

THE
SEX *for* **SAINTS**
PODCAST GUIDE

Welcome

Maybe you found me on social media, or were doing a search online.

Maybe you've been listening to my podcast and wanted to learn more.

Maybe a friend or sister told you about me.

Or maybe your husband found me first and is pressuring you to learn more.

Whatever the reason, I'm glad you are here.

I want you to know that you (or your husband) were guided to me for a reason.

Starting to explore your sexuality can be scary at first. Believe me, I've been there! But I also know how important it is. For the last few years, I have felt inspired and guided in this work. I have seen the lives of hundreds of women changed. I've seen marriage saved. And I've seen this work changing families and generational patterns. This work matters.

I want you to open your heart and your mind to exploring something new. The Sex for Saints Podcast was created to help women like you start to make these important changes. And with over 1.7 million downloads, I know I'm on the right track. I can't wait for you to dive in and learn more.

With over 370 episodes, I know that it can seem overwhelming and you may not know where to begin. I would encourage you to find some topics of interest and just start listening. You don't need to go back to the beginning.

I get lots of questions about which episode would help with a particular challenge, so hopefully this guide will help you with that as well.

Make sure you find the podcast on your favorite platform and hit subscribe. I also really appreciate when you share it with friends and family and leave me a review.

Thank you so much for being here!

xo, *Amanda*

THE *for* SEX SAINTS

PODCAST GUIDE

ESSENTIAL LISTENS

1

Episode 281: The Importance of Physical Intimacy in Marriage

Physical intimacy is so much more than just sex. It's eye contact and hand holding. In this episode, we're going to explore what intimacy is, why it's important, why it sometimes declines, and how you can keep the flame alive. Or reignite it if it's gone dim.

2

Episode 269: Emotional or Physical Intimacy First?

One of the most common disagreements I hear from couples about sex are about emotional and physical intimacy and which goes first. In my mind, it looks a lot like a tug of war between the couple to show which is the right kind of intimacy for a marriage. It's time to drop the rope, and find a better way.

3

Episodes 357 & 358: Overcoming Good Girl/Boy Syndrome

Cultural and religious conditioning can impact sexuality in marriage and disconnect us from a sexual desires and each other. These episodes challenge these internalized roles and encourages a more integrated approach to sexuality.

4

Episode 201: Healing From Purity Culture

What comes to mind when you think about the word purity? I am a big believer that words matter so let's talk about what purity actually means and what that is doing to your relationship with yourself and your sex life. It's time to break free of the purity culture that many of us were raised in and see ourselves and our sexuality as it really is!

5

Episode 333: Breaking Free of Sexual Archetypes

Society has long-standing traditions and norms that dictate what roles men and women "should" play. With my step-by-step guide, you can break free from these archetypes and find what you actually want to do, not what you "should" do.

6

Episode 323: How Much Sex Is Normal in Marriage?

This is something I get asked all the time! I understand why people want to know, but the answer isn't so black and white. So what is normal when it comes to sex in marriage? And if you feel like your sex life is outside the so-called norm, what should you do?

7

Episode 366: The Law of Intimacy

The covenants we make in the temple are more than just promises. They are a roadmap to deeper connection and intimacy and a powerful pattern of personal and relational growth. This episode explores how each covenants builds up the last and helps us create greater love and intimacy from a spiritual lens.

8

Episode 313: Level 3 Sex

Level 3 Sex is the pinnacle of marital intimacy. What is it? Why couples would aspire to reach it? And can how both partners can contribute to this sacred and transformative journey? This is the destination that I want for every couple!

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PODCAST MINI DIRECTORY

Sex

- #86 - Spontaneous vs. Responsive Desire
- #94 - 6 Steps to a Healthy Sexual Relationship
- #157 - Transactional Sex
- #167 - Is Sex A Need?
- #195 - Need-Based Sex
- #207 - Creating Safety in Sex
- #267 - Sexual Overfunctioning and Underfunctioning
- #272 - Decision Not Desire
- #295 - Why You Should Be Using Lube

Orgasms

- #75 - The Big "O"
- #121 - Why You're Not Having Orgasms
- #156 - The Disappearing Orgasm
- #179 - It takes too long to orgasm
- #189 - Faking Orgasms
- #241 - Why Women Do't Reach Orgasm
- #285 - How Women Can Have Multiple Orgasms

The Lower Desire Partner

- #190 - Creating the Space for Desire
- #217 - Reclaiming Desire & Eros
- #229 - Duty Sex
- #253 - Consenting to Unwanted Sex
- #272 - Decision Not Desire
- #289 - Consequences of Sexual Accommodation
- #340 - Four Reasons She's Not In The Mood

The Higher Desire Partner

- #47 - The Higher Desire Partner
- #93 - Husbands, What Your Wives Wish You Knew
- #124 - The Higher Desire Wife
- #254 - How Can I Get My Wife To Develop Her Sexual Self?
- #268 - Affection Without Expectation
- #275 - Sexual Validation & Rejection
- #302 - When Your Partner Won't Grow Sexually
- #309 - Are You Using Your Wife For Sex?
- #330 - Consumption vs. Connection
- #334 - What To Do With Unanswered Arousal

Upleveling Your Sex Life

- #106 - Expanding Your Sexual Palette
- #115 - Fantasy
- #119 - How 'Auditory Arousal' Can Heat Up Your Lovemaking
- #138 - Sex Toys 101
- #139 - Why You Need a Vibrator
- #154 - Adding Fun and Variety to Your Sex Life
- #169 - Initiating Ideas and Styles
- #175 - The Language of Love and Sex
- #184 - What Turns Women On
- #194 - Sexual Role-Play
- #277 - The Importance of Foreplay
- #339 - Sexual Leftovers
- #346 - How To Get More Connection

Overcoming Sexual Problems & Obstacles

- #89 - 10 Mistakes We Make with Sex
- #111 - Mindful Sex
- #116 - Painful Sex
- #120 - He Just Wants Sex
- #122 - Kids Don't Have to Ruin Your Sex Life
- #146 - When Sex is Boring
- #185 - What Turns Women Off
- #213 - Disgusted by Bodily Fluids
- #316 - If You Love Me...
- #325 - Why Sex Seems So Hard
- #328 - Fantasy vs. Desire
- #331 - Are Your Teens Interrupting Your Sex Life?
- #336 - When Erections Fade

Most Popular

- #134 - Masturbation and the Church
- #164 - Oral Sex Hangups
- #184 - What Turns Women On
- #194 - Sexual Role-Play
- #203 - What Women Really Want In Bed
- #204 - Kind and BDSM
- #228 - Female Ejaculation
- #243 - Masturbation Within Marriage

Ready for more?

If you've liked what you've listened to so far, there's a lot more that I can offer you.

If you are ready to learn how to apply everything that I teach you on the podcast, I'd love for you to check out my Embrace You! Elite Society. The Embrace You Elite Society is the premier coaching program for Christian women who want more in their marriage and sexual relationship.

Inside The Society you will learn the skills and tools you need to love yourself, love your spouse, and love your sex life.

When teaching and coaching women like you, I take a three-fold approach:

1. **Mental:** Tools and practices that draw on cognitive behavioral psychology (how your thoughts and feelings impact your actions and outcomes) to help you change your mindset and belief systems around you, your spouse, your marriage, and sex.
2. **Physical:** Tools and practices that focus on the body (somatic work and ancient Tantric practices) to help your body release and heal the trauma from familial, religious, and societal conditioning.
3. **Spiritual:** Using strong Conservative Christian values and doctrine to help you connect the sexual with the spiritual.

If this sounds like a great fit for you, I want to invite you join me. You won't regret it!

Learn More!

xo, *Amanda*