



# ROMANCE & SEX in Marriage

**Grace Makhai**

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## **ROMANCE AND SEX IN MARRIAGE**

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## ***DEDICATION***

I dedicate this book to God Almighty who has given me the inspiration to write and to my beloved sweet and ever young husband Mr. Makhai N. Usman, who is a source of inspiration.

## ACKNOWLEDGMENT

I want to acknowledge the best man in the whole world, my sweet Shugah (husband). Thank you for your great assistance and support, I wouldn't have written this book if you are not a romantic lover. And to my lovely kids, Tehillah, Latisha and Michelle, thank you for your cooperation.

## ***INTRODUCTION***

**M**arriage is an institution which was ordained by God from the beginning at creation when Eve was given to Adam as his partner by God. Over time in the scripture We have seen intimacy in marital relationship which seem cordial and lovely like in the case of Isaac and Rebekah (Gen. 26: 8), “When he had been there a long time, Abimelech king of the Philistines looked out of a window and saw Isaac caressing Rebekah his wife” AMP, because they shared a romantic relationship. Looking at our present time, many Christian marriages don't enjoy such relationship set by the scripture nor do they follow the pattern set by our biblical and contemporary spiritual parents therefore such marriages suffer shipwrecks; this could be due to some factors such as lack of knowledge, culture and tradition, time, absence of love, etc. Nevertheless, to enjoy long

and lasting relationship in our marriages, we have to take cognizance of the need to revive and activate the missing or dying link which is romance and sex in marriage. Romance and sex are considered endangered species in marriage nowadays among Christian couples that is why we have so many cases of divorce, adultery or resentment among couples. I believe as our romance and sex life is sustained, built, cherished and protected we will enjoy the best of heaven on earth marriage as our spiritual parents past and present enjoyed or are still enjoying; we will be the perfect example that God wants us to show the world in marriage and our marriage will continue to be the envy of the world.

# CHAPTER 1

## *ROMANCE, SEX AND MARRIAGE*

**A**ccording to the Merriam-Webster dictionary, Romance means to have a romantic relationship with someone, or to have an emotional attraction or aura belonging to an especially heroic era, adventure, or activity. It also means to give special attention to someone in order to give the person the ultimate emotional satisfaction.

Romance is also an emotional attraction of love or a strong attraction towards another person. It is also an aura of excitement and mystery associated with love. Romance is the vital fuel that keeps a relationship moving forward. It keeps a relationship lively, exciting and meaningful. Romantic gestures by your partner make you feel



desired, loved and cared for. These gestures remind you that your partner has not only chosen you but appreciates your presence in his/her life.

Romance is what makes the love between husbands and wives so beautiful and amazing. So when a woman asks you to be more romantic, she is not asking you to spend more money but to do something spectacular, in a sweet and special way. In the same vein, when a man demands more romantic gestures from you as his wife, he is not asking for much but rather he desires affection, respect, support etc. For example, calling your partner when at work, sending him or her romantic SMS, buying gifts for him or her and hiding it under his or her pillow or in the kitchen where he or she can find, hanging out together, having dinner nights, taking yourselves for vacation, etc. are gestures that show romantic relationship between two loving partners.

To enjoy romance in your marriage, you need to seduce each other always and slowly. Use your words to express what you like, where you like it, when you like it and how well your partner does this or that. Marriage without romance makes the marriage naked; romance is like a cover or roof over a marriage.

Imagine a building without a roof; you can't stay in such a building Why? Because the building is open to every kind of attack, accident, danger, etc. Romance in a marriage is very vital.

## **WHAT ROMANCE MEANS TO A WOMAN**

(a) Attention: Pay attention to your wife; do not allow things like work, technology, business or children take your focus from your wife. Every woman needs attention; no matter how busy you are as a man always try to give her your attention. So whatever you are notwithstanding whether a pastor, a banker, a bishop, a businessman, or a trader, try your best to always create quality time for your wife, it makes her feel special and loved. Make out time to connect with her, talk to and listen to her. Take out time to know things about your wife; don't make her feel like an afterthought.

(b) Affection: Affection is like food for the soul and body; it should never be tempered with in a marriage. Don't let a day go by without kissing your wife, touching her or looking into her eyes with an aim of connection, but always look into

her eyes without saying a word and let your mind do the talking, make her feel shy again. Psychologically every woman needs at least five (5) meaningful touches per day, which are kissing, cuddling, hugging, touching, and holding of hands. So kiss, cuddle and hug your wife, if you cannot do it, please go and learn because it makes her feel good.

(c) Validation: Validate your wife; let her know you are always there for her, telling her how beautiful she looks, how sweet and sexy she has become even after having kids, how you like the way she does a particular thing, how you feel special knowing she is your wife. Keep your relationship nourished with positive thoughts. When a woman is 35-40 years, she is feeling old already, so it is good to validate her but not just the older wives, even the younger ones need validation. When she says look at my stomach, look at stretch marks everywhere, please look at her with a smile and tell her she gave life to your kids, you are a true mother, darling you look good the way you are. And if you feel she has added weight help her out, register her with a gymnastic centre to do some exercise, wake her up for morning workout, and encourage her.

(d) Appreciation: Appreciate your wife because

waking up early in the morning and being the last person to sleep at night some days is not an easy job. She takes care of you, the children, the home, etc. Appreciate her, sometimes wake her up in the night if possible just to thank her for all she does. In addition, send her appreciation SMS once in a while. Thank her for taking care of the kids because no man can explain what a woman passes through during childbirth; childbirth would have nearly taken her life; some women even give up during that process. She gave birth to those children that bear your name not even her name and some men look at their wives and call them funny names like fatty, pot belly, etc, don't do that as a child of God. Women love to be appreciated, don't say she already knows I appreciate her, no, say it out, it makes her feel loved and it also boosts her confidence, it makes her go to any length for you and the children.

(e) Acceptance: Learn to accept her the way she is; if you do desire a change in her then know how to go about it; talk to her in a respectful manner, make her understand and talk to her with wisdom. When a man goes out of his way to make a woman happy, thinking of her when she is not around, letting her know how he misses her and can't wait

to come back to her, it shows her high level of acceptance.

In addition, romance means the following to women:

(f) Spending quality time with her: She wants to be your best friend and share your greatest fears and deepest secrets; she wants to feel you and be close to your heart and connected to you. Every woman wants a man that spends time with her, a man that can be trusted to be always around when he is needed and objective in his judgment of tough situations and time.

(g) Showing kindness to her: Sometimes kindness to women is not in the big sizes but in the smallest things you do like telling her 'I love you', going out of your way to do something for her. Sometime help her with ironing her clothes, help her with dinner or lunch when you are opportune, just do something kind to your wife and you will be glad you did.

(h) Leadership: Before I met my husband I had a lot of gifts and abilities that I did not develop, then he began to push, nurture, and guide and show me that I could do what I felt I couldn't do and even better. He inspired me to write this book, I tell you I would have been

nowhere today if I had not married him. His leadership gave me confidence to be myself and do more.

(i) Sense of Humor: A woman wants a man that can help her laugh through it all, laughter makes marriage more memorable. A merry heart does good like medicine as the Bible says, so as a husband be a kind man and make your wife laugh and be joyful.

(j) Foreplay: Once some men want sex, they desire to go straight to the point, but women in the other hand are opposite. For women, sex begins long before the actual act of lovemaking because men are like gas burner, while women are like Abacha stove, you need to blow it, keep blowing it before it catches fire. Take your time to kiss; caress, and romance to put your wife in the mood before the real show, this makes her feel special.

(k) Desire her: When you desire something special, you can go to any length to get it. Women need to be wanted (desired), and they want you to show it; your wife wants you to desire her. Anything you desire you certainly go for it.

(l) Give to her: No woman wants a stingy man; you must be generous with your money, your time, and your body, just name it. Nothing within

your power should be too much to give your wife. Stingy men are not lovable because money is the icing on the cake. There is a saying that “there is no romance without finance”. So it is easier to maintain love when there is money. When my husband spends money on me or sends me a credit alert, there is this joy in my heart. Money makes love sweet and easy, so if you have money spend it on her. Don't say women love money, because I have not seen anyone that hates money or loves poverty.

(m) Touch her: Hug her, put your hand on her shoulder, hold her hands, tickle her, cuddle her, massage her; let her sleep in your arms, it must not be a touch to have sex, but just a touch to make her feel loved and cared for.

(n) Openness: In every step of the way and the details of your dealings she should be carried along; if there is a problem, let her know because she can help you, trust me, and discuss with her, let her know your plans. Open up and be honest with her, it will save you a lot of stress.

(o) Assist her: Be involved in things like raising the kids, taking the kids to school or picking them from school, dressing them for church services, don't be an absentee husband or father. Money

will never replace your part in your family life, so pay close attention to your wife, to what she is doing and listen to what she is saying; allow her express herself and support the conversation by responding to what she is saying by replying with words -*Ehennn*, so what happened next, *hmmm*, *oooooh* no wonder, etc. If you are watching football match, let her sit close to you as you watch. Always create time to be together.

(P) Keeping the romance tank full: It is not how expensive or how big the thing is but the smallest thing you do in a special way, it can be a sweet SMS while she is at work, or in the market, it can be a call with a sweet ending, it can also be a weekend hangout or gifts.

(q) Let her feel secured: Every woman needs security spiritually, emotionally and physically. A man who will stand in the gap for her, a faithful lover and a man she can go to bed with assurance that there is someone she trusts or can protect her.

(r) Be transparent: Every woman loves a man that is transparent because keeping secrets can destroy your marriage. Let her know about your past relationships, your passwords, tell her about the business you are involved in. Tell her what she needs to know than being secretive.



(s) Understand with her: She might have had a busy and long day; she might be tired, facing a betrayal or feeling rejected, she might be having a mood swing, please understand with her. Every woman wants a man that will understand her, no matter what.

(t) Vision: Be a husband who can see and lead in the direction, in which the family will go; be a man with vision, your vision sounds romantic to your wife. If you know where you are going your wife will follow you willingly. The thing she saw in you before she married you, please don't let it go down, it is that thing she saw that made her leave her father, mother and other suitors thereby agreeing to marry you.

(u) be passionate about her: she wants to know that she is part of you and not just an afterthought. The same way you feel when you are home and someone embraces and kiss you that is the same way she feels when you hug and kiss her when she gets home.

(v) Compliment your wife: Tell her how beautiful she has become, how beautiful she looks. This is the most wonderful and sweet thing you can say to your wife. Sometimes just compliment her with words like: "what would I

have done without you?” “You look amazing”, “you look fabulous even after two or more kids”, “and you still look like we just met”. No woman is tired of hearing these compliments.

(w) A brave husband: A brave man is romantic to a woman, so be brave in the face of danger, in the place of prayer and when handling difficult situation(s). Be brave as a man, it makes her so proud of you. Oh, I married a very brave man, and I'm always proud of you; *Shugah* am proud I married you.

Note: Being romantic also means showing her that even though you know she is capable of taking care of herself, but you want to take care of her in your own way. Your own way could be taking her for a long walk while holding her hand, spending time with her, dancing with her while turning her around, admiring her, kissing her on the forehead, helping her with house chores, hugging her in public, watching movies together, rubbing her feet, arm, neck and laps and writing short notes and putting them where she can find them; letting her sleep in your arms and taking pictures together.

Sometimes women just need a man that will notice all they do and offer empathy. Things they

undertake are enormous such as house chores, lovemaking, waking up early, menstruation, childbirth, etc. Women just need their husbands to ease the burden, asking them how they feel and showing them support.

## **WHAT ROMANCE MEANS TO A MAN**

(a) Express interest in what he likes; if your husband has interest in something, compliment him, and like what he likes. Help him achieve his target or goals.

(b) Show him love and care: Tell and show him how much you love him, how you like the way he does certain things, the way he looks when he wears particular cloth and send him sweet love SMS. Words are powerful; saying “I love you” to your husband over and over again can spice up your marriage. Just like it is necessary for the rain to fall often, for farmers to reap bountiful harvests, so also it is necessary to say I love you over and over again in marriage.

(c) Buy him gifts: Your husband wants care too, so invite him to a date and pay the bills, it makes the man feel special and appreciated. Also sacrifice some money and surprise him with gifts,

this must not be during his birthday alone but anytime you are privileged as his wife.

(d) Appreciate him: Appreciation brings out the best of a man, so as a wife endeavor to appreciate him for any kind gesture he shows you, tell him he is trying by telling him statements like “Honey, thank you for the upkeep”, “thank you for fathering our kids” and then validate him. When your husband goes out of his way to do something nice for you show him how grateful you are for his thoughts and kind gestures. This will bring joy and happiness to his life. Appreciate his efforts so he can become a better husband.

(e) Honour him: The way you treat your husband is the way people will treat him; if you treat him like a king he will treat you like a Queen and others will treat him the same way, so don't disrespect your husband in public or at home, in the presence of your children, etc, there is a level of honour as a wife you will never attend until you treat your husband with honour. Look for a pet name and call him with it

(f) Friendship: A man wants to be able to hang out with you, and just relax. Without being constantly reminded of bills and responsibilities; he wants to confide in you without being criticized, he wants a

friend in his wife. So play with him, create time for play; play together in the shower, in the parlor, pillow play. Marriage is not a military zone, or an office work so bring fun into your marriage, and be a creative wife, men love women that are creative and bring varieties to their marriages, don't have a boring marriage please.

(g) Right words: Say the right words to him because words don't die. Anything you say today will come back to you tomorrow, know what to say each time, “a wise woman builds her home, but the foolish woman destroys it”.

(h) Be teachable: Men love women that are teachable, adaptable and open to change. Men hate proud women; so women don't be proud to ask for help from your husband. Meekness is being romantic to a man.

(i) Stand by him: Your husband should know that you will always be there for him during the thin and thick times; he should also know you can stand by him through good and bad times; he needs your support and loyalty.

(j) Cleanliness: Men love clean women, because a wife that is clean is romantic to her husband, even when he is not clean, he still wants a clean woman. You should keep your underwear clean, and change

your hair style when due; endeavor to take your bath at least two times a day, while you keep your home tidy.

(k) Be jovial: Men love women that are funny and can have fun. As his wife don't stop him from having fun, rather join him to have fun together. Don't stop him from watching football if he loves watching it; rather join him to watch football together.

(l) Smart: Men love it when their wives are intelligent; a man wants a woman that can stimulate him mentally and is able to have an intelligent conversation. So as a woman upgrade yourself, read books, if you want to go back to school, go, listen to news and keep learning.

(m) Support him: Men love women that help them; as a woman, you are a help meet (Genesis 2:18). Your husband wants you to fill in the gap when he is not there. Marriage grows well when you water each other. For example, if your husband is paying rent, help him buy food stuff or help with school fees; if he pays for lunch, you pay for dinner; if he pays for the movie tickets, you buy snacks; if he is having rough day, help him out. Treat him like a King, and he will treat you like a Queen.

(n)Encouragement: A man needs a woman that encourages him; as a wife you must be his number one fan, cheer him up; encourage him through the good and the hard times. Let him know you will never let him down no matter how rough it may be for him; When things seems difficult for your husband or something is not going easy for him, may be business or he is broke; or he is going through depression, help by encouraging him. Be able to push him up or back to his feet with your encouragement.

(o)Devotedness: One of your goals in that marriage is to make your husband's life better than it was, as a woman you are a good thing, your coming to a man's life is to make things better for him, by being dedicated to your husband, being devoted to him and committed to making his life enhanced.

(p) Inspiration: Inspire your man to be the better him, the better version of him; pray for him, ask for God's wisdom to gently guide him.

(q) Be attractive: Men are moved by what they see, look good for your husband, get your hair done, take care of your skin, lose the pregnancy weight, learn to apply make-up; he will like it and also learn how to combine colours because good colour combination looks good on you.

(r) Acceptance: Every man wants to be accepted by his wife, for who he is, and not what she hopes he could be. Avoid nagging and complaining about everything your husband does, please allow him to be himself, learn to accept his flaws.

(s) Feed him well: It is simply said that the way to a man's heart is through his stomach; being able to cook a good meal is a major plus. But if you can't cook well, then learn. Be creative in your cooking as a woman, learn how to set the table well, arrange the foods well. Learn to select the right classes of food so that your husband will be nutritiously fed.

(t) Applaud him: Praise and appreciate all his efforts, don't belittle any of his efforts, let him feel on top of the world with you. There are three things in a man:

A king that wants to reign; a boy that wants to play and a fool that he exhibits once in a while.

It is the one you speak to that responds to you. Don't only complain when he does the wrong things but praise him when he does the right things, he does the right things far more than the wrong things.

(u) Intercede for him: Pray for your husband; praying with him is a sign of love too, because it is



coming from the person that loves him. Pray for him and he will succeed in life. Let your prayers always be with him.

(v) Give him space: Every man wants the space to be alone, to be quiet, and so try not to be on his face always but give him space, and give him time to be himself alone.

(w) Give him sex: Every man wants sex; I can even say most men love sex. A man is more sexually active than a woman; so make sex available for him anytime, if a man enjoys sex at home, he won't look elsewhere for junks.

(x) Self-reliance: Every man wants a virtuous woman (Proverbs 31:10). A man loves a woman that is hard working, and is independent, a woman that is always looking good and industrious; a woman that can keep the home even when he is not around.

## **HOW TO BUILD ROMANCE IN YOUR MARRIAGE**

(a) Plan a fun activity once in a week; look for a sweet quite place under the tree, the park, love garden, etc.

(b) Celebrate special dates in your lives like birthday, anniversary, promotion, success in

business, etc, celebrate the smallest progress in your lives and marriage.

(c) Regularly tell your partner what you love about him/her e.g. the expressions of his/her smile, the pattern of his/her dressing, the taste of his/her food; create sweet conversation during date night etc. You should revisit things or activities that happened years back, how he approached you, your first date, how you fell in love with each other, revisit your love story.

## **SEX**

Sex is not meanly solely for procreation. It is meant to be a joyful intimate experience between partners (Gen. 2:24) “Therefore, shall a man leave his father and his mother, and shall cleave unto his wife, and they shall become one flesh” KJV. Obviously this refers to physical intimacy but it also suggests that within a relationship of two people, heart and soul can become so interminable that effectively become one. They share in the joy and pains of life, what affects one affect the other, for example Songs of Solomon 7: 7-10 says “<sup>7</sup>Your stature is like that of a palm tree, and your bosom like its clusters [of dates, declared the king], <sup>8</sup>I resolve that I will climb the

palm tree; I will grasp its branches be like clusters of the grapevine. Let your breasts be like clusters of the grapevine, and the scent of your breath like apples, <sup>9</sup>And your kisses like the best wine [then the Shulammite interrupted] that goes down smoothly and sweetly for my beloved [shepherd, kisses] gliding over his lips while he sleeps! <sup>10</sup>[She proudly said] I am my beloved's, and his desire is toward me!" AMP. So the scripture admonishes couples to enjoy the pleasures that come with sex, not hiding any part of his/her body to his/her partner. Similarly, (Proverbs 5: 18-19) also buttress the same point of pleasurable sex between couples, as it says "Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight, be intoxicated always in her love". So couples not expressing his or herself in love making is depriving his or herself of good fortune because sex has a backing from the word of God, and as believers we know that God esteems His word more than His name. Sex outside marriage is considered a sin (Hebrews 13:4)

## **MARRIAGE**

Marriage is described as a holy covenant before

God (Eph. 5:31-32). This demonstrate that both husband and wife should see marriage as more than just a physical and emotional union, but also as a moral and legal commitment because it was divinely established at the beginning of creation (Gen: 2,18,22,24). Marriage is very important because it tells us that it is good. It is one of the blessings God has given us (Mark 10:6-9)

## **REASONS WHY GOD CREATED MARRIAGE**

1. For bonding: The Lord God said it is not good for a man to be alone, I will make him a helper comparable to him (Gen. 2:18). God reviewed what He had made and saw Adam lonely in Eden, he made Eve for him. God made husbands and wives to complement each other physically, mentally, emotionally, spiritually and socially.

2. For companionship: Husband and wife become one (Gen. 2:23-24). Have you ever noticed how couples who have been happily married for many years often seems to blend together on so many levels, they know what the other person is thinking and how the spouse will react to a given situation. They can even finish each other's sentence. They have so much history together

that almost feel like the other is an extension of him or her. That is what the Bible is talking about when it says “the two shall become one flesh”

3. For commitment: Marriage was created for a lifelong commitment. That is why the Bible says “Live joyfully with the wife whom you love all the days of your life” Eccl. 9: 9. There is a reason why the Church marital vow includes the phrase “till death do us part”. Marriage as God intended is a commitment for life through the good times and the bad.

4. For love and respect: Marriage should be an embodiment of love and respect. Husbands ought to love their wives as their own bodies and wives should respect their husbands. “Let each one of you so love his own wife as himself and the wife see that she respects her husband” Eph. 5:28-33. Without mutual love and respect on the part of husbands and wives marriage cannot last.

5. For oneness: Marriage is for similarities in belief, goals and objectives, that is why the scripture says “Do not be unequally yoked together with unbelievers, for what fellowship has the righteous with unrighteousness” 2 Corin. 6:14. Marriage is the blending of two lives into one flesh. This does not mean that husbands and

wives must think and feel exactly alike in everything. Marriage doesn't extinguish individuality but if there is a broad division in religious beliefs or other important issues, it will be more difficult to achieve the oneness that God envisions for an ideal marriage.

# CHAPTER 2

## *IMPORTANCE OF ROMANCE IN MARRIAGE*

**I**n marriage, the importance of romance cannot be over stated; romance is one of the most crucial elements of happiness in a relationship.

Many partners do not really know the importance of romance because romance helps you build your marriage. According to a statistics taken in the USA in the year 2019 conducted by Therapy Group of Washington DC, shows that 90% of respondents agrees that romance in a relationship is important and vital. More than one-third of the respondents 36% indicated that they would not be in love if the relationship lacks romance. Think of marriage as a building, the walls holding together the foundation and the roof represent romance; you need to maintain it because

negligence of this important element can lead to disaster.

## **THE IMPORTANCE OF ROMANCE**

(a) It creates bond between you and your partner; it also makes you connect with your spouse and it holds a strong significance because it helps solidify our bond and reminds us of our relative uniqueness to our partners.

(b) It makes you feel secured in your relationship with your partner, you don't feel the need to impress your partner each time you see another person because you feel secured with him/her.

(c) It increases your love for each other. Romance makes you feel loved when you are with your spouse because there is this connection you feel close to one another by sharing desires and feelings.

(d) It makes you feel warm and affectionate about your partner.

(e) It makes you want to be with your partner always and makes you miss him/her, whenever he or she is not around.

(f) It gives you confidence and makes you display your affection publicly.

(g) It makes you care more for your partner and it helps you grow in the relationship.



- (h) It makes you feel loved and want to do remarkable things for your partner.
- (i) It brings fun into the marriage and makes you relaxed.
- (j) It makes you feel free and ready to express yourself by telling your partner how you feel.
- (k) It makes conversation easy.
- (l) It increases the level of friendship you have with your partner.
- (m) It makes love making sweet, interesting and fun.
- (n) It adds peace to the home and makes you glow radiantly.
- (o) It helps you stay focused on your relationship with your partner.

# CHAPTER 3

## ***CAN MARRIAGE SURVIVE WITHOUT ROMANCE?***

**L**ack of romance in marriages makes the couples live like roommates, some like neighbors because the marriage is suffering from the absence of romantic gestures. Marriages without romance can be dangerous because of the absence of bonding. Romance is like a roof in a building, just imagine your building without roof, you can't stay there, that is how romance is to marriage. In a marriage without romance, the couples suffer things like:

(a) Low communication : They don't communicate or talk about things that are of benefits in the marriage, everybody is just minding his or her business in the home. They don't talk about their sexual lives whether it is

going up or down.

(b) Lack of openness: The couples become secretive about so many things, they don't open up to one another, and they become shadows of themselves.

(c) Lack of love: Absence of romance can deprive couples of love, nothing will interest them anymore in the marriage; the intimacy between them dies gradually.

(d) Infidelity: Without romance in marriage there is a tendency for couples to cheat on one another. One of the partners may start to engage in an extramarital affair because there is no connection between them.

(e) Bitterness: Bitterness sets in when a marriage is lacking romance, spouses start to harbor resentment because of problems or issues that weren't discussed that led to a pile-up.

(f) Lack of trust: Absence of romance but distrust, the marriage starts to suffer lack of trust; the couples don't trust each other anymore.

(g) Rejection: One partner will start feeling rejected.

(h) Separation: The couple are separated in their minds already which will later appear in the physical.

- (i) Lack of attractiveness: they don't look attractive to their spouses, no more affection from either of them.
- (j) It brings low self-esteem: It makes you feel you are not enough.
- (k) They are not sexually driven, they don't feel horny.
- (l) It makes them feel disconnected or frustrated about the state of the marriage.
- (m) It may lead to separation or divorce.
- (n) Marriage becomes boring to them.
- (o) They become resentful.
- (p) No connection: There is no bond in the marriage and it can be dangerous.

# CHAPTER 4

## ***HOW TO REKINDLE THE SPARK OF ROMANCE IN YOUR MARRIAGE***

**I**n rekindling romance in your marriage, you need to always love your spouse, believe in each other, and celebrate each other often. Don't always argue but reason together, expect imperfections from your spouse, get solutions to problems on time, and always go for walk together while holding each other's hand. Ignite the passion in your spouse daily, sometimes purposefully laugh over issues worth criticizing and deliberately kill the spirit of unhealthy competition. Let your spouse know your movements, this gives him or her a sense of belonging, also remember to make love like

newly wedded couple because during your early time in marriage you were always on each other not minding the time or place whether in the parlor, toilet, kitchen, so never forget to bring back that act of love making. Never have separate rooms for each other because doing so could diminish the desire for each other particularly where one of you is a shy person, oppose any intruder or third party not minding who the person is whether family or friends particularly about sensitive issues, always pray together. As much as possible resist every temptation of infidelity considering that you admired your partner emotionally before marrying him or her.

Furthermore, try to consistently stay positive to each other's vision, take no records of past offences and utilize every opportunity to bond; visualize a glorious future together, win each other's admiration daily, and zip your mouth when you are angry.

Rekindling the romantic spark in your marriage is all about expressing love and dedication in a way that is intentional, and deeply affectionate. This involves the smallest actions that indicate affection.

## **YOU NEED THE FOLLOWING TO REKINDLE THE SPARK OF ROMANCE IN YOUR MARRIAGE**

- (a) Tell your partner, I love you often.
- (b) Write a love letter reminding him or her of the reasons you love and can't do without him or her.
- (c) Tell your partner how special he or she is to you.
- (d) Engage in more sexual foreplay ideas.
- (e) Practice more emotionally connected sex.
- (f) Plan a romantic dinner, outing or hangout with your partner
- (g) Don't forget important dates like birthday, anniversary, valentine day, Christmas, etc. Surprise your partner with gifts and make him or her feel special.
- (h) Ask your partner what makes him/her happy and feel loved, then do those things.
- (i) Hold your partner's hand or put your arm around him or her anytime opportunity avails itself

In public come up from behind and hold your partner when he or she is doing something and wrap your arms around him or her.

- (k) If you don't live together or when you do, text your partner with loving, romantic and sweet

SMS containing wonderful and melting words.

(l) Don't fall asleep immediately after making love instead cuddle and tell your partner what you like about your sexual experience.

(m) Spark some romantic conversation every now and then.

(n) Suggest new ideas for things you need to do together as a couple.

(o) When your partner is talking to you listen, put away your phone and make eye contact, and get fully engaged in the conversation rather than being absent minded

(p) Get creative with how you express your love.

(Q) Learn to kiss your partner at different parts, like the neck, back of the hand, forehead and shoulders.

(r) Cook together, have shower/bath together, laugh about the changes in your bodies.

(s) Exchange gifts and buy gifts for your partner.

(T) Bring your partner breakfast in bed; it makes him or her feel loved and special.

(u) Give your partner a full body massage when he or she desires it. It should be a sensual massage.

(v) Hug your partner regularly.

(w) Look sexy and at times be naked before your



partner.

(x) Clean the bed and dress the bed make it good and attractive, dim the light, sprinkle flowers or roses on the bed, let the room smell nice and inviting.

(Y) Put on a seductive night wear for your partner, to seduce and make him/her go crazy about you.

(z) Be open about your feelings to your partner, this could begin by just telling your partner how you feel.

## CHAPTER 5

### *HOW TO MAKE YOUR MARRIAGE MORE ROMANTIC*

**W**e must use kind words which have to do with the way and manner we speak to our partner, because same sentence can have two different meanings depending on how you say it. Sometimes our words are saying one thing, but the tone of our voice is saying another. Don't talk to your partner with a loud harsh voice, which is not the expression of love but an expression of condemnation and judgment. The manner in which we speak is exceedingly important "A soft answer turns away anger". If your spouse is angry and upset; and starts lashing out words of heat, if you choose to be loveable, you will not respond to such action but rather you will respond with a soft voice because right words make you feel better. Furthermore, in marriage

romance needs physical touch, because physical touch is also the vehicle for communicating marital love; you need to understand each other's desires. Also holding hands, kissing, embracing and sexual intercourse are all ways of communicating emotional love to your partners. To some spouses, physical touch is their love language; with that their emotional tank is full. Physical touch is a way of communicating emotional love; couples who always hug and kiss develop a healthy emotional life than those who are left untouched for a long period of time.

In marriage, the touch of love may take many forms; touching your spouse almost everywhere can be an expression of love. Romance is not characterized by only emotional needs; if I feel loved by my spouse I can relax, knowing that my lover will do me no ill. You feel secured in the presence of your spouse because he or she is worth loving.

Dear husbands and wives in Christ, Christianity is not an excuse to be dirty, unkempt, uncivilized and unromantic. It does not cost you much to have your clothes properly washed, ironed and smartly dressed. Having a smelling mouth is not holiness, while wearing dirty bra, pants, socks and shoes is not righteousness. God expects you to be loving

and romantic with the woman or man He has given you. It is not worldliness to write poems, compose sweet SMS, and send romantic voice notes to the one you are married to. We are spiritual and we are also emotional beings. You must be tender, kind and loving. Even the scripture says you must nourish and cherish your husband or wife. Thank him or her, tell him or her how you love him or her, these are the hallmarks of a truly Godly spouse. Be the most romantic person on earth to your spouse. The most romantic poem is available in the Bible to teach you.

In the word of God, he wrote, “Behold, thou art fair, my love; behold, thou art fair; thou hast doves' eyes within thy locks: thy hair is as a flock of goats, that appear from mount Gilead.

Thy teeth are like a flock of sheep that are even shorn, which came up from the washing; whereof every one bear twins, and none is barren among them. Thy lips are like a thread of scarlet, and thy speech is comely: thy temples are like a piece of pomegranate within thy locks.

Thy neck is like the tower of David builded for an armoury, whereon there hang a thousand bucklers, all shields of mighty men.

Thy breasts are like two young roes that are twins,  
which feed among the lilies  
(Song of Solomon 4:1-5 KJV)

## **HOW TO MAKE YOUR MARRIAGE MORE ROMANTIC**

**Express your feelings:** As long as you speak from the heart and you are honest about your feelings, your partner will be very touched.

**Express yourself:** Talk with each other about your expectations, your fears, your desires, and your concerns and be honest. Because romance is one of the key factors in every marriage, lack of romance can often lead to unstable and broken relationships that are either difficult to mend or difficult to revive to normal. Making your marriage more romantic could also entail things like

(a) Avoiding too much stress.

(b) Taking your partner on a romantic retreat; a little break could do, just the two of you.

(c) Going on a long walk, doing so is so easy. Just getting out of the house can be a great way to spend some times together.

(d) Write him/her a heartfelt letter: This has got to be one of the most romantic things you can do.

Tell them why he or she is valuable and what you feel about him/her.

(e) Creating a quality time with your partner; just to gist about things and changes in your home, work, business, etc., create time just to talk and know how you can improve your life and ministry.

(f) Asking how you can help or support: His/her problems should be your problems too because even just reminding him/her of this can be a huge support and quite romantic.

(g) Tickling your partner just for fun.

(h) Holding her hand; this is one of the oldest and cutest expressions of love.

(i) Surprise him/her with gifts in his/her work place, business place or at home, etc; present the gifts in a sweet and romantic way.

(j) Kissing him/her regularly: Psychology has proven that men who kiss their wives before going to work always have the best day ahead.

(k) Using romantic songs, poems, and quotes to make him/her feel all warm and fuzzy.

(l) Always remembering good and happy moments and try to imitate them again.

(m) Telling him/her how sexy he/she is and how sexy he/she can become, when you tell him/her he/she feels better and flattered. And he/she will

become more comfortable and have a better time in the bedroom. Say something like, you look so hot.

(n) Talking about your sex life, are you enjoying it? Are you having fun? Discuss it

(o) Transforming your bedroom: You can really knock your partner off his/her feet by transforming your bedroom into a romantic gateway. This is a great option for birthdays, and anniversaries.

(p) Eating together and feeding him/her like babies sometimes.

(q) Going on a date; remember how you asked her out, your first date. Date night should not end after wedding it should continue in marriage.

(r) Listening to what he or she wants, if he or she doesn't want you doing something that might make it awkward between you don't do it.

(s) Cooking his/her favorite dishes; serve it in a romantic way with smiles on your face.

(t) Cuddling him/her, it kills depression, improves the skin, relieves anxiety and strengthen the immune system.

(u) Letting him/her lie on your chest or lap; that is a sign of assurance.

(v) Encouraging him/her; tell him/her how well he

or she is doing in a particular area. When you encourage him/her, they feel better.

(w) Being happy always, happiness is a choice, choose to be happy in any situation you find yourself, don't wait until things get better for you to be happy. Decide to be happy.

(x) Love grabbing, love biting and love jumping on your partner are a lot of fun.

(y) Making friendship a priority in your marriage because friendship refreshes the soul, it makes relationship easy going, it makes it fun, it makes it sweet, it makes it peaceful and so sincere.

(z) Romancing will work perfectly when the two of you have the same intention to grow together and support each other. Because anything you do to your spouse comes back to you, the two of you are one.



## CHAPTER 6

### ***SEX: A POWERFUL TOOL IN MARRIAGE***

**S**ex is one of the most powerful and important aspects of marriage; strengthening your sex life is strengthening your marriage. Sexual intimacy is an area that you continually grow in and learn.

By God's design, Sex is a powerful force. He created it to be an incredible bonding experience between a husband and a wife. Having sex release important hormones in the brain, these include dopamine (the “feel good” hormone), oxytocin (the bonding hormone) and the endorphins (the pain reducing hormone). Couples that have regular sexual intimacy can actually become addicted to each other because the power of sex cannot be overemphasized. Therefore, it is advisable that husbands and wives should satisfy their sexual needs. The Bible speaking says the

wife has no power over her body, so also the man has no power over his own body (1 Corinthians 7:3-5). The Bible also says from the beginning of creation, “God made them male and female”, it goes on to declare “therefore a man shall leave his father and mother and cleave to his wife, the two shall become one flesh”, (Gen. 2: 24). So it is spiritually, societal and emotionally supported that couples continually cleave to each other through sex, not allowing any barrier to deprive them of sensual pleasure. With all the pleasure derived from sex, couples should not stop or deprive each other of this act, so there is need for couples to keep the fire of sex burning in their homes.

## **WHY YOU NEED SEX IN YOUR MARRIAGE**

- 1.To keep the bond between you and your partner: When you have this connection with your partner, it keeps you focused and stable, for example, when a man is sexually satisfied, he is emotionally stable.
- 2.Sex in marriage has health benefits: You cannot overlook the fact that sex does the body and the

mind good. It has been shown that sex can boost your immune system, alleviate stress, increase self-confidence, improve heart health, and help with memory. You are enjoying those benefits while bonding with your partner.

3. Deeper connection: Sex has such a deep, unique and intimate connectivity between couple; what connects couple fastest in marriage is sex. So protect your marriage from anything that could threaten it.

4. Sex helps you express your love and care for your partner without even saying a word.

5. Sex helps you to stay focused on your relationship with your spouses.

6. Hot, passionate sex can often lead not only to physical pleasure but also help you bond emotionally with your partner. There may be times when nothing is working your way in your marriage, but just by the act of sex, you can figure out a lot about what your partner wants to communicate to you.

7. Sex in marriage is a unique way to reduce tension: After a long day of work; it is but natural to be tired and tensed, so the best way to relieve stress and relax is through sex. It relaxes your nerves and acts as a great stress booster.

8. Sex in marriage brings excitement and intensity in your relationship. It increases intimacy between spouses and helps them forget the things that turn them off.

9. In marriage it is not just love and affection that keeps the bond alive, but sweet sex enhances the level of closeness between you and your spouse.

10. Sex can also enrich your marital status and improve your relationship.

## WHY YOU NEED TO HAVE A SEX TALK WITH YOUR PARTNER

- (a) Lack of sexual satisfaction.
- (b) Desire to try something new.
- (c) Change in libido especially for women.
- (d) Sexual dysfunction.
- (e) Need for more affection, intimacy and care.

## IMPORTANCE OF SEX IN MARRIAGE

- (a) Lowering of pain level: Sex doesn't only promote sense of well-being but it also reduces migraine and back pain.
- (b) It promotes weight loss: It burns an average of 200 calories; the rewarding brain chemicals are released during sex and can subdue food cravings and support weight loss.

- (c) Physical fitness: Sex is a form of exercise.
- (d) Improves sleep quality: Orgasms trigger the release of hormone prolactin which aids in sleep.
- (e) Relief from stress.
- (f) Sex can boost self-esteem and reduce feelings of insecurity.
- (g) Higher rates of happiness: According to a 2015 study conducted in China, more consensual sex and better sex increases happiness.
- (h) You glow naturally and look younger.

## HOW LACK OF SEX CAN AFFECT YOUR MARRIAGE

1. You don't feel physically attracted to your spouse
2. Insecurity: You begin to feel insecure and you start saying things like, if he or she is not getting from me he or she is getting it elsewhere.
3. It reduces intimacy, affection and love in your marriage.
4. Separation sets in from your mind and later appears physical.
5. No connectivity between husband and wife, which means nothing, brings you together.
6. It brings tension in the home.

7. It reduces the level of your communication.
8. You give room for the devil to set in and tempt you.
9. You become roommates with your spouse and later graduate to neighbors.
10. You can stay apart without feeling the missing gap.
11. It reduces emotional feeling and reduces the bond you share as couple.
12. You look older than your normal age.
13. Low self-esteem sets in thereby lacking confidence.
14. Unnecessary health challenge pops up.
15. You become easily provoked and angered.
16. It gives room for bitterness.

## SEX IS A GIFT TO HUSBAND AND WIFE

We must understand that sex is beautiful and it is holy; God talked about sex (Gen. 2:24). The Bible has a lot to say about sex because sex was created by God not by the devil. But sex has been misused and perverted by the devil and the world has created the impression that sex is ugly and sinful.

Sex is God's wonderful creation and can only lead to more joy and peace in marriage. Sex can be very pleasurable and enjoyable to both husbands

and wives. However it is an art that must be learnt and developed.

Sex is not about scoring 100 out of 100 for your performance, it is about having fun, pleasure with your partner and showing care. So couples should relax and be prepared to learn about a new world. To achieve this you must build a romantic, loving and comfortable relationship. Furthermore, sex enhances the love between husbands and wives, it brings couples closer together. Most hard feelings melt during and after sex due to the exciting pleasure it carries; also sex is a gift given to you by God, from the day you get married till your old age. There are several effects that set in when couples don't have sex for some time. For example, if a couple that they have not had sex for one month it is sure sign they are not flowing together. If they have not had sex for six months, it is a sign of serious marital problems. Sex is a way of expressing your love to your spouse.

Sex can be a happy ending to some quarrels. There is a saying that there is no problem that cannot be resolved in the bed, and if you eat well at home for example, you won't have need to buy food outside your home, this same fact applies to sex. Feel free to have sex at any time of the day, try different

positions, take turns to bath each other, playing with your bodies in the process, sometimes sleep naked in each other's arms. Swim or play games of interest together, stealing glances at each other and touching each other from time to time. Additionally, try having sex with your clothes on some times, at other times you may walk around naked in the house when you are alone at home then have sex as many times as you have energy to perform in a day; embrace each other often and take naps while resting your head on her lap or his bosom, feel free to kiss and give each other peck on the cheeks, lips and back of hand as you walk around. Kissing and touching must not only be a prelude to sex. Likewise, explore having sex in different locations example bathroom, bedroom, kitchen or in the car (but not in the full view of others).



# CHAPTER 7

## *HOW TO ENJOY SWEET SEX*

**S**ex was created by God as something beautiful and pleasurable to be enjoyed by both husband and wife. Husbands and wives must make sex a pleasurable one. The following steps will help you to enjoy sex:

- (a) Be nice to each other during the day. Small thoughtful acts like initiated phone call, sweet SMS, small gifts, etc. will help to strengthen the mood
- (b) Foreplay begins with spontaneous endearing conversation, hugs and kisses.
- (c) Undress each other
- (d) Look nice, smell nice and be clean, wear clothes or nightwear that your partner finds exciting.
- (e) Choose a nice place to have sex.

- (f) Continue to stimulate each other during the act by holding each other tight.
- (g) Talk to each other and express your feelings during the act.
- (h) Let your partner feel he or she has done something wonderful to you; make your marriage a love story. If you have sexual problems identify them and get help. The sooner you get help, the sooner you will build positive feedback. When couples have experienced years of dissatisfaction, much other resentment will have developed and the marriage will be affected. We see sex as the lubricating oil of marriage; when the oil runs out, the machine of the marriage starts to experience friction.

Remember that each time a couple abstains from sex it must be by both partners agreement. The Bible calls it “FRAUD” or a criminal offence to deny your partner of his/her lawful right to your body, (1 Corinthians 7:5).

“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer, and come together again, that Satan tempt you not for incontineny”.

HOW TO BECOME MORE ATTRACTIVE

## AND MORE EXCITING AS A WIFE

A woman can attract and excite her husband by doing the following:

- (a) Dress scantily: When you are alone at home with your husband or when you are both in the bedroom dress scantily to seduce your husband.
- (b) Walk around naked in the bedroom when your husband is there, this will draw his attention.
- (c) You could undress completely and get onto the bed, while you draw close to your husband and ask him questions.
- (d) Try serving your husband food dressed in a scanty top or short night wear or with a towel wrapped around you, at times allow the towel go off.
- (e) You could lie on the bed and fall asleep naked. That sight will catch your husband's attention when he walks into the room.
- (f) You could undress and ask your husband to give you a massage, tell him you feel he should massage the breast, back, and tell him to do it well.

## TRY TO BECOME A SKILLFUL HUSBAND

Sex is an art which can be learnt and improved; endeavor to improve your skills as a husband. As

the man of the house, let your wife sing your praise when it comes to sex; make her enjoy sex, make her feel like real woman, make her go crazy on bed and singing the song of Solomon. To become a skillful husband, there are some requirements, these include:

(a) A skillful husband does not start preaching without opening prayer. So a skillful husband starts with fore play, then hugs, kissing, romancing, sucking and fingering, before he finally enters.

(b) A skillful husband does not enter a dry vagina. Penetrating a dry vagina is uncomfortable and sometimes even painful for the wife. Therefore, before penetration, quickly use natural or artificial lubricant to wet the vagina.

(c) A skilful husband will try by all means to delight his wife with his penis, to satisfy her and make her feel like a woman.

As earlier stated, sex is a great gift given to couples by God, but this gift has been abused by some singles, who don't know the curses they are incurring to their lives, it is written “your body is the temple of God”. If you are single avoid premarital sex because it will affect you tomorrow. Sex is a great mystery; that is why couples that always make

love look alike and are likely to live longer and healthier than those that don't frequently make love. According to the Bible, God brought sex into marriage for you to bond, to add joy, and happiness in the marriage; imagine marriage without sex, what will bring couples together?

You are to enjoy sex in your marriage; it should be fun and pleasurable, because sex is a great gift from God and it is the icing on the cake, it also makes the cake look beautiful, more attractive, more delicious, and sweet. Sex is not just for procreation, but for the pleasure of it.

Note: never pretend to be sick for the purpose of denying your husband or wife sex. You must give to him or her sex the way he or she wants it and no man or woman can withstand sex starvation for too long (even the anointed).

Sex in marriage is one of the most important aspects of marriage that people don't understand; some don't want to talk about it because of their culture and tradition, and they die in silence. I heard a story of a bishop's wife that divorced her husband because she was not sexually satisfied. One of your goals in marriage should be how to satisfy your partner.

If you see sex as a burden it will be a burden to you, if you see it as pleasure it will be pleasure to you, if you see it as fun it will be fun to you, if you see it as enjoyment, it will be enjoyment to you. For you to enjoy sex in your marriage you must do the following:

(a)      Communication: You need to voice out and talk about your sex life particularly if you are not enjoying your partner, tell him or her. Let him or her know so that he or she can upgrade to the level you desire. Let him or her know when he or she is missing it and what he or she needs to do. For example, tell your husband you prefer kiss on the neck, I love it when you hold me at the back, I like it when you kiss me before entering; or you tell your wife, I love it more when you moan on bed or when you kiss me like in this or that manner, etc. You need to express and explain the way you want it done.

(b)      Don't be a dirty partner: As a man you need to look good, clean your body, shave your armpit, wash your inner wears, and perfume yourself. Some men can be so unkempt, very dirty and you are coming to make love with your wife, it's odd. If you want to enjoy sex more, do it in a clean environment and clean body. And as a woman look

good for your husband; change your hair style when due, wash it, shave and perfume yourself. Smell nice, look attractive always and bring varieties to your sex life; men are moved by what they see, so dress to kill him at home (look sexy and hot) so they won't kill him outside. I heard a story of a man that went to buy sexy wear for his wife to wear at home for him to see and admire, but she dumped them. You don't know what these men see outside; there is no excuse for adultery but some women push their husbands outside.

Some women make their bedroom so unkempt and not even in good shape, such environment doesn't look attractive for the man. There is a way you dress your bed that will make you feel honey. That is the way it should be.

(c) Don't be stuck with one style: You have been married for over 10 years, and it is only missionary style you know, my friend upgrade, look for different styles. Read books and upgrade your sex life and enjoy it while it lasts.

(d) If you have a challenge seek for help; spiritual help, medical help. Don't overlook things, if your urge is going down, and you are not active as you used to be, or you just lost interest, i.e. you don't feel honey anymore. Please seek for help, talk about it,

ask questions and look for solution. Don't just sit down and allow your emotions or sexual urge die like that. Furthermore, some women after child birth lose interest in love making and this is not good for their marriage.



## CHAPTER 8

### ***WAYS TO HAVE ROMANCE IN LONG DISTANCE RELATIONSHIP***

**I**n order for romance to stay alive, you have to keep it alive; it doesn't stay strong by itself. If you are not always together with your partner, may be you are working elsewhere, or you are schooling, you need to create magical moments in the relationship.

#### HOW TO HAVE ROMANCE IN SUCH RELATIONSHIP

(1) Pay attention on phone calls: Paying attention on calls will help a lot. Hearing the voice of your partner, asking him or her what he or she is doing per time, and giving a short amount of quality time on phone will make you feel your partner is close to you. Call him or her as often as possible in

a day to make him or her feel loved, cared for and sweet.

(2) Send a care surprise package to your partner: You can send a package to your partner once in a while, with a love note inside, telling him or her how you love and miss him or her, and can't wait to see him or her again.

(3) Send good morning text message: Text each other in the morning and at night. Also make it a duty, not to go to bed without saying good night to your partner, and after saying your prayers in the morning; it's good to let your partner know that you are thinking about him or her, when you wake up. Ask your partner how his or her night was; hoping he or she slept well, and whether he or she dreamt about you, what his or her plans for the day are, etc. and end it with 'do have a blessed and blissful day ahead'. It sounds sweet and romantic right, *Awww*. I can see you smiling reading this.

(4) Surprise him or her with unexpected visit: Take your time to plan a visit, make it sweet and romantic, reaching your home, present flowers, or gifts to your partner with a warm welcome, hug and kiss him or her, tell him or her how excited you are holding him or her close to you again.

(5) Make sure to laugh together: Send him/her a joke, send a link filled with funny pictures, just to laugh and have fun together.

(6) Video chat with one another: Have a video chat to help you see each other's face, to smile and just seeing yourselves face to face, feeling your presence around each other. You deserve to be happy, even when your partner is not close by

(7) Prioritize your partner: As time goes on, it is easy to get consumed by work, kids or stresses of everyday life. Don't allow those thoughts come between you and your partner, make your partner your priority; your partner is the most important person in your life (after God, your Partner). It is healthy for kids to see their parent connecting.

(8) Recreate romantic moments: Flash back can bring back some of your romantic moments, and can help bring you closer, so recreate honeymoon, vacation, etc.

(9) Talk about it: Say it out; don't kill your romance by keeping quiet. You need to improve in your communications, talk about your feelings in the relationship, talk about your likes and dislikes; what you want your partner to improve on, what you think you are missing. When it comes to romance, you need to voice out and listen to each other.

(10) Remember: If you don't express romance in your marriage, your relationship can make you feel more like roommates than lovers. Years after in marriage there are couples who still struggle with the idea of how to be romantic in their relationship.

## CONCLUSION

**R**omance becomes easy when you are mindful of bonding created through experiences that bring partners closer. This can be brought through acts of affection, giving gifts, meaningful conversation, laughter and intimacy. Romance should be fun, a joyful experience, and is often reflected through enjoyable activities such as going to movies, carnival, attending parties together or playing games. If you are not having romance in your relationship, it doesn't mean that your relationship is not good because your partner may be an excellent provider, father, attentivemate in other aspects of life. He or she is just not showing you romance.

Spending more time together creates great opportunities for romance. Before you realize, you will start becoming fun of each other. You will start playing together, eating together. Act as though you are just dating.

