



# *HOW MUCH S\*X SHOULD WE HAVE?*

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welcome to the uh Real Marriage podcast we're doing a series of special episodes where we answer your specific questions and uh it's really weird they're always about sex and so I'll just tell you people are you're very in a lane so um it's either a guy asking cuz he wants us to tell his wife or a wife asking because she anytime you so you tell them what the question is how often should a married couple have sex and usually there's one of two people asking it the one who wants more the one who wants less yes exactly so is um does the bible give us a number no it doesn't bummer because there's a book of numbers I was hoping it was in there somewhere so uh do you want to answer this you want me to well 1 Corinthians 7 kind of an on it okay going to go Bible on it all right how often should a married couple have sex uh 1 Corinthians 7 says do not deprive one another except perhaps by agreement for a limited time that you may devote yourselves to prayer but then come together again so that Satan may not tempt you because of your lack of self-control okay so what is that they still want a number these are very practical people tuning in I mean there's a there's a percentage of people that are hoping for double digits you know I mean it there's a lot of factors that go into that number okay like what what would be the well the Bible doesn't give us a number so we cannot give a number but again sure we can again this is pick a number between 27 and 34 yeah that if you aren't able to talk about it in your marriage then that's probably why you're asking and so we're not going to give I'm not going to give a number but I'm going to good I'm here yeah but I'm going to say that you need to mutually agree on that number and continue to work on if you're you know not as often as one partner likes you need to continue to work on increasing that number um but again you need to consider each other and a lot of times if there's fear or coldness or um lack of desire there's something underneath that that needs to be healed often um and so if the wife is um hesitant or cold um she might have trauma that she needs to work through she may have fears of the unknown that she needs to work through um she may just need to have more prep time with the husband to feel more ready um and considered and so that all contributes to the number of times um but talking through that and coming to an agreement and then continuing to work on that number and not just getting set on that number for the rest of your marriage um it's it's for both of you and I think that's where um oftentimes we stereotype or can feel like it's just for the man or just for the woman usually it's usually felt like it's just for the man but it's not it's for both God created it for both of us to enjoy and so figuring out how to get to that place where you both are enjoying it as often as you both are enjoying it and then sometimes we serve the other person if they're in need of that and maybe we're not feeling it but we're still we still need to be willing to serve that person um if that's a desire not deprive them and then it talks about maybe if if you both need to work through something and pray through something but then coming back together so that you're not the devil doesn't tempt you beyond what you're able to you know handle and then you end up lopsided in your marriage um emotionally or physically cheating um and so it's very important to talk through this and um and not be domineering from either side about this but to really talk through and consider this number or these opportunities um it really doesn't boil down to a number it really boils down to considering and loving one another and that should reflect often if that's the case so um marriage is two things in the Bible it's Covenant and consummation and and then um and then within marriage the the expectation is that there would be a sexual relationship you read 1 Corinthians 7 some of the translations it's not my favorite translations but it'll say conjugal rights yeah that just feels sterile that yeah that feels very clinical I'm not a you know I mean I think if if we call this the conjugal rights podcast yeah I'd shudder to think of the people who would subscribe um but but within that there is an assumption that that uh sex is for marriage and a sexless marriage is not a healthy marriage and and so within marriage I would

say it should be free and frequent free meaning you know there's a little bit of variety and exploring and just like every other element of the marriage like if all you're doing is eating the same dinner and you know um going on the same vacation and um saying the same saying the same thing for 30 years and you haven't made any progress I don't think there's a lot of freedom there there's not a lot of there's not a lot of forward progress the goal should be you know progress forward in all areas of the marriage um you should be praying together better you should be serving one another better you should be you know taking care of one another better you should be making love to one another better as the marriage progresses um and then the frequency I I think there's a number of variables um but the average young married couple is depending upon the statistics and you know here's what we know statistics are usually wrong um but the average young married couple is two to four is times a week so let's say every other day is kind of typical for a newly married couple as a couple gets older it tends to be less frequent uh sometimes because you get kids and you're exhausted and got a lot going on and if you if you are 20 and you're listening to this podcast I'll just tell you that 50 is not more energy um just so if you got some things to do have a lot more ailments at 50 then you did at 20 oh my back is killing me right now and you say well what did you do I slept S I slept I got a I got an injury while sleeping and a bed is such a simple thing it doesn't even come with instructions they just assume you're going to figure it out I heard myself sleeping so but then there are um but then within that too there are a lot of people that have secrets so in addition to the times that they're with their spouse they're self-pleasuring they're using toys they're committing adultery they're using pornography and so they're they're probably having sex with their spouse a certain number of times but that only reflects a certain percentage and there's secrecy and so you know when the Bible says that you're to be one flesh it means that whatever you're doing you need to be doing it together and you need to be aware of it there shouldn't be Secrets within the marriage um in addition there are seasons and maybe talk about this even just practically in life what are some Seasons where what was normal sexual activity is not possible in this season well I mean military or military deployment travel for work yeah having kids sicknesses or injury physical problems Andor sometimes you have little kids and they're just up all night and you're exhausted and just just don't don't want to do anything other than than just snore yep um but then we need to make sure in addition to secrets and Seasons we got to make sure that there's not selfishness and I think that's the heart of what 1 Corinthians 7 is going at and there are two ways to be selfish one is because in most marriages they have different sex drives one partner is high sex drive and the other is low sex drive and usually the high sex drive person thinks the low sex Drive person is not healthy and the low sex drive person is thinking the exact same thing about the person because what we tend to think is I'm normal and if you're different than me you're abnormal you're weird there's something wrong with you and you can go into your doctor if you have low sex drive and just say do I have a hormonal problem do I have a physical problem and particularly I'm not going to speak about women's biology cuz thank you but you can like as a woman gets older and her hormones and I don't know what all it is but it seems complicated yeah well we don't need to get into details about that but just check with your doctor good Andor if you're a guy who gets older and you got performance issues go and talk to your doctor like am I healthy is there a physical problem do I have low testosterone are my hormones off I mean and and sometimes there's a there's a real there's a real issue that needs to be addressed Andor though too we both got to check our heart and just ask am I being selfish or am I being a servant and a servant says I'm going to do what's best for you and a selfish person says no you're going to do what's best for me and we're all selfish and we're all needing to learn to grow to be servants but

at the end of the day if it always feels like a win lose like the same person keeps winning and the same person keeps losing then I think you are doing what 1 Corinthians 7 says and you're leaving opportunity for demonic attack and or bitterness and Temptation and that can mean if the person that wants more sex is always winning and the other person is always losing that can embitter the person like hey man you don't really consider me you're selfish you always get what you want you don't really ask what I want or vice versa the person who has a lower Sex Drive is selfish and then they control and the other person feels like man I I would like more but that just never happens because you really are in charge here and this isn't a partnership this isn't a mutuality or a joint service this is you're in control and I have to play by your rules and so part of the point in marriage is you really want to be one and that means you've got to at certain times you've got to serve the other person and then they've got to serve you in return and sometimes that is you know in a moment sometimes that's just in a season yeah and uh as Grace said if you just had a kid or there's a physical injury or ailment or something you know it's like you you're going to have to be a servant and that means you're going to need to have self-control and you need to consider your spouse and that this is not a normal season um and then two there are so in addition to secrets and seasons and selfishness there's also struggles if part of your high sex drive is that you know you've got a pornography addiction and so you're you're just constantly sexualized well your your desires aren't healthy because they're they're instigated and motivated by something that's unhealthy it's not making you one yeah it's not and or if you're low sex drive is because you were sexually active and you have a lot of condemnation around your previous sexual activity and or um you're a person who had abuse or trauma and it's not healed up and as a result you you're sort of timid or um fearful or guarded sexually with your spouse well then you got to work through that struggle to get to whatever your Healthy place would be and I think you said it too but ultimately often times the problems in the bedroom are just the result of problems outside of the bedroom yeah if you're not emotionally connected you're not going to be physically connected if you're not spiritually connected you're not going to be physically connected if you're not good friends taking care of one another you don't feel safe being together and so often times people like I want more sex and the other person is saying I'd like more marriage I'd like more relationship I'd like more connection um but what would you say honey to those marriages that are basically sexless marriages and this is a growing percentage of the population a sexist marriage is usually a marriage where they have sex once or twice a year or less I mean it's it's we can say that there's not a number that needs to be set but I would say there is a number where that's not a healthy marriage that's concerning right that's concerning yeah like if we talked once a year like that's probably not the best marriage uh if we had a date night once every 18 months I would say it's probably I don't know if the Bible assigns the number of dates we need to go on but there's a certain number you're like that's not healthy and so at least um on that level of if you're not having sex you know if the intermittent periods between your sexual activity are this great what would you you think that would indicate there's a problem there something's something's wrong yeah I mean the amount of sex you have doesn't necessarily determine that you have a healthy marriage if you're frequent but it also can determine if you're infrequent that it is a very unhealthy marriage because basically if you're not sharing that level of intimacy on a regular basis whatever that is for you um you're just friends you're not really one flesh you know the way God intended to leave and cleave and become one flesh and that was God's intention for marriage and to you know sometimes enjoy the blessing of a child out of that um but yeah I think we have to be really careful not to get stuck in those ruts if you find yourself starting to go that direction quickly stop have those conversations pray get help

where you need it and then pick back up on starting good habits um I mean I know people that haven't had sex in I know pastors that haven't had sex in decades and they're still in the pulpit and they're teaching premarital classes and and they their marriage is not healthy not because they're not having sex that's merely the result of an unhealthy marriage um and so that's tragic that's not that's not the way God intended um and so I think we have to really take that seriously it's not just a get to it's a this is what God designed us to do together and to connect at that deepest level well and there's two ways to sin there's sins of commission and omission and sin of commission would be like adultery so sin of omission would be a sexless marriage and what we tend to do in the church we tend to really come down strongly on people for sexual sins of commission and not really sins of omission so there are couples that don't date they don't have sex they don't they're just kind of Roommates they have they're divorced without the paperwork yep and we don't really say anything because it's somehow um sins of omission are not as offensive or as Troublesome but they are they are a problem and and maybe in closing you did start with the First Corinthians 7 where you know do not deprive one another but by Mutual consent perhaps and and so it's not required but it's permitted for a season like we're going to take a few weeks go to counseling I'm going to take a month and I'm going to meet with my doctor um we have a broken area of our marriage that we need to get with a Christian counselor and we need to heal up so it's an intentional season not to ignore one another not to punish one another but to fix a problem so you can go back to healthy and normal work on something and and it says uh in that time it's prayer and that's asking really for the Holy Spirit to give self-control and wisdom and healing and it says otherwise Satan is going to enter into the marriage mhm uh what are some ways if the sexual relationship or frequency between the husband and the wife isn't healthy what are some ways that Satan starts to enter into the marriage resentment bitterness wandering eyes wandering heart sense of entitlement if you're not going to take care of me I have a right to be taken care of so a sense of entitlement which leads to sin yep and just plain old school bitterness yeah and and just the Holy Spirit brings to mind it's in Hebrews I think it's 12:15 it says uh see to it that no root of bitterness grows up and by it many become defiled and become sexual immoral and Unholy and there in the Hebrews it connects bitterness to sexual immoral sexual immorality and adultery and what that is is you're not taking care of me I have a right to get my needs taken care of somewhere else uh you've neglected me and so now you owe me and and and what most people don't understand is that under according to that scripture in Hebrews underlying adultery is often times just bitterness and bitterness is literally it is it is literally inviting Satan into the marriage because because God does forgiveness Satan does unforgiveness and as soon as we say I'm going to do unforgiveness what you are saying is I'm going to invite Satan if you invite forgiveness you're inviting the Holy Spirit yes and so if you're point in your marriage where there's bitterness about the frequency or the freedom in your sexual activity you're already in a dangerous place that Satan is already whispering in your ear and whispering in their ear and uh you probably need to have an honest conversation about okay how are we doing where are we at you know we need to prayerfully discuss what healthy would look like for us and if you just can't agree on that you're just at loggerheads you need to pull in a professional like a professional Christian counselor and they need to look at one person and say you know what your sex drive and desire and expectation it's unreasonable you know I'm a clinician I I know what life is they may need to look at the other person and say you're just not healthy and what you think is a healthy sexual marital relationship isn't right um and and let them come into your specific circumstances CU what what almost always happens when this question is asked and it's always asked what someone wants is they want the power to get their way mhm

y whether that's more or less they are looking and this is where this question gets answered by a lot of different people and people will pick which answer they like depending upon which outcome they're trying to manipulate and so we're not going to do that nope but the number is regular okay if you got a question send it in to hello