

Hot  
MAMA

12 SECRETS TO A  
*sizzling hot* MARRIAGE

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AND ERIN MACPHERSON



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# Introduction

**(Erin)**

I was wearing yoga pants.

And not the cool Lululemon kind of yoga pants, but the ratty grey kind that I had picked up at Target eight years ago before they carried Lululemon knockoffs.

But my friend N was wearing jeans. Real, buttonable jeans. And a cute shirt. And . . . wait for it . . . lipstick.

Now, I'm not one to judge, but who wears lipstick to preschool drop-off?

Anyway, after N and I dropped off our kids, we headed to Whole Foods to have coffee and chat. We sat there sipping our lattes and talking life when N's phone buzzed.

She picked it up and giggled.

"My husband," she said, blushing.

Five minutes later, it buzzed again. She giggled again.

A half hour later, she looked up at me and said, "Hey, this has been fun, but I . . . uh . . . gotta go." Then she held up her phone and showed me a text message from her husband.

It said, “NOONER?” (in all caps).

My mouth dropped open. A nooner? On a school day? How risqué. How totally unlike anything I had ever done. How . . . awesome.

I’m not trying to imply that my married-with-kids sex life isn’t risqué and romantic and awesome . . . but, well, if I’m being honest, it’s not. And can you blame me? I have three kids under eight, a job, a mortgage, and a golden retriever who sheds what seems like an entire dog’s worth of fur onto my floor every day. I’m exhausted and droopy and cranky and there are times that it’s easier to just throw on a pair of yoga pants and frump the night away.

But that morning at Whole Foods I saw something different.

Because N, in all of her lipstick-wearing, nooner-having glory, also has three kids. And a mortgage. And an energy-sucking, exhaustion-causing schedule that looks very similar to mine. Yet she still manages to do crazy hot mama things like wear lipstick and have sex with her husband. A lot.

Which begs the question: What do we as Christian women want from our marriages? And more importantly, what does God want? Do you think boring, ho-hum relationships that are only fulfilling when we are well rested and have a babysitter are what God intended when he created the most important human relationship?

I don’t think so.

And neither does Kathi. Which is why after much back-and-forth chatter about marriage, relationships, and yes, even sex, Kathi and I decided to write this book. Because we know that God calls us to more than lukewarm when it comes to our relationships with our husbands. And because we also know that with the pressures of life as a mom, many

Christian marriages cool off. And when Christian moms start spending more time playing with Hot Wheels and making hot chocolate than wearing hot lingerie, there's a problem.

We don't want that!

And so, we asked our hot mama friends—you know, the ones who are making out instead of making lunch, and rushing home from coffee dates for sex—what they do to keep their marriages hot. And let me tell you, they answered. The pages of this book are filled with creative, romantic, and hot come-hither ideas, romantic stories, and even confidence-building thoughts so that you, too, can become a hot mama and build a marriage that would make other people blush. Each chapter also includes a Hot Mama Pledge, to remind us all of what we really want as wives. Copy these, highlight them, pin them, place one in your lingerie drawer—put them wherever you need a reminder of what you're after as a hot mama.

And in doing so, you'll build a marriage that's God-honoring, romantic, fun, and . . . hot.



# 1

## The Hot Mama Way

**(Kathi)**

I'd venture to guess that most of you reading this would love to have a hot marriage.

But I'd also guess most of you are feeling anything but hot right now.

And is it any wonder you are not feeling like *all that*?

On TV you can't watch anything without the Victoria's Secret Angels thrusting their bustlines in your face (not to mention the face of your husband). Every magazine plays on our insecurities: we're not thin enough, mom enough, rich enough, or sexy enough. Every "reality" show says reality is having your hair and makeup professionally done every day.

We normal girls don't have a chance.

Which means we're left feeling totally unconfident, completely unsexy, and entirely unhopeful that we could ever be

a hot mama with a hot marriage and a hot sex life. When we're living with this lack of confidence, it's easy to swing to what I like to call *the mommy extreme*.

You've probably been there (or may be living there right at this very minute). This is the place where your life is overrun with the process of mothering. Pajamas are worn into the afternoon hours of the day. Clothes are given the sniff test to see if they can pass one more wearing. Dinner is a phone call to your husband on the way home and a discussion of your favorite drive-thru options. The only hot you feel is "hot mess."

There is a better way!

Remember when you were dating your husband? I bet that was a time you felt the most confident, the prettiest, and (may I be so bold to say) the sexiest. You spent a lot of time thinking about, prepping for, primping for, and getting excited about seeing your man.

And because you knew he was thinking about you, you had confidence. You were probably working or going to school at the same time, and you made it work. You found the time to be in love, work, study, and talk to your friends (and eventually, plan a wedding) all at the same time.

But then life happened. And somewhere between happily-ever-after and right now, you lost that swagger that told you to slip on those skimpy red panties and give your hubby a come-hither look. Maybe you lost your confidence. Perhaps you gained a few pounds in all the wrong places. Maybe your relationship started to struggle. Or maybe you just started to feel overwhelmed with kids and life and lost your desire.

Sex became . . . different. Not bad, per se, but different. More ho-hum. More routine. More between-the-white-cotton-sheets. And less intimate. Less exciting. Less hot.

We want to help all of our hot mama friends bring back that loving feeling. We know you have kids (and a mountain of laundry) underfoot, you're tired, and you haven't been able to pee alone for the last four years. But we also know that your marriage is important.

And so are you.

### **The Hot Mama Way**

The secret to being hot—and a mama—is what we call the Hot Mama Way. It's about taking the confidence you had when you were dating, mixing it with the nurturing and wisdom you now have as a mom, and pouring all that newfound hot mama-ness into your relationship with your husband. It's about knowing the person God created you to be and living that out.

A hot mama knows she was joined with her husband as part of God's perfect plan for her life, and because of that, her marriage has to be her most important human relationship. She confidently pours into her marriage—striving to give her husband a safe place to land, a caring home, and a fulfilling sex life to look forward to.

That's what this book is all about—not just sex, not just marriage, not just motherhood, but how moms can intentionally and purposefully invest in all three so that they can, in turn, become the women that God wants them to be and have the relationships that God wants them to have.

The reason I love the term *hot mama* is because it reminds me that while I'm a mom and I love my kids, my role as a mom is still secondary to my role as a wife. By fulfilling that primary role intentionally, purposefully, and passionately, I

am being the woman that God wants me to be (and having a lot of fun in the process).

Being a hot mama is pretty awesome, and our prayer for this book is that you'll walk away from reading it feeling both refreshed and energized, saying,

- I want my husband to walk confidently in the world knowing that he is loved by me and that I'm his biggest fan.
- I want him to know that while I love being a mom (most days) my most important role is as his wife.
- I want to have a sex life that is as fulfilling as it is fun, as passionate as it is intimate.
- I want the world to know my priorities: God, my husband, and then my kids.
- I want to hang out with other women who are also working to have better marriages and encourage them in the process.
- I want my kids to see that husband and wife is the most important relationship in this house.
- I want to get rid of the guilt I feel over things in my past, the mistakes I have made, and my areas of inadequacy. I don't want that guilt to affect my marriage.
- I want our kids to feel secure because their mom and dad's marriage is secure.

Do you want those things? I know you do.

But here's the thing: building a hot married-with-kids sex life is hard. Really hard.

Because the kids, they have a tendency to take over our lives. And that's why we hot mamas are bucking the system.

We are saying no to Mommy Martyrdom and yes to our husbands (instead of faking a headache).

How would it feel to know that you are doing everything you can to encourage your husband on a daily basis?

How would it feel if physical intimacy was just that—intimate?

How would you feel knowing that you're giving your kids a great role model of the kind of marriage they can have?

You would feel great. Let's get started.