

# *It's the* EVANGELICAL SEX REPORT CARD

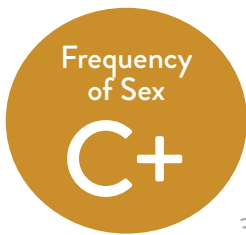
In 2019–2020, bestselling author Sheila Wray Gregoire, along with her research team, conducted the largest study of Christian women's sexuality ever done. They asked 20,000 women over 130 questions to understand what is holding so many back from great sex.

Now, joined by her husband Keith, Sheila has followed this up with another study of 3000 men to get a fuller picture of what's going on in evangelical bedrooms—and how to help couples enjoy amazing sex.

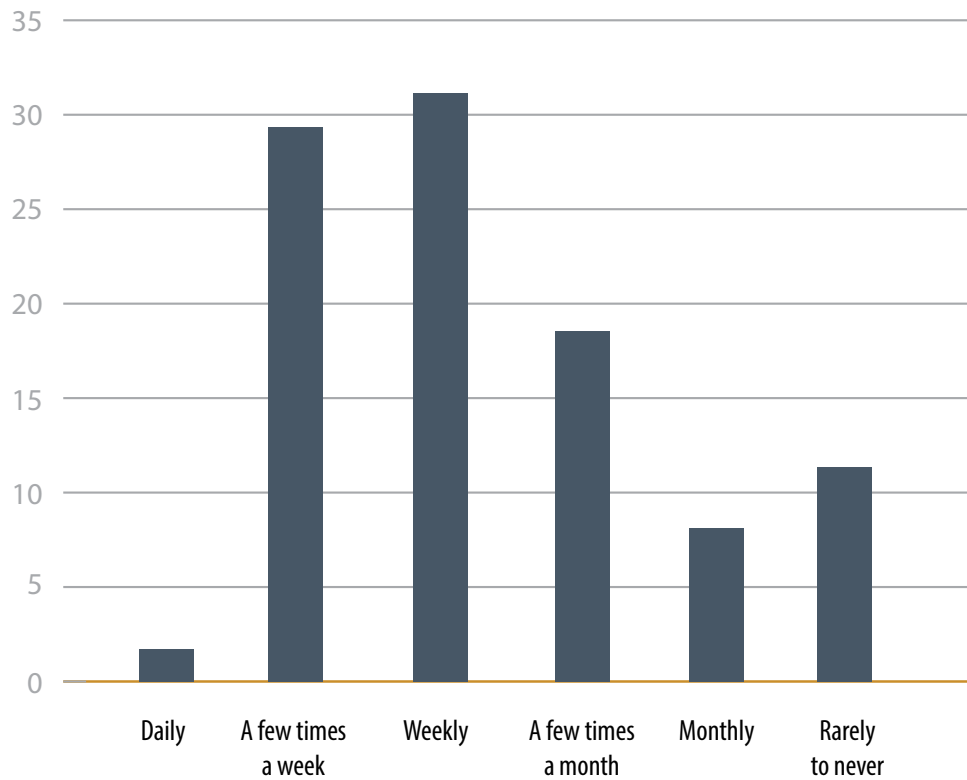
Most of their ground-breaking results can be found in two new books with Zondervan Books: *The Good Guy's Guide to Great Sex*, and the totally revamped *The Good Girl's Guide to Great Sex* (originally published in 2012). In this report, we'll do three things:

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- Present a big picture report card on how couples are doing in the bedroom—the areas where sex is thriving, and where there's room for improvement.
  - Caution about harmful teachings around sex in the evangelical culture and how they're affecting both men and women
  - Answer the question, "Is lust REALLY every man's battle?" by looking in-depth into our stats about lust and porn use—even bonus content that's not in the books!





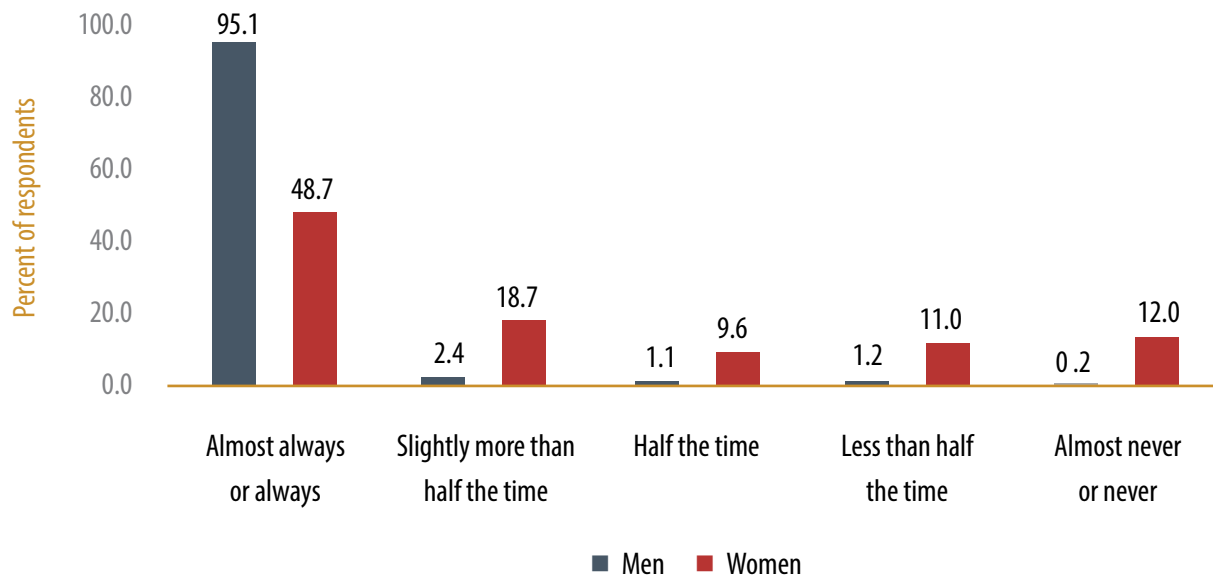
### Sex Frequency: Married Christian Men



(Stats are from the men's survey)

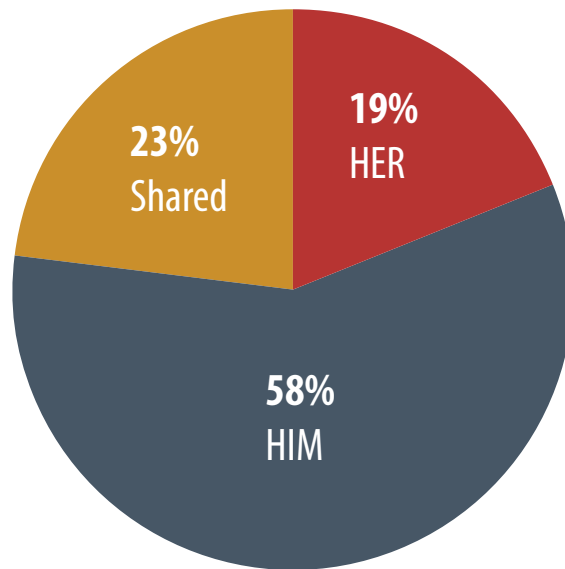


### Orgasm Rate by Gender





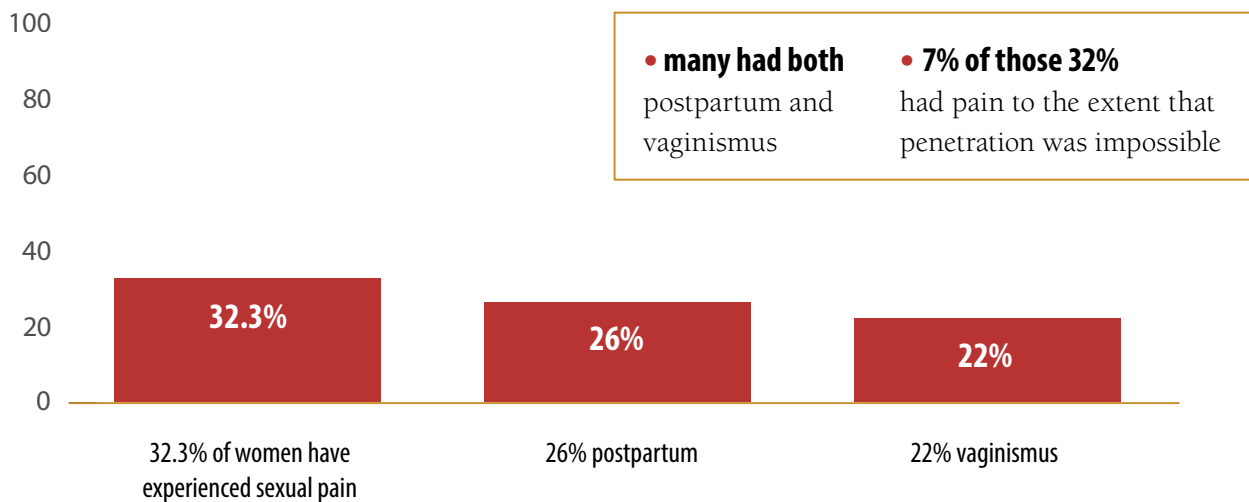
## Who Has the Higher Libido?



No grade assigned—Just sharing the facts!



## Women who experience sexual pain



The evangelical rates for primary sexual pain, unrelated to childbirth, are far higher than the general population. Medical professionals have known for five decades that religiosity is correlated with higher rates of sexual pain. We found that a main culprit for this is harmful beliefs about sex (specifically the obligation sex message).



## Feeling close during sex

### The great news:

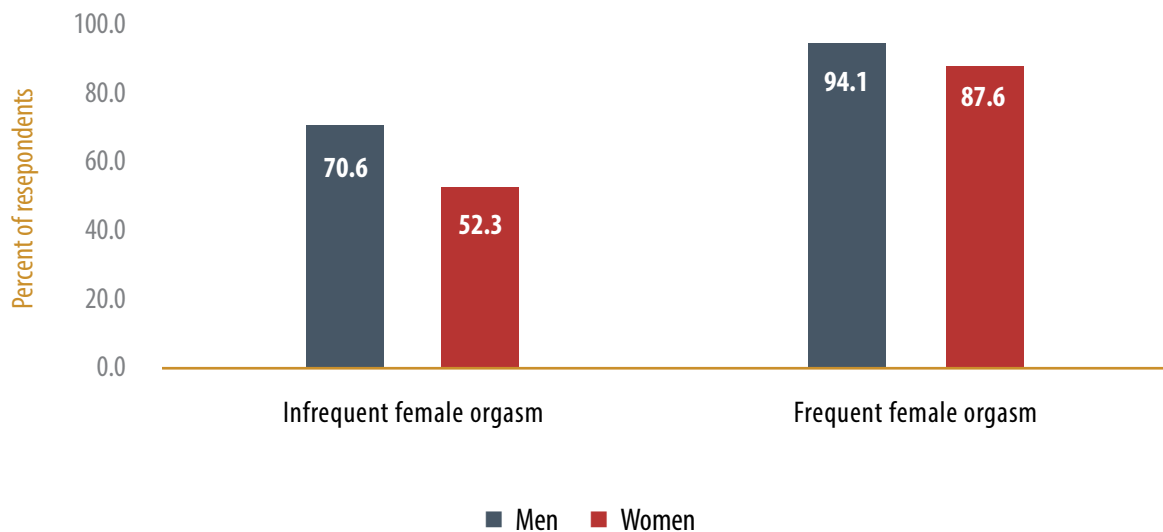
- **80.5%** of men and **81.1%** of women report feeling close during sex.

### The still pretty good news:

- Most men know their wives feel close during sex, but they do overestimate a little bit, with **86.7%** of men say their wives feel close during sex.



## How do female orgasm rates affect agreement that the husband does enough foreplay?

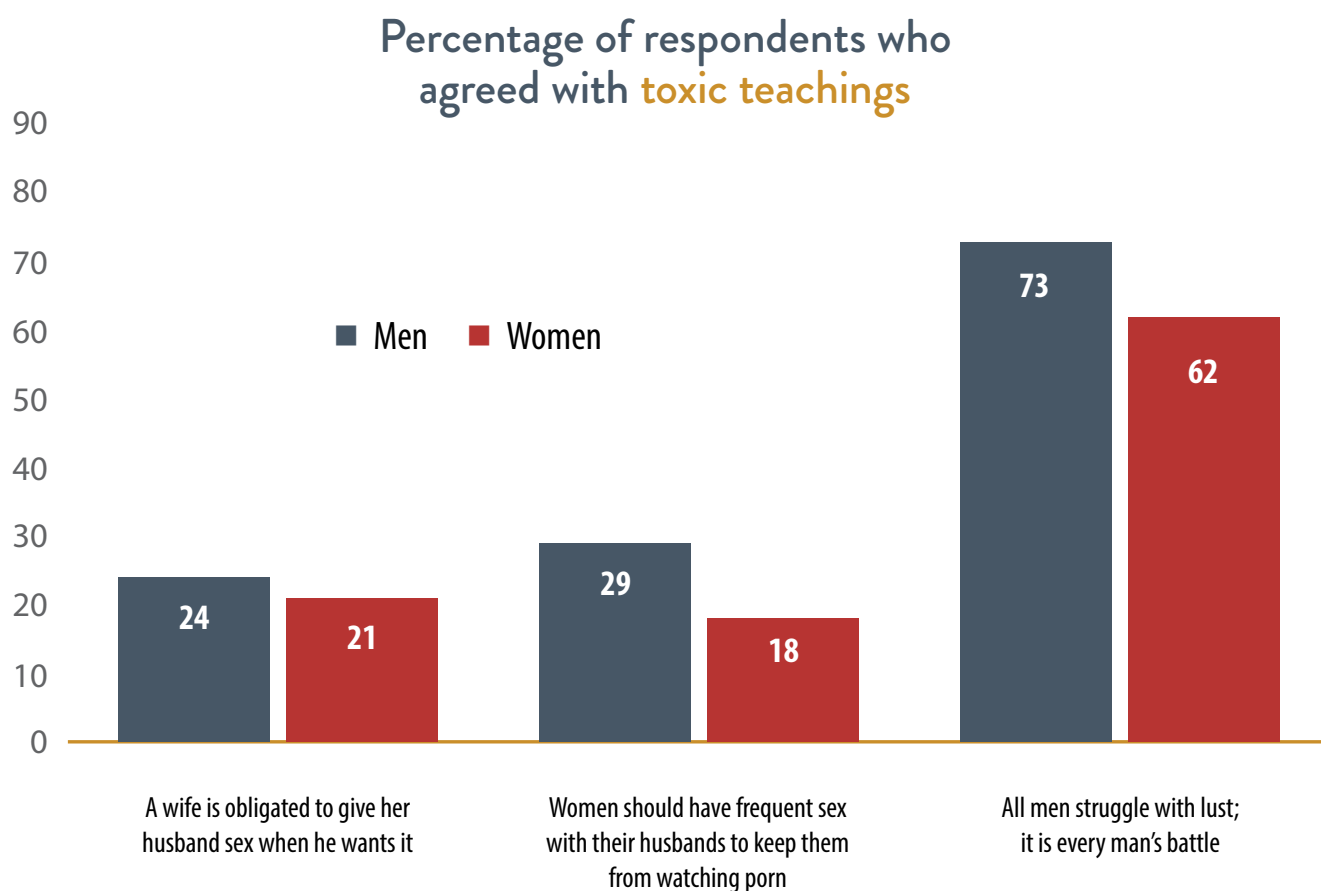


Not only do men feel they do enough foreplay when women don't orgasm; women largely agree! That leads us to ask: have we created a culture where women's satisfaction is seen as secondary, a bonus, an extra? And have women internalized this too?

## PROBLEMATIC BELIEFS and THEIR OUTCOMES

In 2021 in her book *The Great Sex Rescue*, Sheila identified several problematic beliefs that are heavily taught in our evangelical culture that lower women's marital and sexual satisfaction.

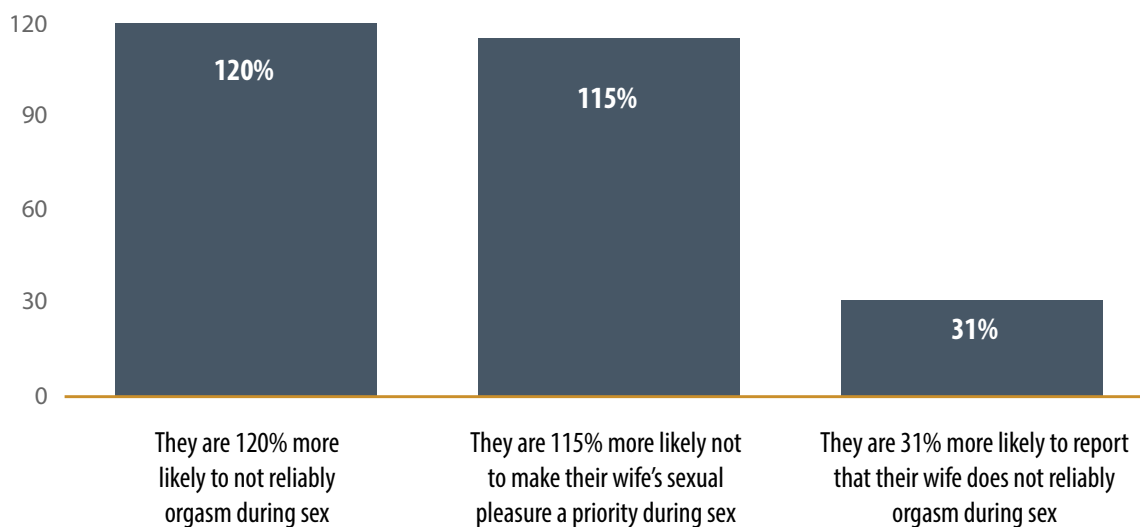
Now, with the research for *The Good Guy's Guide to Great Sex*, we're able to complete that picture, looking at how these teachings affect both genders.



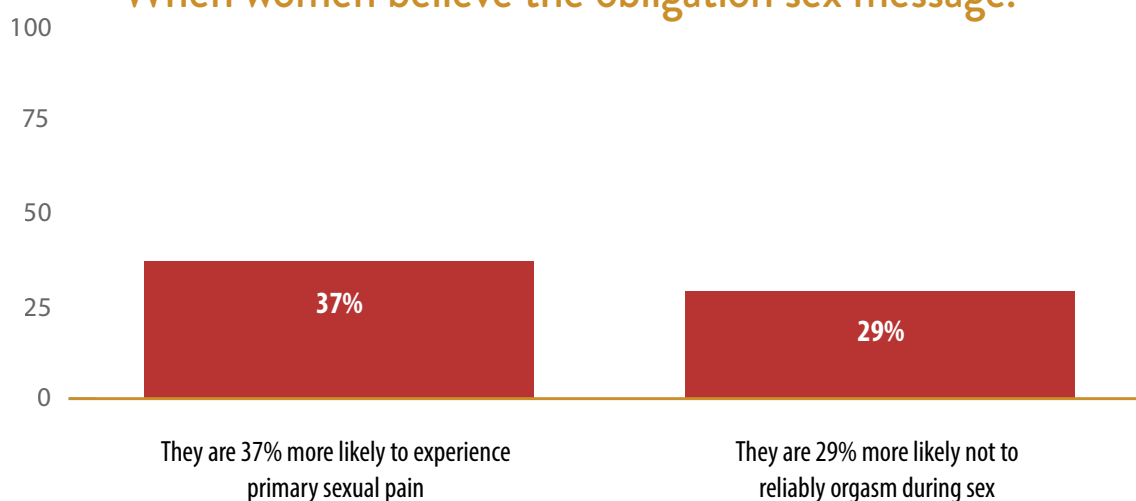
## PROBLEMATIC BELIEFS and THEIR OUTCOMES

### 1. Obligation Sex Message

#### When men believe the obligation sex message:



#### When women believe the obligation sex message:

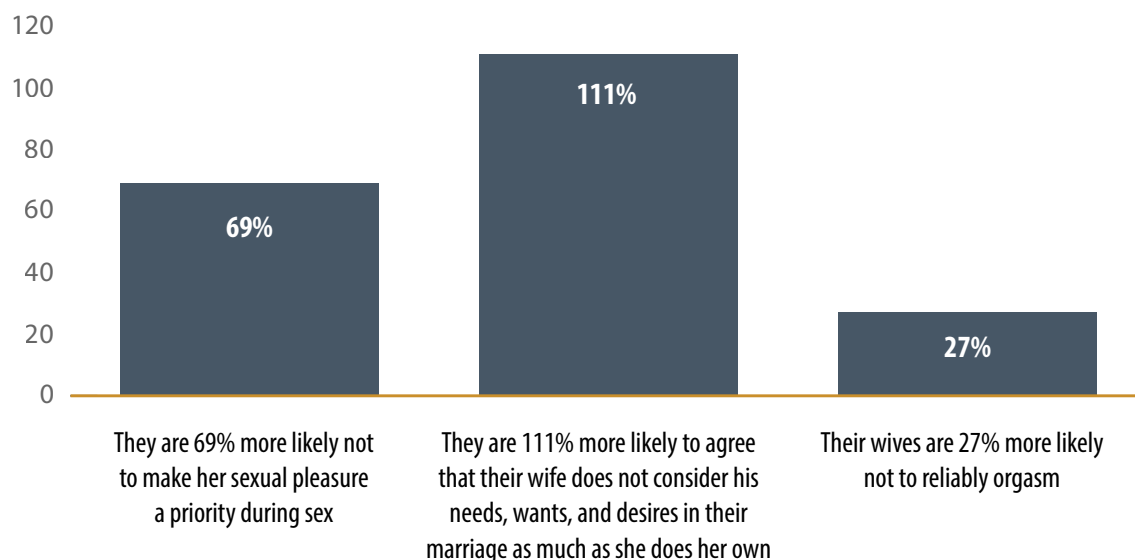


And when women have sex only out of a sense of obligation they are **18.6 times more likely** to agree that “when it comes to sex, I could take it or leave it.”

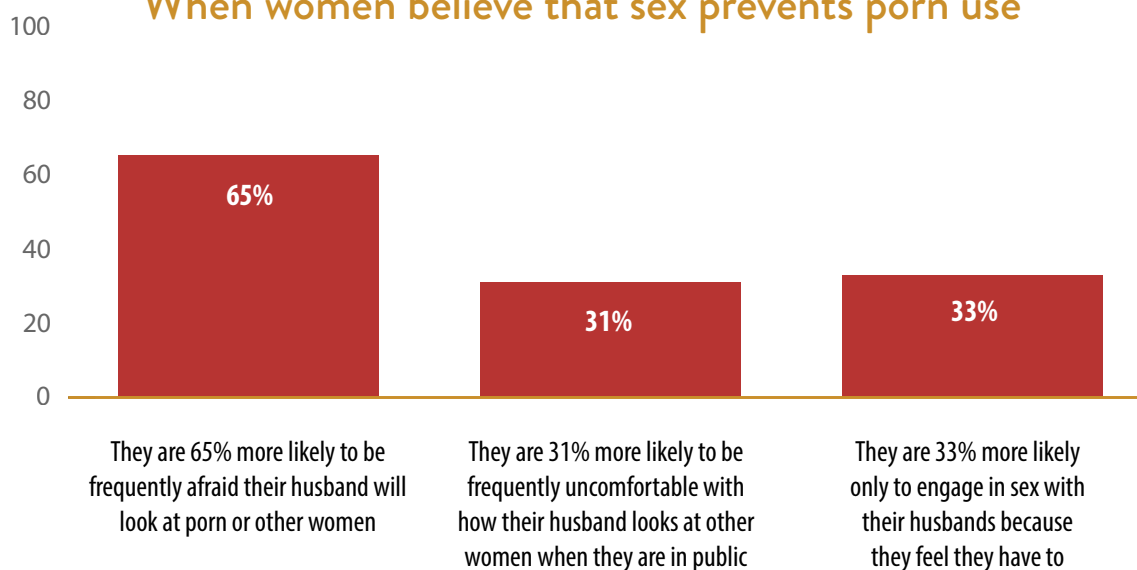
## PROBLEMATIC BELIEFS and THEIR OUTCOMES

### 2. A woman should have frequent sex to keep her husband from watching porn

#### When men believe that sex prevents porn use



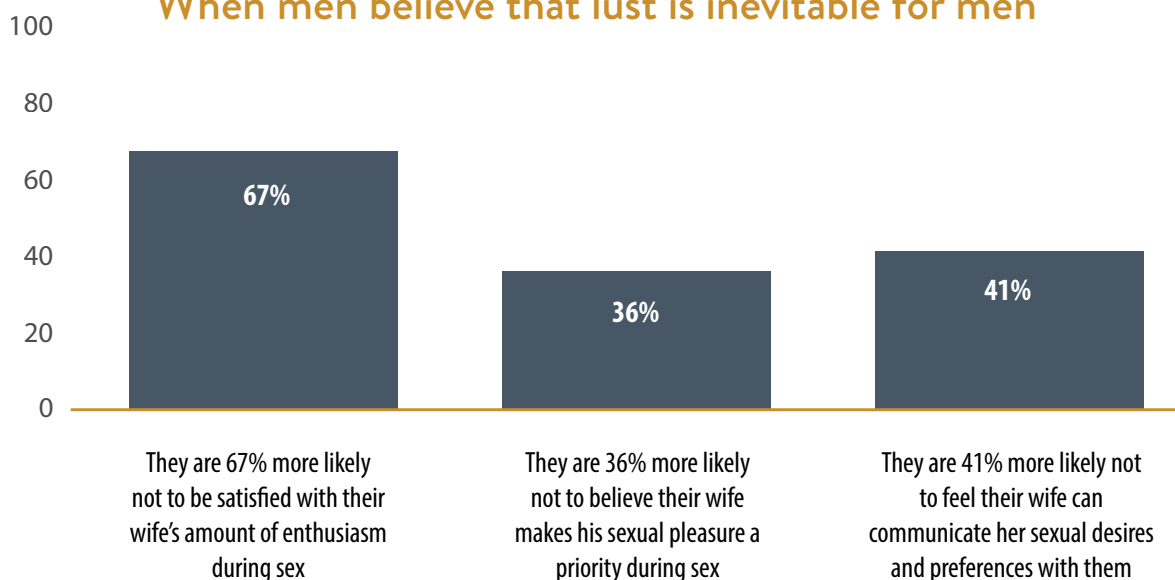
#### When women believe that sex prevents porn use



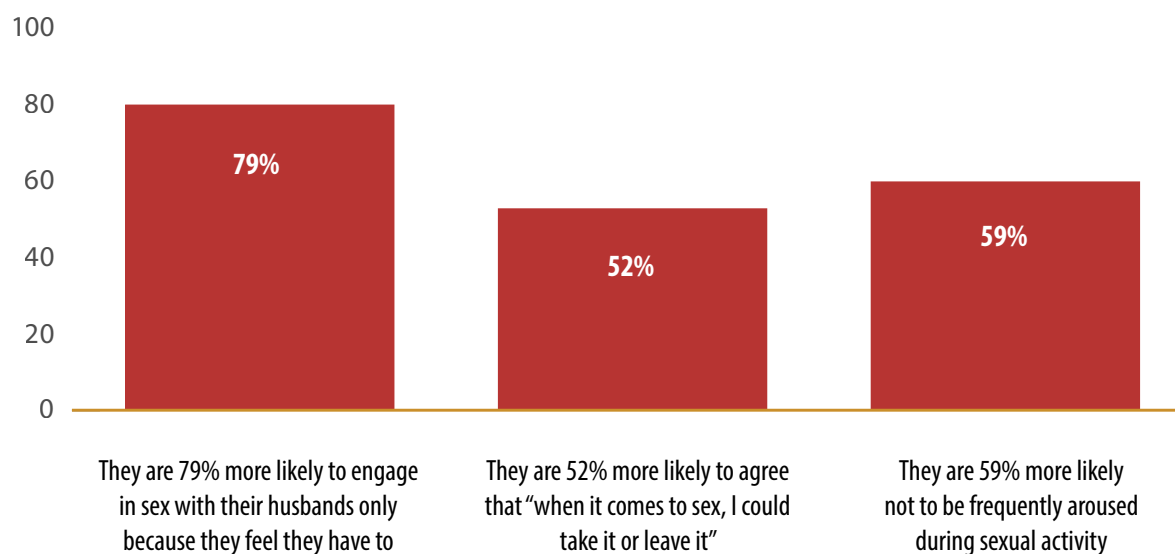
## PROBLEMATIC BELIEFS and THEIR OUTCOMES

### 3. All men struggle with lust; it's every man's battle

#### When men believe that lust is inevitable for men

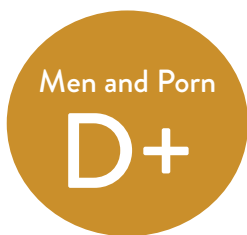


#### When women believe that lust is inevitable for men



For more results, please see *The Good Guy's Guide to Great Sex*

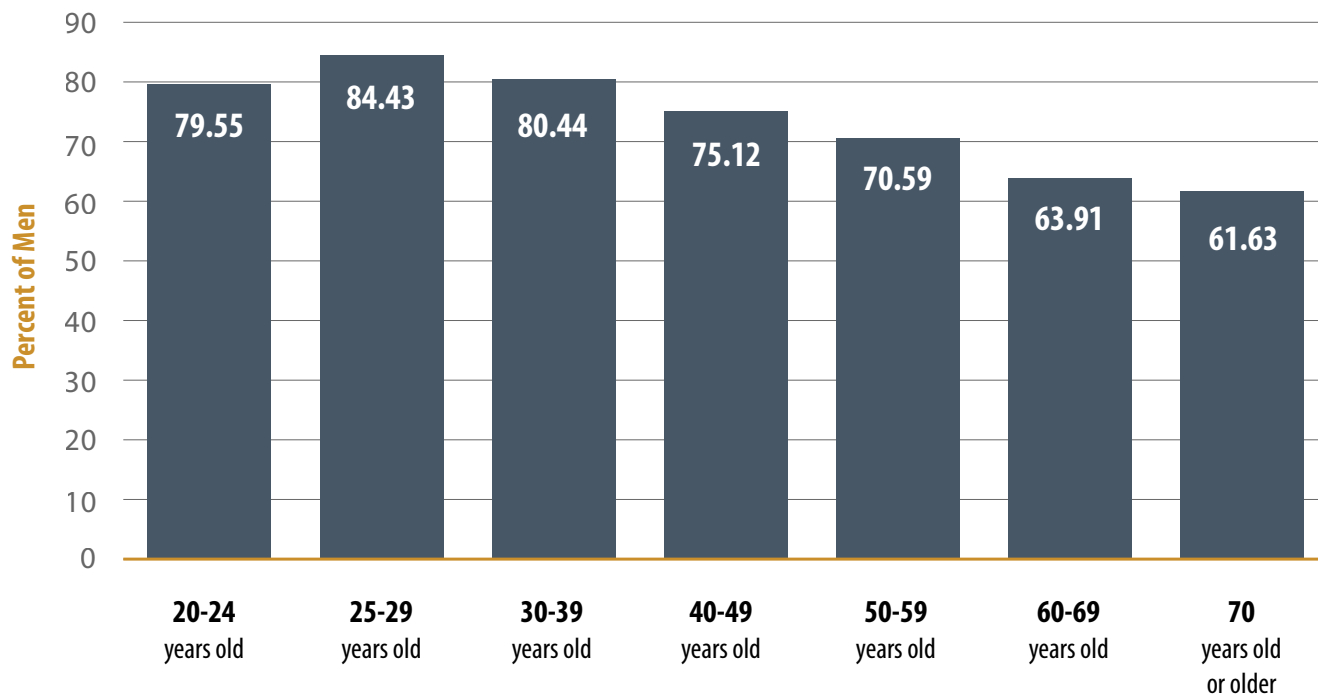




## Is Lust **REALLY** Every Man's Battle?

Let's start with pornography use. How many guys have used porn? Well, we asked if they have ever had a porn problem, and at what ages. Here's what we found:

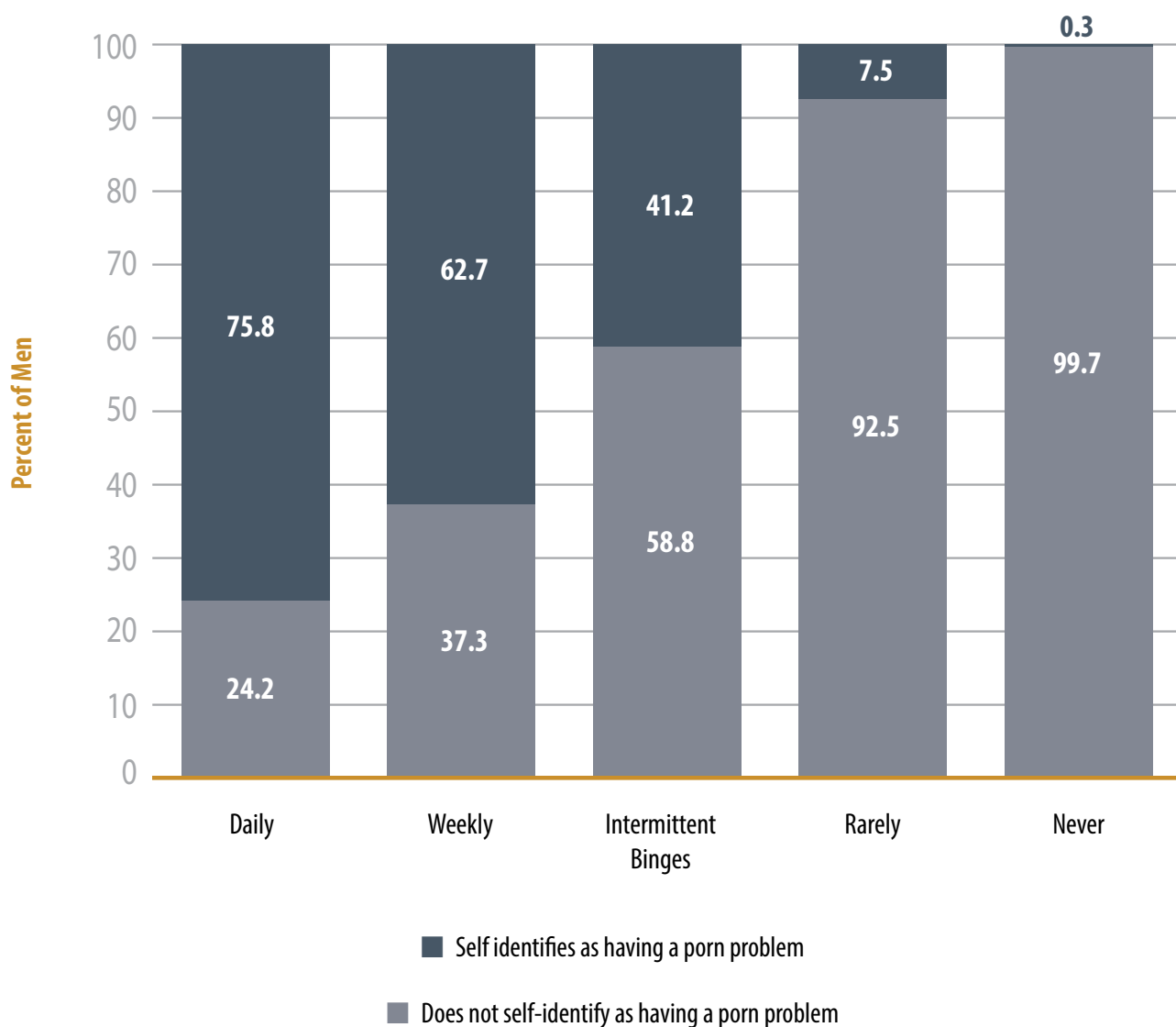
What percent of men in each age category self-identify as having had a porn problem?



The age groups that are most likely to say they had a porn problem are those under the age of forty—likely because internet porn was accessible when they were teenagers. (More analysis on that, and more stats on that specifically, in *The Good Guy's Guide to Great Sex!*)

## Is Lust **REALLY** Every Man's Battle?

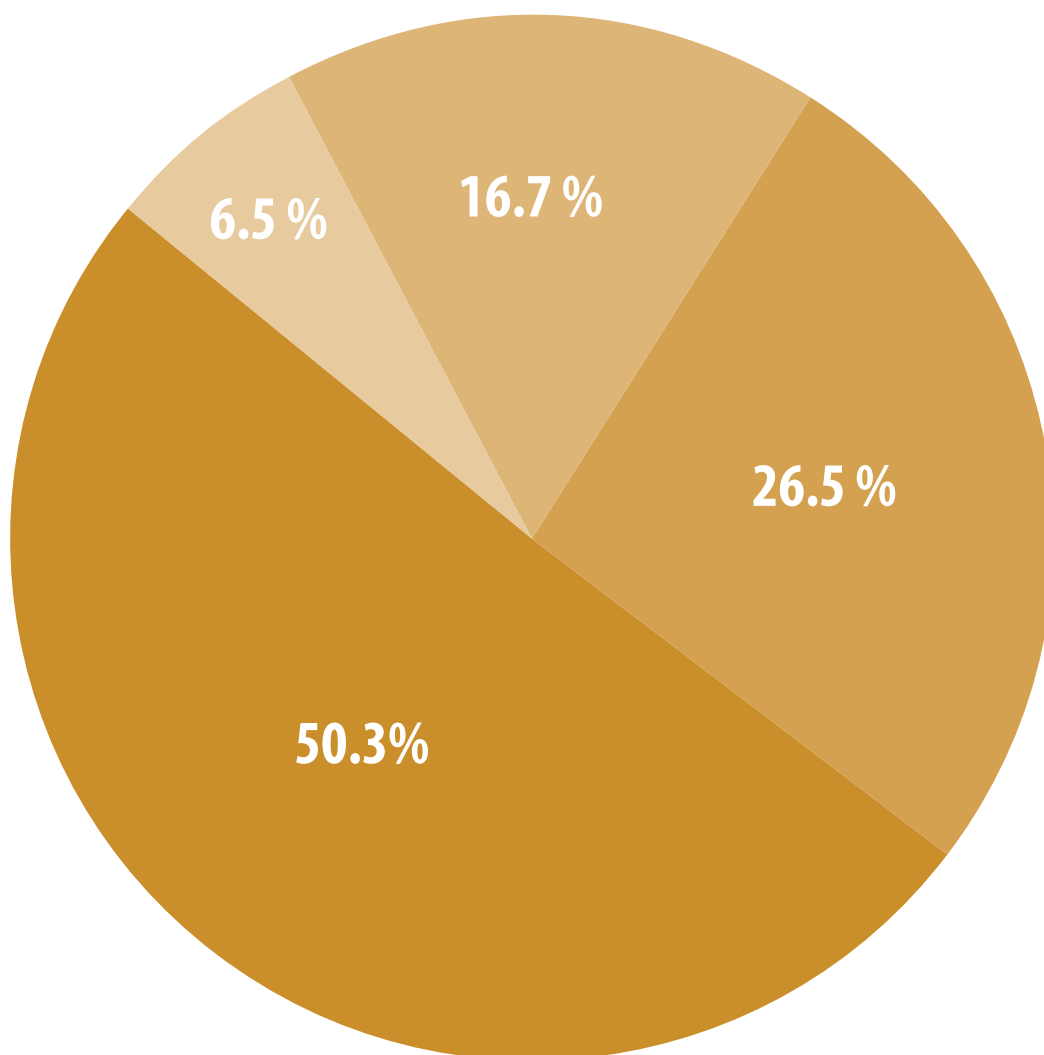
Are there men who use porn but don't think they have a problem? Yes, there are:



## Is Lust **REALLY** Every Man's Battle?

That's the history. When we asked about their porn use today, here's what men said:

### CURRENT PORN USE of married evangelical men



● **6.5 %** daily/weekly

● **26.5 %** rarely

● **16.7 %** intermittent binges

● **50.3 %** never

**49.7%** of evangelical men currently use porn to some extent, though most use it in intermittent binges or rarely.

## Is Lust **REALLY** Every Man's Battle?

That means that porn is NOT every man's battle, because a majority (though a very slim one) is not currently watching porn.

When men watch porn, bad things happen, including:

- Men who use porn were **42% more likely** to have erectile dysfunction.
- Men who use porn were **2.25 times less likely** to be satisfied with their wife's level of adventurousness in the bedroom
- Wives were **22% more likely** to reliably orgasm if the husband never used pornography

Does past porn use doom a marriage?

Our study found that the more porn you use, the worse it is for marital and sexual satisfaction. But the good news is that if you dial porn use down to 0, long-term reports of marital satisfaction are similar between people who have never used porn and people who have overcome porn use.



## How many men struggle with lust?

- **75.5%** of men say they have a daily struggle with lust.

However, **70.3%** of those men would be able to resist lusting in a number of real-life scenarios that we presented

- **55%** of men who say they struggle with lust do not watch porn and do not show any signs that they would lust in real life

- Now, **42%** of the men who say they struggle also say they're tempted by memories of things they've seen in the past, or by images of porn. But it is not *every man*.

Our theory in *The Good Guy's Guide to Great Sex* is that many men who say they struggle with lust are merely noticing that women are attractive, and thinking this means they're lusting—when maybe they're not. Could we set a whole generation of men free if we better understood what lust was—and what lust wasn't?

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## BONUS QUESTION

What would a man who does not demonstrate any harmful influences in his sex life look like? He would:

- Not believe the “obligation sex message”
- Not currently watch porn at all
- Not give in to temptation around lust
- Make his wife's pleasure a priority

How many men meet all these criteria? Just **33.7%**.

We can do better than this.

We believe *The Good Guy's Guide to Great Sex* can help men break free by showing them that male sexuality and the objectification of women are not one and the same, and teaching them how to make sex intimate, relational, and pleasurable all at once.

Lust is not every man's battle; it is SOME men's battle. And it is one that can be won.

But that starts by changing how we think about sex.

Isn't it time?

Check out *The Good Guy's Guide to Great Sex* and *The Good Girl's Guide to Great Sex* for a better way forward.