

It's Time
to Get The
GROOVE
BACK

The Marriage Manual

ADEWALE ADESOYE

Acknowledgement

Special thanks unto God Almighty for his free gift of Grace that has transformed me. I thank God for the finished works of Jesus manifesting in my life and my family. **TO GOD ALONE BE THE GLORY!!!**

Dedication

I dedicate this book to my Late wife, Ann Ofonmbuk Adesoye who was with me when God birth this vision. It's so sad that you had to leave so soon, but I know that you are having fun in heaven right now. We miss you.

Table of Contents

<i>Acknowledgement</i>	<i>iii</i>
<i>Dedication</i>	<i>v</i>
<i>Introduction</i>	<i>ix</i>
<i>Chapter One: The Drift</i>	1
<i>Chapter Two: Hygiene</i>	11
<i>Chapter Three: Compliments</i>	17
<i>Chapter Four: Relationship with the Opposite Sex</i>	23
<i>Chapter Four: Your Ex-Lover</i>	29
<i>Chapter Six: A force of Attraction</i>	33
Conclusion.....	37
About the Author.....	43

Introduction

A lady that had been married for many years shared her problems with me. She told me that she had not had sex with her husband for months. The husband was always complaining of being too busy, too tired or was not around most times. He left for work very early in the morning during the weekdays and arrived back home very late when everyone would have been fast asleep. He always claimed to be having some left over work to do on Saturdays, and the family spent the $\frac{3}{4}$ of the day in church on Sundays. No time to connect together. She was so dejected and sad when she was sharing this story with me that she was already thinking of a divorce or an opportunity to cheat on him. Does this sound like your home or a home you know about?

Many marriages are in a state of decay, and many couples are just getting by. Marriages are just crumbling down due to lack of sex, lack of enough sex or lack of good sex. Someone once said, "I sometimes pray that I wake up in the morning and find my husband dead so that I can find myself another man. I don't get any affection or sex from this man anymore." Why would someone think of death on her husband because of lack of affection and sex? Does this sound like you? Or someone you know? Honestly, you will be so

surprised by how many people wish their spouses dead due to sexual dissatisfaction.

Statistics show that married men and women have sex on the average of 58 times a year, that's a little more than once a week. Other statistics have also shown that 70% of married women are not having as much sex as they want and are not even satisfied even when they have it. If a man or woman is not having enough sex at home, he/she will be looking for it elsewhere. It is important for you to know that lack of sex, good sex, and enough sex in the home leads to frustration, which in turn leads to infidelity and then divorce. Pastors and highly respected men and women of God have found themselves in this ditch again and again. Anointing is not a substitute for sex, and it will never be. If you are not giving your partner good and enough sex, he or she will go elsewhere looking for it. Remember, I used the word, good and enough sex. Some people just do it like an obligation and don't even enjoy it anymore. The sex must be good, and it must be enough.

Some people don't even feel comfortable discussing sex with their spouses because they don't want him or her to think otherwise of them. I once heard of a woman who didn't feel comfortable telling her husband to touch her on certain parts of her body when they are together or while having sex, with the fear of being tagged a nymphomaniac. Yet, she was never enjoying sex with him and was thinking of going back to the men she used to date before she got married. Some people think that it is a nymphomaniac or a

promiscuous person that pays too much attention to sex and affection. That's not true. No wonder we see many highly respected people end up in the wrong beds because many of them are not having it at home. By not talking about the problems a sexless or less sex couple might face, it will only destroy the marriage in the long run. It's time to take the bull by the horn and solve this silent killer.

Research estimates that at least 50% of married couples are having sexless marriages, one where there is little or no sexual intimacy or activity occurring between the two spouses. Most research has shown that couples who are reported to be having sex more frequently are indeed happier than those who don't. Sex does great things for our souls and bodies. Our minds and emotions are excited and hence, we perform better.

Do you see a drift in your Marriage? Then you need to read this book and have things right back on track, the way God ordained it from the beginning. Over the years, statistics have confirmed again and again that couples that have sex every day or every other day are happier than those who don't, or those who have it once a week or lesser. Sex is a serious business, and it is a need, not want. I know what you might be thinking, "Is he asking us to have sex every single day? I can't stand that man/woman in me or on me every day, sex with him/her is boring, and I can't even be aroused." Many thoughts might be going through your mind but just relax and take your time to read this book, follow the steps and watch how things will take a new turn in your marriage.

A friend was in a large social gathering of couples and asked a very strange question to everyone in the room. He asked them how many times they had sex every week, to his surprise they felt so uncomfortable to give him an answer. I'm sure they would have been very comfortable if he had asked the question from the men separately and the women separately. He asked the question again and was so surprised that nobody felt comfortable to say a word. They just looked at themselves and kept sealed lips. Then he asked them how many of them have sex as much as four times a week and one vocal lady said, "That's too much, do you want to kill us?" I happen to know this woman's husband, and I knew he was a super player, sleeping with lots of women. I am not necessarily saying that the husband was cheating because he and his wife were not having a daily sexual relationship; I am saying that there is a solution to having a better home and reduce the rate of adultery and divorce cases out there. Let's stop deceiving ourselves and start fixing things. Some of the solutions are right in this book. It's time to make our marriage work and get the groove back.

If you walk up to the streets and ask anyone what it takes to make a good marriage, everyone has something to say. Just ask a 16 or 18-year-old boy or girl what it takes to make a perfect marriage, and you will be surprised how much they claim they know about marriage and how to make a marriage work. I am not saying that an 18-year-old cannot make a better home than a 50-year-old, because age doesn't have anything to do with it. However, I am saying

that everyone claims to know how to run a home and make a marriage work, yet many marriages are ending up in divorce, adultery, and pain. You need to be educated and equipped before you say, "I do," and you need to be educated all through the marriage. The moment you get to the point where you say, "I know all about marriage, and I don't need anybody to tell me anything," that's the beginning of your marital trouble. We must all learn and keep learning how to make our marriage work and become better. I am also learning more and more every day.

In most cases, everything has to be okay in the home before the couple can have sex. This book is going to address the common problems that have led to most divorce cases and help you have a happy home. Since I was a child, I had always been so angry when I heard about people going through divorce or people living in unhappy homes. It hurt me so much, and I was determined to find a cure for it. I have been doing surveys, extensive research and interviewing couples for over 10 years, and I have been able to discover some of the common problems and cures to this epidemic. I am not saying there are no other solutions aside those written in this book, but I can assure you that your home will surely get better if you just spend your quality time reading and following these pieces of advice. Just follow me patiently in this book and let's get the groove back. Ride on with me and watch how things will gradually change in your marriage. Everyone I shared all the action steps in this book with, have come back to tell me that it worked.

CHAPTER ONE

The Drift

I know a couple that was married for five years (I will call the husband Tom and call the wife Kay - Real names Withheld). They were so in love with each other. They held hands everywhere and professed so much love in public. Tom was tall and handsome; he always had a smile on his face, while Kay was exceptionally beautiful. I personally know many people that told me that they wish they had a wife or husband like Kay and Tom. They were everyone's dream, and every single person around them always wanted to be like them. Even married couples envied them because of their strong bond, everyone wanted to be like them (At least that's what it looked like in the open). They even prayed to God to make their homes like Tom and Kay's. The world around them thought they were having a blast, but it was an entirely different story at home. The couple did not have it good in the bedroom; they hardly had sex. The sad story is that they both started admiring other people. Tom had a colleague at work that he was getting close to,

while Kay also had a secret admirer. Tom told me that he was not having enough sex at home, that they had sex once a week sometimes, and other times only about twice a month. This was gradually drifting them apart in the home, but they still showed all the love and affection in the public eye. Does this sound like your home or a couple you know?

I knew this couple personally, and it hurt me so much because I never thought they could be having such a problem based on the way they held hands in church and smiled at each other when they talk to themselves. They were playing a very good game in public but were dying slowly emotionally. After my conversation with Tom, I advised him to start having sex with his wife every single day. At least start with four times a week, then gradually move to having sex every day. I told him to make sure that they tried a variety of things in the bedroom and spice it all up. I told him to take his wife on a date and go there with 2 sheets of paper and 2 pens. That both of them should secretly write 2 or 3 things that they need the other partner to improve upon. After writing it, they should both exchange sheets and agree that they will not get angry over what the other person writes, and make a commitment to improve. I gave him some other tips on how to electrify the bedroom and things to do outside the bedroom that will spice up their marriage, which I will further share in this book, and it worked for him. He came back to me after a very short while to thank me because it worked for them.

In the beginning, when Tom and Kay got married, they had sex every single day. They spent quality times together and got to explore their bodies well. They were inseparable both at home and in public, but everything changed after a while. Tom started a new job and got back home late every day. Kay started some kind of work-from-home business that also took her time. Then kids came in the scene, and they both drifted apart unknowingly. The couple that was having sex every day before went to every other day, then once a week, then just once or twice a month. Does this sound like your home? Research shows that this is the growing trend for 80% of marriages in most developed and developing countries worldwide.

Having sex every day is not the only thing that gets the home back on track, so many other things help alongside. The problem is that so many couples have actually lost the desire to have sex with their partners. They enjoy spending time with friends or some other colleagues than they do with their spouse. Marriage has now turned into two people just sharing the same apartment or house, but no deep connectivity like it is intended to be. If you enjoy spending time with other people outside your home than you enjoy spending time with your spouse, then you must know that your marriage is not working, and heading for a crash.

Think about it, what happened when you first met your spouse? You sent text messages, letters, flowers, cards and wonderful gifts time after time. You spent so much time together; holding hands and talking about a glorious future

together. What happened? Both of you were careless about so many things and let go of all the things you used to do together.

Can you remember what the Overseer, Reverend or Pastor said on your wedding day? What God has joined together, let no one put asunder. Let not anything, any job or anyone (including kids) separate the union. It's a covenant of two people becoming one forever till death separates you. Don't you ever let kids or your job separate your union? I totally understand that couples go through so many things that make it quite difficult to even think of sex, things like busy work schedules that take up the whole day and night, and so many more. We will talk more and address some of these things in other chapters of this book.

I used to know a couple that hardly saw themselves, yet living in the same house. The husband worked in the day time, while the wife worked in the night time. The husband is out of the house at 7 am in the morning and does not get back until 6 pm because of traffic. The wife leaves the house around 6 pm also (they sometimes meet in the driveway, or one is going out while the other was coming in), and gets back from work 6 am the next morning. They only spent Sundays together because the wife worked 6 days a week, while the husband worked 5 days a week. Does this sound like your home or a home you know about? The sad news here is that they were divorced in no time. They drifted apart unknowingly and slowly started having problems in other areas. They had sex only once or twice a month, and it was

never as much fun as it used to be at the beginning. 90% of couples that live like this will end up in a divorce or just cohabiting without any substance. I think you should have a big sign in your bedroom saying, “The Lesser the sex we have, the more our marriage is heading for a crash.” Or write, “Without allotted time for togetherness, intimacy is impossible.” It’s a known fact, the more you connect sexually, the greater the bond. I asked many couples to try out this experiment. I told them to have sex with their spouses for 2 weeks in a stretch (Every single day) and give reports on the condition of their marriages afterward. They came back with good news. It works. They started loving their spouses even more and were more connected to each other than they were before.

I know it's a little difficult in some parts of the world to pay bills and afford the basic things of life without working long hours, but we must fight it. The husband or wife probably did so much physical work during the day and will be so exhausted when they get home. I have an advice for people that do lots of physical work during the day and are too tired to make love when they get home. My advice to you is, take a cold shower and you will feel refreshed and energized enough to make love. Research has shown that cold showers will help increase your sexual drive. Imagine how you will feel when someone wakes you up by splashing cold water on your face while you are asleep. Immediately you feel the splash, you have a rush of adrenaline, your nerves are energized, and you feel alert. That’s the same way

you get energized and alert again if you have a shower after a long day at work and you feel tired. The cooler the water, the more energized you will be. You can start the shower with hot/warm water and gradually change the temperature to cold if you are someone like me that doesn't like taking cold showers. I start with my normal hot/warm water and then gradually turn the knob to change it to cold water. Doing this will definitely increase your sex drive and inject some sexual energy into you. I want you to take a shower after work for the next 2 weeks, just before sex with your spouse and share some of your experiences with me. Everyone I have advised on this process came back with good news.

Couples should ensure that they spend quality time every single day. I advise couples to spend about 2 hours together ALONE every single day. I'm not talking about the time when you are both ready to sleep or ready to retire for the night. I am talking about intentionally laying down next to each other in the room, where you talk and cuddle and have sex. This might be difficult for couples that have not been doing this before, but intentionally take this step for 2 weeks and watch how wonderful your home will be. Lock yourselves in the room, kiss, hold hands, look into your eyes, touch yourselves, explore your bodies and have sex. Make this a daily ritual, and you will be surprised how things will bounce back on track.

Another thing that is very important is for both of you to talk, talk and talk about everything. Many men are usually not the talking type, they just utter a few words, and that's

it. If you really want your marriage to work, then you must talk. Talk to each other and tell each other how you feel about yourselves. Tell her how wonderful her body is and how much you appreciate her, tell him how sweet he is and how you would always choose him again and again. I have heard some people say that women need more compliments than men, but that's not true; men need compliments as much as women do. We all thrive on compliments, and it makes us feel good and do better. Even God, our creator, wants us to give him thanks all the time. The more you compliment your partner, the better they will be. If you have run out of words, go online and search for more sweet words to tell him or her. You both have to consciously work towards this process every single day.

Nothing good comes free, no matter what it is. Do you put as much time and energy into your marriage as you put into your job? Just as we spend time at our jobs, trying to keep it and impress our bosses, so also, we need to put that amount of energy and even more effort into our marriage. If you put as much or much more energy and time into your marriage as you put into your job, then you will have one of the best homes.

Someone once said, "I can't compliment her because she doesn't do anything that deserves my compliment." In general, this might be true, but you must understand that good compliments make you happy and want to make you do even more, even when they are not true. Please get me right, I am not telling you to lie to your spouse, but I will

give you a logical example. Imagine a baby crying, what do you do to such a child? You pat the baby, sing songs, look for toys, and do many things to make the baby stop crying. That's how we need to treat our partners; we must always find those sweet words, even when they are not true. This, in turn, makes that hubby of yours happy and want to improve. Try this strategy for one whole month, and you will see the results. Say sweet words and nice things about your spouse's body, clothes, love making, and every single thing. You might not feel like it, but you have to do it intentionally. You will always get better results with this strategy. I will talk more about this in chapter 3.

Another thing I advise is discussion after intercourse. This is more prevalent with men. Many men just roll off their spouses after ejaculation, clean up and then start doing other stuff. Don't ever do that again, unless it's a quickie. You have to consciously spend at least 30 minutes talking to your partner after intercourse. Just lay next to each other and talk. Talk about sex, talk about work, talk about good things that will make you both happy, and not negative stuff. You must beware of discussing problems during this time because it will kill the sex drive and not give it a happy ending. You can also use this time to watch a movie cuddled up together or just talk, talk, and talk. Who knows, it might even spark another round of sex. This is a conscious step that must be taken; you must do it intentionally and watch how things will change in your home. It sparks a stronger

bond between the two of you. Don't ever roll away or walk out of the room after sex. Spend quality time together.

Finally, in this chapter, please note that marriage is a living thing, just as you eat every day to keep yourself alive and healthy, that's how you need to feed your marriage. If your marriage is not fed, it will die. No wonder there are so many divorce cases everywhere. These are some of the ways to feed your marriage. Any marriage that is not fed will die. You feed your marriage by applying things that will make your marriage work. You cannot consciously practice all the things written in this chapter and the book as a whole and still have an unsweetened marriage. Send me an email; I want to know how practicing these things have helped your marriage.

CHAPTER TWO

Hygiene

I met a man who just had a divorce; I will call him Martin (Real name withheld). He was looking so dirty and had a bad body odor. He told me how faithful he was to his wife and how committed to the marriage he had always been, but couldn't figure out why his wife started having sex with someone else at her job and was hardly interested in him anymore. It all started about 6 months before the marriage ended. She met this guy at her job who was always well dressed, looked good and wore a very sweet cologne. This was not even about the money here because Martin was even making more money than the guy at her job. Sadly, she started spending more time with this new guy, and it happened. When she was asked why she slept with the guy at her job, she said she was no longer attracted to Martin anymore, that he didn't take care of himself enough. She tried to make him change, but it didn't yield any results. From my own observation of Martin, I was not also impressed because it was clear that he didn't take care

of himself. He claimed that he had always been the same person since he got married to her, and she had no reason to think otherwise of him. Couples these days say their spouses no longer care about their appearance. So sad, because these things are destroying marriages every day.

Hygiene is a very important factor that many people have neglected in their marriages. Many homes have been destroyed and many divorces have occurred, just because of hygiene. Think about this, what attracted you to your partner the first time? I know that body parts, complexion, voice, smile, and so many other sweet things attracted you the first time. Imagine if he or she was stinking, dirty, and had a bad breath the first time you met. You would not be attracted to him/her, would you? Or he/she came visiting you with dirty clothes, stinky breath, and body odor, would you be attracted to such a person? Can you remember your first date with your spouse? I'm sure you were both in your cleanest clothes, had a nice breath and smelling good. What happened to those things? Couples these days are complaining about their spouses, saying they no longer care about their appearance. This, in turn, has reduced the sex drive. They no longer feel attracted to their partners because of bad hygiene. Good hygiene is a greater sex drive, and you would want to have sex more often.

Many people have a habit of becoming very relaxed after marriage. They just forget about those things they did when they started dating and just allow themselves to be so

relaxed when it comes to hygiene. Couples need to consciously try to keep themselves clean at all times because a bad hygiene is a sex drive killer. I knew a lady who only cleaned up her apartment when she had a male visitor coming over. She was so dirty and disorganized; her apartment was like a junkyard. But it was different whenever she was going to have a male visitor. She would clean everywhere as much as possible and even have on some sweet air fresheners and wear a nice perfume. Why did she do that? Why didn't she leave the apartment like the junkyard that it was, and stay dirty? She did it because she knew what was right. She knew she needed to keep the apartment clean and had to smell nice also to attract the man to her. Stay clean for your spouse, and he/she will always want to come back for more sex. A dirty environment or a dirty partner is a sex drive killer.

Cleanliness is not the cake itself but icing on the cake. Statistics show that a clean and nice smelling man or woman will increase attraction by 30%. So the good smell and cleanliness get you almost half way in. This is something married couples have to work on today consciously. Stay clean, smell good for your spouse and watch how that sexual attraction will increase. We have gotten so used to our spouses that we don't even care about hygiene anymore. You don't need to spend so much money trying to achieve this or break the bank, just do it moderately according to what you can afford. Just because you have been at home all day doesn't mean you shouldn't clean up and look good for your man

or your woman. This will definitely increase the drive and attraction towards your spouse.

Another thing that is necessary is our underwear. We have to keep that clean at all times. Stop wearing torn and rugged looking underwear; it is a sex killer. Many couples don't even care if they wear torn and tattered looking underwear. They have gotten so used to themselves, that it is not a concern anymore. Long ago, before I got married and before I started having a relationship with Jesus, I met a very beautiful girl. She was just my type of girl and had all the qualities that I wanted in a girl. One thing led to another one night, and I started undressing her. Honestly, I was disappointed when I got to see what she was wearing underneath. It was so dirty, tattered and torn. She had really nice clothes on the outside but never took care of the inside. Anyway, I don't intend to tell you how it all ended but it really killed my drive for her, and I lost total interest in her. Why would I just lose interest in a lady because of her underwear? I thought I had a problem, so I quietly started a little survey on what other men/women would think or feel if they saw something like that. To my surprise, every one of them said it was a sex killer. Yes, a sex killer!!! My advice for couples is to stay clean and change underwear when they get old. Variety is also good if you can afford it. If you can change the colors and types at least once in 6 months, the better for you. Please note that this applies to both men and women. We all need to be at our best at all times.

All the points listed in this chapter might seem like nothing to some people, but it is very important. Smell, dirt, and disorganization is a turn off to most people. No wonder you are attracted to that sweet smelling and clean looking man/woman. In my opinion, I would say that it accounts for 30% of what makes a marriage work. Just do these things and watch how things start changing gradually in your marriage.

CHAPTER THREE

Compliments

Compliments are a very important aspect of marriage that must be expressed. It is one of the most important things to give to a spouse because you are basically affirming that he or she is loved and matters more than anyone else. A complimentless (Please allow me to use this word) marriage will most likely be heading for a crash or a lifetime of sadness. Let's start by understanding what compliment is, and why it is important in marriage.

What is a compliment? A compliment is a polite expression of praise and admiration. Please take note of the word, "Polite." If a compliment is not polite, then it is not to be called a compliment. It must be done with courtesy and respect (This is very important). Another phrase we should consider in the meaning is "Polite expression." The politeness should be expressed. It should be expressed with a smile and very nice chosen words. Now, let's take the whole phrase, "A polite expression of praise and admiration."

Compliment is to be filled with praises and admiration. You can't be showering your spouse with praise and admiration without respecting him or her. Some people claim they complement their spouse a lot, yet they don't respect them. They go hand in hand. Another meaning says a compliment is politely congratulating or praising someone for something. As couples, we must politely congratulate our spouses for the nice things they have done, every single day and at all times.

In the world today, a lot of people are living insecure lives. Many people are still holding unto many things they have been told in their past. Terrible things said to them in their youth, past dates or past marriages, by friends and family. They have heard of how terrible they are or how ugly they look. A lot of those words don't leave many people for years, and it keeps coming back to their memories when they are alone or when they are not appreciated. Compliments help the person rebuild and get back self-confidence. A person with low self-esteem will begin to recover with compliments; it repairs all those areas and brings back energy. Compliment your spouse inside and out, these regular reminders restores them and chases away doubts and insecurities.

While we all enjoy receiving a compliment, most people are not very good at giving them. Most marriages are on a downturn because of lack of compliments; we must consciously work on it. Compliments will help improve performance even in bed. If compliment is given right, it will create so much positive energy in the home. I said, "If compliment is given right," that means it can be given wrong

(like rude compliments). Remember from our definition above that it must be a polite expression of praise and admiration. Someone once said, "I can't compliment her because she is not doing the right things, there is nothing to compliment about her." In the real sense, this is not true, and not everything is bad about her. You wouldn't have married her in the first place if everything was truly bad about her. This is my advice: Take a pen and paper, and write down all the nice things he/she does that you like. Go back into the past and appreciate those things that you really liked in the past, and express your appreciation. Compliment him/her so much for the things you like every single day and in different words. Send it to him/her as a text message during the day, say it face to face and make sure you smile saying it. Say it to him/her during your private time and also in public. There is no way you can do these things to your spouse, and he or she will not improve in the areas you want improvement. I have told people to do this same thing, and they came with a good report of how their spouse changed for the better. It works like magic.

Someone once said, "I tell my husband at least once a day how hot and handsome he is, and he has a big smile whenever I say it. He feels so excited and on top of the world." Everyone loves to be complimented, both men and women. It makes us want to be better and do better things. Giving a compliment is like building someone up. The more the compliment, the better the person will perform. Just like a building, the more you progress on the building, the better

the building looks. The house construction doesn't look too good at the foundation, but it keeps getting better as the building progresses. Don't get discouraged if your partner doesn't respond well at the beginning, keep showering the compliments on and on, and watch how your building will look after a while. Just be patient and keep building him/her up with the compliments, and you will be glad you did.

Someone once said, "Compliments are powerful gifts of love." Why not shower your spouse with little gifts of love? Don't ever let a day go by without complimenting your partner, even if they didn't do what you are complimenting about that day. Receiving compliment is like drinking an energy drink. I remember the first time I had an energy drink; I was on top of the world. That's what a compliment does; it makes your spouse extra happy and gives him/her some energy boost. He/she will feel so energized to do more and to get better. Compliment your spouse if you want him/her to get better or improve. Learn how to give your spouse detailed and specific compliments and watch how his/her self-confidence will improve. Inclusively, providing more direct compliments to your partner will not only improve his/her self-confidence, but will also increase bedroom performance.

Sending sexy text messages is a great way for couples to flirt with each other and makes each other smile. Flirting with your spouse generates some form of lovely expectation and anticipation. Anticipation is like mental foreplay that could lead to sex. Send a sexy text to let your spouse know that he/she is on your mind when you are apart and even

when you are in the same house. Make this a habit and watch how things will improve in your marriage. Flirt, flirt and keep on flirting with your spouse.

Finally, please remember that there is no amount of compliments to your spouse that is too much. Keep expressing it with a smile and nice words. Say it and express it genuinely. Stop using the same words, again and again, be creative about it. Use a dictionary or go online for more ideas on different ways to express compliments. This will not only improve your relationship and love making, but it will also make you even a happier person than you are today.

CHAPTER FOUR

Relationship with the Opposite Sex

Having a close friend as the opposite sex after you are married may be seen to be harmless, but it does more harm than good. I am a living witness to this. After I got married, I still kept communication with female friends both directly and on social media. I thought it was not a problem, after all, we are just friends. Until I found out that the communication was getting more than normal. One of the ladies took it off-board, she always came visiting me in the office, calling me daily and sharing her deep secrets with me. Although my wife knew her, she would never have approved the kind of communication we were having. I had to disconnect with her because I was feeling very uncomfortable with the relationship. I also had to unfriend all the others from my social media platforms, deleted contacts, and blocked their numbers.

It does not matter how happy you think your marriage is; you must always protect it from close friendship with the opposite sex. Almost all the affairs begin innocently at work, social gatherings, school, online, the church etc. As you spend time together, you will find yourself gradually sucked into an emotional affair that might destroy your marriage. In the case of a co-worker, as you spend hours and hours talking with a co-worker, both of you get to know yourselves a lot more and start getting into this emotional tangle. The co-worker will seem to have a sympathetic ear with more understanding than your spouse. Then it moves from simply talking about general things to emotions, and then adultery. That's why many people end up falling in love with a co-worker and getting married to them.

A former colleague at work told me his divorce story, and I felt so sorry for him. He told me of how he loved his ex-wife of over 10 years so much that he always longed to go home every day. He even went home during his lunch break to have a quickie with her when she was not working. Then finally, she got a job, and it happened. She started cheating on him with a co-worker. Cheating with co-workers has become very rampant these days, and it's increasing by the day. They often happen because the co-worker supposedly seems to understand you better and probably have more time than your spouse. This is just a gentle trap. It gets bad when you find yourself sharing personal information and feelings that should be kept between you and your spouse. After a while, you will just find yourself spending

time with that friend, the time that should have been spent with your spouse and family.

Do you know the famous TV Reality show called, "BIG BROTHER?" It is shown in many countries worldwide. In the show, contestants called "housemates" live together in a specially-constructed house that is isolated from the outside world. Housemates are voted out (usually on a weekly basis) until only one remains and wins the cash prize. During their stay in the house, they are continuously monitored by live television cameras as well as personal audio microphones. This show is aired for about 90 days (or less). Can you imagine locking up a group of people in the same house for 90 days? After a while, you will start getting attracted to someone in the house because you guys are spending a lot of time with each other and attraction builds up that way. Avoid spending time alone with people of the opposite sex.

Some people even feel comfortable discussing with these friends than they do with their spouses. If you find out that you are more comfortable discussing with a friend than you are with your spouse, then you are not heading in the right direction. Your spouse must be your best friend. Every discussion you are having with the opposite sex must be discussions that you can have conveniently if your wife were present there. If you find out that you are having some secret discussions or exchanging some messages with the friend that your spouse should not see, then you have crossed the red line. Yes, the "red line." You must draw a

red line for every single communication with the opposite sex. It is important to know that no marriage is affair-proof (No matter how respected he/she is), we all have to draw a red line. Always ask yourself what your spouse would feel if he/she were right there, seeing those text messages, hearing the words coming out of your mouth or seeing the things you are doing. Most of those affairs begin with what someone once called "innocent flirt." You really have to keep your guards up and stay connected to your spouse. You see and know the good and bad qualities of your spouse while you may only see the good sides of that opposite sex friend.

In many cases, trash talking your spouse in the presence of an opposite sex will most likely lead to these kinds of relationships. Immediately you trash talk your spouse before this opposite sex, he/she will always have a solution for you. And they might want to keep advising and finding out how you are feeling. Slowly and gradually, this will lead to an improper relationship because you will feel that he/she knows how to treat you better than your spouse. He/she has a listening ear and cares more than your spouse. By not trash talking your spouse, you have been able to resist the wrong bonding. Always say great things about your spouse and talk about your happy marriage. It is not advisable to share the problems of your marriage with anyone, particularly the opposite sex, except he/she is a counsellor.

Another thing you must avoid is going on one-on-one lunch dates or hang out with the opposite sex. Some couples have not gone out with their spouses for months and end

up hanging out with a co-worker or other opposite sex for lunch every day. One thing will lead to the other, and it will happen. Constant communication increases attraction. The more you spend time and communicate more with someone, the more you feel comfortable sharing things with the person, and it might end up in the bed.

It doesn't matter if you are a Pastor or a Reverend, nobody is immune to extramarital affairs, you have to keep your guards up and don't cross the red line. Relationship with the opposite sex will gradually reduce attraction for your spouse. It even affects your relationship when having sex with your spouse. I have heard many people tell me that they had to imagine themselves having sex with someone else when they are actually having it with their spouses. They claim they don't enjoy sex with their partners anymore, and the best way to do it is to imagine them doing it with someone else. Wrong opposite sex relationships are the greater cause of these kinds of problems. If you are one of those people and reading this book now, I advise you to quickly cut off that wrong relationship and focus on your marriage. If you spend the same time communicating and thinking of your spouse as much as you do with that so-called friend, you will have a better marriage and even enjoy sex with your spouse.

CHAPTER FOUR

Your Ex-Lover

An Ex-Lover will always haunt your marriage. Statistics have shown that 50% of cheating in marriages begins with an ex-lover. Someone once told me, "I feel comfortable discussing with my ex-lover than I feel with my wife. There are some things about me that my wife does not know, but my ex-lover knows. I have this connection with my ex-lover that no woman has been able to fill. I even enjoyed sex with a few of my ex-lovers more than I enjoy with my wife." I felt so sorry for this brother because he will never have a happy marriage with that attitude. There will always be reasons to compare your past relationships to your current marriage. We are all born differently, grew up in different environments, like different things, and so many more differences. If you are someone that has been with a lot of people before you got married, you will always find some qualities in those other partners that are not in your current spouse. Instead of looking out at an Ex-lover, why

don't you both work it in your marriage and get things back on track?

If you have been able to read this book to this chapter, then it means you really want a positive change in your marriage. My advice for you is to cut off all ex-lovers from your life. I discussed with a Brother in church who told me that he was having problems in his marriage. After asking him some questions, I found out that he was still chatting on social media with almost all his ex-lovers, and was even having regular phone conversations with two of them. It got to the point that he started comparing those ladies to his wife, and he was even getting advice from them on what his wife should be doing and what to do to improve his marriage. This is a very bad approach, especially with an ex-lover because it will only drift your marriage apart instead of bringing it together (even if your ex-lover is a marriage counselor).

Don't ever go on a date with an ex-lover (This should be a red-line that nobody should cross after marriage). Many people claim to be so strong and say they can never get attracted to an ex-lover anymore even when they go on dates or hang out together. I laugh at such statements when I hear them because it is quicker to get into bed with an ex-lover than to get into bed with a new date. You and your ex-lover have spent quality time together in the past, so it might not be difficult to get into bed again. They say, "Just a simple lunch will not harm anyone." I laugh out loud because that is just the beginning, there will be more dates to come, and many things can happen in just a simple date.

After I got married, I discovered that I had a couple of ex-lovers still on my social media. Once in a while, we exchanged pleasantries and even had some discussions from time to time. I started noticing myself feeling so excited when I was chatting with one of them someday, that I was really looking forward to another chat. I went on her Facebook page to look at her profile time after time and always looked out for her comments and posts. This was an ex-lover that I was in love with in the past, and we shared so much together, so it was a little difficult for me to cut off contacts at first, but I had to. I discovered that it was too dangerous for my marriage and had to take a swift action by removing her from my social media, and stopped communicating her. From time to time, when we bump into each other, I don't exchange more than the hello, hi pleasantries and nothing more. A married man/woman must stay away from any form of close conversation with an ex-lover. It always has a tendency to creep in again, and nobody is immune to this.

A married lady of about 5 years was having problems with her husband; she just felt he wasn't as caring enough and she was very upset. She was so upset that she needed someone to talk to, and here came the ex-lover that was there to listen. She didn't like him anymore and was no longer attracted to him anymore, but he was always there to listen anytime she got into her moods. They communicated just once a while via social media, and it grew to once a month, then once in two weeks, then once a week, and then

every single day. Then she just started falling for him again, and it happened. They started seeing each other in secret until everything burst out in the open. Her marriage was over in no time.

“Can't we just stay as friends and not get intimate?” Can you remember those lines? That's what an ex-lover will say. I heard those lines many times too after I got married, but I knew it was not healthy for me. There is a 50% chance that you will get in bed with an ex-lover that you still stay in close contact with. Let your ex-lover remain in your past. Can you imagine running a race and looking back at the same time? Or imagine yourself walking backwards. You will just be unstable and bump into an obstacle. That's how terrible and difficult it is for marriage to thrive when you are still communicating with your ex-lover. The more you communicate with your ex-lover, the more you obstruct your marriage, physically and spiritually. Most ex-lovers will always want to stay in touch, especially if both of you really had a deep connection in the past, and it is always difficult to break. They always mean no harm at the beginning, but it will definitely lead to emotional attachment again. Some people will say, “I know what I am doing, what we had was in the past and I don't have anything to do with him/her anymore.” One discussion will lead to another, and another to another, till you end up in bed again. Sometimes, the process is so subtle that it takes years to generate the passion again. Don't fall for those lines again because it is a marriage destroyer. Stay clear and stay away.

A force of Attraction

I remember when I was growing up, I was more attracted to ladies that had smiles on their faces. Friendly and happy people always have people attracted to them. Just like ants are attracted to sugar, that's how joyful and happy people enjoy attraction. The Bible also says in **Proverbs 15:30 "A cheerful look brings joy to the heart..."** You can't enjoy life going about with a frown on your face and looking sad all the time. A sad and gloomy face is a turn off most of the time. Statistics have also shown that people with joyful and happy smiles tend to get married quicker than those who frown or always look sad. A lot of people exert a lot of high energy and excitement at work and just keep a normal or gloomy face at home with their spouse. Some people are even happier with their pets than they are with their spouses.

Someone once said that a smile is the prettiest thing you can wear. This is so true because the look on your face

determines if you are approachable or not. Your spouse will not get closer to you if he always sees a frown on your face. It is a sex killer, and you will never achieve anything positive with a gloomy face. A smile is positive energy to the environment and also your spouse. Not a lot of people will feel encouraged to make love to a sad person or someone always wearing a frowning face. Someone once told me, "I find it very hard to make love to my wife because she is always looking very sad and unhappy all the time, even when everything is going on fine." Although I didn't hear from his wife to know exactly why she was not always looking happy, I will always advise couples to force a smile out at all times.

They say that it takes about twice as much more muscles to frown than it takes to smile. And a Chinese proverb says, "Every smile makes you a day younger." Life is always better with a smile on your face. A happy face will attract your spouse to you most of the time. We must always work at it because it might be the reason for sexual rejection.

I know it is quite difficult to smile under some certain circumstances in the home. Also, it is very difficult to be happy in a marriage broken by infidelity and many other marital problems. I know it is hard and difficult to handle, but you have to make it work if you have decided to remain in that marriage. Forgiveness is necessary if you want to have a wonderful sexual relationship with your spouse. Even God forgave us and keeps on forgiving us. I advise that you visit a marriage counselor in church to help you get

out of that state if you are finding it difficult to cope under certain circumstances.

Humor in the home is vital. Some homes are so cold and boring and the couple just keep a neutral face all day and no sense of humor. Humor relieves tension in the home and can build communication between spouses. Laughter is a stress reducer, and it stimulates the immune system. Laughter lifts the spirit in your home and brings you together. Someone once said, "It is very difficult to stay mad at a spouse that makes you laugh." Research has proven that couples with a strong sense of humor are less likely to get a divorce. It is also important to know that each of us has a unique sense of humor; hence you need to know what makes your spouse laugh. Find those things that make your partner laugh by paying attention when he/she laughs. Find those things and use them as often as possible. This is not about being a great comedian, but finding what is funny in everyday life and enjoying yourselves.

Finally, my best advice to you is to have a quality relationship with God. Jesus said in **Matthew 11:28-30 (MSG)**, **“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me, and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep Company with me and you'll learn to live freely and lightly.”** It works.

Conclusion

Work on sexual satisfaction in your home. If one partner is more satisfied than the other all the time, there might be a problem. Talk with your spouse about his or her sexual desires time after time, and make sure you are on the same page at least 90% of the time. As much as I advise couples to have sex every single day or at worst, every other day, it is also important for you to know that the quality of sex is as important as the quantity of sex. Everyone is different, and we cannot all be the same way, so it is important for you to talk about what you enjoy and what you don't enjoy. Learn to explore your bodies together; you will be surprised at how much you are yet to discover about your spouse's body. I always advise couples to go on a body adventure, explore each other's bodies and ask questions at all times. Never assume he/she would like it exactly the same way your ex-lover did.

I will not conclude this book without talking about God's design for marriage. God is the marriage maker from the beginning, so we should let God teach us. His design for marriage is two people coming together to become one. The new living translation of **Ephesians 5:31** says, **"A man leaves his father and mother and is joined to his wife, and the two are united into one."** It's God's master plan. If two

people are joined to be one, it simply means married couples should see themselves as one. I have always heard this scripture since I was a kid but it never really came to the full understanding until a while ago. Do you know what it means?

1. It means that if a man is engaged in physical abuse of his spouse, he is actually fighting against himself and vice versa. Can you imagine fighting against yourself? You will not be able to move forward in life or have a direction for your life because you are inflicting pain upon yourself.
2. It means that if a man or woman is engaged in insulting words upon his/her spouse, he/she is actually insulting himself because both of you are one. For instance, if I say my wife is a big fool, then I am also directly saying that I am a big fool because we are one.
3. It means that if you don't show love to your spouse, then you are directly not showing love to yourself without knowing.

That is why many homes are in crisis today because they have forgotten about the real meaning and understanding of marriage. Two have become one.

Like I said earlier in the book, take your spouse on a date once a month and go with 2 sheets of paper and 2 pens. After the wonderful meal, both of you should secretly write two or three things that you want to improve in your marriage. Write what you want your husband or wife to do to you and exchange sheets. Both of you will then discuss and agree to do what the other partner wants you to do. If you

love your spouse and want a great marriage, you would definitely work on those things. I advise couples to do this at least once a month or once every quarter. This will definitely improve your marriage.

I also advise couples to spend at least 2 hours every single day, locked up in the room, just the 2 of you. Not the time to take a quick nap or rest. It is time to connect, unwind, cuddle, kiss, and make love. Lay in each other's arms during this private time together every day. If you have little kids, you can reduce the time, but make sure you connect one-on-one every single day. Remember that lack of good and quality communication can create a whole lot of misunderstandings and confusion. Spouses don't talk anymore. They prefer spending more time on their computers, games, TV or hanging out with other friends. You have to create time for each other every single day. At least 2 hours indoor, with no disturbance and nobody sleeping within the allotted time. Just talk and play and have sex. It is also important that you begin every day with a few minutes of cuddling and snuggling before you get out of bed, this will increase the connection you have with your spouse.

Finally, I want to give you one advice I got from Pastor Creflo Dollar that has totally changed my life. He says to the husband, "How your wife treats you is none of your business, your business should be how you treat your wife." And to the wife, "How your husband treats you should be none of your business, your business should be how you treat your husband." In my opinion, this is the key to having a

wonderful home and a wonderful sexual life with your spouse. Wake up every day and let your goal be to pleasure your partner, irrespective of how they act or treat you. This is a super cure to all marital problems and challenges.

Find out what your partner needs, and give it to him/her unconditionally. You now have a business to attend to. This business is greater than your regular job. This business is to please your spouse unconditionally; to treat each other with love and respect. Always remember that a negative reaction to your spouse can shame him or her, and might not want to make advances anymore. Do many things to surprise him/her and always say nice things.

Another thing you must never do is to deprive your partner. Do not deprive your spouse for any reason. If you don't feel like having sex, say it politely and schedule sometime the next day. It has to be a mutual acceptance. Someone once said, "If you go on a diet, all you think about is food, food, and food, same goes with sex. If you are ever deprived of sex, all you will be thinking about is sex, sex, and sex". A deprived man or woman will go out searching for it outside the matrimonial home.

The word of God says to the married in Ephesians 5:21 that we should submit to one another. We are to submit to each other and not deprive ourselves. The main aim of this book is to get couples back to the bedroom and start having regular sex. When I say regular sex, I mean EVERY-DAY SEX. At worst, every other day. Don't you ever let two days go by without having sex, unless the other partner

is sick or the wife is on her monthly cycle. God gave us sex for pleasure and procreation, that's why he puts that attraction in us.

Many couples think they don't need marital counselling. They believe that they can make it work on their own. You see teenagers that don't know anything about marriage getting married. In many cases, it's not about the age, because you even see people in their thirties and forties behaving like teenagers. Virtually, everyone thinks they know about marriage, just walk up to the street and ask any random person what they have to say about a good marriage and you will see them come up with a list of dos and don'ts of marriage. If we all know, then why are there so many divorce cases and so many people drowning in their marriages?

Knowledge is power. The more you know, the better you will be. Not all the richest people in the world today are smarter than you. You are probably smarter than a lot of them, but they have an advantage over you. They have information that you don't have, and they know something that you don't know. That's why we see a high school dropout richer than a professor. The same goes for marriage, the more information you have, the better your home will be. What kind of information, you may ask? Many people get their information from all the soap operas shown on TV. Wrong move. You are getting information from people that are not even married or people that have a rocky relationship. It's time to go for the right information. My advice is to seek the services from a spiritual, qualified, tested and

trusted marriage counselor. You can also visit our website for more information and resources (www.getthegroove-back.com).

Take note of all the sex killers in this book and follow them unconditionally. You cannot do all these things and not have a better union. I want to know your results, so please drop a comment on my website at **www.getthegroove-back.com** or send me an email at **getthegroove-back@gmail.com**. I really want to know how things are going on in your marriage, and also want to know the results after practicing everything I have shared with you in this book. It's time to get the groove back.

CONGRATULATIONS !!!!!!!!!!!!!

About the Author

Adewale Adesoye is a positive, strong and energetic man. His creative gifts were evident in his childhood and he has continued to embrace and express them, especially in ways that meet the needs he identifies in his community.

Adevale has always had a passion for listening to people and counseling them through life's challenges. *'It's Time To Get The Groove Back – The Marriage Manual'* was also inspired by a need Adevale saw that is not taught in our church these days. With the topic of sex often being discussed in hushed tones, he realized that many were secretly suffering, with devastating impacts on the family, the children and eventually the marriage.

Additionally, Adevale had a burden for people going through divorces as well as couples engaging in adultery. This inspired him to start researching marital problems, a journey that took over 10 years. On this journey, he read, observed, asked questions and did an extensive research. He started to understand the importance of sex and the need for proper and truthful education on the topic.

It is this wisdom that Adevale has generously integrated into *'It's Time To Get The Groove Back – The Marriage Manual'*. Through this book, you will be inspired to reclaim

sex as the godly gift it rightfully is, thus strengthening your intimacy with your spouse and contributing to the flourishing of your marriage.

“It’s Time To Get The Groove Back – The Marriage Manual” is a no-holds barred book and will answer many questions, which have secretly plagued many Christian couples. Consider this your marriage manual.