Panel

Kris & Kathy vallotton

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# Working through differences

What was it like getting engaged at 12. Lots of disagreements, not a lot of raising up my voice. Never went to sleep on our anger.

# How did you work through your differences?

It takes a long time for her to know I am right, sometimes 24 hours. We met Bill in our 4th year of marriage. Backstory with yelling every day at home. Kathy would go out into the car and wait. One year before they got married he said I want to marry you, but I never want to fight. A little bit of a curse, because you have to have disagreements to have a relationship.

He grew up in a world where you would never have an disagreement without yelling. But he meant having a conflict without screaming at each other.

They learned a better communication system from Bill Johnson. Don’t let the sun go down on your anger. It became a rule of war. You have to reconcile before the sun comes up. Talking through our issues before the sun came up.

# Being heard

In the early years they both worked for a very oppressive boss towards women. They had nothing to say, they had to do what they were told. He was impressionable. Never really had a good role-model, but he was really influential in both their lives. She felt like she never had a say in something, because of being squished like that.

Used to say you are going to sit here until I hear what you're really thinking. I don’t know all the drama, but I want to know what you think. I think you were rude today, most of it based upon her fear. A situation she superimposed on it. Working relationship with her boss on top of their marriage. Carried something over into something else.

# Conflict

She is a team player and actually wants input. If your spouse doesn't want to do something the same way, but I’d rather feel like being on the same team. They adopted a child, very different from adopting a 15 year old versus a 2 or 3 year old. He didn't understand common sense. I have a lot of grace for him especially the first year, but then Kris wanted to step it up and teach him.

No conflicts with their natural kids, but the adopted child was harder. Kris was going to do discipline, but her mama bear said no you’re not. He said yes I will. She started driving, have you ever realised what the heck am I doing? She was bawling, he will come look to me. I will park in a place where he will find me really easy. Jay said is mama leaving forever? Kris said I don’t think so. What’s for dinner? Biggest fight they're ever had.

You don’t want to undo what you're trying to do. Raising our oldest son, but relating completely different to him. I felt like Kris was harsh on him, and I wanted to be nice. They both wanted the same outcome, finally they sat down and realised this wasn't working. This is why I do what I do. A happy medium.

# What did healthy discipline look like?

Depends on the age. When they were young they said better to not spare the rod than having spoiled kids. Their oldest kid was meant to please, Jason was a career spanker. Wouldn't do it after 18. :p

As they got older our goal was them running their own lives for a couple of years. Dependant, interdependent, independent. Little by little they get to be in control of their own life. Give a child choices, they have a choice. Get spanked or do what they're told. Understanding there is authority in your life and knowing that someone has the ability to be authoritative in your life. You will have authority in your life you whole life and knowing God you will have it into eternity.

3 core values as teenagers:

* Not pregnant
* Not on drugs
* Don’t want you to kill yourself.

As you show you can handle more responsibility you will have more. Running your own life by 15/16 then we will be your coach.

Consistency in discipline is really important. If you say you’re going to do something then do it. So many kids controlling their parents, because they know. If you don’t act after you yell your kids will know that you need to yell. You will teach your children that yelling is normal. You taught him you don’t act until you yell.

His core value is I tell you once, the second time I show you with discipline.

I make sure you hear me, of course. I don’t have to raise my voice, I am in charge! Don’t want them to do it out of fear, but because they respect me.

# What did healthy sexuality look like for you?

We were youth pastors for 9 years. Realised what are they thinking about when they hit puberty? Mary is sitting next to me and suddenly attracts me. Typically parents have no clue. First youth group were from christian homes, second youth group. Christian parents say little Johnny would never do that, he thinks like someone meant to reproduce! Sex is such a big thing! Sexual issues, masturbation and magazines. They got comfortable with the subject, because that was the subject they wanted to talk about. Sex was an open subject, bedroom right behind the kitchen. Didn't have a huge house, after 10 o'clock they weren't allowed to be in the kitchen. Didn't take very long to think why cant we be in there? Because we have sex. That is how you got into the world, ah oh it’s almost sex time! ;)

Jason would bring his friends over on Sundays and there would be from 5-8 boys at commercials at half time they would talk about sex. Brian Johnson was one of those boys. What is sex? Didn't get to ask those questions to their parents, lots of them didn't have dads. It became natural to them.

After you answer about a hundred of the same questions you get comfortable with it. We wish what we would've taught them now, they have thriving marriages now. Your kids may not come to you, but they're going to somebody to talk about sex. Make sure you approve of the person they go to talk with. Encourage your kids to have relationship to talk about this. Don’t want it to be their peers, absolutely! Don’t want them getting their sexual standards from their friends. What’s wrong with us as a mom and dad? You can’t go there! It takes a tribe to raise a child. We’re trying to raise up healthy kids, whatever makes them healthy, that is what we want to do!

# What do you feel is appropriate for sexuality in singleness?

God’s standard is have sex when you get married. The idea to have a sex drive before you get married is to get you married. What I do with my sex drive? You get married! You're encouraging people to get married just for sex, because we can get gratified so many ways now, think about how many people would delay marriage if there was no way to have any kind of sex without marriage. There would be a lot of married people! There are people not ready for marriage, but delaying marriage until you're ready is bad.

You can’t really be ready to get married, just like you can’t get ready to have children. Anyone ready for children? No way to be ready for a one month old to run the house when they can’t communicate. Unless you've been there you don’t know what it’s like when all they can do is cry. You should read Danny Silk’s book, everything helps you, but nothing prepares you for the emotional feeling of that person running your life.

You can drive in the simulator all you want, but until you're ready. Having sex before marriage is not going to prepare you for it. Sexual part you're going to figure out, only a few times a week. It’s the other hours where you're doing life together, you work through them as they happen. You're not even going to know what questions to ask until you get married.

For 95% of people it is a war to not have sex before your marriage.

You will compare the sex to all these different people. They affect your marriage, sexuality and everything else! To get there you have to be proactive about it. Talk about the people you're dating before you get there! All their 3 kids married as virgins. Jackie was a great friend, she walked through it with them quite a bit. Very much understand this is not easy.

# French kissing

French kissing is defrauding the other person. Kris says if this doesn't simulate you sexually it is bad. The reason why it is so much fun. Should belong in your marriage. You were born to have sex. If I turn the lights on I expect the lights to go on. As a man of 62 I am still managing my appetite all the time. I am making sure that nobody flips that switch. I have to make sure the switch gets turned on appropriately. If I french kiss someone I flip the switch, but say I don’t want to be sexual right now. Very difficult if I don’t walk away having sex right there and then. Both hot from doing that. How many times are we going to do this before actually having sex?

It is fun! But if you're going to get to your honey moon suite without having sex make sure you keep it turned off! The concept is simple, walking it out is hard.

It is going to be you, I want to marry you. Now I am going to rationalise it. How many people of you have heard about people not officially getting married 2 months before the wedding? You had sex with that woman. Messed up! This is the way it plays out.

You are going to work through having sex with others. You did create issues you will have to work through. Much easier to just do God’s plan!

Setting boundaries around your situation before you walk into the fire. This is what we’re going to do and not going to do, before the windows in the car are fogged up. If you can’t communicate that that is a problem!

Communication is super important! Guys you're the protector of the women and you should set the boundaries. I will never take you across that line, I will never do this to you and always protect you. That is the marrying kind.

# Not the same

Man and women are not the same! Don’t care how hip it is, what magazine you're reading. Man are stimulated through the eyes, when I see a woman who looks undressed I am holding the switch down. Girls are models and come out with nothing on, famous people. They got 45 million viewers and they think it is because of their music. If I was your daddy I would have a one hour conversation with you and you would dress up. The ugliest girl could strip down and have a million followers, humping someone while you sing. All you've done is stimulate millions of men’s sex drive, every time you're up there they are having sex with you.

Not because you're cool, but you gave them an open air sex orgy. Not because you're beautiful, noble, sing great, but because you took your clothes off and humped someone on stage. Nothing to do with being popular. Everyone who does that will have millions of followers to do that. Sad to me that that has become so popular, then I am singing about it as well. Group orgy has been going on since the beginning of life. Nothing going on in there that you should want.

There is more to marriage than looks. Beauty is only going to last for a little while. What you're really going to have when the beauty fades away is the person you marry. So many people are looking for the beauty. I want to discourage that, but really look into the heart and the person God created them to be. Good looking people will come and go, but high school reunions the most gorgeous guys are not gorgeous anymore. Looks only they will be dissatisfied in 30 years. There is gold inside of each person. Get to know a person, don’t judge or make your choice based on looks. The real beauty is inside.

Find someone you're comfortable with. She’s like a sister to me. Who do you want to marry? Get romantic about the person you feel comfortable with! You can be you, she can be her. Like your sister before she becomes your wife. Same work ethic, working hard and being powerful. I know you want to have the butterflies, but they won’t stay! They will come and go. You have to think about when the butterflies are gone do I actually enjoy being with this person? The sexual part, you grow sexually. It’s partially talking through it, a skill. You can grow most the things in your life, but the sexuality you can grow.

# When is it appropriate for people talking sexuality?

Before we have an exclusive we have to talk through being a virgin when we get married. Do you believe in oral sex? We do not have to do anything about that! All of that in the same category.

When we’ve set a date and ready to marry. Born again virgin it is important for the person I am planning on marrying that I have had other partners. If one of those partners is close to him or her I want him or her to know that. Not in a room and he doesn't know. Don’t want to put either of us in that place. Many sexual partners that is information we should have!

Exclusive relationship and we’re going to get married. I think you should know these things about my past before I say yes. Not very romantic, but it is fair.

Kathy feels like it needed to happen sooner. Reason why sooner is because as a woman getting all the way to the point and then hit on the heart by a sledge hammer. I think something like that should be in an exclusive relationship for 3 months. Trying to avoid telling 10 guys about my past. Could tell 2 guys about me.

You know what it feels like when a relationship is getting pretty serious. If you have a problem with pornography you should tell them. In the past year you have one, once a week that is a real problem, every day is a serious problem. It is not fair to not tell them until. When you have a problem with pornography you need to fix that! Several month where you haven’t touched it and can live without it.

# Seasons in sex

Sex changes in marriage, when you have children, as you get older. Typically we get married and the first pre having a baby their sex drive can be very consistent. After a baby the woman’s sex drive is dropping into the toilet somewhere. Not sleeping, a woman has sex to have intimacy, a man has intimacy to have sex. A woman doesn't want sex when she has stress, man wants it to relieves sex. You have to work all that.

Talking about sex before you get married, having sex when you want to have it inside of marriage will not be like that. Not every night is a date. Satisfy each other’s sex drive. Sometimes it is a duty, obligation to one another. Only have one partner to meet this one drive. Obligation and how that works is complicated. Some things you can talk about, but your opinions strongly change. You have to navigate the seasons of life.

How are we going to work through this? Typical is a man is an 8, woman is a 3. One thing you don’t do is not talking about it! Masturbating in the shower without talking about it is a bad plan! Husbands and wives only, how many wives have a greater sex drive than their husbands 1 person, how many are equal? No one. How many less? Almost all the women lifted up their hands.

That is why it is so important that we have a covenant. Cohabiting goes we’re not sexually compatible. I don’t have that choice! We only have 2 of us. Have to work it out, get help, read books and sit with people.

When you get older the sexual desire drops and you kind of are equal to each other.

What other things do you love most about each other 41 years in?

I could never imagine my life without him, most giving and self-sacrificing ever. Make me the best person I could ever possibly be. He has lived up every single day of his life. Given up dreams and desires, because one of his kids got married. Never feeling like something got ripped out of what he wanted to do. Finding out I have a love for horses. Revamping an entire property.

He’s looked at pornography a few times in his life, but it feels like it so violates their connection. He is a one woman man, she is gracious and only one friend.

Love to watch each other live joyful lives.

Didn’t work hard, but showed up every day.