

**KISS ME AGAIN:
RESTORING LOST INTIMACY IN MARRIAGE**

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PART ONE: *The Problem – Sexual Intimacy in Marriage*

Obstacles to a fulfilling sex life in marriage:

1. *The Brain and Sex*
 - Sexual bonding to past relationships whether from abuse or own choices depletes levels of oxytocin and keeps us from bonding in marriage, reducing emotional and sexual intimacy.
2. *Wounding From the Past*
 - Wounds, regret, shame, lies from past relationships cause us to shut down emotionally, hindering sexual intimacy.
3. *Levels of Emotional Intimacy*
 - Sex outside marriage hinders emotional growth, keeping us distant. We bring that distance into marriage, which can hinder sexual intimacy.
4. *External Pressures*
 - Children, time, fatigue, hormones, conflicts, sickness, etc.

PART TWO: *The Solution – Hope for Healing*

1. *Why We Need Healing*
 - I Corinthians 6:18 “Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.”
2. *Steps to Healing*
 - Surrender your past to God.
 - Breaking the silence...bringing it into the open. James 5:16 “Therefore confess your sins to each other and pray for each other so that you may be healed”.
 - Obedience...trusting God for your first step in healing.
 - Writing sexual history list—praying through list.
 - Removing tangible reminders.

3. *Becoming Lovers Again*

- Starts with becoming your husband's best friend.
- Resist "resisting" sex. As we heal, the more we have sex, the more oxytocin we release—causing us to bond more.
- Plan sex.
- Plan retreats away together.
- Pray, pray, pray, before, during, after sex for God's perspective...God cares about your sex life...He ordained it for your marriage to give life, love and intimacy to your marriage---pray that God helps us to focus on lovemaking, on your husbands, helping you to respond, before and during sex.
- Don't use pornography in marriage.

PART THREE: *My Response*

- What is one thing God has taught you today that you never knew before?
- How has this given you hope of what God wants to do for you and your marriage?
- What's the beginning step God is asking of you?