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10 STEPS
TO
INCREASE
DESIRE

BY KEVIN GOUDY

- The first step is to be in the moment. Be present in what you are doing, not your day or the stresses of the world. Focus on yourself here and now. This is where you need to get in touch emotionally, mentally, and physically with yourself. Breathe and relax remembering this is about you.
- Now set the mood. Dim the lights, light some candles, put on something sexy or just comfortable, turn off all distractions.
- Once you are calm and relaxed now using all your senses focus on your body. You need to be comfortable with your body. You need to know what feels good or arousing. This means self-exploration and being open to all the feelings that come with it. Touch your body and feel it every inch of it slowly.
- Using your sense of touch and find the areas of your body that when touched make you feel awakened or aroused. This could be a light stroke of a fingernail up your leg or down your side. This could be one or two fingers lightly rubbing down or across your chest. This could be circles with your fingers lightly around your nipples.
- Once you feel this search your body for more areas that feel the same or better. There are many erogenous zones on your body. Try to find them. This is about arousal turning into desire so find what makes you aroused.
- When you become aroused it is up to you to change that into desire so now you will need to take it further. Take that touch that aroused you and focus on the pleasure that it sends through your body. You want to build on that pleasure sensation which may take more than one of those touches in more than one area.
- Think about touching your spouse or partner the way you are touching yourself. Think about exploring their body with your fingers the way you explored yours.

Fantasize about your hands being theirs and them touching you, exploring your body.

- Fantasy is a large part of desire remembering sexual things you have done or focusing on things that you want your lover to do. Think about what has made you orgasm in the past if you have. If you have not then try to imagine and find what will make you orgasm now.
- Sexploration or being sexually adventurous can mean many things. It may just mean trying a different position during self-exploration. It could mean you and your spouse trying new positions.
- Remember if you don't know what feels good then how can you ask for it or share that with someone else. Get to know your body inside and out literally. If you want to be desired, you need to also show desire for your spouse or partner. Find your turn-ons and share them.

On a more personal note:

Kevin Goudy has been working towards his degree in ministry and counseling for several years at Liberty University. Intimacy and sexuality are his focus within relationships. He has started an online presence with premarital counseling and coaching through his ministry. Some materials are available on his website Christiansexualityministry.com as well as Facebook and Instagram.