



# *THE BIGGEST INTIMACY KILLER (AND HOW TO AVOID IT)*

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know all right Mark and Grace folla here thanks for joining us for the Real Marriage podcast today we're going to deal with the part two on your phone your phone so the big idea is you should touch your phone less and touch your spouse more more okay um and this comes from the institute for family studies great organization the title is uh more scrolling uh more marital problems so and this extends to the little family because if Mom and Dad are on their phones kids are going to be on their phones uh teens who use social media excessively are more likely to experience depression anxiety and sleep deprivation that blue light ain't good uh one in seven parents of teens that's 15% say they use their phones or other digital devices almost constantly during conversations meals and family events oo so even family dinner Family Game Night family movie night everybody's on phone there is now something called fubbing did not know what did you know what this is I read it oh okay you're I thought you were just getting all hip on me no okay uh fubbing is prioritizing one's phone over people and it leads to greater greater marital satisfaction if you feel like you're married and you're lesser less important than the phone I don't know why you keep paying for that um here's one more than onethird of Americans 37% say their spouse is often on the phone or some kind of screen when they would prefer to talk or do something together as a couple 37% and here's the downside we'll talk about these three uh consequences uh number one excessive Tech is linked to lower marital happiness duh okay you say duh why is that because you're not uh interacting in your relationship you're interacting with a phone and having a relationship with a phone do you know some people if they're away from their phone they actually get anxiety M I think it's called technophobia I don't know why I know that um but most people if they can't find their spouse they are not as anxious as if they can't find their phone wow like if you left your spouse in the other room you're probably not freaking out but if you left your phone in the other room you're probably freaking out it has wrongly reoriented people's priorities so it leads to lower uh marital happiness so if you're on your phone too much what are the reasons that it causes unhappiness I mean you think of it you could be online scrolling comparing your spouse to other people physically and sexually oh yeah that's going to lead to lower there's all even if you're not intentionally doing that there's always Imes that are trying to make you compare you could be on social media um and now you could be peering into the lives of other people rather than investing on your own I mean the phone is great if you want to get really good at coveting I mean it's amazing because you'll just be scrolling you're like oh my gosh I didn't know I needed that I totally need that I need to spend money on my husband's got a sixpack yes my husband's got a cooler yep yeah there's just a lot of points of frustration um we'll leave time because the third point is really the one I want to talk about number two must be sex dang it of course it is what else would it be it's not like more time on the phone leads to less household chargs we need to correct this problem um no but men doing more household Choice oh don't don't don't don't try to do the old mopping for sex swap we're not doing that on this episode we need to yeah we're not doing it all right number two yeah yeah uh excessive Tech is linked to Greater worries about divorce so the more that a couple is on their phone one or B both the more they have anxiety and they're worried like are we going to end up divorced why do you think that is so why would they not get off their phone if they're worried about that they're probably um Googling divorce lawyers um it's stopped I mean smartphones the phone phone is smart and it's made us Dumber totally we literally don't have common sense anymore this is a problem so in order to stop the problem we need to get rid of turn the off yeah and people are like what why would I do that it's it's incredibly confusing to me but what you're dealing with there you're dealing with an addiction yes for sure and so what you're looking at there is like if if it's drugs or alcohol or the phone if there's something that you are so

consumed by that it could destroy your marriage we would call that an addiction right and most people don't put their phone into the category of a full-blown addiction but if it is taking your sleep it is causing you to spend way more money it's training your brain if it is rewiring your brain if it is damaging your marriage if it is now affecting your children um if it was cocaine MH or meth mhm um you know it would be a more obvious diagnosis like you've got to go cold turkey this is an addiction right this is not something that you manage this is something that controls you and I think you can know that by seeing how long you can go without your phone okay so here let's make this the real marriage challenge let's we just finally reached our Point all right the Real Marriage challenge how long should someone go with their phone off not even the possibility of looking at it not while they're sleeping but during the day count because there's going to be some cheaters there say I took the Real Marriage challenge I slept for 12 hours didn't even look at my phone that doesn't count yeah how long should it be a good test and if during waking hours during waking hours if you can't go this long without some anxiety or cheating and checking you are a phone addict wow I mean if I say 2 hours people are going to freak out well those are the addicts but that doesn't seem very long I mean I used to go when we just had regular phones in the house I used to go at least that without phone calls it's just we've been retrained in bad ways okay so the Real Marriage phone challenge is to hours sure both of you same time phones off wow okay and if you can't do that and talk that's crazy yeah maybe go for a walk hold hands play a board game snuggle up if you're living in the North Start A Fire sit by the fire we're in Scott sale um do you think that it's good for a couple to have a time every day where it's like phone's off oh yeah I mean we do it at dinner for sure but phone off for the night and what I'm driving toward is I want you to turn your phone off yeah that's where I'm going yeah I know so what time so let's do this so let's let's agree that starting tonight for a whole week we're just going to turn our phones off at what time what would your suggestion be I'm asking this is the you know says to be considerate of your wife doing it right [Music] here 8:00 unless Gideon's not home I know we do have a kid who is 18 going on yeah 48 likes to come home like okay so 8:00 phones off I would encourage other people phones off at 8:00 and take the 2-hour Challenge and then try to work up to 6 hours wow wow so for me um I'll let you on a little secret I have two numbers on my phone MH one is personal one is business and the second one was only like 20 bucks a month and so I can turn off my phone number that everybody has and only Grace and the kids have my other number so if there is an emergency you can contact me otherwise I'm unavailable so you found a loophole I did find a loophole um technically that's still not turning your phone off if you don't turn both well I do actually I leave my phone usually when I go for a my Friday prayer hike I leave my phone at home and I spend hours in the woods with the deer and a 357 with hollow points just in case hiking in the woods okay all right finally two hours okay it's the the 8:00 Challenge and the 2hour challenge here we go this was the whole point that'll prepare them you know for like Valentine's day or any holidays or any trips that they're going to be Tak with your spouse for 2 hours without the phones on you're kind of dread it you're like oh man well that's the problem is that we've allowed that to happen now and we don't know what to talk about like not us but like you could talk about how much you miss your phones I wish I could [Applause] Google oh I need to buy something right now yeah I mean that's the problem you have to learn how to talk to each other again and listen that's the problem but if you don't stop and do that you're going to end up without a relationship at all and you'll just be you and your phone and that'll be sad okay this is it this is where we're this is it this is it so the consequence number three of touching your phone more than your spouse you you already completely spoiled it uh um but more phone equals less

sex mhm so the more you're on your phone the less you're having sex um I don't care how much you like your phone it's not that great um and even if you got a really good phone it's still not that great so um for couples that are on their phone uh too much whoa um my spouse is often on the phone tablet or computer when I want to talk or do something together as a couple once a week or more 44% they have sex uh 33% one to three times a month they have sex I I've never been speechless and 23% are rarely or not at all wow sad that's like hey they're voting for president you want to do it again okay so we need to probably close this out no this is important so this is terrifying this is terrifying it's your worst nightmare oh my gosh I I would just be smashing phones that's what I would be doing full-time job what's work's smashing he's smashing phones I would open a business just a phone smashing business oh my gosh okay okay so how do you want to end this episode I mean it's a progression from the first point to the final point of course they're having less sex if you AR I don't even remember the first point the last one just that's all I'm thinking about okay so it leads so more phonies equals less marital happiness greater worries about divorce so yeah that would culminate in less sex yeah cuz sex is about connecting with the person that you care about and if you have gone all day not caring about them they're like a stranger when you get in bed together and so yeah you need to connect put your phone down take the challenge do what you need to do to build your relationship your relationship especially as Christians we're going to be in eternity together your phone will not be in eternity I'm sorry to tell you if you're going to hell you may take your phone with you it'll it'll yeah it'll ding all the time um so yeah I mean it's a worthwhile investment our relationships are worth investing in especially in most top priority are marriages and so if you want a marriage that is leading toward divorce and you're unhappy and you have less sex be on your phone all the time sounds great if you want something that actually is pleasurable in all areas emotionally sexually physically then put your phone down and engage in a relationship with someone that you love and care about and pass it on to the next Generation have your kids actually see you see what marriage is supposed to be not um you know commitment to your phone but a commitment to your spouse so to close this episode turn your phone off and go turn your spouse on