



Art of Spousing

Secrets of Sex and Marriage with Shaunti Feldhahn

Pastor James and Lisa's conversation with Shaunti Feldhahn, co-author of the book "Secrets of Sex and Marriage" tackles one of the more taboo topics in most relationships - Sex in Marriage. The conversation covers the little things that make a big difference in making married sex work and how communication is crucial. Topics

include: how identifying differences in desire and addressing underlying issues can bring freedom and growth in a relationship.

1. Discuss with your spouse how culture, movies, and media portrayals have influenced your perceptions and expectations of sexual desire and intimacy?
 - What myths or misconceptions about sexual desire and intimacy were you surprised to learn about from the discussion?
 - Have you ever felt pressure or disappointment in your intimate life due to misconceptions? How did you navigate that experience?
2. Shaunti discussed the concepts of "initiating desire" and "receptive desire." Which concept reflects your general desire for sexual intimacy? How can understanding these concepts and sharing the type of desire you have improve communication and intimacy in your relationship?
 - How do you think having a signal or cue system, like the examples mentioned in the conversation, could positively impact communication and intimacy in your relationship?
 - What steps can you take to create a safe and open environment for discussing challenging topics like sexual intimacy?

Marriage Challenge: Consider reading "Secrets of Sex and Marriage" together in order to better understand each other; communicate with each other; and feel validated in your relationship.

Books by Shaunti Feldhahn:

- [Secrets of Sex and Marriage: 8 Surprises That Make All the Difference](#)
- [For Women Only: What You Need to Know about the Inner Lives of Men.](#)
- [For Men Only: A Straightforward Guide to the Inner Lives of Women](#)
- [Thriving in Love and Money: 5 Game-Changing Insights about Your Relationship, Your Money, and Yourself](#)