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Tim & Beverly LaHaye

Updated and Expanded

THE *Act*  
OF  
*Marriage*

*The Beauty of*  
SEXUAL LOVE



A PDF COMPANION TO THE AUDIOBOOK



*The Act of Marriage*

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ISBN: 978-0-310-21200-3

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Published in association with Alive Communications, Inc., 7680 Goddard Street, Suite 200, Colorado Springs, CO 80920.

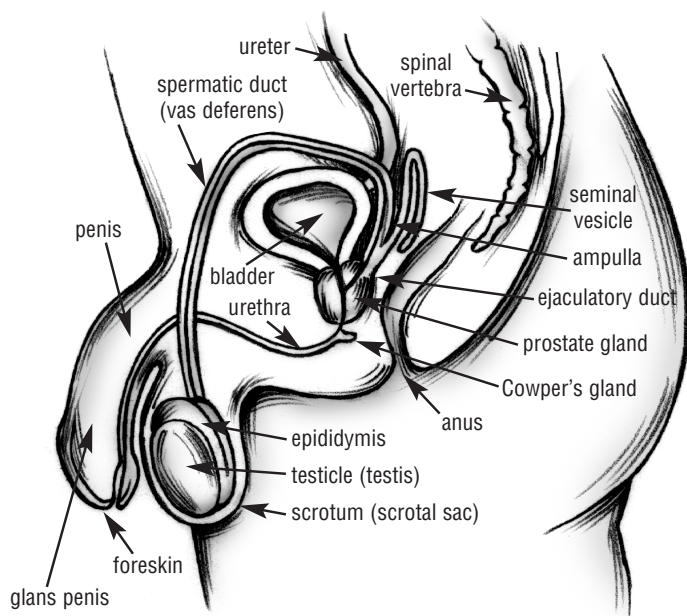
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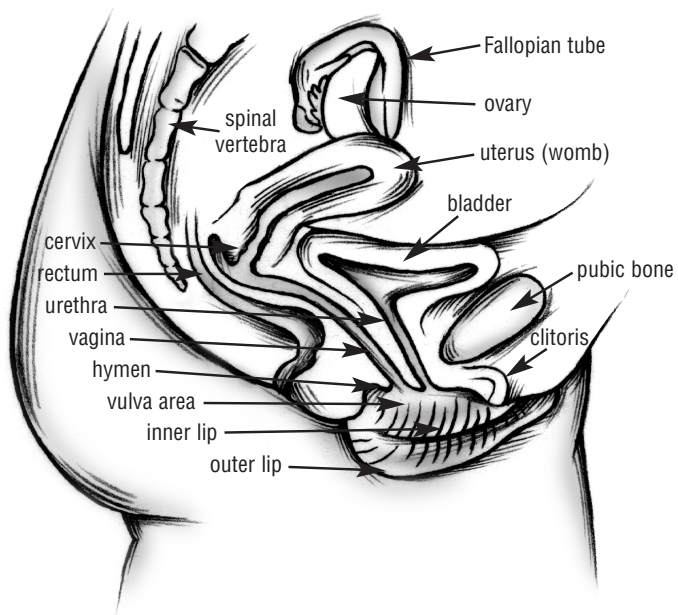
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# F i v e

## *Sex Education*



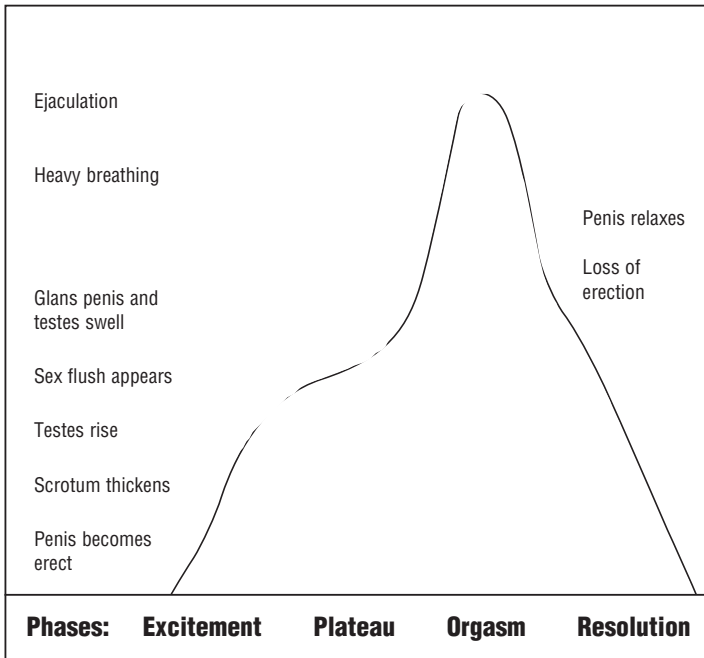
**Fig. 1.** The male reproductive organs.



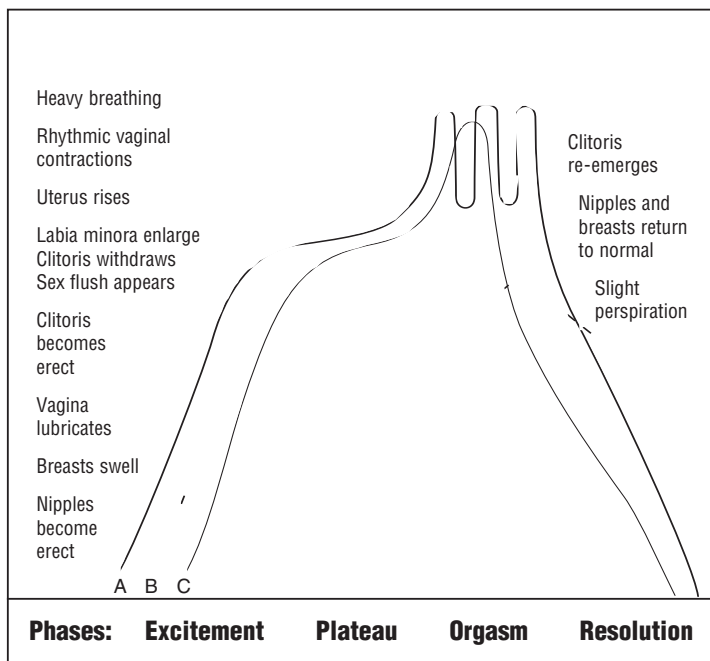
**Fig. 2.** The female reproductive organs.

S i x

## *The Art of Lovemaking*



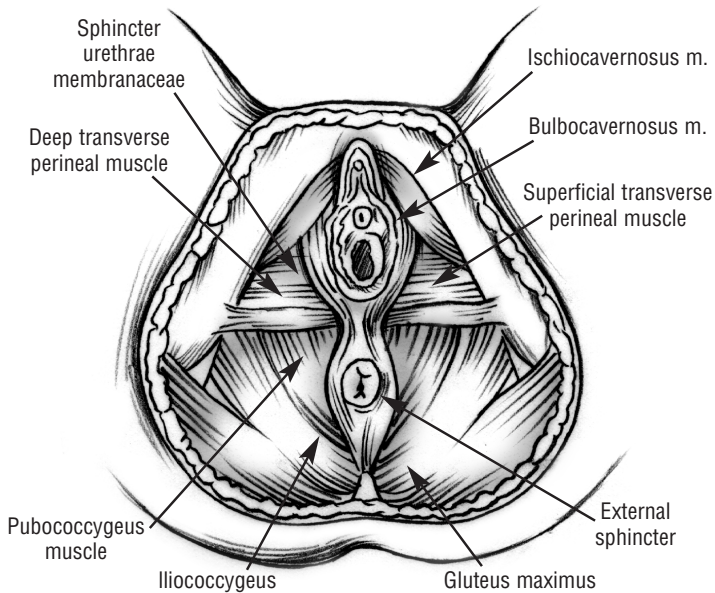
**Fig. 3.** Sexual response of the husband.



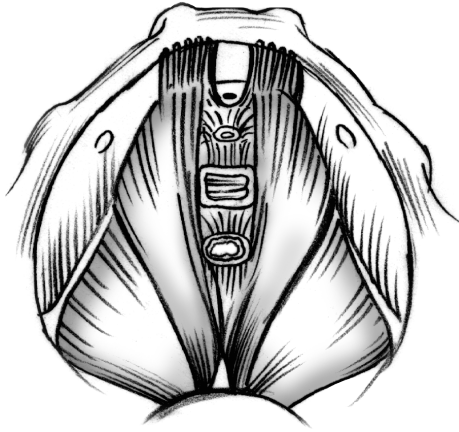
**Fig. 4.** Sexual response of the wife.

T e n

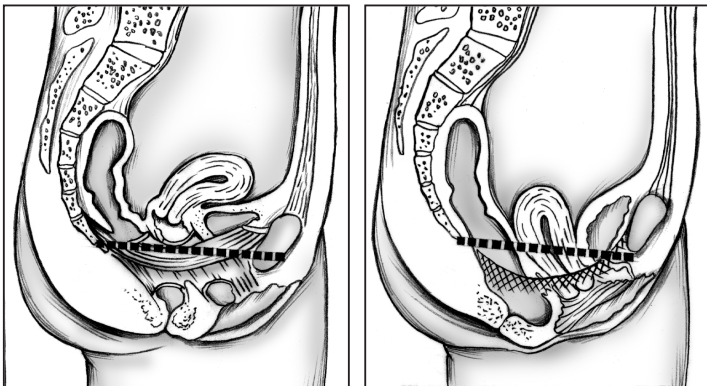
## *The Key to Feminine Response*



**Fig. 5.** The basic muscles of the pelvic floor, showing the interlocking three lower muscle diaphragms with the three openings – urethra, vagina, and rectum – penetrating the slinglike external sphincter, under which is the pubococcygeus muscle.

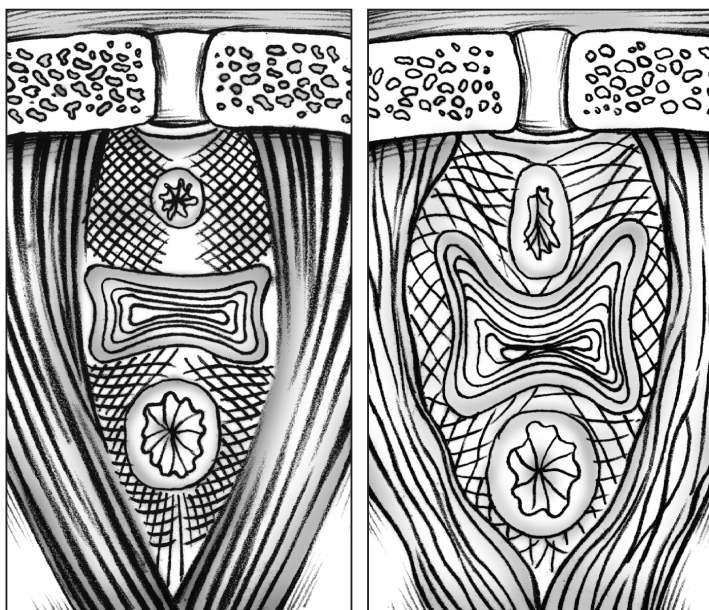


**Fig. 6.** The pubococcygeus (P.C.) muscle seen from above after removal of some of the more superficial muscles. Note how the fibers surround each of the openings interlocking with other muscle fibers of these organs. Firm P.C. muscle tone produces support to those organs, slack muscles give little support. These muscles are responsive to proper exercise.

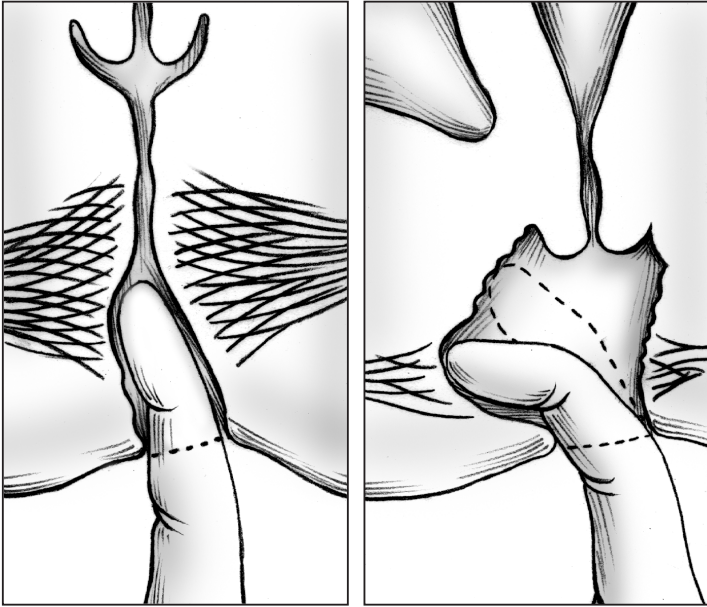


**Fig. 7.** (Left) Side view showing *good* P.C. muscle tone. Note how the vagina is in proper position; (right) The P.C. muscle with weak tone hangs loose and low, permitting sagging of the female organs due to poor support. Childbirth may be more difficult for this woman; she may be susceptible to backaches; menstruation may be harder and coitus less stimulating to both her and her husband.





**Fig. 8.** (Left) An artist's conception of the vagina, seen from above, showing good muscle development. The heavy lines indicate strong muscle fibers, which are exaggerated here to suggest the thickness and resistance of the pubococcygeus muscle, which make possible better vaginal perception; (right) An artist's conception of the vagina, seen from above, showing poor muscle development. The lines indicating muscle here are lighter and sparser, suggesting the thinness and lack of the resistance of the pubococcygeus muscle usually accompanied by poor vaginal perception. Note how much wider are the poorly supported vaginal and urinary passages.



**Fig. 9.** How the doctor examines the pubococcygeus muscle. (Left) When the muscle has good tone, resistance is felt in all directions; (right) When the muscle has poor tone, the vagina is roomy and the thin walls feel as though detached from surrounding structures.

## Six Week P.C. Exercise Chart

		1st Week											
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
10 contractions per session													
2nd Week													
15 contractions per session													
3rd Week													
20 contractions per session													
4th Week													
30 contractions per session													
5th Week													
40 contractions per session													
6th Week													
50 contractions per session													
<p>Each day on this six-week chart is divided into six blocks. These blocks represent six P.C. muscle exercise sessions. On the left of the chart is the suggested number of P.C. contractions to be done during each of the six sessions per day. Write in the block the number of contractions achieved per session.</p>													

T h i r t e e n

*Sex Survey Report*

## Family Life Seminars Sexual Involvement Survey

		WIVES	HUSBANDS
1. Participants		1,705	1,672
2. Ages	Average	mid-30s	late 30s
	20–29	25%	14%
	30	42	44
	40	22	30
	50 or over	10	12
3. Years married	Less than 1 yr.	1%	1%
	1–6 yrs.	20	18
	7–15 yrs.	37	41
	16–25 yrs.	31	25
	26+	11	12
4. Average number of children		2.5	2.5
5. Pray together (weekly)	Never	33%	30%
	1–2 times	31	43
	5 or more	36	27
6. Years of education:	67% of the women and 80% of the husbands attended at least two years of college, while 38% of the wives and 61% of the men completed four years. 10% of the women and 37% of the husbands went to graduate school.		
7. Wife employed outside home:	40% worked regularly full- or part-time, while 60% did not.		
8. Husbands' vocations:	64% were professional or managerial, 29% skilled or clerical, and 7% semi-skilled.		
9. Length of courtship	6 mos.	10%	9%
	6–12 mos.	27	27
	12–18 mos.	15	12
	18–24 mos.	14	14
	2–3 yrs.	19	17
	3–5 yrs.	14	18
	over 5 yrs.	1	3

10. Main source of sex education before marriage			
	None	13%	18%
	Parents	13	9
	Minister	1	1
	School	14	11
	Reading	53	47
	Other	6	14
11. What books on marriage have you found most meaningful? (They are listed in the order of the frequency mentioned.)			
	1. How to be Happy Though Married		
	2. The Christian Family		
	3. Bible		
	4. Sexual Happiness in Marriage		
	5. Total Woman		
	6. Fascinating Womanhood		
	7. Letters to Karen/Philip		
	8. Heaven Help the Home		
	9. Sex Without Fear		
	10. Sex in Marriage		
12. Feelings about sex before marriage			
	Apprehension	20%	13%
	Anticipation	68	82
13. Leader in your (childhood) home			
	Father	51%	61%
	Mother	32	27
	Neither	8	8
	Fought for leadership	9	4
14. Impression of parents' sex life			
	Fulfilling	36%	36%
	Casual	28	34
	Cold	28	20
	*Other	8	10
*Didn't know, or only one parent most of time.			
15. Did you have any unpleasant sexual experiences in childhood?			
	None	81%	90%
	Indecent exposure	7	3
	Molested	7	1
	Rape	5	—
	Homosexual	—	5

16. Were you ever divorced?	No	92%	91%
	Yes, before accepting Christ	5	6
	Yes, after accepting Christ	3	3
17. Did you discuss sex with your partner before marriage?	Never	15%	15%
	Some just prior to marriage	29	28
	Periodically after engagement	56	57
18. Did you engage in premarital intercourse?	No	59%	46%
	Once	10*	9*
	Occasionally	20*	32*
	Frequently	11*	13*

\*Among those who did engage in premarital intercourse, 29% indicated they had not yet received Christ as their Lord and Savior at the time of that relationship; 38% noted that they had previously accepted Christ. The remaining 33% did not indicate the time when they began the premarital relationship.

19. Which birth-control methods do you prefer?	Pill	37%	38%
	Diaphragm	13	12
	Condom	12	12
	IUD	10	5
	Foam	9	1
	Rhythm	5	4
	Contraceptive jelly	3	2
	Douche	2	—
	Withdrawal	2	3
	*None	7	7

\*Although this may be listed as a personal preference for a few, many noted that no artificial birth-control method was required because of a vasectomy or hysterectomy.

20. Did you go on a honeymoon?	No	16%	14%
	Yes, 1–2 days	14	11
	Yes, 3–4 days	19	25
	One week	31	31
	Two weeks	20	19

21. Did you see each other undressed the first night?		
Yes	76%	71%
No	24	29

22. Did you attempt intercourse the first night?		
Yes	79%	69%
Yes, but could not make entrance	12	22
No	9	9

23. Did you reach orgasm the first night?		
Yes	26%*	
No	74	
Of these:		
No, but did within 1 week	22	
No, but did within 2-4 weeks	17	
No, but did within 3 months	9	
Never	5	

\*This figure includes 14% who indicated they had premarital sex.

24. Frequency of orgasm now		
Regularly or always	77%	
Periodically	11	
Never or seldom	10	

Note: 2% of the women indicated they did not know what an orgasm is.

25. Does husband know when wife reaches orgasm?		
Regularly or always	82%	85%
Periodically	7	8
Never or seldom	3	7
Don't know	8	—

26. Does wife attain orgasm during sexual intercourse?		
Regularly or always	64%	60%
Periodically	10	14
Never or seldom	24	23

27. How often do you reach orgasm by clitoral manipulation before penile entrance?		
Regularly or always	31%	
Periodically	17	
Never or seldom	51	



28. How often does wife require clitoral manipulation as the only way to reach orgasm?

Regularly or always	45%	33%
Periodically	10	16
Never or seldom	41	49

29. Does husband manipulate wife's clitoris orally?

Yes	68%	67%
Never	31	33

30. If yes, how often?

Regularly or always	19%	13%
Periodically	20	21
Seldom	29	33

31. How does the wife feel about being orally manipulated, and how does the husband think the wife feels about it?

Enjoys it	54%	43%
Neutral	13	15
Dislikes it	33	42

32. How does the husband feel about orally manipulating his wife, and how does the wife think he feels about it?

Enjoys it	78%	69%
Neutral	9	18
Dislikes it	13	13

33. How often does wife reach orgasm before husband?

Regularly or always	38%	31%
Periodically	16	22
Never or seldom	45	46

34. How often do you and your partner reach simultaneous orgasms?

Regularly or always	13%	19%
Periodically	44	40
Never or seldom	41	41

35. How often does the wife experience multiple orgasms?

Regularly or always	11%
Periodically	14
Never or seldom	71

36. Minutes from beginning of foreplay to orgasm

Less than 10	6%	7%
10–20	51	55
20–30	31	26
30 or more	12	12

37. Has the husband ever had difficulty ejaculating?		
Never or seldom		93%
Periodically		6
Regularly		1
38. How often has husband verbally told wife what stimulates him?		
Never or seldom	31%	29%
Periodically	21	30
Regularly or always	45	39
39. How often does wife tell husband what stimulates her?		
Never or seldom	34%	41%
Periodically	28	24
Regularly or always	36	33
40. On the average, how often do you have intercourse per week?		
0–2 times	61%	61%
3–6 times	36	37
7–9 times	3	1
41. How often do you desire intercourse per week?		
0–2 times	48%	27%
3–6 times	49	62
7–9 times	3	11
42. To what extent have you been satisfied with intercourse?		
Regularly or always	73%	90%
Periodically	19	6
Never or seldom	8	3
43. How often does the husband have trouble maintaining an erection, and how often does the wife think he does?		
Never or seldom	96%	92%
Periodically	4	6
Regularly or always	—	2
44. How often does wife help husband achieve orgasm by oral stimulation?		
Regularly or always	11%	8%
Periodically	15	15
Never or seldom	73	76

45. Self-acceptance of personal appearance

Totally	20%	33%
Mostly	62	54
Provisionally	13	11
Minimally	3	1.2
Reject	2	0.8

46. How mate accepts my appearance

Totally	37%	34%
Mostly	55	57.6
Provisionally	6.4	6
Minimally	1.2	2
Reject	0.4	—
Don't know	—	0.4

47. How do you rate your love life?

Above average and very happy	81%	85%
Average	10	13
Below average	9	12

**Chart I**

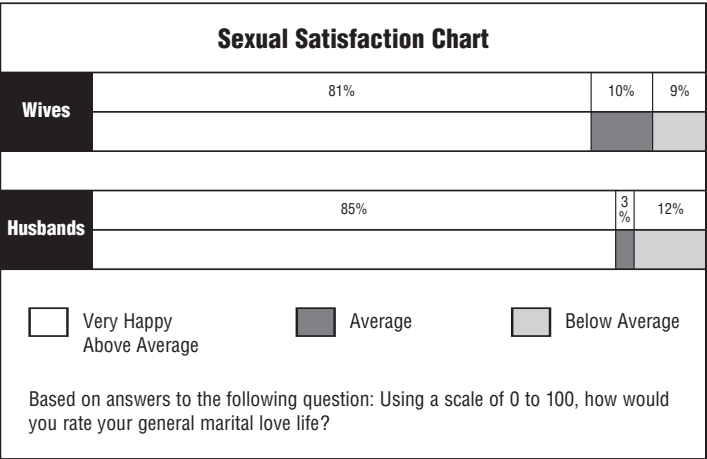


Chart II

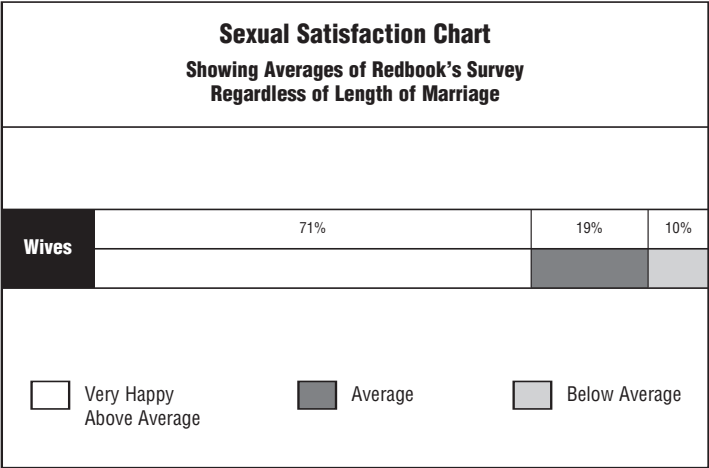
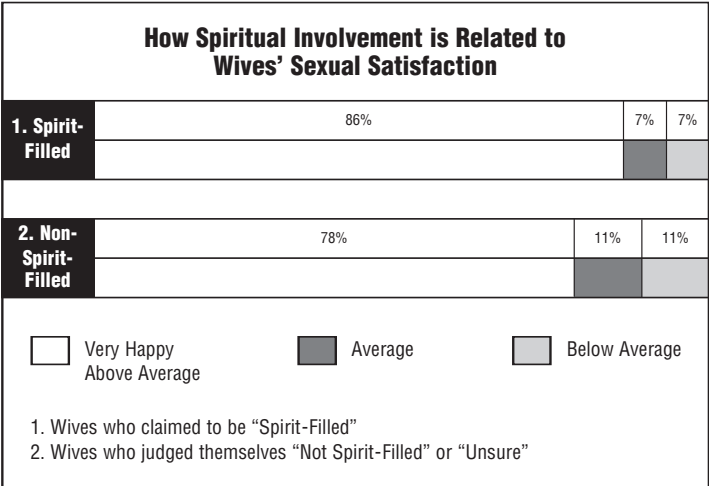
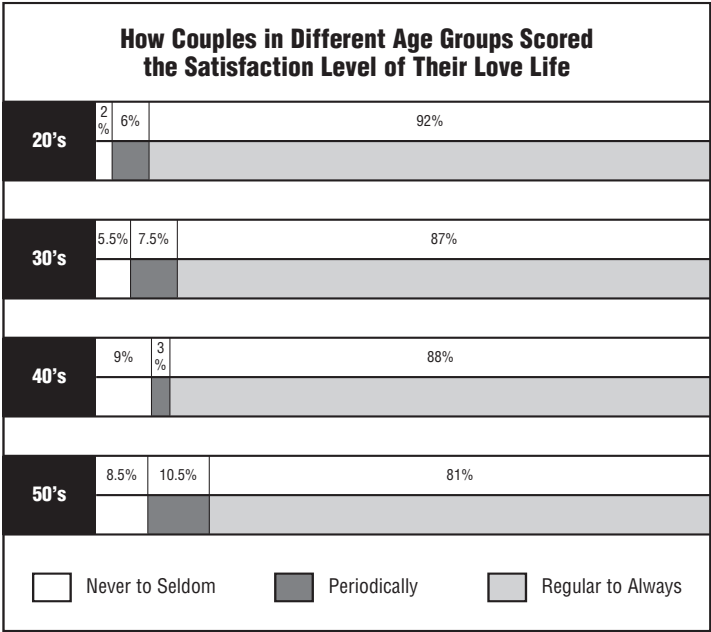


Chart III



**Chart IV**



**Chart V**

Divorce Rate at Various Levels of Education		
Among those who had divorced:	Wives	Husbands
High School Only	5%	5%
Two Years of College	10%	13%
Four or More Years of College	20%	14%

Chart VI

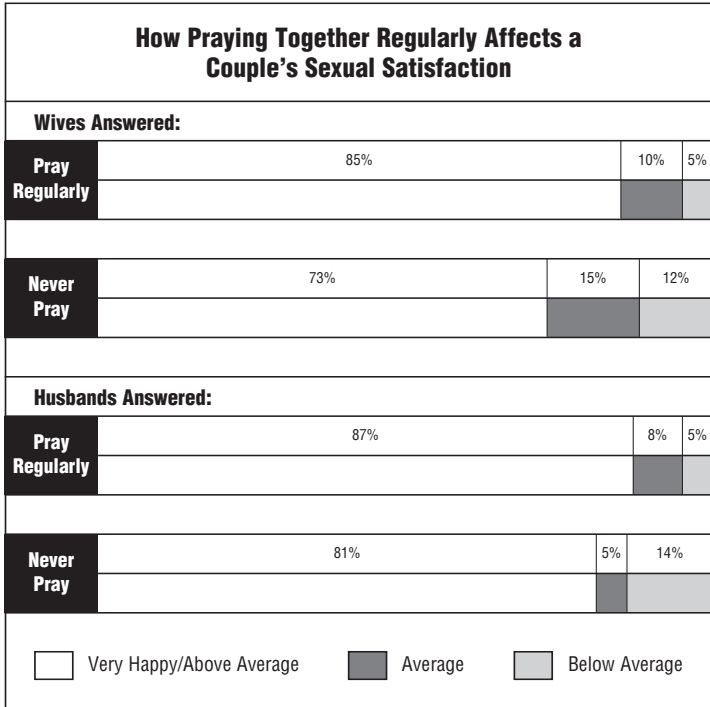


Chart VII

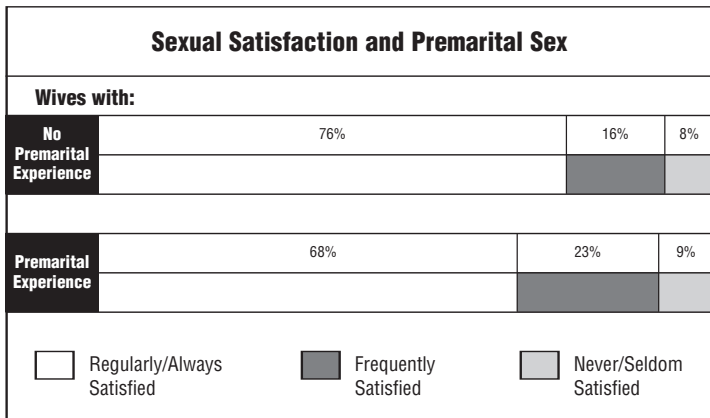


Chart VIII

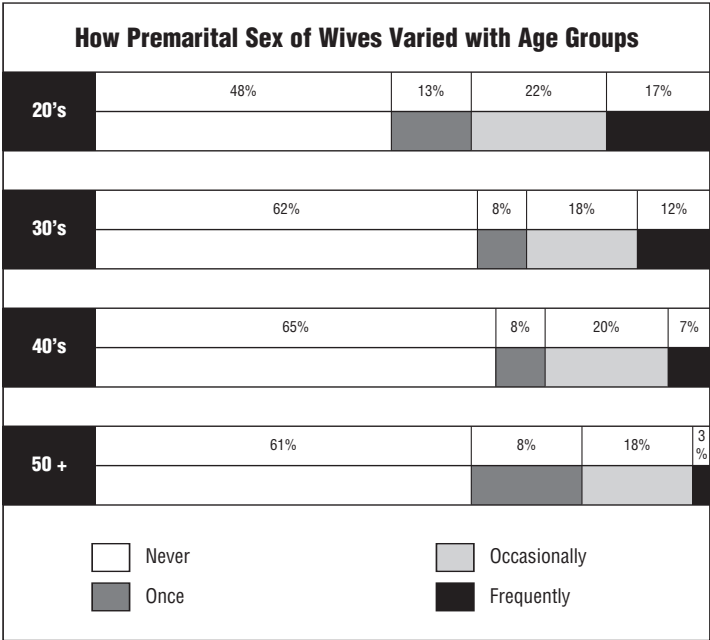
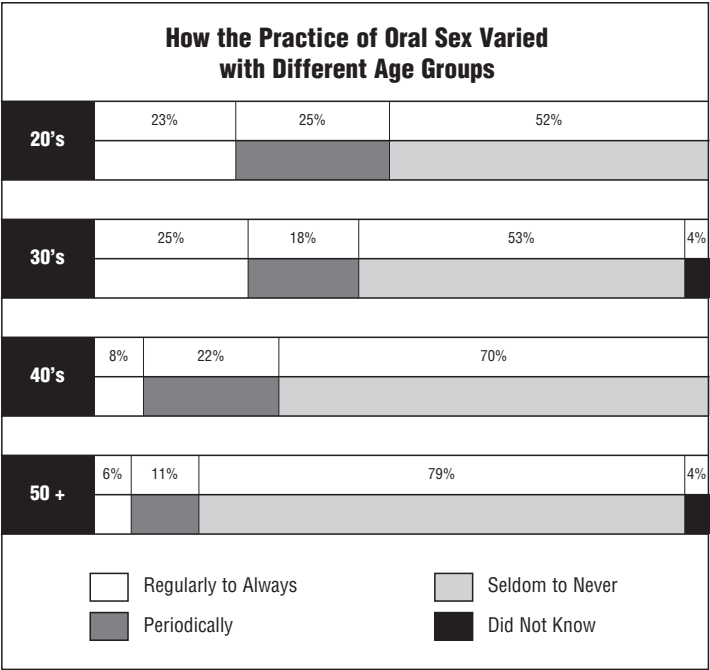


Chart IX



**Chart X**

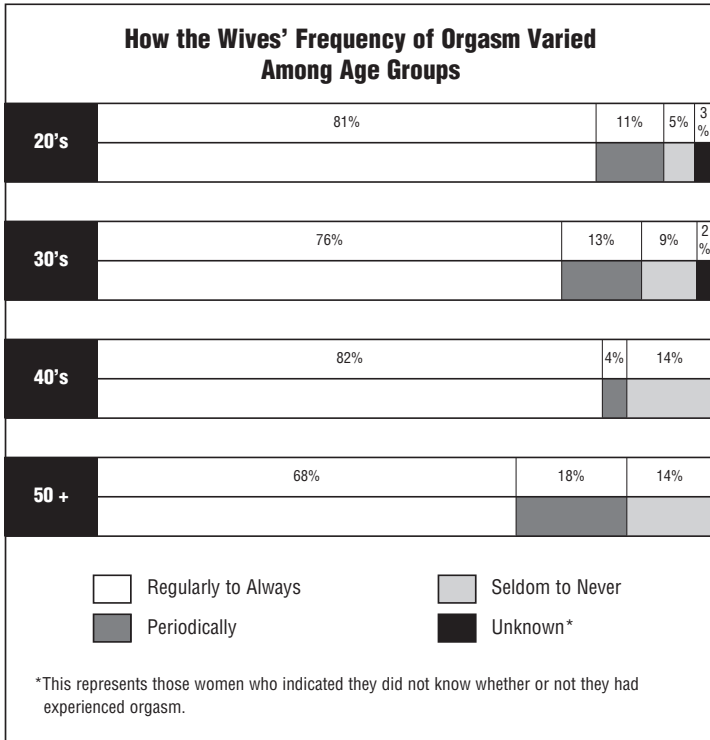




Chart XI

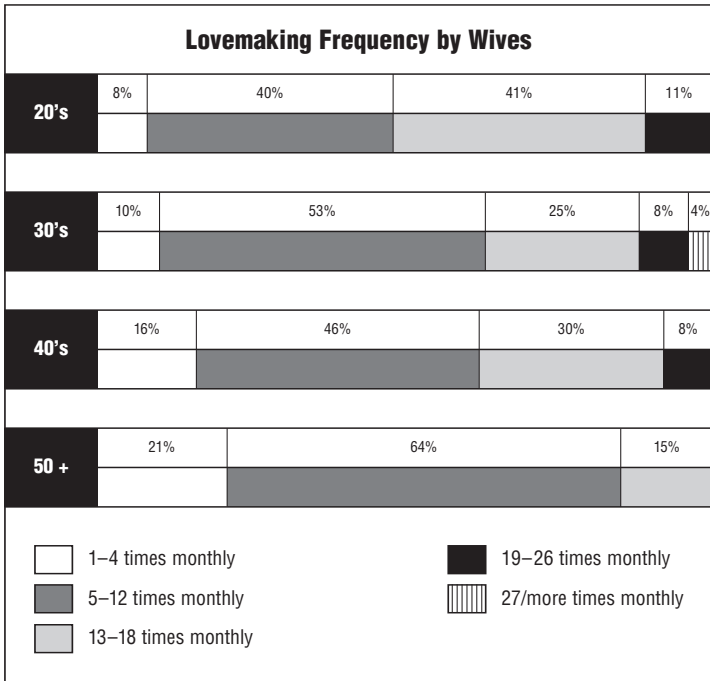
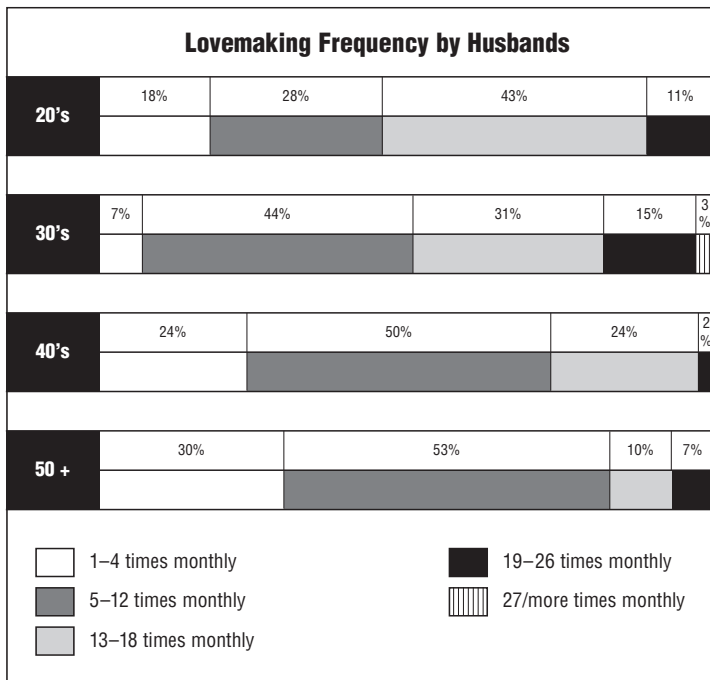
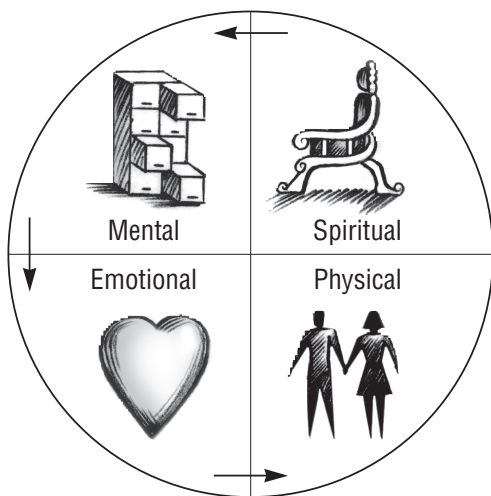


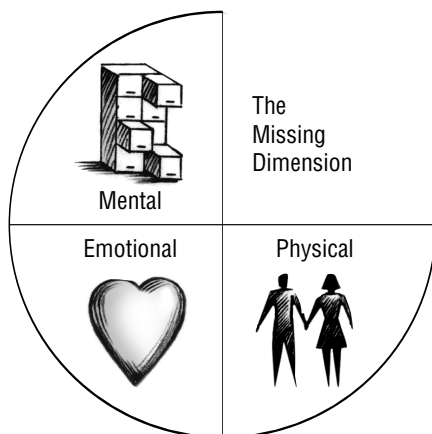
Chart XII



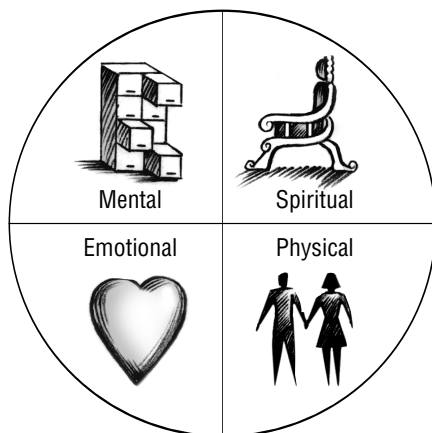
# F o u r t e e n

## *The Missing Dimension*

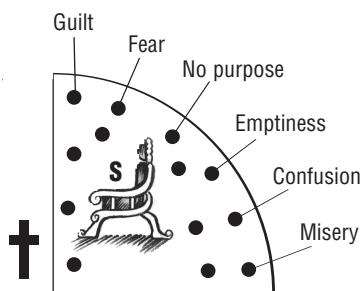




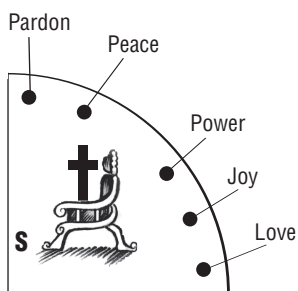
The modern concept of a person



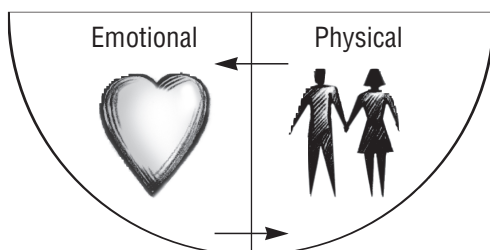
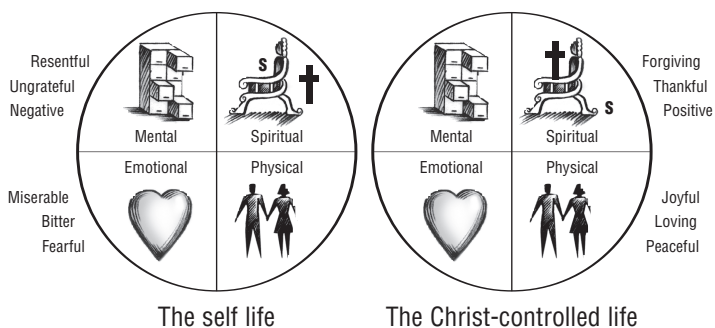
People as God designed them



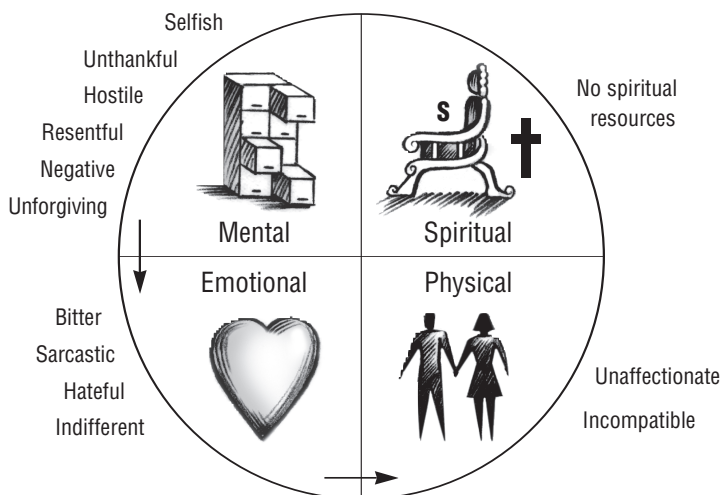
The self life



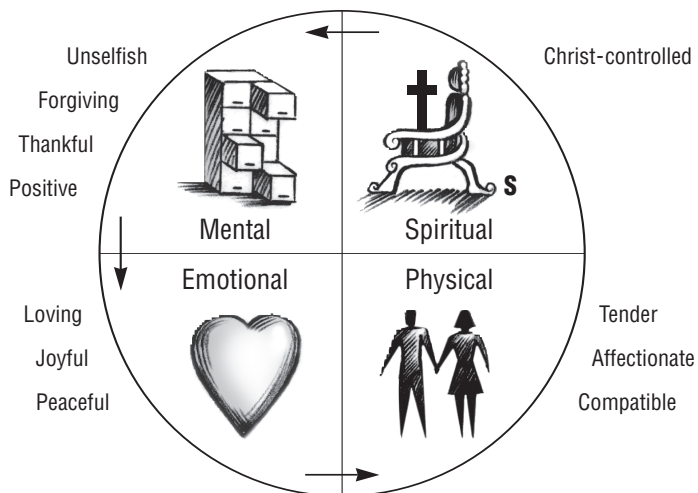
The Christ-controlled life



Attraction on two levels



The development of incompatibility



The cure for incompatibility