

# SEXUAL

## Myth-Education 101

3 Sex Myths Debunked, 3 Sex Truths Revealed

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# Meet Mavis McKnight

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Hello and welcome! My name is Mavis McKnight, the First Lady of Life Enrichment Worldwide Ministries in Los Angeles, Ca. Thank you so much for trusting me with your time and energy. I promise it will be WELL WORTH IT. Since we're going to be spending some time together over the next bit of time, I thought you would appreciate knowing a little bit about me so you have an idea of who I am and why you should even listen to me!

I feel very blessed in my life. I'm smack dab in the middle of what God created me to do. I help Married Christian woman to enjoy sex with their husband so they can eliminate sexual frustration, be healthier, and have better sex. How? I teach them about healthy sex and sexuality, their divine right as a sexual being, what God really says about sex in marriage, and how to relax, receive, and re-ignite their Christian Marriage. I am extremely happy in my life and marriage right now, but it hasn't always been that way. My journey has not been easy but it has been an interesting one. It has taken a lot of work, effort, learning, patience, and prayer.

As a believer I wanted to find out why I was here, what was my purpose, and what it is God specifically wants me to do that would bless the Body of Christ. After I accepted Christ as my Lord and Savior I started seeking after Him. Eventually though, I fell off of the wagon. I went through highs, lows, ups, downs, dark times and somewhat happy times, and like many people had to get so low before I was forced to call on God. I was just sick of my life and knew there had to be a reason I was here, and I needed to find out what it was.

So one day I started crying out to God and asking Him what was it that He wanted me to do! That's when the word "surrender" started showing itself, and so did my resistance! Over the next few years every time I asked that question the same word "surrender" came to me. That's when I accepted that it was time for me to do just that and resume my pursuit of God.

Then one day in March of 2010, I was driving in L.A. and the Holy Spirit started giving me directions: turn right here, left there, keep going straight, pull over to the curve here. I looked up and found myself in front of The Word of Life Book Store. I thought, "What am I doing here?" Being obedient, I got out of my car and walked inside.

I started looking around and God led me to a shelf where a book titled “Intimate Issues” sat all by its lonesome. I picked up the book, read a few pages, and immediately knew this was why God lead me there.

Excited, I purchased the book, started reading it, and by the third day I was  $\frac{3}{4}$  finished! Through this book God showed me the misery and sexual frustration that permeated Christian marriage. A few days later I returned from lunch and exited my car to go back to work, and as I walked down the sidewalk toward the back door of my office, God spoke into my spirit and said, “This is what I want you to do, to teach Married Christian women about enjoying sexual pleasure with their husbands; that is was what I created you to do.” I was flabbergasted! This revelation led my straight into action and I began creating workshops but I found out the timing just wasn’t right. Now it’s time. I know because God has opened up opportunities for me to prepare for it.

One major thing I have learned through all of my research and studying is that the Christian marriage divorce rate is too high and is in competition with non-Christian marriages. One of the main reasons cited is sexual dissatisfaction. There is a Grand Canyon sized divide between Christian marriage and sexual intimacy. Unfortunately, many people who grew up in church under strictly religious negative views about sex have adopted and carried those childhood lessons into adulthood. As a result, many Christian marriages are suffering.

Now is the time to work and get rid of the negativity and replace it with positivity. We need to know what God really says about sex in marriage between a man and a woman. We also need to know that there are a lot of myths out there that have caused women to suffer in silence and remain buried deep in sexual frustration. That is why I wrote this book; to share what I have learned and to serve and support Married Christian Women in their journey to marital and intimate bliss. In the pages of this book, I’ll reveal to you what I call:

“Sexual Myth-Education 101: 3 Sex Myths Debunked, 3 Sex Truths Revealed.

Myths keep you in the dark about the truth and are perpetuated unnecessarily by those who have their own insecurities about sex. They would rather keep it under the covers (no pun intended) so they don’t have to deal with their own pain. My intention is to do everything I possibly can to guide you to knowledge that will free you from the chains of mis-education and sexual bondage.

With that said...open your mind, heart, and soul and enjoy the process!

# Introduction

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I am so glad you have made a decision to enhance your marriage and your sex life. One of my main goals is to see women happy in their relationships and their lives by teaching them to learn to enjoy sexual intimacy with their husbands and showing them how to bring sexy, excitement, and enjoyment to their marriage. Now you might be thinking: "Why would a First Lady of a church be talking about sex in Christian marriage?" Isn't that some kind of blasphemy or something close to it?" The simple answer is because God sees all of your suffering, heard your cries, and called me to help you.

Did you know that over 63 % of women struggle with sexual frustration and dysfunction according to a 2000 study in The American Family Physician Journal? And that 75% of couples seek counseling for sexual concerns?

There is a HUGE disconnect between sex and the Christian marriage because so many believers are taught that sex is worldly, dirty, sinful, unladylike, etc., and they hold on to negative associations like shame, embarrassment, and guilt. My goal is to change the way Married Christian women think about sex and intimacy in their marriage so they can have better sex, improve their health, and be happier in their marriage. This in turn glorifies God, the One who ordained and instituted it.

You are reading the right book if you are:

- Tired of struggling with sexual frustration and resentment
- Are fed up with major sexual disappointment
- Are tired of not knowing why you are suffering
- Are ready to change negative mindsets to positive ones
- Desire to enjoy the pleasurable exquisite gift of sex with your husband the way God intended for your marriage

What I realized was in order to teach women how to enjoy sex with their husbands I must teach them why they are not enjoying sex first.

I can certainly speak on this topic because it is an area I have personal experience and personal success in. However, to start my journey I had to first make a commitment like never before to, 1) Give my marriage to God, 2) Do whatever it takes to keep my marriage together, and 3) Learn to be the very best wife I can be to my hubby by keeping our marriage fun, interesting, exciting, sexually intimate, peaceful, and loving; In other words, Healthy, Happy and Sexy. And God is truly honoring that.

I encourage you to also make a similar commitment. You must also get educated so you can increase your knowledge base. Knowledge is power. That's the purpose of sharing this information with you; to educate you and increase your power in all things intimate. At this point I want to applaud you. I am so proud of you for your courage. Stay the course and celebrate everything!

I want to share something with you. Please be assured I know this is an extremely private, personal, and sensitive topic and I am very aware that it takes a load of courage to even broach this topic. Joshua 1:6 says, "Only be thou strong and very courageous." I promise if you brave these precious waters, your reward will be something to cherish for the rest of your life and yes, well worth your efforts.

Disclaimer-Before we get started it is important to know that everything I share is only intended to help or assist you, never to harm, offend, or embarrass you. Additionally, none of this information or suggestions is designed to rob you of your personal power. I also want to add that I am very candid and straight-forward when I speak about this topic and I am not afraid or embarrassed to talk about it. It is the way God designed me and I embrace it. So if I am a bit raw with my words please know that I am not trying to turn you off or make you put up defenses. That would defeat the whole purpose of this movement, and this information.

However, I believe at some point we all have to put on our BIG GIRL panties and commit to grow no matter how uncomfortable it feels. Lastly, please be mindful and use your God-given gift of intelligence when deciding whether to utilize what is shared. I will share 3 myths, why it is important to be aware of these myths, and 3 Sex Truths that debunk the myths. Finally, I will share 7 tips to help get you started on your journey. We will start with learning what a myth is.

### What is a myth?

In order to learn about Sexual Myth-Education we must first find out what a myth is. It is an invented story, idea, or concept; an illusion, something that appears real and truthful but is not. Like Fairy Tales.

When you were a little girl someone may have told you Fairy Tales. Anita Baker sings a song about Fairy Tales. She says her mother told her Fairy Tales about love and marriage and how her Knight in shining armor would come to save her, slay all dragons, and defeat the evil prince; that there would be happy endings and happily ever-afters. But she found out the hard way, through very painful experiences that it simply wasn't true and she was left to live with the devastation the Fairy Tales caused her. That same type of devastation is also caused by myths.

The word myth comes from the word mythology, a person or thing whose existence is fictional or unproven. Myths keep us ignorant to the truth.

Now that you know what a myth is, let's move on to the 3 that are our focus.

# Chapter 1

## Myth #3

### All in the Name of...His Pleasure

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We'll start with the #3 sex myth and we'll call it "All in the name of...His Pleasure." The #3 sex myth is the belief that sexual enjoyment and pleasure is only for the man's or husband's benefit.

Sophia is a woman who is challenged with this myth. She has been married for five years and grew up being told by her father that sex was only for the man's enjoyment. She went into her marriage with this mindset. She was so sure the myth was true she went along with it without a second thought. Two years into her marriage she heard the real truth but had trouble accepting it because she couldn't even conceive that her father could have been so misinformed or worse, had lied! So she spent the next three years in sexual turmoil because she was torn between what she believed was truth and what she had heard was the truth.

Historically many religious organizations condemned sex and labeled it carnal and worldly and only necessary for procreation or making babies. One study stated that the pleasurable feelings that came along with it were simply a part of the male body function. Furthermore, many women were taught sex was a sin, it was dirty, a chore, to be endured not enjoyed, and that it was a man's thing. That became the prevailing mindset.

An author of an article said she was raised with these same beliefs. Once she married those same negative beliefs reared their ugly head and it was nearly impossible for her to think any other way. During the "act" her husband really seemed to be enjoying himself but it wasn't doing much for her. She would find herself just lying there totally disconnected, rolling her eyes up into her head, and thinking, "I'll be glad when he gets his so he can be done!"

One more thing I want to point out: Just because a man's equipment hangs outside of his body with easy access to all his "parts" (like a front hooking bra), doesn't give him exclusive rights to exquisite sexual delight and ecstasy. Many women find themselves resenting their husbands because his sexual needs are met so easily and with her it takes an act of congress!

So the #3 sex myth is the belief that sexual enjoyment and pleasure is only for the man's or husband's benefit.

# Chapter 2

## Myth #2

### ~Just His Thing Will Make You Sing~

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Let's look at the #2 sex myth and we'll call it "Just His Thing Will Make You Sing." The #2 sex myth is a belief that the only way women reach orgasms is through sexual intercourse alone.

Bridget had become completely irritated and frustrated with her marriage and her husband, and was ready to walk away from it. Her skin was breaking out and she wore a permanent scowl on her face. She had been married for 9 years and had never been able to reach orgasm. She found herself perpetually disappointed after each sexual encounter she and her husband engaged in. She remembers only a few occasions when she did become aroused and then poof! Just like that the feeling was gone. She and her husband both believed that the only way a woman could reach an orgasm was through intercourse alone. Since she could never "get all the way there" she figured there was something wrong with her. That belief is what had her frustrated and ready to give up on her marriage.

A woman's body is made up of more sexual organs than just the vagina. Many men and women are clueless to this fact simply because they haven't taken the time to get a clue. And it leaves women with deep emotional issues, wondering if something is wrong with them. Yes, the act of sexual intercourse on its own for its own sake can be very exciting and pleasing but a recent study in Ebony Magazine indicated that a whopping 75% of women cannot reach orgasm through sexual intercourse alone. And unfortunately many women end up crabby and simply start to fake it.

In the movie, *When Harry Met Sally*, that starred Billy Crystal and Meg Ryan, there was an infamous restaurant scene where the characters were at dinner talking about sexual encounters Harry had engaged in. He said that all the women were happy and satisfied because, as he put it, "I think I do pretty good because no one has complained." Sally asked him how can he be so sure they were not faking it? He said, "Come on, you think I couldn't tell?" So Sally started moaning and groaning right in the restaurant like she was having an orgasm! Poor Harry looked like he wanted to crawl into the ground and disappear. That is not a good look on any man.

Now that may have been funny to the audience but the not so funny thing is that is exactly what many women do. Harry, like most men cannot tell. Unfortunately, they are fooled into thinking they are doing much more than they really are. Research shows that a lot of women fake it because they don't want to hurt their man's feelings or bruise their ego. My question to you is, "Is it ever alright to fake it?" I'll answer that for you. NO!

So the #2 sex myth is a belief that the only way women reach orgasms is through sexual intercourse alone. Moving right along...



# Chapter 3

## Myth #1

### He is a Psychic Hotline

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Let's look at the #1 sex myth and we'll call it, "He is a Psychic Hotline". The #1 sex myth is the belief that her husband should automatically know what she loves and needs sexually, and she shouldn't have to tell him anything!

Dominique is a 46 year old mother of three great kids, who are all grown and on their own. She now finds herself alone in the house with only her husband. For years she brushed aside her intimate relationship with him, using the excuse that she had to care for the kids. Whenever she and her husband did come together intimately she would lay there stiffly and silently criticize her husband because to her, he never seemed to care much about her needs. He didn't seem to care how rough he was or how little time he spent getting her "ready". He just didn't seem to know what she wanted.

She found herself very angry at him for not knowing how to please her even though she has never said anything to him about her sexual needs. She shared her discontent with a close friend and shouted, "How embarrassing to have to tell your husband what to do for you in bed! Shouldn't he already know?!"

She wasn't alone. There was a pretty popular TV ministry husband and wife team who were talking about sex. The husband began bragging with his chest all poked out about how bomb he was and how he "handled his" in the bedroom.

He must've bragged one time too many because his wife just blurted out on national TV, "It ain't all that!" He looked at her, stunned and dumbfounded and she didn't even try to clean it up! He started trying to reassure himself, her, and the audience that it was in fact all that, but with much less chest action and ego. I said out loud to the TV, "Oooh she is not right!"

What happened to both women happens to a lot of married women. They fail to speak up or they "fake it". They don't tell their husband anything is wrong, so he thinks he's on point. And in the popular TV couple, the husband clearly wasn't on point and it came out at the most inopportune time. How embarrassing!

I have found a number of articles and some statistics that show many women hold on to the belief that men are mind readers. Since her husband loves her he should be able to touch and caress her in all the right places and already know how to stimulate and arouse her. She should never have to open her mouth to say one single solitary word. What is even more amazing is that some women can make love to their spouses day after day, month after month, and year after year without ever sharing what they like and dislike.

We women certainly express ourselves in other areas of our lives; with our children, our friends, when we want to go to coffee, when we want shop for cute shoes, even when we want to start a business, we have no trouble at all. And don't even mention if someone asks us for advice. We absolutely voice our opinion. But when it comes to getting our intimate needs met it's a different story.

A woman will talk non-stop outside the bedroom but inside the bedroom her husband may not be able to get her to make a peep! Why is that? Mainly because women have been taught from a very early age to serve and nurture and take care of other peoples' needs. To add to that women have been taught that the subject of sex is taboo, off limits, something good girls don't talk about, let alone do. And that mindset has been perpetuated.

So the #1 sex myth is the belief that her husband should automatically know what she loves and needs sexually and she shouldn't have to tell him anything!

## **RECAP**

#3 Myth-All in the Name of...His Pleasure-Sexual pleasure and enjoyment is only for the husband's benefit.

#2 Myth-Just His Thing Will Make You Sing-Women can only reach orgasm by intercourse alone.

#1 Myth-He is a Psychic Hotline-Your husband is a mind reader and you shouldn't have to tell him how to please you.

# Chapter 4

## Myth Awareness: Its Importance

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So why is it so important to be aware of these myths? Because each myth has a direct connection to deep sexual frustration and dissatisfaction and hanging onto and believing in these myths can produce serious consequences. How?

A belief in sex myth #3, Sex is only for the man's benefit and enjoyment, locks your mind into a negative place that is hard to shift out of. Your mind can be your greatest ally or your worst enemy and thinking negatively about something will only cause that negativity to grow. Anything you focus on will grow whether positive or negative. Getting locked into this mindset is like cement after it hardens; you will need a sledgehammer to break it up! This mindset will have you dealing with even more pain and frustration.

Let's face it, most people don't want to engage in something they don't think favorably about, get anything out of, or don't enjoy. There has to be some reward or why waste your time, right? Believing this myth can ultimately lead to problems in your marriage and possibly divorce, because the wife may feel cheated, adding to the already out of control statistics regarding divorce in this country.

A belief in sex myth #2, The only way a woman reaches orgasm is through sexual intercourse alone, takes me back to the Ebony article I shared earlier about how a whopping 75% of women never reach orgasm through sexual intercourse alone. 75%! Can you imagine how many sexually frustrated women there are out there suffering because of this myth? And that is just the ones who report it. If 75% of women never reach orgasm through intercourse alone that means only 25% of women do.

And here's something else that is very important to know regarding your health: One study indicated that arousing a woman without making sure she has a sexual release can cause physiological problems. Tension in the body remains locked inside and causes issues such as stomach problems, migraines, high blood pressure, depression, and other problems such as sexual frustration and stress. Hosea 4:6 says my people are destroyed for lack of knowledge and in this case women's sexual fulfillment and possibly her health are destroyed because of lack of education and application.

A belief in sex myth #1, Your husband should automatically know what you love and need sexually and you shouldn't have to tell him anything is probably the worst sexual myth-education information out there. You talk about finances, children, work or career, ministry, and a host of other things. Do you expect your husband to just know your feelings about these areas of your life? Imagine what problems that would cause. I want to share a personal story about my painful experience in this area to really bring the point home.

When I was in my 20's I dated this guy I worked with who obviously had watched too much porn and thought I liked pain. His actions mimicked what he saw and he made it his business to inflict as much pain on me as he thought I wanted. He thought his fist was a pile driver and I was a piece of concrete. He abused my sacred space over and over causing me severe pain; so much so I had trouble walking the next day. And I was too scared and shame to say anything.

That is when I readily accepted the fact that I didn't have an affinity (liking) for pain. After that I vowed not to ever let that happen again. I promised myself that I would never, ever dishonor me and my sacred princess again by not speaking up. I have a mantra now: I DON'T DO PAIN!

When you fail to speak up for your needs you stuff your disappointment down. You keep stuffing things down on top of itself, it builds pressure and has to release itself erupting like a volcano, and unfortunately it comes out in physical ways through your attitude, frustration, irritation, ugliness, sarcasm, and also through your body language. Stuffing down pain also shows itself in ways like over-achieving, over-accommodating, over-compensating, over-eating, people pleasing, anger issues, physical violence, shutting down, avoidance behaviors, etc. This is an inevitable by-product of not speaking up.

# Chapter 5

## Say it Loud: Why We Don't Speak Up

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Historically women were shut out of the vocal world, not being allowed to freely speak their minds. It wasn't until the Women's Rights and Feminist Movements, when women were finally given a chance to speak their truth and their minds. Even with this new found freedom there was still a vast majority of the male species that tried to keep a thumb on top of women.

During those times many household were being ruled by Patriarchs with this same mindset that was perpetuated through the generations. So even today in 2014 many women still find it hard to express themselves with the same confidence and acceptance as their male counterparts. Don't get me wrong, there are thousands of women who have found their voice and have no problem using it, however, compared to the higher number of women who haven't found their voice it is a very low percentage.

One other thing: Conditioning is a funny thing. You can be in an environment, exposed to certain beliefs and views and not even realize they have become your own. Until one day you are in a situation that brings them to light. This is also very true when it comes to sexual beliefs and mindsets.

**Try this:** On a scale from 1-10, 10 being highest, 1 being lowest, ask yourself what number applies to you when it comes to your comfort and confidence when speaking up for your intimate sexual needs?

If your answer was 8-10 you speak your piece on most occasions and are very aware and accepting of your sexuality and see your sexual needs as important.

If your answer was 5-7 you speak your piece some of the time but would like to be able to more often. You see your sexual needs as important but are dealing with some past blocks, beliefs, and mindsets that need healing.

If your answer was 4 and below you speak up for every other area of your life i.e. career, finances, parenting, etc., but find it extremely challenging to transfer that boldness over to the bedroom. You are dealing with trust issues, maybe sexual violations and negative beliefs about sex. You may know in your head that sex is supposed to be pleasurable and a gift from God but you have the hardest time letting go of your deeply held views. Healing in this case is the first step toward a new way of life, love, and intimacy. If you need support in this area I can help. I have coaching programs that all include a forgiveness exercise and affirmations so you can begin to heal.

*For more information you can contact me at [imagine@mavismcknight.com](mailto:imagine@mavismcknight.com).*

### **Say it Louder: More Reasons We Don't Speak Up**

**Laura Brotherson, a Certified Family Life Educator, author of the book *And They Were Not Ashamed*, listed a number of reasons we don't talk about sex. I also surveyed a group of women who shared additional reasons.**

1. We're embarrassed, ashamed, or fearful
2. We think it's too personal
3. We don't want to be labeled as needy or clingy, or be considered selfish
4. We don't know what turns us on
5. We don't want to hurt our spouse's feelings
6. We're going against our belief system
7. We're worried about being judged
8. We're not educated about it
9. Our requests may not be received well by our husbands
10. We believe our spouses should be able to read our minds

People are motivated by two things, pain and pleasure. When we have pain we want to get rid of that pain and replace it with pleasure. When I am at a restaurant I want my food a certain way. When my food arrives and it's not the way I want it, you can't believe the excruciating pain I experience all through my being, like my molecules are recalibrating. Just ask any of my family members!

This painful experience motivates me to speak up to the waiter for what I want. I tell him so he can tell the chef. When he brings my food back the way I want it that gives me immense satisfaction and pleasure because my need was met!

# Chapter 6

## Myths Debunked: The Truth

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Did you know that being exposed to the truth always debunks the myth? What if I shared with you the truths that debunks these sex myths and showed you how to begin to heal your pain and alleviate sexual frustration? Would you be interested in being educated about that? So what are the truths?

The truth about sex myth #3, Sexual pleasure and enjoyment is only for the man's benefit, is that God gave sex as a gift to marriage to both the man and the woman. In Song of Solomon 5:1 Solomon and his bride are engaged in steamy, erotic, sensual lovemaking and God appears at their bedside and says, "Eat friends, and imbibe deeply, O lovers." Imbibe means to soak into or immerse. So God tells both the man and woman (friends) to enjoy the delights of intimate sexual pleasure. You are just as entitled to receive and experience exquisite pleasure and ecstasy as your husband is.

You are a believer and should believe what the bible says about everything, especially intimate sexual information. God was so serious about us knowing about the gift of sex to marriage that He dedicated an entire book, the Song of Solomon, to it along with many other scriptures (Heb. 13:4, Eph. 5:21, 31, 1Cor. 7:3-4). These passages clearly let us know that this gift is from God, it is good and pleasurable, and it is intended for both the woman and the man to enjoy! As Dr. Ed Wheat, a Christian physician says in his book 'Intended for Pleasure', "You have God's permission to enjoy sex within your marriage. God invented it. He thought it up to begin with. You can learn to enjoy it, and you can develop a thrilling happy marriage. God designed sexual intimacy to be a divine privilege and a magnificent experience between a husband and wife. Fulfilling sexual intimacy will ignite and add life to a marriage the way nothing else can."

The truth about myth #2, A belief that the only way women reach orgasms is through sexual intercourse alone, and here's some good old fashion Sex Ed 101, is that the female sexual anatomy consists of the vagina (tunnel or opening), clitoris (the sexual bud and an entire structure that extends down the sides of the vagina), mons pubis (bone above the clitoris), Labia majora (outer lips of the vagina), and the Labia minora (inner lips of the vagina), and the vestibule bulb. Every aspect of your female anatomy plays a part in female arousal, desire and orgasm. If you have never taken a look at your sacred princess you should think about doing it soon.

Are you aware that the clitoris is considered the center of female sexual response? She's that small bud hiding underneath her hood just above the opening of the vagina. She hides there until she's ready to come out and play. She contains over 8000 nerve endings and her only known function is to create pleasure. Since the male penis is not designed to make direct contact with "her" during intercourse she must be stimulated manually before intercourse takes place.

If this isn't a central part of lovemaking the woman will remain in a constant state of disappointment. So incorporating manual stimulation of the clitoris into your lovemaking will have you singing from the rooftop!

The truth about myth #1, "A belief that your husband should automatically know what you love and need sexually and you shouldn't have to tell him anything, is that your husband is not psychic and not a mind reader so in order for him to know what you want you have to open your mouth and tell him; you have to speak up for yours!

One of the saddest things is that so many women are not experiencing this beautiful gift from God because they are afraid to speak up for what they want (the statistic I shared earlier about 63% of women deal with sexual frustration speaks to that). Not only are many women afraid to speak up, they are also too embarrassed to get educated on the topic and get educated about themselves; how their body works.

There is a wonderful story by Laurie Mintz, Ph. D., comparing teaching your teen how to drive to teaching your husband how to meet your sexual intimate needs.

She wrote, "Teaching your husband to be good in bed is similar to teaching a teenager to drive. You have to know how to drive yourself. To teach your teenager to drive, you need to know where the gas pedal is located and how to push it; to teach your husband to be good in bed, you need to know where your hot button is located and how to turn it on. To teach your teenager to drive, you have to refrain from using a sharp tone of voice—such harshness will only make your teen anxious while driving and less likely to want you as a driving teacher. To teach your husband to be good in bed, you have to refrain from shaming and blaming statements—such nastiness will only make him anxious and angry and less likely to perform well in bed. Teaching both skills requires giving clear and direct verbal instructions, as well as providing demonstrations. With both, sometimes you have to put your hand over theirs and show them the way to go."

I have shared with you the 3 sex myths that keep women struggling in the bedroom, why it is important for you to be aware of these myths, and the truths that debunk the myths. So the real bottom line is you must lose the shame, embarrassment, and fear, replace the myths with truth, and learn to speak up for what you want in order to be completely sexually fulfilled in your intimate relationship with your husband! Now read on to find out about the seven tips to get you started on your journey.



# Chapter 7

## Seven (7) Tips to get you started

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Finally, I want to share 7 tips you can implement now to get you started on your journey.

1. Get educated about your female anatomy and how it works and its response to sexual stimulation. It is essential to dedicate time and effort to sexual learning in order to experience the exquisite sexual pleasure God intended for you.
2. Choose to make your mindset your greatest ally by substituting any negative thoughts with positive ones. There are many scriptures in the Bible that speak about the good and pleasurable gift sex is to marriage. Song of Solomon is a great place to start!
3. Discuss how to talk about sex. When you're trying to figure out how to talk about sex, Laura Brotherson suggests that you pick a time to talk when you both feel ready. Don't do it when either of you are tired, in a bad mood, or angry at each other, or when there are distractions, like children. She contends one of the best ways to talk about sex is to read and discuss helpful books together. This allows the conversation to flow casually.
4. Discuss what to talk about. Discuss what kinds of touch and caresses turn you on, what feels good. What turns you off, what doesn't feel good; What makes you uncomfortable or isn't pleasurable; and how you can improve your sexual encounters, to name a few.
5. Don't berate or belittle. Todd Creager, author of *The Long Hot Marriage* says, "You don't have to be mean to get what you want". Start with "a mental state of acceptance." That means presupposing that your man takes your best interests (and your pleasure!) to heart. So instead of saying, "We need to talk about the dismal state of our sex life," say, "I know you want me to feel good, and I want you to enjoy sex, too, so I want to talk about how we can make it better. That OK with you?"
6. Set a framework for open conversation. I love this suggestion on how to talk about sex from Marriage Counselors Bob and Lori Hollander of *Relationships Work*: You have to set the framework for an open and ongoing dialogue with your husband. Though the discussion may center around sex, the conversation is really about how to be supportive of each other and the relationship. From that place of support, start the conversation simply by saying: "I love you and enjoy the time we have together and I want to talk about how we can make our sex life more amazing for both of us." For this one you have to put your big girl panties. Then, be open and curious. You can say, "I want to know what makes you feel good, and I want to tell you what makes me feel good."
7. Remember that this isn't a one-time conversation. Talking about your sexual needs isn't something you tick off a list once in a lifetime; it's an on going discussion. You check in on a regular basis with each other on all sorts of things, from financial plans to your children's activities. Why not make a commitment to set aside time to check in on your sex life?

# Chapter 8

Change: Oh Joy!

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Contrary to popular belief people don't change as fast as technology. It is a process. The process of change involves first being exposed to new information by hearing it. Then you must accept it. Then it goes into your core, locks in, and becomes a belief. Once it's locked in you start exhibiting the behaviors and actions of your beliefs. And the result is a changed you!

There is a definition out there that says the meaning of insanity is doing the same thing over and over and expecting a different result. One thing I know for sure is that you are reading this e-book because you are not willing to have that definition apply to you; you want a different result. You don't want to continue to be entrenched in the pain of sexual frustration and resentment, anger and irritation, or adverse health effects. You want to experience something different.

Just imagine for a moment what your intimate sexual relationship with your husband would be like if your lovemaking was overflowing with joyful bliss, exquisite sexual pleasure, and complete fulfillment! How would that make you feel?

If you want to go deeper and you desire more support I invite you to sign-up for my "Be The Queen Of Your Sexual Destiny" Breakout Session, a 30-minute complementary call (\$55.00 value). You can contact me at [imagine@mavismcknight.com](mailto:imagine@mavismcknight.com) to express your interest in this amazing session that will help you find out exactly where you are in your journey and tell you how to get to where you want to be. When you sign up for the Break-Out Session you will have a choice to either skype with me, speak on the phone, or have a face-to-face.

I will end with this: Like Alicia Keys says in her song Brand New Me, "Oooh, it took a long, long time to get here, it took a brave, brave girl to try, it's a brand new time for me". Why don't you be that brave, brave woman and commit to try, commit to your happiness, and let this be that brand new time for you. Take the next step and sign-up for my "Be The Queen Of Your Sexual Destiny" Breakout Session, a 30-minute complementary consultation (\$55.00 value). You can email me at [imagine@mavismcknight.com](mailto:imagine@mavismcknight.com) right now and sign-up for this life-changing session.

I hope I have enlightened you in a powerful, powerful way and given you some tools you can use to become more satisfied and gratified, and be on your way to bringing sexy and excitement to your marriage!

Until next time, stay Encouraged, Enlightened, and Engaged!

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# Worksheet

1. What is a myth? \_\_\_\_\_.
2. Myths keep us ignorant to \_\_\_\_\_.
3. What are the 3 sex myths many married Christian women believe?
  1. \_\_\_\_\_.
  2. \_\_\_\_\_.
  3. \_\_\_\_\_.
4. Historically many religious organizations condemned \_\_\_\_\_ and labeled it \_\_\_\_\_ and \_\_\_\_\_, and only necessary for procreation.
5. A recent study in Ebony magazine indicated that a whopping \_\_\_% cannot reach \_\_\_\_\_ through intercourse alone.
6. Many women hold onto the belief that men are \_\_\_\_\_.
7. List two reasons why it is important that you are aware of these myths.
  1. \_\_\_\_\_.
  2. \_\_\_\_\_.
8. List all three truths that debunk the myths.
  1. \_\_\_\_\_.
  2. \_\_\_\_\_.
  3. \_\_\_\_\_.
9. List three reasons women don't speak up about their sexual needs to their husbands.
  1. \_\_\_\_\_.
  2. \_\_\_\_\_.
  3. \_\_\_\_\_.
10. Name 1 tip that you can implement immediately. \_\_\_\_\_.

## Acknowledgements and Dedications

I must first thank my heavenly Father for giving me this opportunity. I am truly grateful. I know with certainty He clearly spoke to my spirit about a ministry to married Christian women. I tried several times to expand it to all women but He put a conviction on me each time that wouldn't allow it. He let me know I was to work with this group first because they are already married, need to stay married, need to pray and work things out, and protect the children. So I must be obedient.

I dedicate this e-book to my amazing husband Carl McKnight, a man God saw fit to bless me with. You touch something deep inside of me and make me feel so special. You inspire me to do my best and be my very best self. You are caring, supportive, loving, thoughtful, romantic, and superbly interested in my happiness. I love you with all of my heart. I am truly blessed. My wish and hope is that every woman has the opportunity to be as blessed as I am.

I also dedicate this e-book to my beautiful children, Shaundrea, Jamaal, and Malik. I love you all for your encouragement and belief in me. Thank You!

# About The Author

Mavis McKnight is a candid, funny, caring, and authentic Sex and Marriage Coach who loves to educate, motivate, and inspire women to enrich their lives. She has a heart for seeing women whole and complete, without missing parts, both in and out of relationships, and she is committed to using her abilities for the good of women everywhere. As Director for the Women's Ministry of her church, her primary goal is to help women learn to empower themselves and become prosperous and happy in every area of their lives.

CEO of Intimate Connections and facilitator of Real Girl Talk and Real Wife Talk, Candid Conversations for Women, Mavis conducts marriage classes, workshops, seminars, and other events and counsels couples and individuals with her husband Carl McKnight.

Mavis is currently completing her certification for Sex Coaching, has a Bachelor's degree in Psychology, a Master's degree in Human Services, is a published author, and speaks directly from personal life experiences, relating to people on many different levels. Mavis loves to read, dance, laugh, travel, have fun, and spend time with her husband, children, and close friends. With over 22 years of marriage experience, she remains very happily married, and has three beautiful children.

**Contact and Feedback:** To learn more feel free to contact Mavis McKnight or send comments or questions to [imagine@mavismcknight.com](mailto:imagine@mavismcknight.com).

**Speaking:** To Book Mavis to Speak for your organization or Women's group, please log onto our website at [www.mavismcknight.com](http://www.mavismcknight.com) and share your interest. A referral to her website is most appreciated.

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