

Keeping It
Hot

Marriage Retreat





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Hot pepper
Cayenne Pepper



The hot principles

Hot pepper
Cayenne Pepper



“I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! ¹⁶ But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!” Revelation 3:15,16

Hot pepper
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“I wish you were hot.”

“Cayenne pepper, by weight, is high in vitamin A. It also contains vitamin B6, vitamin E, vitamin C, riboflavin, potassium, and manganese.”

“Cayenne pepper consumption dilates the blood vessels and speeds the metabolism due to the high amounts of capsaicin. With the consumption of cayenne peppers, the amount of heat the human body puts off is influenced. In animal studies, capsaicin has the ability to boost metabolism, which in turn causes weight loss.”

Benefits

Anti-Irritant Properties: Cayenne has the ability to ease upset stomach, ulcers, sore throats, spasmodic and irritating coughs, and diarrhea.

Anti-Cold and Flu Agent: Cayenne pepper aids in breaking up and moving congested mucus. Once mucus begins to leave the body, relief from flu symptoms generally follows.

Digestive Aid: Cayenne is a well-known digestive aid. It stimulates the digestive tract, increasing the flow of enzyme production and gastric juices. This aids the body's ability to metabolize food (and toxins). Cayenne pepper is also helpful for relieving intestinal gas.

Useful for Blood Clots: Cayenne pepper also helps reduce atherosclerosis, encourages fibrinolytic activity and prevents factors that lead to the formation of blood clots, all of which can help reduce the chances of a heart attack or stroke.

Joint-Pain Reliever: Extremely high in a substance called capsaicin, cayenne pepper acts to cause temporary pain on the skin, which sends chemical messengers from the skin into the joint, offering relief for joint pain.

Remedy for Toothache: Cayenne is an excellent agent against tooth and gum diseases.

Why are you here?

Are you here for marital enrichment?

Are you here because you want to spend some romantic time with your spouse.?

Are you here to learn new techniques?

Are here because you want some help for your weak or failing marriage?

Why are you here?

Are you here only because your spouse made you come?

Are here because it is the last step before you consider divorce?

Are here because you are tired of the Foolishness in your marriage?

Hot pepper
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The Cayenne principles



We need
hot cayenne
pepper in
our
marriages . . .



To keep in
from clogging it
with anger,
disappointment,
emotional pain,
and frustration.



To keep away
the deadly
irritants of
unfaithfulness,
pornography,
and flirtatious
behavior.

To fight against
the colds and
flues of
unforgiving
spirit, lack of
trust, and
judgmental
attitudes.



What are Cayenne Peppers in Marriage?



#1 Cayenne Pepper in Marriage

Humility

The ability to say “I’m sorry,” to admit you are wrong, to lead together, to forgive and receive forgiveness, and willingness to adjust.

#2 Cayenne Pepper in Marriage

A Non-Judgmental Attitude

Avoid accusing your partner of something he or she has never done. Avoid reading your Spouse's mind and putting words in Your partner's mouth.

#2 Cayenne Pepper in Marriage

Loving the way
your partner wants
you to love him/her.

Avoid loving your partner they way
You want to love him/her.

#3 Cayenne Pepper in Marriage

Not assuming your
partner knows
what you are thinking.

Assumptions will eat away the romance
in the relationship.

#4 Cayenne Pepper in Marriage

Having deep
wet kissing everyday
for ten seconds.

Kissing will produce oxytocin in the blood that
will make the couple feel close to each other
and also help boost the immune system.

#5 Cayenne Pepper in Marriage

Holding hands
while walking or
sitting for at
least 20 minutes

This will also boost the immune system.

#6 Cayenne Pepper in Marriage

Having passionate
erotic, lovemaking
at least once a week.

Erotic sex including vaginal and oral sex
will keep the love juices flowing.

#6 Cayenne Pepper in Marriage

Having a sleep-naked
night with not sex.

This helps to express appreciation when
we are most vulnerable--naked

#7 Cayenne Pepper in Marriage

Knowing and
understanding the
needs of your spouse.

When needs are not met the marriage is
vulnerable to an affair.

#8 Cayenne Pepper in Marriage

Knowing your
spouse's
love language.

This is another important component
that can prevent discord.

#9 Cayenne Pepper in Marriage

Talking so your
partner will listen
and listening so your
partner will talk.

#10 Cayenne Pepper in Marriage

Having a harmonious couple financial plan

Not working together financially is a receipt for
disaster.

#11 Cayenne Pepper in Marriage

Dancing together
in your own
home.

Dancing privately together is a unique experience
that can work miracles.

#12 Cayenne Pepper in Marriage

Looking directly
into each other's
eyes.

Many couples do not look at each other. "When you look someone directly in the eyes, their body produces chemical called phenylethylamine that may make the person feel in love."



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Tonight's Assignment

Do not have sex tonight.
Sleep naked while holding
each other closely.

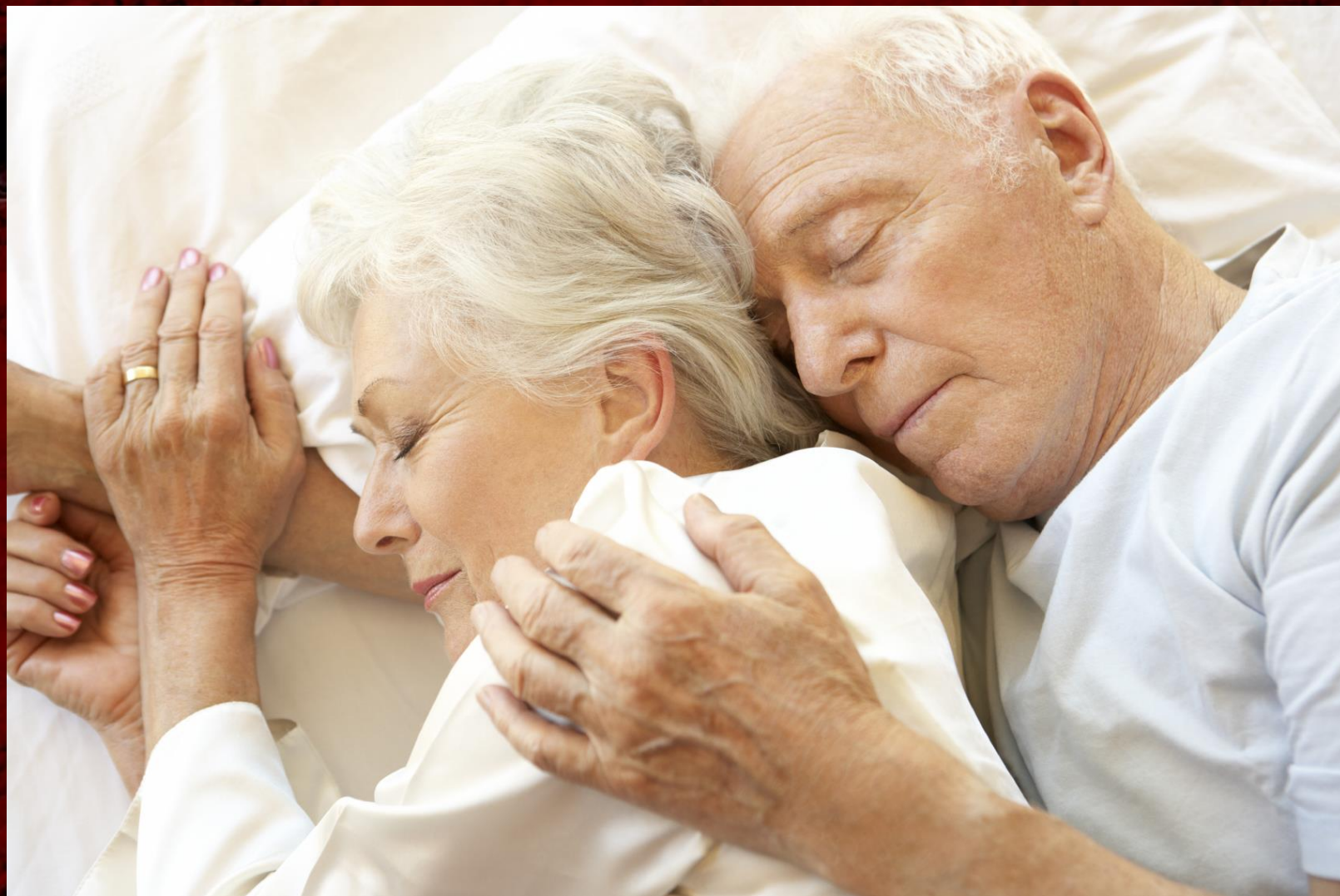
If you cannot sleep naked,
sleep in your underwear.



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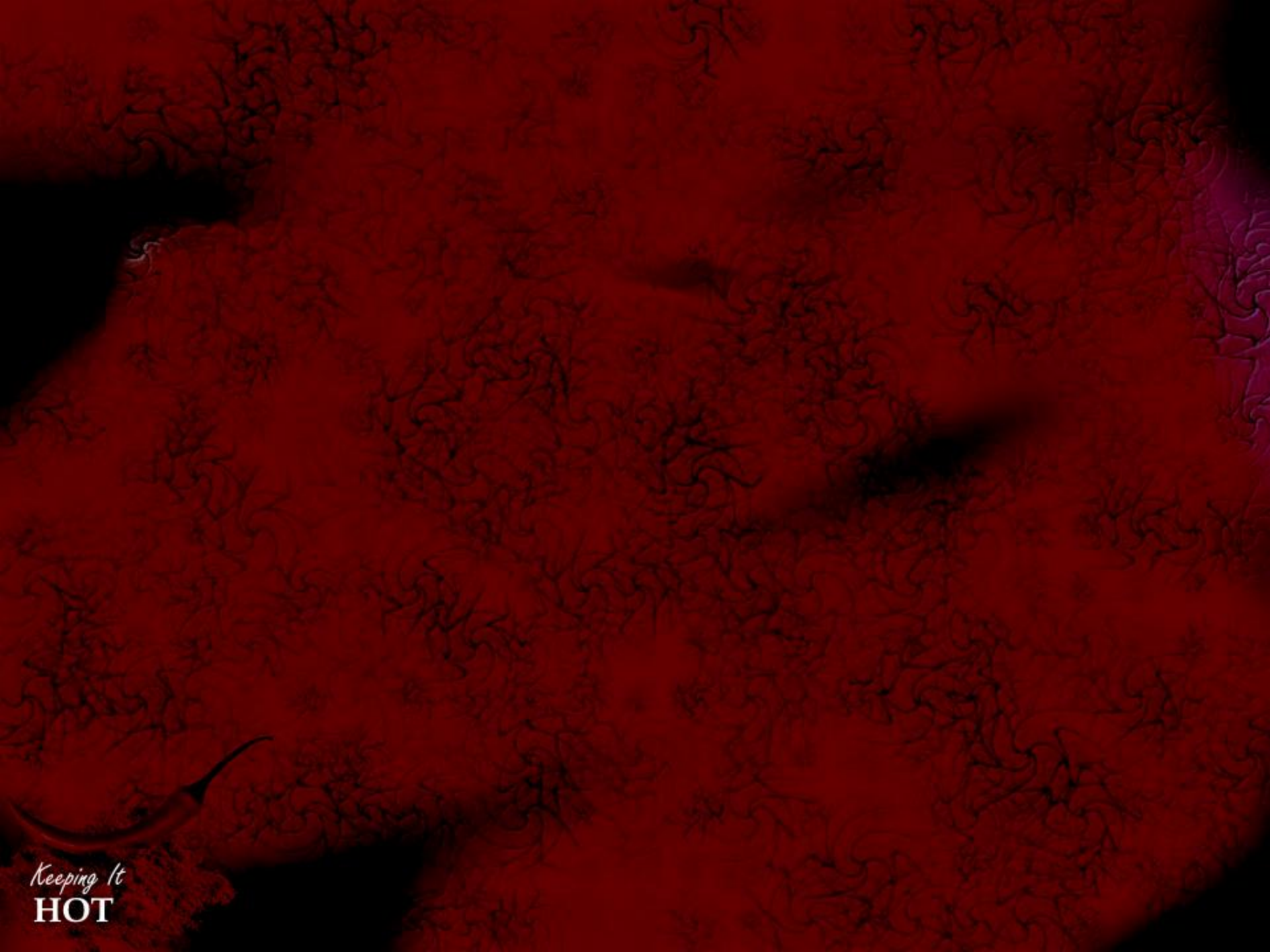
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Sweet dreams.
Good night.





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