

Part 4: Ways to Exercise Naked to Transform Your Sexless Marriage

(If you missed the first 3 parts, scroll to the bottom for the links.)

Paul recorded the formula for solving all marriage problems in 1 Timothy 4:1-8. He set up the problem by warning that in later times people would believe all kinds of destructive doctrines about marriage.

This began to affect Christians in the first few centuries after Jesus died. When the church became predominantly Gentile, the Christians lost the healthy sexual influence of Jewish converts. The dysfunctional early Christians admired the pagans who worshipped virgins. They imitated their idolatrous rituals by promoting celibacy—even in marriage.

God's Steps 1, 2, and 3 for Solving All Marriage Problems

Paul did not leave us to suffer in misery from evil marital doctrines and myths. He gave us the formula for solving all marriage problems:

1 Timothy 4:4-5: “For everything created by God is good, and nothing is to be rejected if it is [1] received with **gratitude**; for it [marriage] is sanctified by means of [2] the **word of God** and [3] **prayer**.”

First 3 Steps

1. Fill your heart with thankfulness for God's creation of male and female and marriage.
2. Go to God's word to learn the truth about God's plan for one-flesh love.
3. Lay your soul bare before God with daily interview-type prayers.

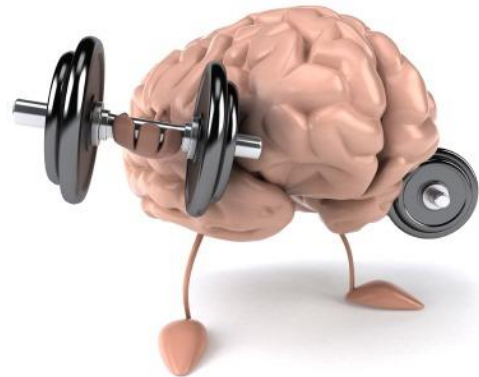
Step 4: Exercise Naked to Change Your Life

1 Timothy 4:7-8: “But stay away from worthless stories that are typical of old women. Rather, [4] **discipline** [gymnazō—Greek] yourself for the purpose of godliness; for bodily **training** is just slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and also for the life to come.”

“Discipline” and “training” come from the Greek word *gymnazō*, which means “1. To exercise naked (in a palaestra or Greek school of athletics), 2. To exercise vigorously, in any way, either the body or the mind” (Strong's G1128).

“Really? Christians exercise naked?”

Yes! But it's not talking about porn or flashing someone. It's talking about getting rid of everything that hinders you from getting your mind and body in top shape. Then working out like your life depends on it, because both your present life and the one to come do.



Exercising Naked “Holds Promise for the Present Life”

God commanded the young Israelites who came from loving homes to spend the first year of marriage learning how to love each other sexually (Deuteronomy 24:5; Song of Solomon 5:1b). In contrast, my *Sexless Marriages Survey: With Self-Assessment Checklists* indicates that most inhibited people come from dysfunctional homes of origin:

- 70% of sexless Christians lived with an alcoholic parent and suffered emotional and physical abuse.
- 77% of sexless Christians grew up in a narcissistic home and don't know what true love looks or acts like.

Consequently, you should expect to spend a minimum of a year learning how to love each other after you begin to enjoy making love. Fortunately, God devotes more space in the Bible teaching how to share ecstasy than any other area of marriage. Thus, God's word holds promise for a wonderful life on earth that prepares us to love God in heaven.

Exercising Naked “Holds Promise...Also for the Life to Come”

If we refuse to learn how to love our mates, it is impossible for us to truly love God:

1 John 4:20-21: “If someone says, ‘I love God,’ and yet he hates his brother or sister, he is a liar; for the one who does not love his brother and sister whom he has seen, cannot love God, whom he has not seen. And this commandment we have from Him, that the one who loves God must also love his brother and sister.”

What about when you get to heaven and meet the Apostle Paul and he wants to talk about 1 Corinthians 7 and 13? What about when you meet the Shulammite maiden and the Shepherd, and they ask how you liked the Song of Solomon? Will you offer the same excuses to them that you make to your mate?

Start by Determining the Level of Sin

The three levels of marital sin require different interventions and solutions. Thus, the first step for healing a sexless marriage is to complete the *Sexless Marriages Survey* to determine what level of sin is going on. The following instructions are based on your results.

Level 1: The "Doubting" Spouse

Jude 22: “[Level 1] And have mercy on some, who are doubting; ...”

Level 1 love sins for the “uninformed spouse regarding God's design for sexual love” are often resolved quickly as these companions are eager to obey God. They just don't know his plan for married love.



Actions Steps

1. Read "[Your Marriage and Your Love Life Will Never Be the Same If... You Do the Homework Exercises.](#)" This article shows you how to work to get results. It will help you avoid mistakes that could make your spouse resistant to working at becoming loving.

2. Read the first 40 Kindle pages on Amazon of *The Power of Sexual Surrender for Christians: Awaken Orgasmic Attitudes to Overcome Inhibited Desire and Pleasure* for:

- A quick overview of what you're up against
- An idea of what you need to do to exercise naked
- A brief description of your goal—vaginal orgasms with cervical kisses

3. Paul emphasized "gratitude" in God's formula. Do "The Thankfulness Exercise" with everything you read and listen to on this list. Doing so will accelerate the rate at which you progress in learning to love. The instructions are in the above Look-inside sample at the end of chapter 1.

4. Get *The Power of Sexual Surrender for Christians* and keep reading (with your spouse if possible). It shows how to overcome the destructive childhood survival techniques husbands and wives bring to their marriages. It warns about pullbacks that occur just when you are experiencing success. Recognizing and disarming pullbacks is essential for ecstasy.

5. Do the "[Are You Fun to Live With?](#)" chart. Clients who do this exercise weekly get the best results. It focuses on thankfulness and helps them recognize triggers and faulty thinking and acting patterns. It motivates them to make changes that make a difference.



The image shows a grid chart with approximately 15 rows and 10 columns. Each cell contains handwritten text in various colors (yellow, blue, purple, green, red, orange). The text appears to be notes or reflections related to the 'Are You Fun to Live With?' exercise mentioned in the text.

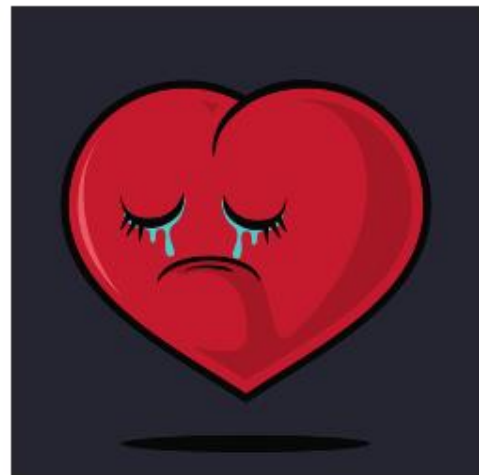
6. Learn how to recognize and stop motive judging, the #1 character fault of most inhibited spouses and passive aggressors, according to Dr. Marie N. Robinson, Dr. Douglas Weiss, and the *Sexless Marriages Survey*. Begin with my YouTube *Challenges in Marriage: What to Do When Sin Inhibits Love* classes on "How to Fight Fair," "How to Face Anger," and the Bible's teaching on codependence. One person practicing the fighting fair rules can change the course of arguments. Even women exert tremendous power for preventing dirty fighting.

7. Schedule a Retrouvaille weekend and follow-up sessions as soon as you can to jumpstart your transformation (HelpOurMarriage.org). Work the program in alongside the other action steps. You'll learn how to communicate and share emotions without blaming. You'll pick up daily habits that promote emotional intimacy.

The Catholic Church sponsors the program, but you are not taught Catholic doctrine. The teachers use scriptures as references rather than giving verse-by-verse explanations.

I've witnessed attendees make two mistakes:

1. Instead of continuing to exercise naked after Retrouvaille, they rested on the progress they made. As a result, they stagnated, then backslid. One withholder doubled down in rejecting her husband when he tried to get her to read with him. Withholders seldom share their mates' motivation and must keep moving forward for full success.
 2. Both the deprived and withholders can experience pullbacks after sharing their hearts with each other and quit instead of working through the setbacks to make another jump forward. Review *Sexual Surrender* on how to use pullbacks as opportunities to overcome inhibitions.
8. Study the free eReports you receive when you complete the *Sexless Marriages Survey*:
1. *Everyone Is an Adult Child, God Doesn't Tell Children to Love Their Parents—God Tells Children to Leave Their Parents*
 2. *Which Describes You? Codependent Enabler, Narcissistic Abuser, or Passionate Lover*
9. Listen to my YouTube classes, *The Song of Solomon: God's Sex Education for Ages 11 to 99*, to help you grasp God's design for sexual love. Many parents listen to this study for family time to help everyone learn how to love each other. You can also listen while commuting to work or on family vacations.
10. If your withholding spouse is unwilling to read and do the homework with you, go through the material for yourself. You need to learn to recognize sin and fully understand how true love smells, sounds, looks, feels, tastes, and acts so you can fight about the right things. This helps you make healthy decisions for yourself and your children.
11. Read and do the homework in *Male and Female: God's Genius, Soulmate to Fall in Love All Over Again* with your spouse. Studying God's plan for husbands and wives will help you build emotional intimacy and overcome the three bad attitudes Dr. Robinson lists regarding:
1. The opposite sex
 2. Your own sex
 3. The role of sex
12. Read and do the homework in my two books on lovemaking to fine tune your understanding of the scriptures and one-flesh love:
1. *God's People Make the Best Lovers*
 2. *God's 11 Secrets of Sex for a Lifetime of Passion*



Level 2: The "Fire-Flirting" Spouse

Jude 23: "...[Level 2] save others, snatching them out of the fire; ..."

Withholders in Level 2 have advanced beyond innocent ignorance into flirting with clustered love sins. Sin never stagnates. It will get worse if you don't expose the character faults and put a stop to them.

The *Sexless Marriages Survey* shows that 99% of Level 2 withholders practice passive aggression, which makes dealing with their covert sins difficult. Plus, Dr. Douglas Weiss says blaming is a nearly universal way withholders avoid intimacy and accountability. They are experts at turning criticism of their behavior into attacks on their companions.

Depending on your spouse's cluster sins, it may take significant work to snatch your companion out of the fire. Dr. Robinson says many withholders resist because they believe their distorted views of men, women, and sex. Plus, they don't think they can change. That's why it's important for you to study for yourself so you can put out the fire your spouse is playing with. Expect multiple pullbacks with Level 2 withholders.



Warning

If you're being physically abused, your relationship has progressed to a dangerous Level 3. See the warning below in Level 3 before proceeding.

Action Steps

Add the following activities to Level 1 Action Steps:

1. Read "Stacey's Story" at the end of each chapter in *God's 11 Secrets of Sex for a Lifetime of Passion*. Learn how she taught her husband to fight fair so they could read and study together. Years later, they and their children are still reaping the benefits of that work.
2. Read Dr. Douglas Weiss's book *Intimacy Anorexia* for more information on what you are up against and ways to exercise naked for developing intellectual, emotional, sexual, and spiritual intimacy.
3. Some clients found Dr. Karyl McBride's \$49.99 workshop, "Healing the Daughters of Narcissistic Mothers," beneficial. The teaching also helps men.
<https://willieverbegoodenough.com/workshop-overview-healing-the-daughters-of-narcissistic-mothers/>
4. I introduce clients to EFT (Emotional Freedom Techniques) or tapping to help them deal with the emotions that making changes arouses. Tapping takes advantage of acupuncture points to speak directly to the body and addresses the vagus nerve as it reacts to stress and trauma. MRI scans show that something is different about a person's bones at traditional acupuncture points, although researchers don't know what that means. Tapping is starting to be recognized in

medical and psychological science as a valuable tool.

I use the following links to introduce clients to two tapping gurus to help them deal with passive aggression:

1. Brad Yates: <https://www.youtube.com/watch?v=XDxPzwGF8IQ>
2. Nick Ortner: <https://www.facebook.com/watch/?v=402442016612512>

5. At Level 2, the loving mate's self-image has been constantly attacked by a master manipulator and false-motive accuser. The *Sexless Marriages Survey* shows that sexless marriages have an extremely negative impact on loving mates:

77% have their masculine or feminine spirit crushed
66% are fighting for emotional survival
59% never rise to their full potential
61% are extremely lonely
51% feel trapped in a loveless marriage
54% are love starved
65% are emotionally exhausted

Consequently, both the deprived and the withholders may need coaching or professional counseling. My clients speak highly of two Christian coaches I like to recommend. Contact them for more information and to see if you are a good fit.



1. Karen Iglehart, RN, M.Ac., L. Ac.

A nurse, Acupuncturist, Certified EFT Practitioner who provides in-person and remote coaching
Contact: www.restorationcottage.care

From one of my clients: “Karen, a tapping coach, helped me heal through processing the 'now' events in my marriage and other relationships. She gave me many practical tools that I use daily. It has been a renewal of my mind to tap with scripture and truths from God. Karen helped me through humor, compassion, and kindness to heal my young-self reactions that keep me from receiving love from my husband and others.”

2. Casey Elliott

A former nurse specializing in Community Health in Mental Health, Trauma Informed, Neurodivergence Informed, Reiki Master, NLP, and Life Recovery Coach.
Contact: cge Elliott18@gmail.com

Casey has 33 years' experience in Al-Anon dealing with family issues and overcame sexual and narcissistic abuse to develop proven techniques for helping others do the same. This makes her excellent at customizing Dr. Douglas Weiss's *Intimacy Anorexia: The Workbook* for clients. People I recommend Casey to praise her insights for guiding them in overcoming their addiction to withholding intimacy that is common in sexually inhibited spouses.

Level 3: The "Polluted" Spouse

Jude 23: "...[Level 3] on some have mercy with fear, hating even the garment polluted by the flesh."

Warning

Several dangers threaten you at Level 3: The Wicked and Hate-Filled Spouse:

1. You may have closed your heart to love to survive emotionally.
2. You may be fighting sin with sin, which never works.
3. You may be living in an emotionally and physically dangerous environment.

The Level 3 withholder may have rejected God and have no desire to live a godly life. Transforming your marriage at this level of enslavement to sin will be very difficult, if possible.

Getting out of a Level 3 relationship can be very dangerous—even if your companion is a woman. Please contact a women's shelter (many work with abused men), health counselor, or other professional to get help for your specific situation. These counselors are trained to recognize dangerous situations and to help you make plans to protect your children and yourself—you and your spiritual leaders probably aren't trained.



The most dangerous time for a person to be murdered by their significant other is when they are breaking up. If your gut is warning you of danger, **DO NOT INTELLECTUALIZE IT AWAY!** Get help immediately! And let others know what is going on. Protect yourself from being isolated from family and friends.

Action Steps

1. Depending on the dangerous level of your relationship, use your judgment or get professional help in following the steps for Levels 1 and 2. See the disclaimer at the bottom of this newsletter.
2. *My Challenges in Marriage* YouTube classes give instructions for getting help from other Christians and your congregation for an intervention to get your unloving spouse's attention. Plus, the lessons give scriptures where Jesus and the apostles did not submit to abuse. Jesus yielded only when it was time to die for our sins, not before.
3. At Level 3, the clustered love sins are deeply entrenched, and your companion probably won't give them up without a fight. Trying to deal with this level of sin may put you in a dangerous situation. Reread the warning and disclaimer.

Conclusion: Exercising Naked

The apostle Paul said, “Exercising naked holds promise for the present life and also for the life to come.”

- No one can make you exercise physically at the gym for the little bit of profit that offers.
- No one can make you exercise mentally with God’s word to achieve intellectual, emotional, sexual, and spiritual intimacy with your mate.
- No one can make you learn how to love others on earth to prepare you to love God in heaven the way he loves you on earth.
- Only you can choose to exercise naked to learn how to love your mate, children, and God.

The choice is yours.

May God bless us all on our journeys of love.

To God be the glory forever and ever. Amen.

Patsy Rae

If you missed the previous newsletters in this series, you can pick them up below:

- [Part 1](#)--Survey shows 99% of sexless spouses engage in passive aggression
- [Part 2](#)--See the survey statistics for yourself plus responses about passive aggressive spouses
- [Part 3](#)--Evaluate your relationship with checklists on narcissism, passive aggression, and damage to the mate

DISCLAIMER

The contents of this article are for informational purposes only. This information is not intended to be a substitute for professional psychiatric or medical advice, diagnosis, or treatment. Always seek the advice of a psychologist, psychiatrist, therapist, counselor, physician, or other qualified health provider with any questions you may have regarding any psychological or medical condition. Never disregard professional medical advice or delay seeking treatment or diagnosis because of something you read in this email. This writer does not provide legal services or legal advice. Reliance on any information provided by the writer of the email is undertaken at your own risk.

EMERGENCY

If you think you may have a medical or safety emergency, call 911 immediately.

NEVER ARGUE WITH YOUR GUT INSTINCTS!

If your gut is telling you something is wrong, probably 95% of the time, something is wrong. Don’t take a chance on being in the other 5%. Go to a women’s shelter and let a counselor help you analyze what is going on in your home. They are trained. You and your church leaders probably aren’t.