

Choosing To Say Yes To Married Sex

(appropriate for High Schoolers and older)

Michael R. Daily, August 2011

(Reference: Robert T. Michael, *et. al.*, *Sex in America: A Definitive Survey*, Little, Brown, & Company, Boston, 1994)

Note: The referenced book is a non-christian study done by the University of Chicago. Unlike reports and surveys done by Kinsey, Masters & Johnson, Hite, Redbook, Playboy, and Janus this is thought to be the first study of the topic that is considered statistically accurate and methodically appropriate from a social sciences viewpoint. (pg 11, 21-22)

The world talks freely and often about pre-marital sex. But what does it say about it?

In an episode of the TV sitcom *Friends*, Monica asks her new paramour, "So, we can still be friends and have sex?" "Sure", he replies, "It'll just be something we do together, like racquetball."

The world views sex as meaningless entertainment. What about the church?

In most churches we don't talk much about sex, particularly to youth. Why is that?

Let me give you an adult perspective on why it's difficult to talk about sex in a public setting.

Why its hard to talk about:

- 1) Its personal and private. Its two people becoming one. It involves a mixing together of two people physically, spiritually, emotionally, and psychologically in ways that can't be fully explained. It is unique for each married couple and deeply personal and private – no one else is allowed in. So, there are some legitimate limits to what we can talk about in a public setting.
- 2) We can try to break off pieces of sex and talk about them but it does not translate well. For example we can talk about the spiritual aspects of sex but when you do that it sounds hokey. We can talk about the physical aspects of sex but it ends up sounding like a discussion about plumbing. It ends up sounding like a distorted, inaccurate, incomplete description of what it really is. So, how do I talk to you about something that is personal, private, unique to each married couple, and has legitimate limits about what can be discussed but at the same time give you an accurate sense of what it really is? That's really hard to do.
- 3) Your parents are afraid that if we talk to you about sex you will miss the critical information about waiting for marriage and avoiding premarital sex and sensuality and you will all run out and have sex with each other. Don't do that, you'll get me in big trouble.

Nevertheless the world is talking about sex constantly and is selling a pathetic counterfeit to married sex. As a result we have to talk about it otherwise it would be easy for you to be deceived.

OK, here's the deal. Married sex is really really good. I mean really good. It is much better than unmarried sex and much better than pre-marital sex.

"Oh but Mr. Daily, how exactly is it that you know this?" Because people have done research on this.

In 1994 a research study conducted by the University of Chicago on sexuality in America, came to some interesting conclusions. Let me read some excerpts from the study. (Unless otherwise noted the info that follows is from Robert T. Michael, *et. al.*, *Sex in America: A Definitive Survey*, Boston, Little, Brown, & Company, 1994)

"...the public image of sex in America bears virtually no relationship to the truth." (pg 1) "In real life, the unheralded, seldom discussed world of married sex is actually the one that satisfies people the most." (pg 131)

This study found that, of all sexually active people, "the people who reported being the most physically pleased and emotionally satisfied were the married couples." The lowest rates of satisfaction were among single men and women – the very group thought to be having the hottest sex. (pg 124)

Married people are significantly more likely to say their sex life makes them feel "wanted, satisfied, loved, and cared for." (pg 123)

The faithfully married are least likely to report sex making them feel "sad, anxious, worried, scared or guilty." (Edward O. Laumann, et. al., *The Social Organization of Sexuality: Sexual Practices in the United States*, University of Chicago Press, 1994, p. 368, table 10.7)

Married couples who pray together everyday or several times a week are significantly more likely to report "complete satisfaction" with their sex life. (Glenn T. Stanton, *1998 South Carolina Marital Health Index*, A Report of the Palmetto Family Council, 1998, p. 35)

The study also found that Conservative Protestant women have sex more frequently and experience orgasms more often than American women in general. Catholic and mainstream protestant women are second followed by everyone else. (pg 127) (This finding was confirmed by another study "The National Survey on Christian Female Sexuality," by Debra Taylor, Archibald Hart, & Catherine Hart Weber).

Key point: The atheistic women who talk about sex and sleep with lots of people are the ones who are having the least amount of sex and enjoying it the least. The women who have the most sex and enjoy it the most are the married church ladies!

18% of people who engaged in premarital sex "fairly often" were unfaithful in marriage compared to 3% who did not. (Andrew Greeley, *Faithful Attraction: Discovering Intimacy, Love, and Fidelity in American Marriage*, New York, Thomas Doherty Associates, 1991, p. 201)

A joint study conducted by the University of Maryland and the National Institute for Health Statistics titled, "Premarital Sex and The Risk of Divorce", found that "women who were sexually active prior to marriage faced a considerably higher risk of marital disruption than women who were virgin brides." (Joan R. Kahn and Kathryn A. London, "Premarital Sex and the Risk of Divorce," *Journal of Marriage and the Family*, 53, 1991: 845-855.83-699)

Its clear that there are many advantages to monogamous married sex.

But by the age of nineteen, 70% of American teenagers will have had sex at least once. So, they must perceive that there are some advantages to premarital sex.

Let's make a list of the advantages of each: Premarital sex and monogamous married sex

Write down their answers on the board under each heading. This helps them see for themselves that they already know how pathetic pre-marital sex is compared to married sex.

(Note: some of the advantages of married sex they may mention include: no fear of STDs or abortion, no guilt, no aftertaste of emptiness. If so you may want to mention that there are people who will not feel guilt or emptiness because their hearts have been hardened but these are typical feelings for someone with a working moral conscience. On the topic of abortion you may also want to remind them that the reason they don't see more pregnant girls walking around school is because they often get pregnant and have abortions without telling anyone about it. Don't be deceived by these appearances.)

When you get married and you go into the bedroom, any pre-marital sex or sensuality that you engaged in before you were married, you take all of that into the bedroom with you – and it causes problems. In some cases it can take years to overcome some of these problems.

Married sex is better in so many ways

Let me ask you a question. Do you really think you will be perfect at sex on your first day of marriage? No, you won't. It's going to take time. You and your wife are going to learn from each other and adjust to each other. You will make adjustments for her and she will make adjustments for you. And why are we making adjustments? Because we love each other. So, over time we learn and adjust to each other and we grow together and things get better and better. I have been married for 30 years - its gets better and better.

But what about the people who are running around talking about sex and sleeping with lots of people? There isn't any adjusting going on. There's no growing together. Its just two people going past each other. Its sad. I feel sorry for those people.

Deuteronomy 5:29 - Oh that they had such a heart in them, that they would fear Me and keep all My commandments always, that it may be well with them and with their sons forever!

So, God's standards are there to protect your future marriage so you can enjoy it to the fullest. He's not trying to take away your fun – just the opposite. But Satan would love to make that trade with you. He would love for you to trade some pre-marital sex and sensuality now in order to damage your marriage later. And he will be working hard to try to give you the opportunity to make that trade.

What are God's standards for pre-marital dating?

Galatians 5:19 - Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality,

Romans 13:13-14 - Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

“make no provision for the flesh in regard to its lusts”. Make no provision means, zero. Nothing that would open the door to strong sexual desire.

All the studies say that if I don't spell it out for you you won't get it so let me see if I can be clear:

No touching of breasts, No touching of genitals, No heavy passionate kissing, No embracing

Ecclesiastes 3:1,5 - There is an appointed time for everything. And there is a time for every event under heaven-- A time to throw stones and a time to gather stones; A time to embrace and a time to shun embracing.

This phase of your life is a time to, what? To shun embracing (hugging). That will come in the future. So, this is God's standard. There may be a few people who need to have tighter restrictions than these but if you follow these four rules it will keep most people out of trouble.

Are there any restrictions on married sex?

There are 3 that I know of.

- 1) Married sex involves only a husband and wife. No one else is allowed in. This would include viewing pornography or the actual involvement of other people, bestiality, etc. Recently a college couple engaged in sex on the roof of a building where many people saw them. Even if this couple was married and both wanted to do this, it is wrong because it involved other people (as viewers).

Hebrews 13:4 - Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.

Genesis 2:24-25 - For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. And the man and his wife were both naked and were not ashamed.

- 2) Nothing that can cause physical harm to either person. Occasionally you may hear or read about someone who died during sex. This is often due to the fact that they were doing something dangerous or harmful and sometimes it ends up killing them.

Ephesians 5:28-29 - So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church,

- 3) Both husband and wife must agree on it.

If these three rules are followed I don't know of any other restrictions.

What do you say to someone who thinks a couple should live together first to see if they are compatible before deciding if they should marry or not?

First, all the studies that have been done show that it does not work. People who live together before marriage have more problems and higher rates of divorce than those who don't.

But here's the real problem. When someone says, "we need to live together to find out if we are compatible" what they are really saying is that sex is their god. Its not about loving you. Its about them loving their god and their god is sex. If you are compatible with their god fine, if not you will be quickly discarded so they can find someone who is compatible with their god.

Marriage is about loving each other. Because we love each other we each adjust to the other person. Remember, sex is not our god. Jesus is. We adjust sexually to each other because we love each other.

I Corinthians 7:3-5 - The husband must fulfill his duty to his wife, and likewise also the wife to her husband. ⁴The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. ⁵Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

If you have gone too far physically with someone and are still in the relationship what should you do?

Sex is one of the most powerful forces in life. Once you have opened that door it is almost impossible to close. As a result I would recommend that the relationship be broken off completely and both people go their separate ways. The other option would be to get married very soon. So, a decision needs to be made. Get married or end the relationship. The halfway approach does not work.

II Corinthians 12:21 - I am afraid that when I come again my God may humiliate me before you, and I may mourn over many of those who have sinned in the past and not repented of the impurity, immorality, and sensuality which they have practiced.

II Timothy 2:22 - Now flee from youthful lusts, and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.

I Corinthians 6:18-20 - Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.

I Thessalonians 4:3-5 - For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; that each of you know how to possess his own vessel in sanctification and honor, not in lustful passion, like the Gentiles who do not know God;"

Does God forgive sexual sin?

Yes, of course He does. God forgives sexual sin just as quickly as any other type of sin. But God's forgiveness does not mean that there will not be consequences. Pre-marital sex and sensuality causes problems in marriage. Some problems take years, in some cases decades, to overcome. The consequences of sin don't go away when God forgives us but He will help us work through the consequences.

Galatians 6:7-9

Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.

Appendix – Statistics on Sexually Transmitted Diseases

Source: The Guttmacher Institute (referenced by the Centers for Disease Control)

By age 15, 13% of US teens have had sex. By age 19 this has increased to 70%.

Of the approximately 750,000 teen pregnancies that occur each year 25% end in abortion.

Although 15–24-year-olds represent only 25% of the sexually active population, they account for 50% (9.1 million) of the 19 million new cases of Sexually Transmitted Infections (STI) each year.

According to a 2008 study by the Centers for Disease Control 25% of all teenage girls (between the ages of 15 and 19) in America have some form of sexually transmitted disease. **Among girls who are sexually active, the rate of infection is 40%.**

More than 24 bacterial, viral or parasitic infections are known to be transmitted largely or exclusively through sexual contact.

In 2006–2008, the most common reason that sexually inexperienced teens gave for not having had sex was that it was “against religion or morals” (42% among females and 35% among males).

AIDS

Young people aged 13–24 made up about 17% of all those who received a diagnosis of HIV/AIDS in 2008.

Gonorrhea and Chlamydia

Rates of gonorrhea and chlamydia are heavily concentrated among young people. Young women aged 15–24 are hit hardest by chlamydia, with rates more than five times as high as women overall.

Human Papilloma Virus (HPV)

HPV is an extraordinarily common viral infection in the United States, so much so that it has been described as a virtual “marker” for having had sex. At least 50% of sexually active individuals will acquire an HPV infection at some point in their lives. Certain HPV strains lead to genital warts. These warts can be removed, but if the immune system fails to clear the virus entirely, symptoms may reappear. Other HPV strains are deemed “high-risk” because they can develop into a persistent infection that can progress to cervical cancer if left untreated.

Herpes

20% of adolescents and adults have had a genital herpes infection. Genital herpes is incurable and can cause painful sores and psychological distress.

Trichomoniasis

About 7.4 million new cases of trichomoniasis occur each year. Trichomoniasis is a parasitic infection that increases the chance of low birth weight and premature birth in infected women. It also increases a woman's risk of contracting or spreading HIV, because of inflammation in the genitals. Left untreated, trichomoniasis causes vaginal discharge, discomfort during intercourse and painful urination.

Syphilis

Late-stage syphilis can cause irreversible damage to the nervous system and heart, possibly leading to blindness, insanity, paralysis and death.

Hepatitis B

Hepatitis B can cause inflammation of the liver and can lead to cirrhosis of the liver and cancer. 5,000 people die each year in the United States due to cirrhosis of the liver and liver cancer caused by hepatitis B.

What all of these diseases (HPV, chlamydia, herpes, and trichomoniasis) have in common is that they can be spread without engaging in intercourse. Any contact with infected fluids or sores, either through oral sex or rubbing that doesn't involve intercourse, will allow them to spread.

Avoiding STDs

The three most effective ways to avoid sexual transmission of STIs are:

- 1) abstain from all sexual activity
- 2) be in a long-term, mutually monogamous relationship with a partner who does not have an STI
- 3) use condoms consistently and correctly

Consistent and correct use of latex condoms can reduce but not eliminate the risk of STI and to a lesser degree, genital ulcer diseases. Condom use also reduces the risk of genital warts and cervical cancer.

Condoms don't offer full protection. Some STDs can be spread to areas that a condom doesn't cover. Although condom use reduces risk, it's not a guaranteed way to stop all STDs.

In addition, condoms made from natural materials may not provide protection against HIV and other STDs, because they're porous enough to allow viruses through.

Condom Effectiveness Is Poor

According to the American Pregnancy Association, under typical use conditions:

***Condoms have an overall failure rate of about 15% or 1 chance out of 6.
About the same odds of losing at Russian Roulette!***

This analogy is particularly relevant since we are currently living in a culture suffering from the AIDS epidemic.

According to the workshop summary, "Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention," July 2001, The National Institute of Health and the National Institute of Allergy and Infectious Diseases report:

- 1) Condoms provide ZERO protection against the transmission of the Human Papilloma Virus (HPV)
- 2) Condoms provide ZERO protection against the transmission of Trichomoniasis.
- 3) Condoms are less than 29% effective at protecting against the transmission of Syphilis.
- 4) Condoms are less than 40% effective at protecting against the transmission of Genital Herpes.
- 5) Condoms are less than 50% effective at protecting against the transmission of Gonorrhea and Chlamydia.
- 6) Condoms are less than 85% effective at protecting against the transmission of HIV. (1 failure out of 6)

Key Point: If you are relying on condoms to save you – you are in big trouble!

QUIET TIMES ALONE WITH GOD

JEREMIAH 15:16

THEME: *Choosing To Say Yes To Married Sex*

PASSAGE FOR MEDITATION: *Deuteronomy 5:29*

How does this passage relate to the theme?

When I reflect on this passage, does it primarily convict, encourage or challenge me? Explain why:

How will I apply this passage to my life in the coming week and is there anything I can do today to make this passage a part of my Christian life?

PASSAGE FOR MEDITATION: *Galatians 5:29, Romans 13:13-14*

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PASSAGE FOR MEDITATION: *II Corinthians 12:21, I Thessalonians 4:3-5*

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THEME: *Choosing To Say Yes To Married Sex*

PASSAGE FOR MEDITATION: *II Timothy 2:22, I Corinthians 6:18-20*

How does this passage relate to the theme?

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PASSAGE FOR MEDITATION: *Galatians 6:7-9*

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PASSAGE FOR MEDITATION: *Song of Solomon*

How does this passage relate to the theme?

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