

A tribe member posted for prayer and wrote:

"Hi tribe! I could use some prayer. I am an open book. Never afraid to talk about my life but this-this is uncomfortable. Here goes....

I have zero physical desire to be intimate w my husband.

My heart and mind want to mostly bc I know the danger of not for a long period of time and the Word tells us that our bodies are not our own but it ends there.

Soon he will get frustrated with me. In the past-I just didn't care. But now, I know it's not okay to withhold myself and while I could just do it anyway, I would much rather desire and enjoy it. Thanks for being a safe place!"


### The Tribe responded with some GREAT feedback! Here are some of their responses:

-I recently listened to this broadcast and they had some really helpful advice, and I may get the book mentioned in this too. I'm praying on how to start a conversation with my husband about it. <https://www.focusonthefamily.com/.../enjoying-physical...>



-I have been there too!! There's a blog that's been helpful for me as well. Disclaimer: I don't agree with every single thing but I have definitely gotten some great encouragement and even found other blogs from there that were helpful.


<https://tolovehonorandvacuum.com>

- You are not alone! A resource that has helped me (and my marriage) is author, speaker, blogger Sheila Wray Gregoire. You can find her @ To Love Honor and Vacuum. She has helped me tremendously

challenged my view of intimacy! Praying for you. 

-I know this might sound weird but I'm telling you it works! My pastor mentioned one time that you can pray and ask the Holy Spirit to enter in to your sex life. I started to do it, to pray when my husband was

moving in and I wasn't feeling it ( ) and asking the Lord for the desire, for a supernatural experience and im telling you, God always shows up and shows off when I honor Him through bringing even THAT to Him. My husband knows I pray now and he prays too...and it works so well that afterwards




we can both look at each other and say, "you prayed didn't you?!" . God wants us to come to Him with EVERYTHING and He loves romance and intimacy....think of Song of Songs. he created for our pleasure and unity with our spouse. Lift it up to Him girls.

-I know this would not be everyone's story, but a lot of my intimacy problems have manifested from my past and my husband's past sexual sins before we met and were married. He's reading a book now called sexual sanity for men and I'm about to start the sexual sanity for women. It's biblically based and phenomenal! The women's book has a group or individual bible study to go along with it!

- I haven't read the other comments so I don't know if this has been mentioned but have you had your hormones checked? Evening Primrose Oil helps greatly for me in that department as well as specifically telling my husband what my love language is and when my tank feels empty.

-I struggled a lot with this early in my marriage. It took a lot of healing from the Lord to realize that a lot of my past had a lot to do with the it. The devil was using my past against me and causing it to step into that part of my marriage. I have noticed the closer I get with the Father more pure my love can be for my husband.... as with anyone else.

-Fighting some battles this morning about being disqualified to share because of my age. Sometimes you see eyes glaze over when you 'get my age'. But God says I have a story to tell when God redeems you from the foe and to tell it! We are 62, married for 42 years. I am so proud of you to share your feelings. I didn't. I was trying to do everything perfectly. We had 3 children under 3 and it was a very busy time for me. I was trying to be everything to all people...my family, my extended family, community and church. I had a mother inlaw telling me I needed to get some part time work and make something of myself. I was playing the piano at Church. And be the wife my husband needed. I. burned. out. Nothing left. I shared with my husband I didn't even feel like a woman. Just a machine. Sex? ok go ahead. (Let me know when you're

done   ) I had spit up and other stuff on me pretty much all the time. The laundry never quit. The dishes didn't either. The bathrooms..well you know. This was one of the worst episodes. So we sat

down and made a plan. I quit saying yes to everything and everyone. I started saying let me ask Pete and then could say He doesn't want me to. He has big shoulders to take it!! We made appointments on the calendar for intimacy. It may sound like another check mark, but it was a trigger for me. I took a nap the date day. I took a bath...sometimes with the kids! lol I put on some perfume and something clean. I closed my eyes to the laundry and dishes and bathrooms. We put the kids to bed early. He would remember that it takes me a little longer...to unwind and stop being a mama and be a wife. We determined to spend time together so there would be something left when the kids left. I guess my encouragement would be to say no to too activities for a season, spend time together, date in the house if you need too(decaf coffee/tea on Thursday nights at 9 for us)and to put him first. Let me just say that again. Put Him First. And to pray together. With God as head of your home. Listen to the podcasts/keep sharing..sometimes it feels better to get it out/check with your doctor about your hormones/think kind thoughts all day...or you might need an early morning date or afternoon date. It is a season and you will probably have another one and another. God as we go through this, thank You You care about every little thing. We bring our issues and our desires under Your umbrella of protection. Remind us of the important things and that the dishes and the laundry and the dust will still be there, 42 years later Lord. Help us to do the things that last for the Kingdom. Your Son the Bridegroom who loves the Bride so much be our example. Thank You Lord, In Jesus Name.

-h and one more thing! I asked Pete what he needed and wanted. He wanted a path to his bed...the stuff didn't bother him. He wanted a hug and a kiss and to be welcomed home. He wanted secure children and to spend some time with them everyday. He wanted a calm wife not worried about the stuff. Thanks yawl for allowing me space to tell my story.