



5 WAYS TO
SPICE THINGS UP IN
THE BEDROOM

LET'S ADD SOME SPICE!

01: STROKE THE FIRE

When's the last time the two of you made out when sex wasn't even an option? Seems like these days, if you're making out... you're heading to the bedroom. So, here's the challenge: try to make a goal of making out once a day! It'll help you get in the mood, stoke that fire, and get you both excited about hitting the sheets later on! Also, go back in your mind and think about your dating/engaged years and remember the thrill of a good old classic make out sesh! Could be a fun way to say "have a great day" instead of a small peck!

02: MAKE A SPICY "TO DO" LIST

Different from your typical "honey-do list" it's time to come up with your "where should we 'do it' list"! Sit down with your spouse and create a list of locations you want to make love! It doesn't have to be crazy adventurous, like in an elevator, but even think of creative locations in your home! (Car, shed, tent trailer, by the christmas tree, on your couch, in the shower, etc!) But try to choose locations that you guys could actually achieve! The change of scenery and excitement of something new can really spice things up!

03: DITCH THE ROUTINE!

You know those things you do everytime the two of you make love? It's time to break away from the normal routine! Take a risk and do something different tonight! Do you guys normally have sex in the missionary position? Try cowgirl instead! Do you keep all the lights off? Try lighting some candles so you have a slight dim. Do you always have sex right before bed? Have an afternoon delight, or morning sex! The usual routine, which can be so lovely, can easily become a checklist of things to get through. Switching things up, which adds a sense of vulnerability, can really assist in keeping things fresh and interesting!

04: ENGAGE YOUR FIVE SENSES

It can be easy to forget that engaging all of our senses during a sexual experience can be a really helpful way to get our minds in the moment and focus on what's actually going on. So here's a list of the 5 senses and an idea of how you can use that sense to spice things up!

Sight: Set up a mirror so you can see what's going on! Being able to watch yourselves as you're making love can be an extremely vulnerable but also beautiful thing. Dim the lights, light those candles, then take a peek over at what's going on as you're being intimate!

Smell: Bring the nostalgia back by selecting a cologne or perfume you guys had while you were dating and spray it on you before being intimate! Add some spice into your love making as you blast to the past, recognizing the smell.

Touch: Take your spouse's hand and guide them as you please! Perhaps one of you is blindfolded and the other isn't - then whoever isn't wearing the blindfold can touch their partner's body, adding some suspense and excitement into the moment!

Taste: Feed each other as part of your foreplay! Maybe it's something you both enjoy, like ice cream with hot fudge sauce, or chocolate covered strawberries. Perhaps, go a different route and try an aphrodisiac food together! Some examples are oysters, watermelon, dark chocolate, figs, or pomegranates!

Hear: Talk to one another while you're being intimate! Ask your spouse to tell you how your body feels as he or she touches you, how it feels as he or she strokes you. You can also tell each other what you're going to do or what you'd like to do. Another option would be to put some music on! Make a playlist with songs that you think would help to set the mood and add some spice!

05: DRESS IT UP

It's time to dress up! So husbands, purchase a fancy outfit for your wife. Wives, go find something dapper for your husband to wear. The plan here is to organize a fancier date night, where you both dress up to go out! Seeing your spouse all dressed up is the first part of this spicy experience, the second part comes later when all those fancy clothes end up on the floor.



God designed our bodies to find so much joy and pleasure with our spouses! We hope this resource guides you in that journey!

Praying over your marriages,

The K&J team