

# STALE BREAD

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1:05 p.m.

This entry will be transparent, not in sexual actions, but in giving a clear understanding that the Christian married spouse must not be afraid to enjoy what natural sex can offer. I will speak plainly. There are no sensual actions in this work yielding Yahweh's will. There is a placement to learn what is permissible and to know that it is okay to be expressive within your private chambers with your own lover who has one covenant vow of marriage with your way.

I have Yahweh's vision based on a love for the people. In Yahweh's will, no sexual connection with your spouse has a dirty connotation. There is no shame in having pleasure with your own husband or wife. In Yahweh's marriage covenant, Yahweh blesses sex and makes a place of exploration within the confines of the union.

Due to Yahweh's plan for the human to stay with one person and not bedhop or have side comforts, there must be an understanding that being with only your spouse does not mean that prison sex is all you can get—with a prison feeling of only getting this one person till death comes. When alone (not physically near anyone), think of your freedom to be yourself in your bedroom or home when no one is around. Look at how you belch or pass gas, snore, or pick your nose without others being disgusted.

Look at how you can wear just your underwear when in your home (if that is what you care to do), and nobody can make you cover up because there is real freedom to be yourself. I usually work at home and cannot "let my hair down and relax" until after a certain time of day. But I do look forward to that time of day when most strangers will not visit. I prefer a notice of when a guest will visit. I don't want to be caught in an inappropriate placement during my workday.

But when the work hours are over, I get comfortable. I want to feel at home in my space. I don't want to still be in work mode. I look forward to letting myself enter a place of rest, comfort, and satisfaction. And these do not always mean sexual placings, but having a safe place to take away the stress of the world builds up our morale.

And what about sexual cravings? You have to view the act of sex as a place of comfort, rest, and satisfaction. But there needs to be an understanding: it is not wrong to want to make sure you get what you need in the encounter. Think about how you are at work: do you want people with bad breath or body odor near you? While at home, are you the type who needs to be "relaxed" first? Back rubs or certain atmosphere elements will help. But most do not look at our mental state to see if that could hinder sexual engagement. Is sex a physical act only, or is there a need to bring healed thoughts forward?

What if you're bored with sex? Think of a time when you weren't. What made you feel joy with being with that person? Was it the carefree way of expression? Were there no natural bills or family drama beforehand? Did the hurtful actions strip the "love bank" and make you have contempt for that person? Step away and claim your side of the problem, if any. If life is stressful, it will always have some elements of stressful living. But how stress is managed will determine how you engage your spouse and if you even want them getting close to you.

There was a time I dealt with physical, emotional, and sexual abuse to the point that I didn't care for sex unless it was to dominate or manipulate. I dealt with forms of abuse that no longer happened, yet the emotional stigma of what I dealt with lingered with me. And I badly treated my husband with sexual withdrawal due to how there was sexual PTSD I didn't know existed. I thought the more I gave sexual treats, the more I would want to participate.

But sexual activity does not heal old painful abuse. The only way I could move on from having the various forms of abuse hover over me was to literally go to Yahweh and seek

Him to forgive those who caused me pain. I did almost four years or so of therapy to deal with enduring all of those ways of abuse.

Yahweh King Jesus, saved my soul, but I did not have full healing from all the old ways of physical trauma and abuse. I felt guilty for thinking that I may have caused others to abuse me. And that warped perception shaped my private way with my husband. I did not fear that he would hurt me. I had a fear that what was done to me in the old days was deserved and that I did not deserve to be wanted for the sexual ways with a pure look from my husband.

How can sex with your spouse be pure? Under Yahweh, the sex bed is undefiled. And sexual bread, seeing that same person over and over, will lose its flavor if you think they are meant to fill one hundred percent of all you crave in a man or woman. No human can give you fulfillment on every level. And some days, you may wonder why you are still with them. But what if you take a moment to remember what attracted you to that person? If it's an ungodly action, put a new trait (memory, action, or tradition) in its place.

"This person always smells good. I like that."

"He shaves his stubbles so that I wouldn't feel uncomfortable when he kisses me."

"He doesn't let his body functions go excessive and makes sure that I don't feel disgusted by him."

"She dresses up sometimes and puts on a favorite top that I think she looks pretty in."

"She says she likes how I look with my hair/beard this way. So, I want to remember that look."

And so on. Compliments help bring the bread back to life. Give compliments. Say something nice. Don't always give them negative statements. Feed the person with a positive comment if you give a negative. Like this:

"I really don't like hearing you fart. It smells and makes me not want to be near you."

“But I do feel like being near you when you wear the cologne I bought you. Let’s put some of that on you, and maybe we can cuddle.”

There must be some positives and not only negatives.

Now, what if you both freshen up, yet there is still no craving for a sexual encounter? First, ask the woman if she likes this: The breasts being a source of attention (touching, kissing, licking). Don’t worry; that’s the most explicit I will get. Learn of the sensory spots on her. And the same for the man.

Most men *just* want to see the woman naked. But that will not create a happy sexual encounter in a wounded person’s space. See where their favorite spots are and get permission before touching them. Test your spouse’s range. For example, if kissing their neck is acceptable, maybe you can touch them elsewhere. Have some days where you are not planning sex but will have a touch date.

The human senses are powerful. Learn to work with them.

And sometimes, you don’t feel like putting on the extras (clothing, jewelry, makeup, etc.). That is okay! Yet make some time for your spouse where you give into their “love banks” and not just take from them. And a side note: If you know you can’t “hold out” during the sexual act, take care of them first. And a sexual encounter is not the only way to bring caring ways.

Be a friend. Learn about your spouse-friend. Listen to what they like and do not like (not just in sexual dealings but also in how you carry yourself around them). If you get on their nerves and mock or mistreat and disrespect them, getting them to that place of vulnerability will be difficult. If you don’t value them by placing their opinion as important, getting them to view you differently would be hard, which affects how that person wants to engage. And may even turn them off to sexual engagement.

Being married will not mean you will always be attracted to each other every moment. A person's looks can change over the years, or their actions may make you want to live without them. Both parties must be willing to accept that change is inevitable and have an awareness that they live with someone else who may not view daily living in the same way.

As you age together, have babies (or not), change vocations, and make new friends, make sure to have consistent ways of connecting. It doesn't mean the same way; instead, consistently connect. Let there be a sexual connection that gives affirmation of dedication to each other. And make sure to tell them how you would like to enter the joining. No feelings of shame to those in Yahweh under the marriage bed covenant. Amen.