

Delight Your Husband

A Christian wife's manual to
confidence, passion & intimacy

Belah Rose

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Section I

Introduction

Introduction

Want to Grab a Coffee?

I love coffee shops. I sit in one almost every day, either writing, working, or chatting with a dear friend. Something about the hustle and bustle of people ordering their morning joe, clanging dishes, laughing about their day, and the smell of freshly brewed lattes, makes me feel energized and comfortable. My favorite thing to do in a coffee shop is sit with a close friend and pour out our lives to each other while sipping our mugs.

That is how I think about this book. The topic is not one that should be posted on billboards or spoken from pulpits. If I could sit across from you at a coffee shop, if we could share our lives together that would be my preference. After years of friendship; we'd laugh, cry, get red in the face, congratulate one another on the new life milestone, compliment and encourage each other, apologize for a thoughtless comment, and be uncomfortably transparent. Eventually, we'd have come to a place where the topic of intimacy in marriage floated to the top. You could share your struggles and I could relate. I could offer the years of pain and learning I have gone through and come to a place of peace and new discovery.

Maybe your marriage is at a good place and you desire for deeper physical intimacy and I could share specific how-tos. Maybe you're uncomfortable with areas of the marriage bed and I could help guide you to a place where God has shown my heart a greater purpose and freedom in it. Maybe you are in place of brokenness and desperation in the area of intimacy and truly need hope in this area. I have been there. I want to know your story. I want to know where you are in your journey. I want to know what has brought you to a place of wanting a deeper sexual connection with your husband. I want to share about my journey and practical keys that have been invaluable to me. Wherever you are, I pray this course will be a source of light and hope for you as you reimagine what your marriage could be and work towards that vision.

Talking About Sex

I took a moment to reflect, recently, and realized there are many challenging areas of life that are not discussed openly. In these areas the people struggling have no way of getting better because it is not addressed head-on. Sex is in this category. The topic of this book is sex and the practicalities of oral sex in marriage. If you knew me in my home life, professional life, and church life, you probably wouldn't dream that I would write a book about the marital passion and practicalities of oral sex. To reiterate, I do not think this topic should be discussed publicly. It is a private area of your heart and marriage. It deserves delicate and careful handling. The problem is many Christian women are suffering in silence. Suffering with insecurities and questions without any outlet, because we do not discuss "such things". But, the Bible takes a different tone. In Titus 2:3-4 "*Older women...train the young women to love their husbands...*" Among other things, the women who have a level of understanding in loving their husbands are supposed to teach those who do not. That is not a culture I see in the church and yet it is a *great* need. Though I cannot sit across a coffee table and chat about these intimate topics, I aim to provide that understanding and support through these pages.

What Is This Course About?

This course is about moving out of pain and into peace, even pleasure. I have been through too much hardship around the topic of sex to not help my sisters who struggle in the same way.

This course is about God's kindness and how He gently led me from utter brokenness and hurt to a place of wholeness and confidence in my sexuality. From growing up thinking the sex-act was dirty and my body and my vulnerability was not desirable. I have now uncovered and share God's truth about how He sees sex, our body, and our vulnerable hearts.

This course bridges the gap for the wife who wants to be a holy daughter of God and a sensual lover to her husband. There are many heart issues that come into play around sexual intimacy. Many perspectives, experiences, and misguided teachings get in the way of women achieving wholeness and freedom in this area. A woman must look deep inside herself to understand the things inhibiting her and how to move past them. This course will ask you tough questions that need to be wrestled with in order to come out victorious.

This course is about the how-tos of oral sex. There were plenty of things in the bedroom I heard about but didn't know how to do. However, Christian texts didn't give enough practical, step-by-step information. Generally, I was told "if you're comfortable with it, go for it". But that didn't help me *get comfortable* because I didn't know *what* to do or what God thought about it. This book gives you the clarity to actually understand how your husband works and how you can bring your husband to amazing orgasm. I focus specifically on oral sex because I think many women are hung up in this area. Yet if they could master this part of intimacy, they would have a foundational understanding which would give them the confidence to discover all other areas. This book shares with you biblical, scientific, and experiential wisdom on this topic. Each area is vital for becoming a free, godly, and generous lover.

After engaging in this course, you will have the confidence and practicalities to approach your husband confidently. This course is about pleasuring your husband. It is focused on what *you* can do in the bedroom to create a fulfilling, intimate marriage for both of you. You will understand how his orgasm works. You will understand his libido, erections, attitude necessities, and I give solutions to specific challenges surrounding the act.

As you read and engage you may notice some repetition of central themes. It is to make sure you *get* these vital pieces. Repetition is a key to memory. If there are topics you notice are reiterated in different ways throughout this course, try to internalize these points so they will stay with you long after you are finished with this course.

How This Course Is Set Up

Book -

There are four major sections of the book: Love the Act, Love Yourself, Love Your Husband, and Love His Member. To get to a place of freedom and confidence in the bedroom, there is quite a lot of wrong thinking that needs to be corrected. In Love the Act, we will go through the areas that may be blocking your sexlife from being fully enjoyable, including fears, God's view, body image, and God's ultimate purposes of sex in marriage. In Love Yourself, we will explore how to be sexually whole, reconnect to your body, and awaken your sexual desires. In Love Your Husband we will talk about how he thinks and his desires for sex as different than our own. We discuss the importance of

understanding how he works in order to love him best. Lastly, Love His Member is a much more practical and step-by-step walkthrough of oral sex. For married eyes only, this section will get into the nitty-gritty of pleasuring your hubby below the belt. I give very specific and usable information so that you walk away from this course knowing exactly what to do in your next steamy encounter.

Steamy To Dos -

I realize this is a journey for you my sister, and all of us. It is not going to be automatic or instantaneous to move from the “usual” to the “spicy and spontaneous”. Give yourself time to think through, write about, and process what is offered here. I also want to get you used to taking some small risks with your husband at every stage of this process. I want to get you out of your comfort zone a little and try new things and new ways of interacting. In the Steamy ToDos section, I include some items to try with your husband as you’re going through this book. They start off fairly tame, but as you increase in understanding and confidence, you’ll have more adventurous Steamy To Dos. If you do them (as uncomfortable as they may feel in the beginning), you’ll slowly get to a place where it feels more natural. But that feeling will not come without your action. An imperfect action is *always* better than a perfect plan, never done.

Journal/Workbook -

Did you know we learn best when we articulate our own thoughts? That is why the best teachers ask you questions instead of lecturing all class long. Think of the last time you were able to truly share your heart with a good friend. Did you come away feeling glad for the things you uncovered about yourself while you were just speaking? It is probably because until you moved from thoughts to putting them into words, you weren’t totally aware of how you felt. It is the same with the sexual journey. We are very unclear about our own thoughts, past, and feelings until we take the time and energy to put them into words. I ask you to do that in the Workbook. Throughout the book, I give specific areas and I ask for your written response.

This course is truly about life change. Ever notice how two people can read the same book and for one it totally revolutionizes his or her life, and the other simply moves on, unchanged? I want you to engage and go through the hard emotional work, so you leave this course very different than when you went into it. You have already invested the time to read through this introduction and the money

equivalent to two date nights. Both, you could have used on other things. But, I know you want a lasting change in your love-life. That is what the Workbook is for.

Go through the book and when I ask you to “write in your Workbook”, stop. Be disciplined and answer it fully. Be curious about what is truly going on in your own heart as you read that chapter. Yes, it will take longer. But your marriage and your heart are worth it. How long are you going to struggle in the same pain when you have time opportunity *now* to accomplish true freedom. I truly believe that your level of engagement in the Workbook will determine your level of results through this course. Please, do not skip these, it is so vital in order to have the marriage you ultimately want. There will be so many “Aha!” moments as you dig deep into *your* opinions and responses to what is offered here in your Workbook.

On a practical side, you can print out the separate PDF Workbook to write in separately. Or to be more environmentally-friendly, (my preference) for this course, I have inserted the questions also in the Book so you may write the answers in your own journal as you are reading. This way you also can write without having to flip back and forth on your screen.

Why Should You Focus On Sex?

In the midst of so much difficulty and hardship in the world, this topic is *completely* worth your focus. A healthy, loving, and passionate marriage supports *every* other part of your life and your walk with God. I also have found an unfulfilling marriage negatively affects *every* part of your life. It is a drain on your energy, emotions, and purposes. Sex is powerful and, with God’s help, can transform your marriage. Once a woman understands and has confidence in bringing her husband to a fantastic orgasm orally, she has all the tools needed to learn to pleasure him in every other way for the rest of their lives together. Spend the time mastering this part of life and it will serve both of you exponentially in your support and love for each other, every day thereafter. I am a big believer in focusing on one aspect of life until it is mastered before moving to the next. This is a vital area that deserves your attention because once you get it, you’ll be able to move to many more amazing things with God and your husband.

Are You Ready?

Jesus said truth, like seed, can fall along fertile soil and grow into mighty trees. But other

seeds along the path, rocks, and shallow soil--will never take root or realize their potential (Mark 4:1-20). How is your heart? Are you fertile soil? Are you ready for God's truth to transform you in a way to take your marriage to amazing heights? Take a moment and ask God to ready your heart to understand, to receive, to process, and to be changed by His truth I aim to elucidate in this program. Pray with me: *Lord, I thank you for bringing me to this point of desire for change in my marital intimacy. I ask you to prepare my heart to receive your truth and help me to discern how to apply it to my life. Help me to see where and how you want me to heal and change in the area of sex. I love you. Thank you for being on this journey with me and helping me every step of the way.*

My Real Self, A Different Name

Belah Rose is not my real name. As I shared before, I desire a trusting friendship between you and I. We, ladies, cannot discuss such intimate topics without a significant level of trust. As I bare my soul, my experience, and what I've learned, I hope that gives you courage to "go there" in your own heart (and write it in your Workbook) as well. I hope it helps you go into your past, into your pain, and reflect; to ask God to come in and heal those deep areas. I want you to feel encouraged to go to those intimate, difficult areas and let the His light in. I will model that vulnerability throughout my writing in this book.

However, I would normally only be so vulnerable with my closest friends, as I feel that is what is appropriate and Biblical. I very much agree with Proverbs 4:18 which says "Guard your heart, above all else, for everything you do flows from it." I want to help more women than I can meet one-on-one and spend years developing this trusting bond before divulging. I want to give that level of trust and understanding to you while protecting my own heart and family. For this reason, I have chosen to write under a pen name, "Belah Rose" and I refer to my husband as "D".

I truly believe as women of God, we are to meditate on "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think on these things" (Philippians 4:8). In this book I aim to align with this scripture. Your sexual life in marriage is pure, lovely, and noble. I will clarify how and why in the following pages. However, I also agree that we are to keep our marital intimacy private. This book is not a call to indiscrete disclosure, it is a call to living out the verse: "older women...train the young women to love

their husbands...” (Titus 2:3-4). I want to help women in areas that have been neglected by the older women in their lives who should have helped and guided them through these struggles.

God Made Us Unique

God created sex and He made men and women differently. On top of that, He made each man and each woman unique. There are specific things that each of us find particularly sexually pleasurable and others that are not. We each have unique erogenous zones. As women, we are wired very differently than men. In this book, I intend to elucidate many of those general differences. But as a wife, your job is to find out the peculiarities of *your* husband. Though I will outline many areas of the male mind and body that are generally universal, it would not be fair to assume your husband will fit into every category.

I’m sure you’d appreciate your husband reading a book on pleasing his wife. But, I bet you wouldn’t appreciate him assuming everything written is true of your body and personal preferences without checking with you. Be open to the facts generally, but also recognize your husband is an individual who you are getting to know. As you learn what is true of many men, you should put on your sleuth hat, and find out if it is also true of your husband. Feel free to try out new things with him, but be very receptive and interrogative for feedback. If something is quite out of the ordinary, it may be best to ask beforehand. Part of this journey is figuring out who *he* is and how he can best receive pleasure.

What is your goal?

Though we probably haven’t met yet, I know one thing about you. You are a woman with guts. To purchase a course on such a steamy topic, how can you not be? For every woman who picks this up, there are 1000 others whose marriages need it. I am proud of you for taking this first step. You care about learning to love your husband in the ways he most appreciates. You care about and desire to delight your husband. I can tell you desire a vital and thriving marriage with your husband.

Have you thought about what your dream marriage would look like? If you imagined your marriage 30 years from now, how do you want your sexual intimacy to look? A very frank writer, Larry Winget, said “Nobody ever wrote down a plan to be broke, fat, lazy, or stupid. Those things are what happen when you don't have a plan”. But that will not be you, my sister. You will set a course toward

which the rest of this book (and your subsequent years) of marriage can be set upon. Take a moment and imagine the marriage you want, the passion you want to share, how you want to be as a sexually confident wife, and how you would like your husband to be towards you. Think about specifically how you'd like things to be in the marriage bed.

Write this goal in your Workbook #1. Be creative and specific, for example: "In 30 years, I want to have a playful, intimate, friendly, and passionate marriage. I want to be strong, healthy, and totally content with my body. I want my husband to be enraptured by my looks, my heart, and my character. I want our marriage bed to be an incredible place of passion and fun. A place where I feel free and know him better than he knows himself. I want to bring him more pleasure, intimately, than he even knew possible. I want to be surprising and energetic in our frequent intimate encounters. I want to be enjoyed, cherished, and brought to orgasm by my confident and patient husband." Feel free to let your imagination create an incredible future for your lives together. I'll pause so you can do that now.

If you haven't done so, write your goal now. If you don't have the time right now to devote to the most important human relationship in your life, then I would strongly encourage you to stop this program until you can really make it a priority. If writing a short paragraph is too much time or effort now, then, with my blessing, please go and do the thing that is on your mind. And then come on back so you can fully engage in this course to the benefit of your whole life!

Great job! I am proud you took the time to outline your 30-year intention. Honestly, most people don't articulate this vision. *And* most people don't achieve a dream marriage. As we continue on in this journey, I'm going to ask you to dig down a little deeper. I am asking you to let down your guard a bit. Let yourself explore some of your own fears, pains, mistakes, and areas needing healing and growth. Each of us have all of these, you are not alone dear sister. I pray that God would soften your heart and help you to realize that He loves you and He is willing to forgive *any* thing in your past (even from yesterday).

He wants you to recognize where you have made mistakes, so He can help you move towards repentance, forgiveness, and a deeper walk with Him. So often, I think we try to avoid regret--all the "should haves"--because we don't want to be in that pain. Many times that is the best route. Sometimes, however, God wants us to revisit some areas, because they are still affecting us. We may

need to recall them to mind and process them so He can heal us and teach us valuable lessons, vital to our walk today. I may ask you to go to areas that are a little uncomfortable with the purpose of growth into the woman He desires you to become.

My Goal: Your Success

My goal is a more fulfilling marriage for you. Marriage is truly a funny thing. It touches every part of our lives. Our partner is the one human with whom we should be able to be completely vulnerable and enjoy deepest intimacy and love. Vulnerability is scary, no doubt about it. It's scary to open yourself completely to another person. What it requires is deep honesty. As you open up and allow honesty to give you freedom with your spouse, it provides room for God to change you and make you more like Himself. It provides a space for your husband to love you and be an avenue of God's love and grace. When I was dating D, I remember talking to dear friend about how deeply D's love was affecting me, bringing me even to tears. She encouraged me that God was healing my hurt through D's love. Looking back on those difficult experiences where I let myself be bare (emotionally) in front of him, I received a lot of God's healing for my past. I want you to have a wonderful marriage. Sure, you're not the only one responsible for it, but you have the power to do *a lot*.

Being Served In the Bedroom

Many women are much more comfortable serving than being served. Such women, like Martha (in the story of Martha and Mary in Luke 10:38-42), will read this book and be excited to have another tool in their toolbox to *serve*. I'm grateful for that heart and it is indeed the purpose of this book. I want to also encourage you to assess your marriage and possibly your next steps after this course. To be clear, *you* deserve to be served as well. Your marriage is not just about him. It is both of you entering into generous love for each other. My aim is to give you the tools to serve and truly delight your husband. Afterwards, only you can assess if you are not receiving the "serving" you deserve in your marriage and working on that vital area.

If you are in a rocky spot maritally, I would suggest you fully apply the keys learned here. Then, provide time in your marriage for healing and unifying (it may be a season where you're doing most of the serving). Then, when your marriage and intimacy is in a *much* better spot, bring up your concerns (using the Bedroom Talk Laws you'll learn).

Your marriage is not all about his pleasure; that is not what scripture indicates. “Husbands, love your wives, just as Christ loved the church and gave himself up for her” (Eph 5:25). Though this is the biblical standard, it may not be the reality of your marriage. Remember, though, you can only change you. I’d encourage you to do what you can on your part to invest into the health and “love bank” of your marriage. When your “love bank” reserves are high, you may be at a place that you can say something. Modelling generosity (without strings attached or resentment) in the bedroom will speak volumes to your spouse. He will feel so loved that he may be eager to pleasure you better. At the very least, after this course, he will be at a place to be much more receptive to the conversation.

A Note On Honesty

Beloved reader, thank you for engaging in this course. Please consider who else in your life would benefit from this material. I ask that you would send them the link: www.delightyourhusband.com and allow them to get the material online. Would you not send the material to anyone without their purchase? I am very open with you because I trust that would abide by your conscience. Thank you so much for your honesty and your help in this!

Why Do This Program Now?

I want you to have a fantastic marriage so you can do what God has called you to do in your life. I do not want you to make sex an idol. It is not the most important goal in your life. No, it is a gift and a life-support for everything else. Spend some weeks and months focusing on this aspect. Get to a place of confidence so your lives together can be supported by this skill and mindset. I am praying for you as you embark on this journey. May God speak truth in your heart and help you to discern His ways.

The truth is if you do not make time now, you may never make the time. We either prioritize what is important in our lives now, or we often never get around to it. Review your 30 year goals, it is time to work towards them *today*. For the health and future of your family, marriage, and the rest of your life: grab a cup of coffee, sister, and lets dive in!