

COURSE 10 — SEXUALITY

# NAKED AND UNASHAMED: SEXUALITY IN COVENANT MARRIAGE

**Final Summary & Video Script Guide**

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*11 Modules | Each Module on Its Own Page*

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# MODULE 1 — THE THEOLOGY OF SEXUAL INTIMACY

*Sex in Marriage Is Not a Concession — It Is a Covenant Act Designed by God*

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## FINAL SUMMARY — FS

The church communicated shame rather than the robust theology Scripture provides — leaving couples without a framework for healthy guilt-free intimacy.

1: Replace the Shame-Based Framework With the Theology God Actually Provides

2: Understand That Mutual Ownership Is the Design — Not a Concession

3: Return to Genesis 2 — Where Nakedness Without Shame Was the Original Design

***Final word: God designed sexual intimacy, celebrated it, and placed its fullest expression inside the covenant. Receive it that way.***

## VIDEO SCRIPT — VS

### **Replace the Shame-Based Framework With the Theology God Actually Provides**

Song of Solomon is not allegory — it is explicit celebration of erotic love between husband and wife. Sex serves three biblical purposes — procreation, pleasure, and covenant renewal. Most couples have only been taught the first. Receive all three without shame.

### **Understand That Mutual Ownership Is the Design — Not a Concession**

First Corinthians 7:4 declares the husband's body belongs to his wife and the wife's body to her husband. Withholding sex breaks covenant in a domain God specifically designated for bonding and protection.

### **Return to Genesis 2 — Where Nakedness Without Shame Was the Original Design**

Genesis 2:24-25 establishes nakedness without shame as the original blueprint. The covenant of marriage is the only institution God designated as the place where that shame is fully removed — not tolerated but designed out.

***Final word: God designed sexual intimacy, celebrated it, and placed its fullest expression inside the covenant. Receive it that way.***

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# MODULE 2 — THE FREQUENCY PROBLEM

*Why Couples Stop Having Sex Is Rarely About Sex*

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## FINAL SUMMARY — FS

It is about everything sex requires — emotional safety, vulnerability, and trust — that has quietly broken down upstream.

1: Name the Real Driver So You Can Address the Actual Problem

2: Have the Direct Honest Conversation Most Couples Are Avoiding

3: Honor the Covenant Obligation — Frequency Is a Responsibility Not a Preference

***Final word: The couples most at risk are not those who fight about sex. They are the ones who stopped talking about it.***

## VIDEO SCRIPT — VS

### Name the Real Driver So You Can Address the Actual Problem

Frequency decline is almost never about physical attraction. It is about emotional distance, accumulated resentment, and the unspoken conclusion that vulnerability is no longer safe. Couples highly connected emotionally find time and energy for sex. Disconnected couples find reasons not to.

### Have the Direct Honest Conversation Most Couples Are Avoiding

Most couples negotiate their sexual relationship silently through pursuit, avoidance, and resentment. Gottman identifies sexual dissatisfaction as one of the top three predictors of divorce. The couples most at risk are not those who fight about sex — they are those who stopped talking about it entirely.

### Honor the Covenant Obligation — Frequency Is a Responsibility Not a Preference

First Corinthians 7:3-5 commands meeting each other's needs using the language of debt and obligation. Frequency is a covenant responsibility. Its neglect leaves both spouses spiritually and relationally exposed.

***Final word: The couples most at risk are not those who fight about sex. They are the ones who stopped talking about it.***

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## MODULE 3 — HIS NEEDS, HER NEEDS: THE DESIGN DIFFERENCE

*The Most Common Source of Sexual Frustration Is Not Incompatibility — It Is Misunderstanding the Design*

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### FINAL SUMMARY — FS

Men and women were built with fundamentally different pathways to intimacy. Understanding those pathways changes everything.

- 1: Understand That His Design Means Sex Is How He Gets Close
- 2: Understand That Her Design Means Closeness Must Come Before Sex Is Possible
- 3: Dwell With Your Spouse According to Knowledge the Way 1 Peter 3:7 Requires

***Final word: The design difference is not a problem to be solved. It is an invitation to the kind of knowing that honors the covenant.***

### VIDEO SCRIPT — VS

#### **Understand That His Design Means Sex Is How He Gets Close**

Men are primarily aroused visually and physically — desire often precedes emotional connection. For most husbands sex is how he gets close. The husband who understands his wife's design treats the entire day — how he speaks, serves, and sees her — as the actual foreplay.

#### **Understand That Her Design Means Closeness Must Come Before Sex Is Possible**

Women are primarily aroused contextually and emotionally. Basson's research demonstrates women frequently experience responsive rather than spontaneous desire. This is not dysfunction — it is design. Husbands who understand this stop waiting for initiation and start creating the conditions that make desire possible.

#### **Dwell With Your Spouse According to Knowledge the Way 1 Peter 3:7 Requires**

First Peter 3:7 commands dwelling with your wife according to knowledge — the same root word used for sexual intimacy in the Old Testament. To know your wife sexually is inseparable from knowing her as a person.

***Final word: The design difference is not a problem to be solved. It is an invitation to the kind of knowing that honors the covenant.***

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## MODULE 4 — WHEN SHE HAS SHUT DOWN

*Female Sexual Shutdown Is Not Stubbornness — It Is a Protection Response*

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### FINAL SUMMARY — FS

It will not reverse until its causes are addressed directly, patiently, and with the sustained pursuit only a covenant husband can provide.

- 1: Identify What Is Upstream of the Shutdown Before Addressing the Symptom
- 2: Lead With Sustained Non-Sexual Affection Until Her Nervous System Relearns Safety
- 3: Pursue Her the Way Ephesians 5 Commands — Sacrificially, Patiently, Without Coercion

***Final word: The environment — not the woman — is what needs to change. Create safety and watch what becomes possible.***

### VIDEO SCRIPT — VS

#### Identify What Is Upstream of the Shutdown Before Addressing the Symptom

Sexual shutdown is almost always a symptom of something upstream — emotional disconnection, unresolved conflict, or a history of sex feeling like something done to her rather than with her. Contempt is the single most reliable predictor of shutdown. When a wife feels criticized her body eventually refuses what her mind has not yet named.

#### Lead With Sustained Non-Sexual Affection Until Her Nervous System Relearns Safety

Nagoski's work on sexual brakes and accelerators confirms the female sexual response is exquisitely sensitive to threat cues. A wife in shutdown is not broken — her nervous system is functioning exactly as designed. Recovery requires sustained non-sexual affection with no agenda until safety is relearned.

#### Pursue Her the Way Ephesians 5 Commands — Sacrificially, Patiently, Without Coercion

Ephesians 5:25-29 commands husbands to love as Christ loved the church. A husband whose response to shutdown is pressure or withdrawal is outside his covenant role. His calling is to create conditions of safety that make her flourishing possible.

***Final word: The environment — not the woman — is what needs to change. Create safety and watch what becomes possible.***

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## MODULE 5 — WHEN HE HAS CHECKED OUT

*Male Sexual Withdrawal Is One of the Most Confusing Dynamics a Wife Can Experience*

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### FINAL SUMMARY — FS

It is also the least talked about — because neither spouse has the language and both carry the wrong conclusions.

- 1: Name What Is Actually Driving the Withdrawal Before Silence Makes It Permanent
- 2: Create the Response Environment That Makes Honesty Feel Safer Than Avoidance
- 3: Honor the Covenant Responsibility — Silence and Avoidance Are Not Neutral

***Final word: Silence and avoidance are not neutral. They are covenant failures requiring the same repair as any other form of marital neglect.***

### VIDEO SCRIPT — VS

#### **Name What Is Actually Driving the Withdrawal Before Silence Makes It Permanent**

Male withdrawal is not always about pornography. It can be driven by performance anxiety, fear of rejection, or the accumulated weight of feeling like a failure. The wife of a checked-out husband almost universally concludes she is the problem. That conclusion is devastating and almost always wrong.

#### **Create the Response Environment That Makes Honesty Feel Safer Than Avoidance**

Research identifies shame — not low desire — as the primary driver of male sexual avoidance. Men who check out are rarely uninterested. They are managing a shame spiral where the risks of engagement feel greater than the rewards. Restoration requires the husband to name what is happening rather than disappear into silence.

#### **Honor the Covenant Responsibility — Silence and Avoidance Are Not Neutral**

First Corinthians 7 places the obligation of meeting a spouse's needs on both partners without exception. Silence and avoidance are covenant failures requiring the same repentance and repair as any other form of marital neglect.

***Final word: Silence and avoidance are not neutral. They are covenant failures requiring the same repair as any other form of marital neglect.***

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## MODULE 6 — LOW MALE LIBIDO

*Low Male Libido Is the Most Underaddressed Sexual Dynamic in Christian Marriage*

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### FINAL SUMMARY — FS

Partly because men will not name it — and partly because the church has no framework for a husband who wants sex less than his wife.

1: Pursue Medical Answers Before Concluding the Problem Is Relational or Spiritual

2: Communicate Honestly So Your Wife Stops Carrying the Wrong Conclusion

3: Lead in This Domain the Way Headship Requires — With Honesty and Engagement

***Final word: A husband who accepts diminished libido without seeking help or communicating is not practicing headship. He is practicing absence.***

### VIDEO SCRIPT — VS

#### **Pursue Medical Answers Before Concluding the Problem Is Relational or Spiritual**

Low male libido is far more common than reported. Testosterone levels have declined significantly across three decades. The causes are often physiological — low testosterone, thyroid dysfunction, sleep deprivation, chronic stress, and medication side effects — and are frequently addressable once identified and treated.

#### **Communicate Honestly So Your Wife Stops Carrying the Wrong Conclusion**

A wife married to a low-libido husband feels unwanted — not merely unattractive — which is worse. She almost never tells anyone because the cultural script does not account for her situation. Name what is happening. Let her stop carrying the wrong conclusion in silence and isolation.

#### **Lead in This Domain the Way Headship Requires — With Honesty and Engagement**

A husband's covenant responsibility does not disappear when desire is absent. He is called to pursue medical answers, communicate honestly, and engage his wife's needs even in seasons of diminished drive. Passive acceptance without seeking help is not headship — it is absence.

***Final word: A husband who accepts diminished libido without seeking help or communicating is not practicing headship. He is practicing absence.***

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# MODULE 7 — THE CONVERSATION YOU HAVE NEVER HAD

*Most Couples Have Never Had a Direct Honest Conversation About Sex*

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## FINAL SUMMARY — FS

What they want, what has hurt them, what is not working, and what they are hoping for. That absence is doing more damage than most couples realize.

- 1: Build the Language of Desire That Opens Doors Rather Than Locks Them
- 2: Choose the Right Timing and Environment So the Conversation Produces Connection
- 3: Build the Covenant Safety That Makes the Marriage Bed What Scripture Designed

***Final word: The conversation is the intimacy. Research confirms it is a stronger predictor of satisfaction than frequency or compatibility.***

## VIDEO SCRIPT — VS

### **Build the Language of Desire That Opens Doors Rather Than Locks Them**

Most spouses have unmet needs they have never named — fearing the conversation will be received as criticism. The language of desire is different from complaint. I miss being close to you that way opens a door that we never have sex anymore locks permanently. The framing determines whether it becomes an invitation or an indictment.

### **Choose the Right Timing and Environment So the Conversation Produces Connection**

A conversation about sexual needs attempted mid-argument or immediately after sex will produce defensiveness not connection. Research identifies sexual communication as a stronger predictor of satisfaction than frequency or compatibility. Couples who speak directly report dramatically higher satisfaction regardless of how often they have sex.

### **Build the Covenant Safety That Makes the Marriage Bed What Scripture Designed**

Proverbs 31 describes a wife whose husband fully trusts her — implying safe vulnerability without fear of harm. A couple who cannot speak honestly about their sexual needs has not yet built the covenant safety marriage was designed to produce.

***Final word: The conversation is the intimacy. Research confirms it is a stronger predictor of satisfaction than frequency or compatibility.***

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## MODULE 8 — FREQUENCY, INITIATION, AND THE POWER DYNAMIC

*Who Initiates, Who Declines, and Who Carries the Weight of Desire Are the Architecture of the Sexual Relationship*

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### FINAL SUMMARY — FS

The asymmetry almost always produces resentment in both directions — and requires an explicit practical agreement to resolve.

- 1: Name the Initiation Asymmetry Before Desire Fatigue Makes It Irreversible
- 2: Build the Shared Initiation Culture That Distributes the Weight Mutually
- 3: Honor the Mutual Covenant Obligation — Both Spouses Are Fully Responsible

***Final word: Chronic refusal is not a preference. Paul frames its neglect as giving Satan an opportunity — the consequences extend well beyond the bedroom.***

### VIDEO SCRIPT — VS

#### **Name the Initiation Asymmetry Before Desire Fatigue Makes It Irreversible**

In most marriages one spouse carries the weight of initiation consistently. Research identifies desire fatigue — a protective suppression of desire to avoid repeated rejection — as a primary driver of long-term sexual dissatisfaction. Once established it is difficult to reverse and often precedes complete shutdown in the higher-desire spouse.

#### **Build the Shared Initiation Culture That Distributes the Weight Mutually**

A shared initiation culture requires an explicit practical agreement — about frequency expectations, how each spouse prefers to be approached, and what a decline means and does not mean. The spouse who declines more frequently is rarely indifferent — they are often managing shame or unmet emotional needs of their own.

#### **Honor the Mutual Covenant Obligation — Both Spouses Are Fully Responsible**

First Corinthians 7:4-5 places responsibility on both partners — not the one with higher desire. Depriving a spouse of intimacy is not neutral. Paul frames it as giving Satan an opportunity — the consequences extend well beyond the bedroom into the spiritual health of the marriage.

***Final word: Chronic refusal is not a preference. Paul frames its neglect as giving Satan an opportunity — the consequences extend well beyond the bedroom.***

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## MODULE 9 — AFTER THE WOUND: REBUILDING AFTER BETRAYAL

*Sexual Betrayal Leaves a Specific Kind of Damage That Ordinary Marriage Advice Does Not Reach*

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### FINAL SUMMARY — FS

Rebuilding requires more than forgiveness. It requires rebuilding the entire relational architecture without rushing the wounded spouse's timeline.

- 1: Name What the Betrayal Actually Cost Before Rushing Toward Reconciliation
- 2: Do the Sustained Costly Work of Pursuit and Repair That Makes Return Feel Safe
- 3: Follow the Hosea Model — Pursue Tenderly, Speak Into the Wilderness, Rebuild the Covenant

***Final word: The betraying spouse's calling is not to expect forgiveness. It is to do the work that makes the wounded spouse's return feel safe.***

### VIDEO SCRIPT — VS

#### **Name What the Betrayal Actually Cost Before Rushing Toward Reconciliation**

Sexual betrayal attacks the one domain where a spouse was most vulnerable — most naked, most exposed, most trusting. Premature pressure to resume intimacy before the wounded spouse has processed the violation produces compliance that looks like reconciliation but is actually a second wound layered on the first.

#### **Do the Sustained Costly Work of Pursuit and Repair That Makes Return Feel Safe**

Betrayal trauma research identifies sexual betrayal as a distinct trauma category whose severity correlates directly with the degree of trust in the relationship. What heals it is not time alone but the sustained presence of safety — which only the betraying spouse can consistently provide over time.

#### **Follow the Hosea Model — Pursue Tenderly, Speak Into the Wilderness, Rebuild the Covenant**

God does not simply forgive Israel's unfaithfulness — He pursues, speaks tenderly, and leads back through wilderness into renewed covenant. The betraying spouse's calling is not to expect forgiveness but to do the sustained costly work of pursuit that makes the wounded spouse's return feel safe rather than pressured.

***Final word: The betraying spouse's calling is not to expect forgiveness. It is to do the work that makes the wounded spouse's return feel safe.***

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# MODULE 10 — PHYSICAL INTIMACY ACROSS THE SEASONS OF MARRIAGE

*Every Marriage Passes Through Seasons That Reshape Sexuality — Couples Who Navigate Them Well Share a Framework*

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## FINAL SUMMARY — FS

They adapt without losing each other across every season life brings — because they built something that holds.

- 1: Name the Season You Are In So You Can Navigate It With Clarity
- 2: Pursue Medical and Relational Solutions Rather Than Accepting Drift as Inevitable
- 3: Honor the Permanent Covenant That Includes No Expiration Clause

***Final word: The couples who stop are rarely those with medical limitations. They are the ones who stopped regarding their connection as worth the conversation.***

## VIDEO SCRIPT — VS

### **Name the Season You Are In So You Can Navigate It With Clarity**

The postpartum season combines hormonal shifts, physical recovery, and sleep deprivation into one of the most sexually disruptive periods in marriage. Perimenopause and menopause are medical realities requiring medical attention — not evidence of lost desire. Aging reshapes male sexuality too. Couples who name the season navigate it. Couples who avoid the conversation drift apart.

### **Pursue Medical and Relational Solutions Rather Than Accepting Drift as Inevitable**

Chronic illness and disability do not eliminate the need for intimacy — they require renegotiation of what intimacy looks like. Longitudinal research shows couples who maintain sexual intimacy into later decades share one characteristic — they talked about it and treated their connection as worth actively tending throughout every season of life.

### **Honor the Permanent Covenant That Includes No Expiration Clause**

Song of Solomon portrays sexuality fully embodied and fully integrated with the couple's entire life — not a phase of early marriage but a continuous covenant expression. Each season reshapes the expression. The covenant protects the commitment. The couples who stop are the ones who stopped regarding the connection as worth the conversation.

***Final word: The couples who stop are rarely those with medical limitations. They are the ones who stopped regarding their connection as worth the conversation.***

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# MODULE 11 — BUILDING A PERMANENT INTIMACY CULTURE

*Couples Who Maintain Deep Sexual Intimacy for Decades Are Not Lucky — They Are Intentional*

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## FINAL SUMMARY — FS

They built a culture that treats intimacy as something to be protected and returned to — not a reward for a good week but a foundation of the covenant.

- 1: Establish the Daily Rituals That Keep the Bonding System Activated
- 2: Protect the Honest Conversation That Prevents Silent Accumulation of Unmet Needs
- 3: Build What Ecclesiastes 9:9 Commands — Active Joyful Enjoyment of the Spouse You Love

***Final word: What Module 1 establishes theologically Module 11 sustains practically. Begin with no shame. End fully known and fully safe.***

## VIDEO SCRIPT — VS

### **Establish the Daily Rituals That Keep the Bonding System Activated**

A permanent intimacy culture begins with daily rituals — the six-second kiss, meaningful physical greeting and farewell, non-sexual touch without agenda. These are neurological maintenance not romantic gestures. They keep the body's bonding system activated between sexual encounters and signal consistently that the marriage is a protected priority.

### **Protect the Honest Conversation That Prevents Silent Accumulation of Unmet Needs**

Periodic honest conversation about the sexual relationship — what is working, what is not, what each spouse needs — prevents the silent accumulation that produces shutdown and resentment. Gottman's research points consistently to one conclusion — couples who sustain desire treat their partner as a person to be continually known rather than a role to be managed.

### **Build What Ecclesiastes 9:9 Commands — Active Joyful Enjoyment of the Spouse You Love**

Ecclesiastes 9:9 commands enjoying life with the wife you love — active, present tense, unqualified by season. What Module 1 establishes theologically Module 11 sustains practically. The marriage that begins with a theology of nakedness without shame ends — decades later — with two people fully known and fully safe with one another.

***Final word: What Module 1 establishes theologically Module 11 sustains practically. Begin with no shame. End fully known and fully safe.***