



# *CAN A S\*XLESS MARRIAGE BE A HAPPY ONE?!*

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all right uh this episode of real marriage is about my two least favorite words sexist marriage uh there was an article in the New York Times that Bastion you know biblical insight and wisdom regarding marriage and family and it's a long article can a sexless marriage be a happy one I'm shocked the article was this long it could have been a very short article in my opinion just could have had the word no it takes a long time to rationalize something that isn't from the Lord yeah I guess a dumb idea takes a lot of words to try and make it look not so dumb it talks about Will and Rose and they met 10 years ago online blah blah blah blah blah but it goes on to talk about uh the increasing um sexless nature of marriage so the article raises a few ISS she says you know previously uh when marriages were trending toward sexlessness um that the uh recommendation was appointment sex meaning I don't know you put it on schedule it yeah I hope that calendar not on the fridge for the kids what's whoopy Wednesday dad ask your mom um um what do you think about appointment sex I mean I don't think it's a sin but you know it could definitely change the dynamic of Freedom with sex if you're trying to make it into a specific calendar but I mean if it's of the mindset to make sure it's priority I think that can be good so that you're not just doing life and not investing in that so I think it could have a positive side but I think if it's if you're type A and you're trying to schedule it in the calendar versus just constantly learning how to love your spouse then that's probably not yeah if you're German you probably shouldn't put this in quite such a tidy format um but does it help a wife if she has a little time to be emotionally mentally looking forward to the time together the foreplay yes so so uh cuz a man a man he's either ready or he will be in a second and so uh sometime you know the old adage men are like mics women are like crockpots um so maybe that could help but then the article goes on to say that that kind of you know thinking has shifted and now that's old fashioned oldfashioned yeah and so uh the quote the 2021 General Social Survey which is kind of the gold standard for social science research found that about 50% of all adults uh had sex once a month or less wow wow yeah so what do you think about that once a month or less that's not being one no it's like Yay it's the 17th again I love the 17th I mean that is just bizarre like why are you married I don't understand that's part of the joy of being married but increasingly this is going to shock you people are committing adultery Well yeah if they're only having sex once a month with their spouse yeah or they're addicted to pornography yeah or they're you know swingers open marriage adultery yeah it is adultery it is um so is it okay let's just go Bible um let's just go Christian Bible uh is it okay for a couple that is married to just kind of stop having sex or having it so infrequently that it's like a presidential election and every four years you know this is what we're doing I mean is that okay no okay why not because marriage is about years and years of building intimacy and that's the the peak of intimacy that's the only place you're allowed to do that biblically is in marriage so sex is solely for marriage and it's the thing that distinguishes the marriage relationship and Covenant from all the other relationships so you can talk to people you can have dinner with them but you can only sleep with your spouse mhm and God intends for it to be enjoyable he didn't just accidentally create our bodies to connect in this way he's intentional and this is part of the joy of marriage and if you're not experiencing that there's something more deeply wrong um at the core of the relationship or your soul um you you know have wounding or abuse or something where you are or fears of connecting at that level there's there's all kinds of things that can keep that can excuse that type of behavior um but no that's not God's intention for marriage I mean we have a whole book of the Bible in Song of Solomon talking about the freedoms yeah in marriage and um God says to keep the marriage bed pure but he doesn't say to you know keep it inactive um and so I think it's sad if people are missing out on that part of marriage and the joy and the the building of intimacy at that level in a marriage in a relationship

because that's where trust at its deepest level is built yeah and Shameless bug we wrote a book called real romance it's sex in the song of songs where we just walk verse by verse through that whole book of the Bible and it's about a married couple uh really enjoying one another they have sex indoors they have sex outdoors they have flirtation and poetry and petting and oral sex I mean it's you know it used to be to read that book you either needed to be married or 30 you know I mean it was it was it was pretty hot to handle and so you know God wants married couples to have free and frequent uh sexual activity um and and part of it is in 1 Corinthians 7 and so let me ask you this we'll get into 1 Corinthians 7 in a moment but like what would be some underlying causes that could be lead leading to a sexless marriage that need to be healed so that it could be healthy um I mean there could be trauma for the man or the woman abuse from their past or upbringing or past relationships um there could be physical things where there's pain or uncomfortableness that needs to be figured out and not just accepted as how I am um there can be uh just a spirit of Independence um not wanting to become one flesh as the Lord says um and you know it's it is it's a vulnerable thing and so maybe people just don't want to be that vulnerable with each other and they if you stop if you go to once a month once every 3 months once every six I mean it just that's just if you're allowing that and you're not pushing for connection and that depth of love and the relationship then the enemies totally going to just fill your schedule so that it becomes more and more convenient to do less and less sex well and sometimes it's a performance issue there's a medical issue it's hormonal hormonal issue go in you know get that figured out even if it's a little embarrassing it's like uh you know it's it's not Emar I mean we live in a world that's very fallen and broken there's all kinds of things with our bodies that can go wrong and it doesn't need to be embarrassing it's just figuring out just tell you for a man it can be whatever yeah yeah um at least from what I've been told and uh and so let's go 1 Corinthians 7 so the the scripture that speaks to this most clearly is 1 Corinthians 7 I'm quoting it from memory do not deprive one another okay um and some translations we'll talk about conjugal rights which isn't the most romantic no it's not like uh baby this evening I intend to cash in my conjugal rights like well she's in the mood now you know uh it's it is kind of archaic language but you know do not deprive one another um except by except by Mutual consent meaning it's not one punishing the other or one denying the other or one's always on offense the other's always on defense and for the purposes yeah and it says uh do not deprive one another but by Mutual consent and for a time like a short established period of time like 15 20 minutes [Applause] [Laughter] um and so that you can devote yourself to prayer meaning there's some other issue in the marriage that makes the sexual intimacy more complicated and that needs to get sorted out yeah something that keeps you from actually connecting that you need to resolve before you can reconnect yeah because it's not just the biological act it's the intimacy and the Oneness and then it says and then come back together again so the enemy doesn't get a foothold so the yeah so that Satan doesn't come between you so um a sexist marriage becomes uh a Battleground for spiritual warfare according to 1 Corinthians 7 so what are the ways if you have a sexless marriage or a a a sex uh too infrequently marriage that that the enemy gets a foothold that it becomes a Battleground for spiritual warfare what are some examples of what what that looks like well I mean you become more distant you can become bitter you can I mean sex forces you to work things out because you want to be connected yeah and not just performing an act you want to have it mean something and make you more connected afterwards and so if you're not doing that it's not forcing you to work things out in your marriage um in a good healthy way yeah um so you can become bitter you can become you know resentful against each other you can you know just kind of do life shoulder Toss shoulder back to back not really um you're just

kind of roommates but you're not you don't have like a relationship you're using each other when it's convenient or when you need someone to cry on their shoulder or whatever but you're not getting the full benefit of a marriage relationship as God intends and so you just keep getting further and further away from each other and more and more selfish honestly because you're not serving one another well and then uh the Temptation if I mean for one or both I mean the the emotional because if you're if you're emotionally spiritually mentally connected you end up physically connecting like if you're friends and you're praying together and you're spending time together and doing life together you're going to end up being romantic with each other once the sex goes away it means that there's been a breakdown in the emotional or the spiritual or the mental connection and it's having physical implications but then that leads you wide leaves you wide open to emotional Affairs um and then that leaves you wide open to to physical temptation to stray outside of the marriage covenant or shutting down that part of you completely just to survive so that you don't have to fall into the the deeper sins you're just shutting yourself down sexually yeah you're killing a part of yourself um which is going to have a widespread effect on the rest of your person and I think women that's where a lot of them are leaning toward the lesbian thing because they aren't they aren't working on a mar you see women leaving their marriages to go be lesbians I mean that's foreign concept but yet you know we see that in the Bible but it's because they aren't willing to work on a marriage with a man you're both very different you're it's hard work but it's a lot of fruit and joy and blessing when you work on it and and they think somehow that you know they're open to that temptation of just well another woman I'll just be able to satisfy whatever needs it's it's craziness yeah and in that sometimes we know it's it's the emotional connection it's not the sexual connection exactly um So within that as well honey like um this is not really talked about much in church what's talked about in church is going too far not not going far enough and so we have I won't divulge names but we have known pastors including some that are pretty well known that have sexist marriages and I've never seen a pastor get fired for a sexist marriage but I've seen him fired for an adulterous situation right rightly so adultery is you know disqualifying sin um but within Christianity it seems like as long as you don't commit adultery nobody says anything MH and there are a number of marriages including in church leadership to where they are not having a healthy um sex life with their spouse as a result they're not going to be teaching on it with much wisdom or help and that church is probably going to have a lot of marriages that have some very serious problems because if at the leadership level things aren't healthy and functional and normal then that Cascades down through the church and the teaching and then you've talked about studies and polls that show actually what the highest satisfaction in marriage the the factors that create that in a marriage and and what is that that's yeah so that would be like Bradford wilcox's research um he's probably the leading sociologist on Faith and family and fatherhood and I mean the couples that have the lowest divorce rates the couples that have highest satisfaction rates they're Bible believing Church attending Jesus worshipping um Christians and they tend to fall into traditional gender roles where you know the wife is the caregiver and the mom and primary responsibility toward the children dad is masculine he's working he's provider and um they have a friendship and um they they accept their god-given roles and they work together for the benefit of each other and the children and then those couples tend to have the lowest domestic violence the lowest adultery the lowest divorce rate and they tend to have sex more frequently the highest sex satisfaction the highest sex satisfaction and so if you just follow the the data the data follows the Bible which is exactly opposite of what this article is saying well cuz it's in the New York freaking times well but it's in the culture that's what the cult the lies that the culture and the

enemy are telling us that the more independent you are in marriage and the more you make your own decisions and the more selfish you are yes it's it's going to be you're going to be more satisfied because you get to live your life then don't get married go live your life but don't get married don't have kids yes whereas study show the Bible shows the Lord's Way shows that it's actually the opposite of that and it's a protection for our marriages to do things God's way so last one um not a sexist marriage but how often is it that in a marriage one person's sex drive or what they would think is frequency appropriate is different than the spouse I mean I think I've seen studies where it's like 70% or something where it's different it's common that's why the husband has to work hard to do the pre-work love relationship safe uh-huh safety security all of that matters in the sex realm in the bedroom um and then the women have to work hard to make priority of that in their life as well and not let it slip because all of life is overwhelming yeah um yeah and if you're hearing this close of this and you're like we're in a sexless marriage or nearly sexless marriage um you probably need to uh really pray about your attitude and how you discuss the issue and it can't just be you know sort of a burst of anger or hurt in a moment of frustration or rejection um and then it's trying to find a way to bring in wise counsel maybe it's a medical doctor or it's a Christian counselor like this is an issue that we really can't just work around we're going to need to work on result in um cuz I'll just be honest not to be apocalyptic this is a marriage killer mhm as soon as you stop having sex you're just setting the clock for your divorce and if it doesn't kill your marriage it'll kill joy in your marriage I know couples that have been married for 50 plus years and this is what they've settled with they're not happy people they're bitter they're hard to be around um they're critical because they don't have this depth of joy in a marriage like God intended and so they become very disgruntled people it's not a it's not a happy way to live why don't you pray for those Couples sweetie P dear Lord thank you for the gift of sex between a husband and a wife one man and one woman thank you that you created it you give us guidelines you give us freedom um Lord I just pray that if there's these couples that are struggling with this that you would help them get to the root of the issue um for both of them and that they would not settle for less than what you have for their marriage that they would want the very best um to glorify you and to um just live in this crazy world and have these moments that can be enjoyable and um intimate with their spouse and Lord I just pray that you would bring protection and that people would resist the temptation of the enemy to go down the way the culture tell tells them to um because that is the opposite of what you intended for marriage so thank you that you make it clear and I pray that they would not believe the lies and that they would work toward what you would have for their marriage in Jesus name amen amen thanks baby