

THE NEW WINESKINS

RESCUING THE CHURCH FROM TOXIC TEACHINGS ABOUT SEX



BARE MARRIAGE

HEALTHY, EVIDENCE-BASED, BIBLICAL ADVICE FOR SEX & MARRIAGE

Our Research

We surveyed around 30,000 people for three different books: *The Great Sex Rescue*, *The Good Guy's Guide to Great Sex*, and *She Deserves Better*. We measured how believing certain common evangelical teachings affected women's marital satisfaction, sexual satisfaction, and rates of sexual pain.

Inspecting the Fruit

In Matthew 7:15-20, Jesus warned us to watch out for false prophets who present themselves as sheep when they are actually wolves. The way to discern their true nature is to inspect the fruit they bear.

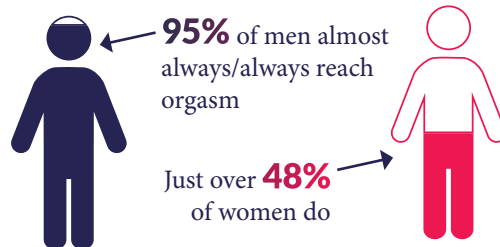
THE MAIN ISSUE: WE HAVE TURNED SEX INTO A MALE ENTITLEMENT AND A FEMALE OBLIGATION

THE DEFINITION OF SEX

Sex should be **mutual**, **intimate**, and **pleasurable for both**.



THE 47 POINT ORGASM GAP



SEXUAL PAIN

- **22.7%** of evangelical women experience vaginismus—2x the rate of the general population
- **7%** find intercourse impossible
- **35%** have postpartum sexual pain
- Sexual pain correlates with common evangelical teachings about sex (obligation sex message, etc.)

EMOTIONAL AND RELATIONAL FALLOUT: how does intercourse make you feel?

16%

of women say their primary emotion after intercourse is feeling used

18.8%

say their primary motivation for intercourse is to keep their husbands from sinning sexually

34.5%

say they have sex so they won't feel guilty

10-14%

of women in the US are victims of marital rape (and even more are victims of coercion)

When we talk about the importance of intercourse without mentioning the **orgasm gap**, **sexual pain**, **consent**, or **how women feel emotionally** with sex, we miss the point entirely. We make sex only about his experience and not about hers. It's no longer mutual, intimate, and pleasurable for both.

FIVE HARMFUL TEACHINGS

1 SEX IS A WOMAN'S OBLIGATION

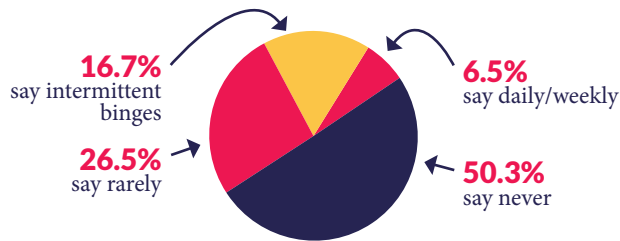
- The **most destructive belief** we measured
- **39%** of women believed it when they married
- **Vaginismus** rates among evangelical women who believe the obligation sex message are **on par with** women who experienced **prior abuse**
- Our bodies interpret the message that sex is an obligation as **trauma**

2 ALL MEN STRUGGLE WITH LUST; IT'S EVERY MAN'S BATTLE

- The "prevalence of **sexual sin** among men" is due to their **male nature** (*Every Man's Battle*)
- **75%** of men said they have a daily **struggle with lust**
- **Half** of them **do not lust** in any scenario we gave or have a problem with porn today
- Many men have been taught to **conflate noticing** an attractive woman **with lusting** after her, causing unnecessary shame
- In marriages where couples believe that men lust simply because they are wired that way, couples report that the **husband has a higher libido** more often than in marriages where they do not believe that message

3 A WIFE SHOULD HAVE FREQUENT SEX WITH HER HUSBAND TO KEEP HIM FROM WATCHING PORN

Porn Use Among Married Evangelical Men



- Porn use has a dose response effect on sexual dysfunction, marital satisfaction, on the wife's sexual satisfaction, on sexual contentment, and more

4 BOYS WILL PUSH GIRLS' SEXUAL BOUNDARIES –SO GIRLS NEED TO BE THE GATEKEEPER

Gatekeeping message:

- Eradicates women's ability to feel embodied
- Makes sex a threat
- Makes date rape more likely
- Makes arousal much more difficult
- Creates wedding night issues

5 GIRLS SHOULD WATCH WHAT THEY WEAR SO THAT THEY DON'T CAUSE BOYS TO STUMBLE

- When girls believe they are at least partially responsible to keep boys from lusting, they are:
 - **68%** more likely to **marry an abuser**
 - **52%** more likely to **experience sexual pain**
 - **30%** more likely to have long-term **below average self-esteem**
- Churches that teach modesty messages have higher rates of **teens being sexually abused in church**
- Women who teach modesty messages are more likely to have **abusive marriages** or husbands who **use porn**

Analysis of Popular Christian Marriage Books

- Analyzed using the Sex Teaching Rubric
- Most popular Christian marriage books fell in the harmful category
- Secular control book scored 47/48; *Love & Respect* scored 0/48
- Best categories: orgasm rates and importance of foreplay (2.58/5)
- Worst categories: marital rape and obligation (1.15/5) and men's sexual appetites (1.50/5)

SUMMARIZING THE BIG PICTURE ISSUES

Honor individual differences

Think bell curves, not gender differences, when it comes to:

Assigning responsibility

- Recognize that it doesn't always "take two to tango" and it is dangerous and harmful to insinuate that one spouse is responsible for the other's sin
- We have created a theology of marriage and sex where men need to be placated

Recognize the real issue

- **Frequency is rarely the problem; it is the symptom**
- Sex is the culmination of a great marriage, not the cause

Emotional Health + Physical Health + Relational Security + Emotional Connection + Physically Satisfying Sex = Wanting Sex

- **Libido, visual nature, & struggle with porn**
- **Ability to share about emotions**
- **Wanting romance vs. sexual release**

How should we teach on sex?

- Remember women's experience
- Mutual, intimate, pleasurable for both are mandatory
- Recover what God wants for us: passion, a real "knowing"



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