

SEXUAL SATISFACTION AMONG COUPLES TODAY

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BIBLE FOUNDATION

PROVERB 5:18-19 “So be happy with your wife and find your joy with the woman you married, pretty and graceful as a deer. Let her charm keep you happy, let her surround you with her love”.

1 CORINTHIANS 7:3-5 “A man should fulfil his duty as a husband, and a woman should fulfil her duty as a wife, and each should satisfy the other’s needs. A wife is not the master of her own body, but her husband is. Do not deny yourself to each other unless you first agree to do so for a while to spend your time in prayer, but then resume normal marital relations. In this way, you will be kept from giving in to Satan’s temptation because of your lack of self-control.”

GENESIS 2:25 “The man and woman were both naked, but they were not embarrassed.”

WHAT IS MARRIAGE?

The Catechism of the Catholic Church (CCC) 1601, derived from canon 1055, defines marriage as, ***“A covenant by which a man and a woman establish between themselves a partnership of the whole life and is by its nature ordered towards the good of the spouses and the procreation and education of children.”***

It is a personal, enduring Covenant between a consenting man and woman for their good and well-being.

God's plan in marriage is **for the good of the spouse, for procreation (Genesis 1:28), and for the education of offspring.**

THE PURPOSE OF SEX IN MARRIAGE?

The dictionary defines sex as the physical activity between two people in which they touch each other's sexual organs and which may include sexual intercourse.

God blesses sexual Union as part of the command of His initial creation. The Bible presents sexual satisfaction as a positive God- given gift to be enjoyed exclusively within marriage.

Genesis 2:25 “The man and the woman were both naked, but they were not embarrassed.”

The Humanae Vitae and the Bible identify two (2) inseparable purposes of sex in marriage:

1. **Unitive:** ‘To celebrate and deepen the love of a married couple’. A unique means of expressing love for each other. Sexual intimacy serves as a physical representation of the marriage knots, bringing two separate beings into one

“And for this reason a man will leave his father and mother and unite with his wife, and the two will become one, so they are no longer two, but one” – Mark 10:7-8

2. **Procreative:** ‘To celebrate God’s procreative plan for the world by making husband and wife co-creators with him in the giving birth to children’. Sexual intimacy is also a way of fulfilling God’s instruction

“So God created human beings, making them to be like himself. He created them male and female, blessed them, and said, “Have many children, so that your descendants will live all over the earth and bring it under their control” – Genesis 1:27-28a

Sexual relationship/intercourse is therefore a central part of most intimate relationships.

Other benefits of sexual intimacy:

1. Sex provides physical, emotional, and spiritual bonding in marriage. God intended sex for the good and enjoyment of the couple.
2. It strengthens trust, deeper affection, emotional safety and a lasting connection between partners that goes beyond words.
3. Sex releases good hormones like oxytocin, which is secreted during kissing, caressing, cuddling or sexual intercourse.
4. It reduces stress and improves sleep quality.
5. It boosts self-esteem and reduces anxiety for some people.
6. Sex helps to avoid and overcome temptation (**1Corinthians 7:2-5**).

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Sexual satisfaction refers to a person's overall sense of fulfilment, pleasure and well-being in the sexual experience. It is shaped by

- Physical pleasures: Enjoyment of touch, arousal, etc.
- Emotional connection: Feeling of closeness, being safe
- Psychological comfort: Being relaxed, respected, free from anxiety
- Communication: This is one of the biggest drivers of sexual satisfaction. Partners who can openly talk about their desires, boundaries, and preferences usually report higher satisfaction in sex.

Satisfaction does not necessarily come with frequency. Some couples are very satisfied with less frequent intimacy because the quality, connection, and mutual understanding are very strong.

UNDERSTANDING ORGASM

Orgasm is the peak of sexual pleasure that occurs during sexual stimulation. It is the result of a coordinated response between the brain and nervous system.

Many couples struggle to reach orgasm, and this directly affects sexual satisfaction. Causes can be physical, psychological, and relational.

Common barriers to orgasm & sexual satisfaction:

1. Stress and mental distraction: Thinking about work, finances or other worries pulls attention away from physical sensation.
2. Pressure and performance anxiety: When orgasm becomes the 'goal', it can actually make it harder to reach. When sex becomes goal-oriented instead of pleasure-oriented, the body may not relax enough to reach that peak response.
3. Lack of communication: Without open communication, stimulation may not be effective.
4. Physical or health factors: Things like hormonal changes, fatigue, chronic illness or certain conditions can affect sexual response.
5. Lack of sufficient arousal: Orgasm requires a build-up of stimulation. Rushing, skipping, foreplay or not being mentally engaged can prevent build-up.
6. Emotional or relationship Factor: Unresolved conflict, lack of trust can reduce intimacy and make it harder to relax and enjoy the experience.

7. Medications and substances: Some medications, like BP drugs, can reduce sexual desires or delay orgasm. Alcohol and drugs can also interfere.

Other causes of sexual dissatisfaction:

1. One spouse controls the frequency of sex. This can cause suspicion, anger and even low libido.
2. History of traumatic sexual abuse or experience: Previous negative or abusive experience can impact comfort, trust or ability to enjoy sex.
3. Unrealistic expectation: Exposure to media or pornography can set unrealistic standards.
4. Premature ejaculation: Reaching climax sooner than desired can lead to frustration for both Partners.
5. Painful intercourse: Tight pelvic muscles can cause painful intercourse.
6. Depression as a result of lack of care from either of the couple may result in low sexual desire.
7. Cultural or religious influences: Some people's cultural beliefs about sex.
8. Withholding sex for selfish reasons, like material demands before sex.
9. Substituting sex for Real Love.
10. Fear of pregnancy.
11. Dirtiness.
12. Old age of one of the partners

HOW TO IMPROVE SEXUAL SATISFACTION:

1. **Communicate openly:** Let there be productive and meaningful communication about sex. Speak honestly about desires, likes, dislikes and concerns.
2. **Know yourself:** Understand your body. Knowing what kind of touch or pleasure works makes it easier to guide your spouse.
3. **Understand the language of sex:** Show tenderness, patience, care, engage in foreplay, and exercise self-control. Forgive, reconcile and show love daily (1 Cor 13:4-7)

4. **Prioritise arousal:** Don't rush. Spend more time on foreplay and emotional connection, as these help with deeper intimacy.
5. **Reduce stress:** Create a safe emotional and mental space before intimacy begins.
6. **Seek help when needed:** Consult a doctor or a counsellor for physical and emotional barriers.
7. **Accept each other's weaknesses**
8. **Maintain physical attraction**

Love is the foundation. Tenderness, patience, and self-giving create the conditions for true intimacy. Love is the context in which everything else flourishes.

Thank you.

GROUP DISCUSSION

QUESTIONS FOR THE FORUM

1. Who should initiate sex? Husband or Wife?
2. I'm undergoing a 1-month fasting and prayer program. My husband is requesting sex within this period. What do I do? Will sex invalidate my prayers?
3. My husband shies away from sex. What should I do to get him involved?
4. How true is the saying, "without sex, there is no marriage"?
5. How is communication the biggest driver of sexual satisfaction?