

For Women Only — 2

First off we talked a little about men sleeping in separate beds during the wife's period. Yoneq said that someday every couple will have two beds, perhaps even two rooms. Some men may prefer to sleep separately, but it is not necessary right now. We have to adapt everything from the Old Covenant into the New. For now we will say that a woman will be clean after 40 days even when she has a girl baby; there is no longer any distinction between male and female in the New Covenant. Therefore, there is no longer any penalty for bearing a girl. This is what we will say for now and if it is not right our Father will speak to us. It says to "find out" what pleases Him. This is how we are going to find out. No one's ever done what we're doing before.

They've always gone under the law. If we walk according to the Spirit we can do it. We've got to be better than the first Church in our devotion and walking by the Spirit. If we're under the law we're under a curse. We have to walk slowly. He'll rebuke us if we go off. If we're walking in the flesh schisms will arise; anger will flare up (Lev 15:19,24; 20:18). Under the Old Covenant we were protected from abuse because of the law. In the New Covenant also we are protected because the law is written on our hearts.

Pr 31:10 — A wife of noble character who can find? That was a valid question back then. Her husband has full confidence in her. She brings him good and not harm. **Pr 18:22** — He who finds a wife finds a good thing and receives favor from YHWH. **Pr 31:23** — Her husband is respected in the gates.

Ma'aminah: There are no excellent wives outside the Edah. That's why they can't be found. It gives me hope that I can be an excellent wife.

There is an instinctive, innate intuition in woman of what she was created for. How does her role begin? In attitudes. Your husband is bringing you alongside of him. What would a good wife be doing? Being respectful. It begins with an attitude of thinking about him instead of yourself. It includes ways of helping him all the time. You're a helper. Pray for ways to help and please him. **Pr 31:28** says her children call her blessed and her husband also praises her because she is a good wife always finding ways to please him ... he knows this. Verse 12 ways she does him good and not harm all the days of her life. So when you're married these will be your vows. That's the covenant you make with him to do him good and not evil all the days of your life. Are you ready to get married again? We're all learning. When a woman marries we need to show her to put this into her vows (**Pr 31**), especially the part about "all the days of her life."

Your behavior comes out of an inner attitude you've already chosen for yourself: that he is king. You kiss him. It's the beginning. He becomes king of your family, your marriage. You want to please him the most! He's top priority in your life. You can't imagine the results this will bring. It will change him. Loyalty to a king was the greatest thing. Uriah's heart toward David shows this. The Greek word for *respect* is greater than our word. It means to defer, to notice, to give attention to (**Pr 16:15**). Now I do not like principles. But even if you do something by principle it will work because it is a law. However, it will not last. If it is done by the Holy Spirit, it will endure. If you give attention to someone HE WILL CHANGE. A child, even a dog, will change. You win your children by noticing them, looking at them, etc. Principles work to a certain point, but when something great comes along, you blow up. You can eat cooked foods all your life and seem to do fine, but then a big flu comes along and you can't fight it.

We have to have a healthy immune system.

It's your privilege to be a woman. The more you please your husband and have a heart to, the more he's going to be eager to please you. Do unto him and he'll do good unto you. The circle never ends but the responsibility falls on you because you're the one who was created to please him. Was he created to help you or you to help him? You don't automatically fulfill and complete him in a mystical way.

In sexual relationships, what does he want? That you would be satisfied. But if he knows you enjoy it

he'll be pleased. It stimulates a man to know you're being pleased. Don't pretend. He likes for you to be pleased. He wants to know it. Men are only satisfied if they know they're bringing pleasure to their wife. If you don't get pleasure and just tell him you only care if he gets pleasure, he'll become impotent.

Most husbands know there's more to having sex than having their biological needs met by a passive, tired, bored, but submissive wife. Pr 31:18 — Husbands want to see their wives sent into ecstasy. (Or at least to a certain extent.) They like that. But many women do not have a good sexual relationship but suspect that everyone else does. A satisfactory sexual relationship strengthens every marriage, as does a good social relationship strengthen a sexual relationship.

Many women have never had or don't know if they've ever reached a sexual climax. In order to have that climax, there must first be an arousal. A passive, bored, tired wife doesn't know anything about this. There must be an arousal and a response and then a release. This is all hindered because of an attitude and how we communicate to one another. We have to evaluate ourselves. Begin with your attitude. When you hear the word *sex* or *sexual*, what do you think of? Is it something warm and tender pleasant, yielding loving? Or is it dissatisfying, unpleasant ...

Most of our parents didn't tell us one thing about it. Our children now are confiding in their fathers with no guilt or shame. It's marvelous. Maybe you thought your husband would know it all but he didn't. Are you inhibited? Do you endure sex as a duty, or do you anticipate it as a delight? Are you warm, responsive to your husband's advances? Or do you scoot over to the other side of the bed hoping he won't show any interest? Did your honeymoon experience turn you off, establishing an unhappy pattern that has not been broken? We need to educate our children. Many honeymoon experiences were disappointing. There were no lightning flashes. The stars didn't glow, etc. It may have been due to a lack of information. Maybe your hopes were too high. Sexual desire is instinctive but not automatic like any other way a woman helps her man.

We want to stimulate the natural instinctive desire you have for your husband, not give a bunch of techniques to improve your sex life. A woman is made perfectly as a counterpart to him in all aspects. Being one flesh means more than just a physical union. It's in all aspects: social, mental, emotional, spiritual — your whole being united perfectly. Mistakes and false ideas need to be healed. It takes time to establish a good sexual relationship. The way to evaluate your contribution to the physical love relationship is to open up to 1 Cor 13 and see how you do on these things. Love is patient and kind. Men need to be kind, not jealous; there can be no hint of adultery in us. Love always bears up, trusts, hopes, endures. We have to evaluate our love, our physical love. Patient, kind, not jealous or envious, never rude. It does not insist on its own rights.

You don't have to guess whether someone loves you; it's obvious ... never touchy, fretful, resentful, doesn't count up past wrongs. Does your love always believe the best of your husband? Has it ever failed? How do you feel inwardly about yourself? Do you accept yourself the way you are? Do you feel you're unattractive? Overweight? Underweight? Breasts too big? Too small? Hips too big? These affect you. Do you wear a long flannel gown? Turn off all the lights? Are you anxious when you make love? Are you free? Are you still under the curse? "They were together, unashamed." Remember that your husband chose you to be the one.

Do you accept your husband just as he is? Not only in appearance, but temperament? What he does, who he is in the Edah? Even though he's not an elder? Never criticize or be critical. Do you cut him down in word or in thoughts? You can cut him down in many ways. Tell your husband how glad you are that he is who he is and how much you appreciate what he does in the Body ... and how kind he is to you and the children and everyone else, even your mother. Whatever he is, don't keep it to yourself and secretly admire him. He might think you're having a hard time with him or you're having bad thoughts about him. He may be thinking badly about himself. If you appreciate one another you will have a good sexual relationship. COMMUNICATION is vital!

What is a sexual relationship like without communication? Dry. He doesn't know whether you're being

fulfilled. He or you may have needs, but you're afraid to say so. You're too ashamed to say something. So your communication can be non verbal. Sex without communication leaves much to be desired. Your husband wants you to be verbal. You're not verbal because you were taught it is wrong. He wants you to be verbal too. Maybe he's not verbal. You can communicate with your hand (e.g., too rough, too gentle). Some husbands may need verbal and non-verbal support to know. There's a way of telling him you're ready for intercourse. Even before you make love you need to make your needs known gently, submissively. He has to tell you his needs, too. It is very difficult to do this. He needs to know you like it and are being fulfilled.

Half of you women probably never reached an orgasm. If you want to and you're not, ask him to help you. There are more ways than just intercourse. There's manual stimulation. This, from a gentle, sensitive, kind, loving husband can help you. We can be healed. Don't feel left out. It is good for you to climax because our Father made you that way. That's what the clitoris is for. It's amazing how silent both men and women are on something so important as sex. We wish and hope in silence that it will be different this time, without telling them. Divorces happen over this. People get feelings for other people...

Now, our Father is going to change us but not without our cooperation. We're not robots or puppets on strings. We know the attitude we should have. A woman doesn't quit biting her nails by saying, "I'm going to stop doing it," but by stopping. The best way to change your attitude about sex is to take positive action. Does it take too long to get aroused? Think about it early in the day. Just start concentrating on the thought that sex with your husband is pleasant and later when it happens, keep thinking, "This is good; my husband is pleasing me; he wants me to be pleased; I'm pleased. I don't want to be self centered. He's going to enjoy it if I have a good attitude." You have to change your attitude. You have to say, "My Father created me for I am my beloved's and my beloved is mine." In certain cases you have to help people see they have to take responsibility for their own sexual pleasure and their negativity about bringing about children. We must do away with this frigidity. Both of you need to establish that or be willing to give and receive suggestions in order to increase excitement in your relationship. Be active and not passive. If you're active, your mind will be less apt to wander. "What am I going to cook tomorrow?" Don't be afraid to caress your husband as he's caressing you. Let yourself loose so you can pursue your husbands. You've got to go after him sometimes. Let him know during the day you're thinking about it.

Without saying a word you can let him know he's wonderful, you find him attractive, desirable; your desire is for your husband. You like to know that, too. You're the initiator. You bring him on. Men like to be brought on, not always having to pursue the woman. Sometimes you'll be very tired. You'll feel as sexy as an old sock. But he'll approach you with a gleam in his eye. You'll have to rely on your supernatural strength to be as warm and responsive as he needs you to be, no matter how tired you feel.

He's learning to be more sensitive. He can't go to you with the Corinthians "Bill of Rights." If you find rebellion arising in your heart because of this, even when you're tired, you're tired because you've forgotten your desire is for your husband. She brings him good and not harm all the days of her life. Give him a heart attack — initiate it. It'll spark something new. It will be a delight to him. I desire to do your will. I submit to my husband the way Messiah does to the Father. This is always done by you and not to you. Tiredness is mostly an attitude. There are things I don't have to tell you. Not everyone is as nice and clean as you ... Be clean and nice; be as appealing as possible. The husband is stimulated by his wife's body. But you don't want too much of one thing. Like in a nudist colony one is no longer stimulated. A little something left to the imagination is good.

Children

They should be in the proper line of priorities. Some people get them mixed up and place them ahead of their husband. It will take its toll in the marriage when the children are grown. The family is where the children pick up on the sex education. Here's where they first take

attitudes about sex. The best sex education is to see their imma and abba love each other as first priority. You and your husband. If you're standing there and he lets you know he likes you and he wants something ... he's looking forward to it, he anticipates it... he pats you on the back and you turn around and rebuke him in your tone, "Quit that!" The child sees that. It's a sexual time and it leaves a bad taste in their mouth. That is a lesson they've learned, a bad lesson. Let's play it back. You turn and smile, reach out to him, embrace one another, kiss each other (it's okay in community). He goes and sits down. You hum a little tune. You keep doing what you're doing. They've learned a different lesson. They'll see your warmth between each other. They'll grow up and be warm and affectionate.

Honeymoons

There are some helpful hints. We're trying to prevent a disorder called *cystitis*. The urethra gets irritated and an infection goes up to the bladder. You have to have an approved lubrication that dissolves in water — no petroleum or olive oil. Only water soluble and natural if possible. Some people don't have to have that themselves. Tell them to take a hand towel with them to bed for secretions and blood. Have candlelight. To prepare a child for marriage, be a suitable helper for your husband.

The mother should be the most attractive thing. Without a warm atmosphere of love and generosity, they'll never know how to love. The only person who knows how to love is one who's been loved. So if you don't have this kind of love between parents, children are likely to grow up feeling inferior, empty, and worthless. The only course on marriage our children will ever have is in the family by parents: love, submission, respect, being a suitable helper to man.

(If a woman does get cystitis, she must drink lots of fluids. It is important to pass onto our women to be married that it is important to urinate after intercourse. Many urinary tract infections come about at this point.)

Sharon Rose: Asked how to help a sister who suffers because of her past.

Yoneq responded that 75% of us suffer this way. We just have to pray and know we're washed from our past and use our wills to overcome. We have to hear the truth all the time from each other.

Prisca: We've got to love life and seek after life and resist death in every form. We have to resist getting old. I get so busy, so into the work. I get cold and business minded, lacking the qualities I see in and love in them and in me. We want to be that way, resist everything that would hinder us from being that way. For a woman it's harder to climax and enjoy sex. Women are complicated in their minds and they have incurable problems; we're weighed down. It's normal for woman to have climax. Whatever's hindering you is unhealthy: your mentality or unbalanced hormones. You can rule properly in your life to bring certain things to an end at the proper time to enjoy your husband. Enjoy life to the fullest and resist death in every way. I love to be affectionate and express love, to not just think thoughts but to be open.

Elizabeth: There's so much pressure and so much going on. I miss my husband's need because of everyone else's needs. I need to slow down and have control over my life and know when something needs to come to an end. There's an area of his life I don't encompass him in; I don't want to leave his needs in the dust.

Jill: We need to be sensitive to each other and give each other time because our life is so pressured. Take on more children than you think you can and send them off for an evening. They'll do it for you. Encourage friendships with each other. It can be spontaneous instead of waiting for family night.

D'rorah: I had revelation that "your desire will be for him." In this some parts are hard for me: sex. But I saw that it has to be my total desire. It has to be my whole desire.

Edah: Our relationships are the school for our children. My coldness causes my children to be the same way. If we're not warm, they won't be. They'll be insecure and worthless.

Salome: I am so glad I'm part of the stem. No one's ever been a suitable helper for our children's sake before. I have hope for them. I'm going to break through for them. We're going to do it. I feel

honored to do it for them and for my husband.

Yacheved: My parents hated each other all my life. As far back as I can remember, they had separate rooms. I hated seeing them hate each other. I haven't known how to love. Only in the Edah can I love. I want to love life and take examples of those who love life. I don't want to believe the accuser that I can't do it because we're the stem and we will do it because we're the stem and we will do it. I want to believe I'm forgiven for my past.

You are, your feelings are just feelings of regret. It's good to feel regret, but we're forgiven.

Yedidah (wife of Daniel in Gad): I'm thankful I'm part of a people fighting the same battle. I'm not the only one . . .

Different tribes are different but love our Master the same way we do. There's different pressure to form each jewel.

Ruth: Since the last teaching I've forgotten and fallen into things. But if we confess and cry out with tears because sin leads us to death... If we don't obey all the commands of YHWH we'll see death.

When I'd hear how we have to obey all the commands and be perfect or we'll see death, I get hopeless. But Hakam said we can't see this in legalism. But if we cry out like this there's hope ... We can keep the commandments. We can be perfect wives if we activate our will.

We're all stricken with our past, bad training. But we were given a promise that Yahshua will save his people from their sins.

Naomi: Is it possible at my age I can be healed of all my wrong ways? I believe it!