

Pastor Mark: All right, next question. All right, here's a good question. How often do you, Grace Driscoll, believe based upon the revelation of the Lord that is binding upon all a healthy, and if you disagree with Grace, you're very unhealthy, thriving, don't you want to thrive, couple should be having sex? I sent this one in, so I just wanted to hear what you were going to say.

Grace: Once a year or so.

Pastor Mark: Happy birthday to you. Once a year? Come on.

Grace: Okay, all the husbands are really angry.

Pastor Mark: Yeah.

Grace: Well I don't like the question honestly, because a number isn't what it's about. It's whether or not it's a priority in your marriage.

Pastor Mark: Seven in the Bible is the number of perfection.

Grace: Seven times a year.

Pastor Mark: No. No. 70 times seven, Jesus said. Yeah, that's a good number.

Grace: See what it's like to argue scripture with him. I mean regularly, if you're in a healthy marriage, you should want to be connected at that level regularly. And that can look different for everybody. So if I put a number on it, then either the wife or the husband is going to go home and say, "See, we're supposed to be..." So I don't like to put a number on it. But I think regularly is whatever that looks like for you, agreed upon regularly. I mean-

Pastor Mark: First Corinthians 7, I'll bail you out here, you're both taking on some water.

Grace: Well I want to say a number, but I don't want to say a number.

Pastor Mark: Just tell me.

Grace: I already told you.

Pastor Mark: Yeah, that's not enough. We're not going to say that number.

Grace: A few times a week.

Pastor Mark: Okay. So the Bible says, I'm going to go Bible, First Corinthians 7, "Do not deprive one another, but by mutual consent and for a season that you may devote yourselves to prayer so that the enemy doesn't get a foothold." So it should be regular, frequent, sufficient. And the only time you take a break, maybe there's a medical problem or there's a relational problem, it's to pray, seek wise counsel, invite the Lord, get some healing. But otherwise, marital sexuality should be frequent. And if one of you is constantly feeling like being deprived, then there is a bit of a problem. Is it true that in a lot of marriages, one person has a high sex drive and the other person has a lower sex drive? There's an imbalance there.

Grace: Yeah. That's very common.

Pastor Mark: Very common. So what if the person has the higher sex drive, should they always get what they want?

Grace: No.

Pastor Mark: Sometimes-

Grace: They need to be considerate.

Pastor Mark: Considerate and serve. How about the person that has the lower sex drive?

Grace: They shouldn't always get what they want either? You just serve.

Pastor Mark: So marriage, it's this continuum of servant to selfish. The more selfish you are, the worse your marriage will be. So we always say two selfish people, that's a brutal marriage. I use you, you use me, two selfish people make a brutal marriage. A selfish person and a servant makes an abusive marriage. I take, you give, I win, you lose. Two servants have a beautiful marriage, I serve you, you serve me, which sometimes is, "You know what? You have a lower sex drive, you've had a long day. I'm going to serve you by non-sexual touch." See, I was listening. I was listening. I wasn't understanding, but I was listening. Thank you, babe. And other times, it's like I'm not in the mood, but I love you and I want to serve you. And is it true that if we take on a servant disposition, even if we're not in the mood, sometimes we start to be intimate, our body awakens and all of a sudden we're in the mood?

Grace: But again, that goes back to not just all of a sudden being together at night, but working on it throughout the day, texting each other, calling each other, sharing how you feel about each other during the day or during the week so that you're culminating that in that act of true connection at the deepest level.

Pastor Mark: My first pastor, I love him, he's a great man and forever grateful for our first church, amazing church, great Bible teacher, and he used this old analogy you've probably heard that men are like microwaves and women are like crockpots. Have you heard that analogy? So if you go to a man, you're like, "Are you ready?" He's like, "Yeah." I was when you started to ask, okay? I'm always ready. For a woman, crockpot, meaning it takes a while for her to warm up, most women, there are exceptions. But then once she's warmed up, she's warm for longer.

Audience: Mm-hmm (affirmative).

Pastor Mark: Got to make sure I say this right, otherwise I've got to fire myself. And knowing that, so let's say you do have a spouse who has a lower sex drive, would you say that the emotional, spiritual, so love God all your heart, soul, mind, strength, the emotional, the spiritual, the mental connection during the day begins the process of preparing that spouse to be physically intimate?

Grace: Yeah, absolutely. And usually for women, there's body image issues that are involved in there as well that I won't get into a long explanation of. But as women, we need to understand that God made our bodies. He made our bodies to respond to sexual pleasure. And guys don't see all the same stuff that we see about our bodies. You notice they don't notice things around the house.

Pastor Mark: How many of you-

Grace: It goes for the body as well. We think-

Pastor Mark: How many women have totally changed their hairstyle and their husband had no idea, right? I mean let's just say, guys are not super attentive, amen? I mean just look at them. Detail, not a strength.

Grace: Not good to be alone.

Pastor Mark: Not good to be alone. So within that, so back to the question, how often should a couple be together? What if a couple says once a month, that's when we're intimate?

Grace: That's not regular. So I would say there's something unhealthy in there that they need to talk about.

Pastor Mark: So the average married couple has sex, and here's what I'm telling you, you don't want to be average. Nobody wants to be a C student.

Grace: Yeah.

Pastor Mark: Two to three times a week, most couples. The older a couple is, it tends to be less frequent. The younger a couple it is, it tends to be more frequent. But within a lot of the data, they're looking at pornography, they're self-pleasuring, there's a lot of secrecy in addition to the marital intimacy. And so if all of your desires are for your spouse and everything involves your spouse and there's nothing hidden or separated from your spouse, that number for a faithful couple is probably going to be higher than normal because they're not doing things that are against God's word and God's will, okay? So if the average couple, "We sleep together two, three times a week, and then we look at porn three, four days a week," you're like, "Uh?" Now, we've got to cut all that out and all the desires need to go toward the marriage, which then could push the number of normal up.

Grace: And you said so that the enemy doesn't get a foothold in that scripture. And so being regular doesn't allow the enemy to get in and divide your marriage.

Pastor Mark: Because you can get a lot of bitterness, a lot of temptation. And it says in Hebrews 12, 15 and 16, it talks about bitterness and then sexual sin. The foothold that the enemy uses for immorality, adultery, perversion is bitterness, meaning I'm not getting taken care of, therefore I have a right to take care of this desire. And that's a lie and it's demonic. But under most adultery and pornography and perversion is bitterness, feeling like, "I deserve more." And the

question is no, no, no, you can't be bitter, you need to work on your relationship and be more intimate so that the enemy doesn't get a foothold of temptation.