for someone in Leadership to say, “have sex



with your wife more often” or for a sister to tell leadership “tell my lord that I want to have sex more or tell him that I want this or that in the bedroom” that is not the case. You and your lord need to have a conversation.

It is beautiful when you can have reminisced dreams about having sex with your lord. These dreams come about in a natural way. If the husband or wife feels cheated or frequently unavailable for desired intimacy the subconscious mind may try to find an available sexual partner to satisfy a legitimate need. While an ungodly person might give into imaginations and allow himself or herself to lust after a partner outside of their spouse.

Hebrew 13:4 KJV

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

The answer to how much love making is right for a couple must be determined by how much sexual activity is necessary to keep elicit sexual dreams and temptations from occurring.

So, if you or your lord have sexual fantasies about other people or are always thinking about porn or other things that are outside of the marriage or possibly thinking about committing adultery or fornication, perhaps you need to up your sexual activity. This can be determined by the couple’s intimate conversation.

Arguments when there is not enough sex



Deuteronomy 24:5 KJV

^{vs5} When a man hath taken a new wife, he shall not go out to war, neither shall he be charged with any business: but he shall be free at home one year and shall cheer up his wife which he hath taken.

Sex Therapist Questions:

1. We had sex 1 time in 5 months, I have talked to him and told him that it makes me feel undesirable and unloved. We try to but it does not happen. He has medication that he takes and the blue pill, but that does not help either. He brought me a toy, but sorry toys were okay for a while, but it has been a month and still nothing. I feel bad because I want to leave the marriage because we do not have sex. We try to do things together, but we cannot, he is a disabled vet and that makes me feel worse for wanting to leave a marriage of 21 years. I just do not know what to do.
2. Ugh, I feel like I am living with my sister. My wife is the best roommate I have ever had, she is a good friend but what happened to communication, intimacy



and desires like couples have? It is like death. I am 60 how in the world could I leave and start all over? Every day I feel regret.

3. I am experiencing this for the first time in 3 months because we have been highly active. From April to March, we may have gone from 8 times to 5 and are now at 3. I do not know what is happening, she gives every excuse over excuse if I want to try something different. He says that I am being too bossy and that turns him off.

I am 33, I take care of myself and I work out and put myself together. I try not to nag too much and sought professional help, but I am not taking it very well. I am tired. I am at the brink to move on. It is no different than staying with a good friend not a marriage and living the life you were both wishing for.

4. My wife and I are approaching our 36-year wedding anniversary. She was a virgin when we got married and I was less experienced than most men. We have always been extremely healthy. I realized on our honeymoon that our sex life would be far less than anticipated. For the past 35 years I have been lucky to get 10 times annually and the past 10 years has been less than 5 times annually. I had a girlfriend in college that I have had more sex with than I have had with my wife in my entire life. It is nothing but straight missionary, slam bam and thank you ma'am. She see's it as nothing more than an occasional obligation. She tries to rush through with excuses, I need to this or I need to do that. I try to joke about it or get some type of positive response but to no avail and any serious discussion is cut off by at most 3 sentences. I believe 99% of men would have left after the first year, but here I am children are grown grandchildren are here and on the way. We are reasonably happy in most other ways. Believe me, if we were not, I would have been gone. If you are a young wife, do not do this to your husband let him cut his losses now.



Mother Shamarah

We need to be able to acknowledge the problems and be able to fix them. In Deuteronomy 24:5 it talks about if a man got married to a new wife and it was time to go out to war, he was able to stay to cheer up his wife. Yes, a man has the responsibility of cheering up his wife, just as the wife has the responsibility of cheering up her husband.

Deuteronomy 24:5 KJV

vs⁵ When a man hath taken a new wife, he shall not go out to war, neither shall he be charged with any business: but he shall be free at home one year and shall cheer up his wife which he hath taken.

Mother Shamarah

This is not to say in the least that just because you get married in this truth that means that the man does not go out to war with the brothers or that he has no obligation whatsoever to be up underneath your skirt with you and the children there. Absolutely not. Due benevolence goes both ways. We cannot make excuses of why we are not rendering or are defrauding our lords in the sexual department.

A sexless marriage is defined as a marriage with little or no sexual activity between the partners. A sex therapist estimates that 15% of married couples did not have sex with their partner in the last six months to one year.

Possible reasons: Lack of sex

1. Health Issues
2. Lack of physical and mental health
3. Mixed matched Libido's

4. Stress
5. Communication issues
6. Erectile Dysfunction
7. Low Sex Drive

Ladies who are proving, you need to be able to have those discussions. Mother Naamah has done great classes about proving. Ask them “how do you like sex?” “how often do you like sex?” “do you have a large sexual appetite?” If you are kind of prissy and you only want it once per week and this person is like a lion and likes to eat every single day, you need to work this out. In some cases, that may be a subject that will be non-negotiable for both.

There was a sister who asked about childbirth. Women are usually advised by doctors to forego sex for a least 6-8 weeks after giving birth.

There are laws of uncleanness for 40 days, 8 days etc.

Laws of uncleanness according to the Scriptures:

Leviticus 18:19 KJV

Vs¹⁹ Also thou shalt not approach unto a woman to uncover her nakedness, as long as she is put apart for her uncleanness.

Leviticus 12:1-5

Vs¹ And the LORD spake unto Moses, saying,

Vs² Speak unto the children of Israel, saying, if a woman has conceived seed, and born a man child: then she shall be unclean seven days; according to the days of the separation for her infirmity shall she be unclean.

Vs³ And in the eighth day the flesh of his foreskin shall be circumcised.



Vs 4 And she shall then continue in the blood of her purifying three and thirty days; she shall touch no hallowed thing, nor come into the sanctuary, until the days of her purifying be fulfilled.

Vs 5 But if she bear a maid child, then she shall be unclean two weeks, as in her separation: and she shall continue in the blood of her purifying

Leviticus 15:19-32

VS 19 And if a woman have an issue, and her issue in her flesh be blood, she shall be put apart seven days: and whosoever toucheth her shall be unclean until the even. **VS**

20 And everything that she lieth upon in her separation shall be unclean: everything also that she sitteth upon shall be unclean.

VS 21 And whosoever toucheth her bed shall wash his clothes, and bathe himself in water, and be unclean until the even.

VS 22 And whosoever toucheth anything that she sat upon shall wash his clothes, and bathe himself in water, and be unclean until the even.

VS 23 And if it be on her bed, or on anything whereon she sitteth, when he toucheth it, he shall be unclean until the even.

VS 24 And if any man lie with her at all, and her flowers be upon him, he shall be unclean seven days; and all the bed whereon he lieth shall be unclean.

VS 25 And if a woman have an issue of her blood many days out of the time of her separation, or if it run beyond the time of her separation; all the days of the issue of her uncleanness shall be as the days of her separation: she shall be unclean.

VS 26 Every bed whereon she lieth all the days of her issue shall be unto her as the bed of her separation: and whatsoever she sitteth upon shall be unclean, as the uncleanness of her separation.

VS 27 And whosoever toucheth those things shall be unclean, and shall wash his clothes, and bathe himself in water, and be unclean until the even.



VS²⁸ But if she be cleansed of her issue, then she shall number to herself seven days, and after that she shall be clean.

VS²⁹ And on the eighth day she shall take unto her two turtles, or two young pigeons, and bring them unto the priest, to the door of the tabernacle of the congregation.

VS³⁰ And the priest shall offer the one for a sin offering, and the other for a burnt offering; and the priest shall make an atonement for her before the LORD for the issue of her uncleanness.

VS³¹ Thus shall ye separate the children of Israel from their uncleanness; that they die not in their uncleanness, when they defile my tabernacle that is among them. VS

³² This is the law of him that hath an issue, and of him whose seed goeth from him, and is defiled therewith;

Mother Shamarah

If you have specific questions about the laws of uncleanness regarding childbirth (birthing male or female) go to IUIC website ([www.http://israelunitedinchrist@israelunite.org](http://israelunitedinchrist@israelunite.org)) there are plenty of videos or go to a particular aged woman in your camp and she can explain these to you. To include laws of uncleanness when you get your cycle etc. The above scriptures are certainly what you should have in your repertoire.

Stress can also wreak havoc on a person's sex drive. Due to a stress hormone your sex drive can be significantly lowered.

If you are in constant conflict with your lord, if you are arguing that has a big factor on your libido. We have been discussing communication for several weeks. When we talk about communication, and when it turns into arguments, leads up to negative feelings, aggressive behaviors, infidelity or fornication and pornography addiction and power struggles.



When I use the example of the lion and the lions needs to feed, they are hungry. Bottom line you can not get between a man and his meal. His meat, his meal is you and if you are defrauding your lord, you are leading him to go out in the world hungry. A hungry lion is a beast. Make sure he is full and fed before he leaves the house, and all times. I have heard brothers say many times about the temptations that they deal with from single women out there in the world with their walking past with their tight pants, women at their jobs etc. They are inundated every single day with sexual advances from leud women who are literally throwing themselves at the feel of the men just to pull them into temptation.

There is a special role that you have in your lords walk in this truth and you need to fulfill your duties. Why should he look at other meat when he has a rack of lamb at home? He is fed at home, he has the best appetizers at home, he has a full entrée bar at home there is no reason for him to look outside of his home for meat he is full.

Just like you prepare your meals on a carnal level, making sure everyone has a healthy meal at home you need to make sure that your lord has a healthy sexual meal and you feed his appetite. You are on the menu sis. Whatever it is that your man would like, do it.

[Coming to America: Bark Like a Dog - Bing video](#)

Leave no room for temptation.

Proverbs 6:32 KJV

vs ³² But whoso committeth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul. ³³ A wound and dishonour shall he get; and his reproach shall not be wiped away.



Mother Shamarah

I want to be clear on this we talked about women catering to her lord and we talked about how a man and a woman should feed the others sexual appetite. If you are defrauding, you are setting your household up for failure and I am in no way pointing the finger at a sister if her lord is committing adultery or fornication. What I am saying sis is you need to take a good look at yourself and what you are doing in your house and ask, "have you been defrauding?" There is not out you are bound to that man now and you need to make sure that you are satisfying all his needs.

If your man commits adultery this scripture is going to cut them. There is nothing that is going to keep a man from committing fornication other than the scriptures and the Heavenly Father and the fear of God in him. But I the entrée is not on the table how do you expect your man to eat?

Quote:

"Adultery occurs in the head long before it occurs in the bed"

Exodus 20:14

Vs 14 Thou shalt not commit adultery.

Mother Shamarah

We know that this is a commandment.

Romans 7:2-3 KJV

Vs 2 For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from the law of her husband.

vs³ So then if, while her husband liveth, she be married to another man, she shall be called an adulteress: but if her husband be dead, she is free from that law; so that she is no adulteress, though she be married to another man.

Mother Shamarah

This explains we are bound to our lords until death. You are together forever, forever, and ever. Make sure that it is going down. That the meetings in the bedrooms is complete and you are fulfilling your role because the bottom line is if our lords are our golden tickets to the kingdom, every time you tell your lord no that is going against God's arrangement between a man and a wife. That is another dig on your report card. It is not a man-made report card it is a Godly report card.

Erectile Dysfunction is a common issue but can affect a man's desirability level, competence, and self-esteem. Sometimes the reason he has ED is because of you. Sometimes the stress and the complaining and nagging and all of that is because of you and your lack to perform your wifely duties. Make sure that your lord is excited over the fact that your excited.

Low sex drive is considered a hyposexual disorder and there are several factors that may contribute to this disorder that include: menstrual-cycles, contraceptives, childbirth, breast feeding and menopause. Everything can be cured with the word of God, period. A lot of it is mind over matter. A lot of the medications that are given to fix these problems, cause additional problems. This is what we need to try and avoid.



Sis Yoella

Understand that there is a lot of healthy things we need to do before we can just into herbs and things like that.

1. Honor the physicians for pain and/or untreated issues (STD's etc.)
 - a. Book yearly examines for your entire family, especially for yourself.
 - b. See a gynecologist – if you can not talk to your GYN doctor, find another doctor. (try to get one within our nation)

Through the Most High herbs and nature remedies do work, however you should be using them as a preventative measure. Stay ready so you do not have to get ready. You can not have an issue and just expect to attack it with herbs because it can get worse.

There are many benefits to increasing fasting in your life. Fasting does help your reproductive cycle. It helps to clean out and give your digestive cycle a break.

2. Detox your entire body - ***Lemon Water*** - **one of the most beneficial and safest ways to detox your entire body.** Clears out your kidneys, your liver, your colon. If you have an impacted colon or your kidneys are stagnant, or your liver is overworked what will happen with your reproductive cycle? What is going to happen with your vagina? Remember all our parts are up in one area so you must keep the other organs clean so your vagina will stay clean. Lemons get rid of mucus. A lot of foods that we eat increase the bad bacteria and makes it very mucus and stiff and goeey inside your whole reproductive system. Your reproductive system should be loose and yes you should have some healthy mucus to keep everything lubricated. When you have an over -production of mucus it becomes inflammation. This can cause painful sex, nasty discharge,

BV, and yeast infections. You want to keep your reproductive cycle and other organs surrounding it clean and clear.

- a. Water fast does have its benefits, but detox is different.
3. Bowel movements daily
4. Urinate often -should be to clear - a nice flow, not just dripping when you pee.

Stay away from

1. Starchy foods
2. Dairy
3. Sugar
4. Over consuming meats
5. Too much alcohol – can cause yeast infections
6. Overeating before bed – give a 3-hour window

Backed up kidneys will also cause pain with sex as well.

Vaginas are a self-cleaning oven. The vagina has an inner canal inside of your body, but you have other parts as Mother Shamarah mentioned. Vulva, clitoris, patemus hood, inner and outer labia which all needs to be cleaned. Not inside of the vagina. The inside should stay acidic due to Ph balance and that balance should more on the acid side which has a good healthy bacterium. This good bacterium is what fights off the yeast infection. If you use soap and wash away at that good bacteria, you can increase any type of smell of discharge. The other parts of your vagina need to be cleaned thoroughly and daily. You must also clean your anus.



Remember to maintain your weight. You do not want to be overweight and you do not want to be underweight. Either can cause issues. See a personal trainer or someone that will know your body mass and all of that.

Males must have a healthy heart to have a healthy erection. Clogged arteries, plaque in your arteries etc. you will not have a healthy erection. Another example to honor the physician.

Eat a lot of fruits help to keep the colon clean. Some can be like aphrodisiacs. Pineapple will increase the sweetness if you are having oral sex. Also, lemons, figs, banana, avocados. These also increases your blood flow to the genitals.

Boosting self-confidence must include good mental health to help with Libido and your sex drive. Learn to flirt with your lord. Tell him how handsome he is. If not, someone else will tell him.

Take time to meditate this relieves stress. Children, jobs, keeping up with the house and everything else that is going on.

Sleep is also important. If you must take a nap during the day (if you are a stay-at-home mother) for 20-40 min. so you can be ready for your lord when he comes home hungry.

In consulting with the doctor, you do not have to take any medications that they want to prescribe but you want to know what you are working with and/or what may be going on. (hormone levels off, untreated disease or infection from years ago, fallopian tubes blocked) or whatever it may be. Especially for the sisters that are proving.

For the sisters who are trying to have a baby, do not have sex with your lord just to have a baby. Do not just have sex with your lord for a baby, have sex with your lord for pleasure. Enjoy each other. The baby will come if it is the Most High will.



Mother Shamarah

Aging and Sex drive

50's is where it is at. I don't have to worry about some of the things that you ladies must worry about. Most women who are older have a higher sex drive.

Tobit 8:7 KJV

vs 7 "And now, O Lord, I take not this my sister for lust but uprightly: therefore, mercifully ordain that we may become aged together."

Mother Shamarah

So, when you get married it is not just lust. Lust is important but what has sex so hot is when you become mercifully aged together, that you are friends, that you do communicate. That is a beautiful thing. That is also why it is important to prove righteously.

We have the example of our fore-parents Abraham and Sara. Sara gave birth to Isaac. Abraham was 100 and Sara was 90. So, guess what penis met vagina and she got pregnant. Do not think that as you get older you just somehow dry up like an old prune, because that is not the case. Israelite men have always gotten Israelite women pregnant in their older age.

Genesis 21:1-7 KJV

vs 1 And the LORD visited Sarah as he had said, and the LORD did unto Sarah as he had spoken.

vs² For Sarah conceived, and bare Abraham a son in his old age, at the set time of which God had spoken to him.

vs³ And Abraham called the name of his son that was born unto him, whom Sarah bare to him, Isaac.

vs⁴ And Abraham circumcised his son Isaac being eight days old, as God had commanded him.

vs⁵ And Abraham was a hundred years old, when his son Isaac was born unto him.

vs⁶ And Sarah said, God hath made me to laugh, so that all that hear will laugh with me.

vs⁷ And she said, who would have said unto Abraham, that Sarah should have given children suck? for I have born him a son in his old age.



Mother Shamarah

Whatever your body is like, one roll, three rolls or whatever you must own it. You must own your body type. When a man loves you no matter what your body looks like he will be for it. It is not good for you to deny him because you're self conscious. (belly, stretch marks, etc.) You were made for him; you gave birth to his children. Believe me he loves you regardless. Men are visual, get you a lingerie drawer or two. Make sure

that you have a bit of sex appeal about yourself. [Jamie Lee Curtis - True Lies - Movie - YouTube](#)



Pornography – you have got to be your lord's porn star. You have got to be your lord's prostitute. It is what it is

Genesis 3:16 KJV

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.**

The clean up woman, she knows all the dances, she knows how to put all the petals on the bed, she is not saying no. You should be able to maintain some form of sexy in your marriage. Some men are not into certain things, they just may want a toned body and that is it. Show up with some high heels and naked and they are good. 😊 Find what your lord likes and become that.

Pornography decreases their self-esteem due to comparison with the women on the porn videos. Ask your lord if you can help him with what does he like.



Job 31:1 KJV

vs³¹ I made a covenant with mine eyes; why then should I think upon a maid?

Romans 7:15 KJV

¹⁵ For that which I do I allow not: for what I would, that do I not; but what I hate, that do

Romans 7:7-9 KJV

vs⁷ What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet.

vs⁸ But sin, taking occasion by the commandment, wrought in me all manner of concupiscence. For without the law sin was dead.

vs⁹ For I was alive without the law once: but when the commandment came, sin revived, and I died.

You need to have a conversation with your lord if there is an issue with porn.



Keywords in a sex starved marriage

1. Shame
2. Rejection
3. Bitterness
4. Alone
5. Fury
6. Disrespect

How to communicate sexual issues

1. Find time to talk
2. Pick a location
3. Do not blind side the other
4. Soft start a conversation

5. Focus on intimacy
6. Express yourself
7. Be honest

Know your sexual style, explore your sexual style.

1. Spiritual
2. Funny
3. Angry
4. Flirting-Lusting (quickies) Do not downplay quickies
5. Tender (gentle, healing, romantic)
6. Fantasy

Quote:

“Good Lovers are made not born”

Proverbs 5:18 KJV

Vs 18 “Let thy fountain be blessed: and rejoice with the wife of thy youth.”

Like and do not like questions

1. When I touch you, how does it feel?
2. Do I feel fast, slow, strong, weak gentle?

3. What is your favorite kind of foreplay?
4. Where do you like to be touched?
5. Can I get a hug without it turning to sex?

Lead him and allow him to lead you.

Proverbs 30:18-19 KJV

vs¹⁸ There be three things which are too wonderful for me, yea, four which I know not:
vs¹⁹ The way of an eagle in the air; the way of a serpent upon a rock; the way of a ship during the sea; and the way of a man with a maid.

Song of Solomon 7

vs¹ How beautiful are thy feet with shoes, O prince's daughter! the joints of thy thighs are like jewels, the work of the hands of a cunning workman.
vs² Thy navel is like a round goblet, which wanteth not liquor: thy belly is like a heap of wheat set about with lilies.
vs³ Thy two breasts are like two young roes that are twins.
vs⁴ Thy neck is as a tower of ivory; thine eyes like the fishpools in Heshbon, by the gate of Bathrabbim: thy nose is as the tower of Lebanon which looketh toward Damascus.
vs⁵ Thine head upon thee is like Carmel, and the hair of thine head like purple; the king is held in the galleries.
vs⁶ How fair and how pleasant art thou, O love, for delights!
vs⁷ This thy stature is like to a palm tree, and thy breasts to clusters of grapes.
vs⁸ I said, I will go up to the palm tree, I will take hold of the boughs thereof: now also thy breasts shall be as clusters of the vine, and the smell of thy nose like apples.

vs⁹ And the roof of thy mouth like the best wine for my beloved, that goeth down sweetly, causing the lips of those that are asleep to speak.

vs¹⁰ I am my beloved's, and his desire is toward me.

vs¹¹ Come, my beloved, let us go forth into the field; let us lodge in the villages.

vs¹² Let us get up early to the vineyards; let us see if the vine flourish, whether the tender grape appear, and the pomegranates bud forth: there will I give thee my loves.

vs¹³ The mandrakes give a smell, and at our gates are all manner of pleasant fruits, new and old, which I have laid up for thee, O my beloved.

Ask yourself:

1. Look in the mirror at yourself naked-write down what you like
2. How often do you hold hands?
3. How often do you tell your husband you love him?
4. How often do you kiss him passionately?
5. What are you not getting that you would like to get?
6. How often do you have date night?
7. How often do you tell your spouse they are attractive?
8. If you could do it all over again, would you choose the same partner?

3 Must do

1. Have romance
2. Have passion
3. Ultimate trust

Better Intimacy, better Sex - Video



Song of Solomon 5:2-9 KJV

vs² I sleep, but my heart waketh: it is the voice of my beloved that knocketh, saying, Open to me, my sister, my love, my dove, my undefiled: for my head is filled with dew, and my locks with the drops of the night.

vs³ I have put off my coat; how shall I put it on? I have washed my feet; how shall I defile them?

vs⁴ My beloved put in his hand by the hole of the door, and my bowels were moved for him.

vs⁵ I rose to open to my beloved; and my hands dropped with myrrh, and my fingers with sweet smelling myrrh, upon the handles of the lock.

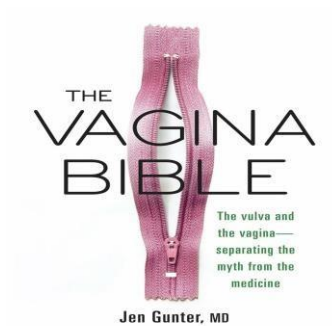
vs⁶ I opened to my beloved; but my beloved had withdrawn himself and was gone: my soul failed when he spake: I sought him, but I could not find him; I called him, but he gave me no answer.

vs⁷ The watchmen that went about the city found me, they smote me, they wounded me; the keepers of the walls took away my veil from me. ⁷ The watchmen that went about the city found me, they smote me, they wounded me; the keepers of the walls took away my veil from me.

Vs⁸ I charge you, O daughters of Jerusalem, if ye find my beloved, that ye tell him, that I am sick of love.

Vs⁹ What is thy beloved more than another beloved, O thou fairest among women? what is thy beloved more than another beloved, that thou dost so charge us?

BOOK:



Quote: “I often tell women to focus less on the idea of spontaneous libido and more on the idea of satisfaction. Emotional and physical and of course fun and sexual pleasure. Lots of people get hung up on spontaneous libido which could be a male fantasy. I prefer to think of sex as a party it does not matter if you receive and engraved invitation or was invited by text, it does not matter if you took a limo or drove your car, took the subway or walked, what matters is that you were at the party and you had what considers a good time”

Have a good time, go to the party, dress up, enjoy, and have a really, really good time.

I hope you ladies enjoyed it.

Shalom Most High name Christ Bless. I love you ladies.