

Preparing the Bride for the First Night

Have a few older women get together with the imma several weeks before the wedding to be sure she has the confidence and knowledge she needs to know how to talk with her daughter. Sometimes an imma may not be able to prepare her daughter well for the first night. The older women must be sure that the bride will be comfortable to speak freely with whoever is to prepare her. We can discuss these things with understanding and without intimidation. We *must* make sure that everything is covered and that what we tell the bride is specific and clear, so she will know exactly what to expect on the first night.

Have the imma (or sister chosen to prepare the bride in this way) teach this privately during intimate times with her daughter, not giving a teaching with the women in her household as has been done in the past. This is a wonderful time for the imma to bond with her daughter. It also helps the bride to be free to express herself about sexual questions and problems before and after she is married. Once the instruction on the first night is given privately, then there may be an appropriate time for a married women's meeting that will give her more encouragement. Our girls *want* to be able to discuss these things in a normal way. They *want* to be fully prepared. Hearing from their young married friends is not enough. They want the wisdom that comes from our experience.

We must consider that the couple is innocent and knows nothing. Some married women have used vague terms such as "down there" and "come together" in talking about sexual preparation, or have thought the couple should discover things for themselves. Others have struggled with how much to tell their daughters for fear of influencing them with worldly knowledge. It is clear that the bride should know exactly what to expect.

It seems good to have all the teachings on marriage (make a list), as well as instruction on sexual matters, finished the week before the wedding so the bride has time to absorb all that has been taught to her. She will be more relaxed and able to ask questions a few days before. It seems that if she is taught the details about intercourse one or two days before the wedding, the bride is nervous, unprepared, even scared. If she has a few days to absorb things, then the imma or older sisters can add to what she has been taught. This seems to help her feel more normal and relaxed to talk openly and build her desire to be with her husband on the first night.

First nights should be the most wonderful time for our virgins. They need to feel free to learn how to be together a time to practice and come to know each other sexually. It is essential that they would know that this is what this time is for, and that they don't have to have it all down perfectly. Women need to understand their own sexual needs, that they need to take time to be free to respond and be fulfilled.

It is very good, in that last week, to expound freely on the "information" the bride has been given. We must build her *anticipation* to be with her husband. Love is expressed physically. She is *showing* her love for him in the way our Abba created them, in their physical intimacy. We can tell her how *nice* this time is: it is so wonderful to be together this way. Preparing her heart in this way, teaching how her *desire* is for him and is *good*, is just as essential as teaching the physical details.

There should be someone that the new couple is comfortable with, who can check with them after the first night to see if they had any problems that they need help with. ***This is very important.*** They need to be able to consummate their marriage and also to begin their marriage having a wonderful experience with each other. After the couple returns to community life, the older women in their household should be sensitive to see how the bride is doing, if any other questions or problems have come up. Some brides have experienced pain or bleeding for many days, and there may be ways we can help. Other brides have not been sure, even for weeks, that they have actually reached a climax. Do they understand about not having intercourse during her period, sleeping separately, and waiting for seven days?

That she should wash with running water when her time of uncleanness is over? (We need to pass on the *revelation* we have.) She should be having good exercise and eating habits, since she may become pregnant soon, and when she does, this may affect their sexual relationship in some ways. *We want to have care and not assume they are doing well just because they are not asking questions.* They will appreciate our attention.

Here is some information that can be helpful in the preparation for the first night. It is not intended to be presented as a teaching; instead it will help the older women and the imma to know the important physical details to pass on about the man's body, the woman's body, and sexual intercourse. The imma or chosen sister can include this information, in a natural way, in her special conversations with the bride.

You have spent your life in the Edah learning what you were created for – as a daughter of the Most High. Now, as you are being prepared to be married, you have learned your created purpose as a woman. Your husband is the person our Abba chose for you. He is exactly what you need.

Your time away together is for you to be able to express your love for one another in a sexual way. There is no fear or embarrassment or time to hold back physically any longer. You feel ready, because you *are* ready to be one with him. You have been *longing* for this time. Be ready for his attention – He desires every part of you. You are perfect in his eyes. He wants to touch you, look at you, embrace every part of you. This is your very special, wonderful, perfect time together. You will remember and cherish it forever. You are totally his; your body belongs to him. You are now able to express your love to one another in the most perfect way our Abba meant it to be, in a way you have not been able to before. It is good to be anxiously awaiting this time.

Every morning when you wake up and see him beside you, it will be awesome to know he will never leave you. Your sealed covenant is forever!

The hymen is a thin membrane or skin that partly covers the opening of the vagina in a virgin. It is so wonderful how our Father made us, because the first time a man puts his penis into his wife's vagina, it tears or breaks this membrane. Usually it hurts, and it causes bleeding. The man has to be careful and sensitive, and the woman has to trust him and allow the pain. Accomplishing this one thing together, right at the beginning, makes such a bond between you. You are his: blood has been shed, the covenant is made!

It is different for different women, how much bleeding there is, or even how much it hurts. He may have to try to go in more than once, stretching the membrane a little more each time, until it breaks. Tell him, as he tries to go in, if it seems to hurt too much to take right then. He will slow down and help you, but you will need to relax and not resist this pain. The first time you come together, his focus probably will be on breaking the hymen in order to consummate* your marriage. You may bleed a little bit each time you have intercourse for a few days. Don't let this hold you back – this bleeding is not unclean, as during your period – it just comes from further stretching of the hymen.

You have heard the word *intercourse*, meaning that the husband puts his penis in the wife's vagina, but you may wonder how this happens, how it works. Usually it happens as the woman is lying on her back with her legs apart, that the man is on top of her. He will not rest all of his weight on you. You will find that it is an embrace, the closest and most intimate kind, in which you can hold him close with your arms and even your knees or legs.

Lubrication is important. You may notice how sometimes your vagina seems very moist, while other times it seems more dry. Your body produces natural fluids. At some times of the month, especially when you are fertile there will be quite a lot of mucus. Also, as you are being aroused or stimulated sexually by your husband, the vagina will produce more mucus. This makes it much easier for his penis to go into your vagina. You may need to use some kind of extra lubrication at times to help you have enough. If your vagina seems to become irritated during intercourse, lack of lubrication may be the reason. If you need some kind of extra lubrication, it is best to have something water-soluble, and natural if possible.

To be "aroused" means to be awakened. The human body must be awakened sexually to prepare for intercourse.

A man is aroused or stimulated very easily – by seeing your body or touching you, even by you simply looking at him or speaking to him in certain affectionate and intimate ways. The man's arousal shows in his penis, which usually is smaller and soft, but as it fills with a surge of blood it gets much larger and harder. This is called an *er* *ection*, and it prepares his penis to be able to go into the woman's vagina.

You are completely free, as his wife, to express your love for him in a physical way. Don't be held back from

kissing him, caressing* him, looking at him and telling him how attractive he is to you. Let him know when the ways he is touching or kissing you bring special excitement to you. You will be learning from him how wonderfully a man is made. Ask him what pleases him. Be sensitive and quick to respond to him.

A great part of his pleasure will come from arousing you – kissing you, caressing you, awakening your body to be ready for intercourse. It takes longer for a woman, and this is normal. He will love to give all his attention to you, and to see your response to him. Don't be surprised at his great delight in your body. He will want to know every part of you.

The woman's arousal shows in her nipples, as they change from being soft to being firm and very sensitive.

Also there is a rush of blood to the area of her vagina, and you may sense that the flesh there feels more sensitive and swollen or full. And this is the time when the vagina begins to make more mucus, to prepare for the man's penis during intercourse.

Above the vagina, and just above the urethra (where the urine comes out), is a sexual organ called the clitoris. Probably you have noticed before, even as a little girl, the pleasant sensations in this area of your body. During your lovemaking, even before actual intercourse, you will find that you want your husband's touch in this area. He will know about your clitoris, but you can tell him and even guide his hand to show him when you want to have his attention there. As he stimulates your clitoris with his hand, you will find that the sexual excitement builds and builds until it reaches a peak of intensity, called a *climax*. During the climax, or just afterward, is when you will want intercourse. It is the stimulation of moving his penis in and out of your vagina that will bring him to a climax. It is at this point that the semen, the fluid that contains the reproductive sperm cells, comes out of his penis.

This is called an *ejaculation*. You will have cloths or a hand towel to take to bed with you, to help deal with the semen and any bleeding you may have.

Sometimes young women will have a question about whether they have actually reached a climax, because this experience is totally new for them. After the climax, you will sense a *release*. Usually both of you will have a deep sense of relaxation, and it will be very easy to fall asleep...

It is good for a man to have an erection for at least twenty minutes or so before his climax, in order to have the deepest satisfaction. You need to be aware of this so you can help him. At first in your marriage, his excitement may be so great that he climaxes very quickly. You will find out how to help him prolong your lovemaking and intercourse.

It is very important for you to understand that your sexual communication will increase as the weeks and years of your marriage go by, just like your communication in other areas. You will be learning together what brings you the most fulfillment as a couple. You are just beginning!

Our Father planned all of these wonderful responses in our bodies, in their intricacy, to make the bond between husband and wife so precious and unbreakable. You alone are the one that your husband chose, to experience this special sexual pleasure with him. He loves to see and hear that he has brought you so much pleasure and fulfillment, and you will want to express all your desire for him in a way that deeply satisfies him.

During intercourse there can sometimes be a little irritation from the penis against the woman's urethra (where the urine comes out of your body), and bacteria can be pushed up into the urethra. If you urinate afterward (but it doesn't have to be immediately), this will flush the bacteria out and help to avoid a problem called *cystitis*.

This is an infection of the urinary tract that causes itching, burning, and painful urination. If you were to get this infection, you would need to drink a lot of water – adding lemon juice would help. There are herbs that help with bladder infections, but you would want to have caution in using them without advice, and use no more than 500mg of Vitamin C a day, in case you are pregnant. Something else that can help is unsweetened cranberry juice concentrate from a health food store, if you are someone who tends to get these infections a lot. Take one tablespoon in a glass of apple juice. If you do this right away when you begin to feel symptoms, it should deal with the cystitis quickly.

Also, you will want to wash all over with running water (a shower) after intercourse. This is important for cleanliness even during your week away, but especially when you return to your household and come to the

Minchot. During lovemaking your contact with each other is so complete and intimate, and also the man's emission of semen is considered unclean, so you would not want to go about in the household without washing thoroughly. Heb 10:22 says clearly that we come to the Minchot with "our bodies washed with pure (running) water." This is essential to our worship.

We want to discuss some sexual matters that are taking place and being discussed commonly in the world, that you may have already heard about. There are some sexual habits that we need to hear about even so we will have a spiritual understanding for the people we speak the Good News to (if these issues come up), and for new disciples.

There are the terms *oral sex* and *anal sex*. *Anal* has to do with the anus, the outlet for bowel movement. Common sense tells us that this is an unclean area, and that the germs in this area are not to come in contact with the sexual organs or with the mouth. It is obvious that the penis was created for the vagina, and not for the anus. *Anal sex* is actually another term for sodomy, which is strictly forbidden and is an abomination to our Father (Lev 20:13).

The term *oral* has to do with the mouth, so *oral sex* has to do with causing a climax by stimulating the sexual organs with the mouth. This is something we must have understanding about. It is not specifically written about or forbidden in the Bible. But it is clear that the deepest satisfaction of lovemaking requires verbal communication and taking enough time for arousal, response, and release. And it is clear what the function of the sexual organs is — specifically, that the vagina rather than the mouth was created for the penis. While we are free to express ourselves in lovemaking, even in kissing the sexual organs, there has to be wisdom and restraint. The greatest fulfillment for man or for woman would not come through *oral sex*, and using this means of reaching a climax could lead to a habit, where manual stimulation (with the hand) wouldn't be enough. We also need to consider about body fluids. Semen is considered unclean, and you would not want this in the mouth; nor would you want the fluids from the vagina going into the mouth. There can be some transmission of germs, and possibly of disease, between the sexual organs and the mouth.

These abnormal sexual habits have developed from perverted desires, and also from people's efforts to avoid pregnancy – to have the liberty to be sexually active without risking the consequence. Sexual activity of all kinds is becoming common even among young teenagers.

We can get wisdom from older sisters and brothers, and learn to exercise self-control during the times we need to abstain from intercourse, such as during the woman's menstrual period or when we are avoiding pregnancy. We can begin our marriages with the right understanding and keep the marriage bed undefiled... but also we can be aware in the future of teaching new disciples, who will almost certainly be exposed to these things. We will be able to keep abnormal and perverted practices that could affect our youth and children out of the community.