

# What Is Porn Anyway?

November 16, 2018 | 12 upvotes | by [RPCJoeMak](#)

---

Somewhere in here we probably need to clarify some of the statements so we can all keep moving down the trail together.

This issue of porn keeps coming up. As I have said before, it's tough to make condemning statements about blanket topics without commenting a little bit about context. So, I'll give it a go now.

Porn is such a lightning-rod issue in churches and in society in general. To make a blanket statement that "porn is bad" or "porn is a sin" is missing the mark in my opinion. What is the context of the discussion regarding porn being "bad" and/or "sinful?"

In some cultures and religions, a bare ankle is viewed as porn and is definitely "bad" and "sinful."

When some folks go to a beach and see gals running around in a skimpy bathing suit, it could be viewed as porn and sinful.

For some people back in the day, the pictures in the Sears catalog section of ladies undergarments is their version of porn. Today, that whole idea would be laughable.

People in California and Florida view skimpy bathing suits in a very different manner than do certain people/religions in the middle east, for example.

Justice Stewart of the US Supreme Court said he would not try to define what porn is, because he could never do so in an intelligent manner. But he did say that he knew it when he saw it.

So what shall we say then about porn being "bad" and "sinful?"

Some wives enjoy sending their husbands a personal video of their own personal play-time. And just so we don't get bogged down in another algebra problem of fighting over insecure internet connections and the like, maybe we can just say that a wife makes a video for her husband. That's fine to me and I don't think that's a bad thing, nor do I think it's a sin. That's a video she made for him and whatever they want to do with that is their own concern.

But if another viewer saw the video of the wife, it would probably been seen as porn. Again though, it might not be seen as porn. Some elements of attraction would have to be present for it to be seen as porn by an outside viewer. The mere presence of nudity doesn't not, in my mind, automatically throw something into the category of porn.

Every so often I see historical films of concentration camps and nudity is shown. To me, that's not porn. I view that as different aims and goals than what is going on in the "porn industry."

Maybe the best way to classify porn is to classify it as causing the viewer to lust, etc. In biblical terminology that is probably a perspective that we can all agree on.

To one person porn can be categorized as a particular thing. For another person it may not be porn at all. I think the church has shamed everything so hard that so many blanket statements are made all the time in an unnecessary fashion. We are all programmed with shame at a very early age.

The result is that people in the church have never really been able to discuss these items with any kind of realistic attitude at all.

I guess that's the question for us all: how do we have a more healthy attitude about sex and all of the various topics such as healthy sex, sinful sex, etc.?

What I am doing in my own little corner of the world is that I am teaching an advanced class to guys. We cover every topic under the sun. I have set up an environment that is safe and non-judgmental in our

delivery as well as participation. We definitely work within a Biblical framework in teaching Red Pill Awareness.

Sometimes it's very frustrating to read through some of these posts and see all the judgmental language and condemnation, etc. That all leads to guys closing down and feeling alone in their Dead Christian Bedrooms. It's an epidemic in our culture, it really is.

In fact, I think it's such a vital topic that if we don't start to deal with it and help guys work through it, I think the Church as we know it will be gone within 50 years or so.

To me, that's where my energy will be as we move forward in this modern world of ours. It's not helpful to talk about porn and not address issues related to both men and women. Most women will shame their men for looking at porn, while the woman sneaks off and reads 50 shades, etc. Or she could run off and read her Christian version of a Johnny-likes-Suzi book. Is word-porn more harmful than internet porn? We can solve that issue another day.

But I would ask another question: would that fight over types of porn really help anything?

I think it's much more helpful to focus on helping men to be better #RP aware. That's where I am seeing the most traction out here in the field.

I think looking at porn and living in that world is breaking covenant. I also feel that a woman denying her husband regular, healthy sexual activity is also breaking covenant. So I am fine having all these discussion as long as both people in each relationship take responsibility for their part in the relationship.

There are reasons why people (men and women) gravitate toward porn. The truth is that they feel empty and are looking to fill a void in their lives. It's everyone's favorite past time to beat up guys about porn, etc. But the truth is that is not helping guys to deal with the issue of porn. Dumping Shame-Gravy all over guys does not help them, nor does it deal with the problems that they face in dealing with a Dead Christian Bedroom.

The problems related to these issues have many layers. In my work on the related topics, I have had the most traction when I can get guys to open up and share their concerns.

You can find my other posts about how I got started in setting up our men's group.

I will have a more in-depth audio product released very soon and if you have an interest in it you can feel free to contact with about it.

Here is what I know for sure: guys will continue to walk out into the woods and pull triggers if we don't do a better job of helping them.

Again, throwing Shame-Gravy all over the place isn't helping. It's only isolating more and more guys every day.

I thank you all for joining in this journey and mission of reaching more guys and helping them work through these sensitive issues.

May God bless you all as you fight all of your battles out there in the real world.

Contact me anytime if you need to talk or ask questions.

Joe Mak

PMC Member

Positive Masculinity Crusade

@RedPillXristian



---

## Comments

---

Borsao66 • 9 points • 16 November, 2018 09:29 PM

Pornography is whatever gives the judge a hard on.

[deleted] • 1 point • 17 November, 2018 03:13 PM

I don't know if that's true.

RedPillWonder • 4 points • 16 November, 2018 11:14 PM

Joe's initial reply to another poster his subsequent exchange with me got this going, so let me say a couple of things upfront.

First, I greatly appreciate what he is doing to help many men with this issue.

Second, he and I agree (based on what I've read) on many things, including the need to discuss this openly.

Third, I *mostly* agree with what he's shared in this post, although I'm going to reiterate some thoughts I previously shared, and that I have disagreements on, and others can consider each of our points and weigh them accordingly.

To make a blanket statement that "porn is bad" or "porn is a sin" is missing the mark in my opinion.

It's not when considers what the vast majority of people think of when you use the word "porn."

I'd guess upwards of 80% if not the mid to high 90's think of an individual or two people (or more than two) engaging in some kind of sexual act. And that this individual(s) is/are not oneself or one's spouse.

With that context in mind, it's safe to say that yes, porn is bad/sinful.

That was my earlier point.

To get into "technical" definitions and examples like seeing someone at the beach or a swimsuit portion of a beauty pageant, or women wearing lingerie in a catalog and many other examples are where I think it misses the mark.

I say that because one can certainly argue for them, but many words/phrases take on almost entirely new meanings. One can argue "gay" means bright, cheerful or happy but call yourself that today and see what kind of response you get.

In like fashion, porn means (to a very large degree) the definition and context I used above. And yes, again, the Bible would categorize that as sinful behavior.

The second main point is that when one points out that sin is sin and it's bad is labeled as:

Sometimes it's very frustrating to read through some of these posts and see all the judgmental language and condemnation, etc.

And

Dumping Shame-Gravy all over guys does not help them... Again, throwing Shame-Gravy all over the place isn't helping.

As I wrote earlier, if saying porn (using the aforementioned context/definition) is sinful and bad, or using similar language about other topics, sexual or otherwise, then what of the language God uses in His word? Do we call Paul judgmental? That he's pouring shame gravy on the Corinthians? And that he's hurting men in doing so?

Of course not.

Also, as I noted earlier, we don't know everything Paul did in his one to one interactions. I suspect he got "down and dirty" as Joe does and addressed these and many issues, but he didn't back away from making statements (far more "harsh" and "judgmental" than my mild comments) that sexual sin is wrong/bad.

There is very sharp distinction between someone turning their nose up and saying:

"You, sinful porn watcher. Bad!"

vs.

"Hey man, it's tough out there and we've all seen or watched something to varying degrees, we know it's not right in God's eyes and it's sinful, but there's hope for getting out of that and a better way."

Both state porn is bad/sinful. One comes across very differently. Which is the point I made earlier.

It's like the old analogy William F. Buckley gave where a man pushes a woman in front of a bus to get hit, while another man pushes her out of the way so she doesn't get hit, and someone coming along and saying they're exactly the same because they're both pushing women around.

I'll finish with saying I strongly suspect Joe and I are on the same page with many things, including this topic of how the church handles things.

They either put their heads in the sand like an ostrich or employ what Joe calls shame tactics. Neither are helpful. I, however, don't think calling porn sinful/bad or calling any activity that is wrong in God's eyes sinful/bad, is shameful, in the way Joe makes his case.

If it is, God does it in His Word often.

I want to repeat one more time. Please **do** read and carefully consider Joe's words. He's doing great work and helping a lot of men. Disagreeing over intricacies and definitions are not the same as denying his main points outright.

I hope this debate and airing of opinions helps a lot of people.

And remember, we're all brothers here and on the same team. Friendly elbows and arguing, iron sharpening iron and all that is always a good reminder.

RPCJoeMak[S] • 4 points • 16 November, 2018 11:42 PM

Thanks for the feedback man. I have read many of your posts recently and in the past. I haven't read any of your posts that I disagree with (that I remember right off, anyway).

Porn is a sinful activity and in the work I am doing I have all kinds of evidence that it's not a healthy activity in any regard.

I have no problem approaching people about the damage that porn does to our relationship with God and with our spouses and other relationships in our daily lives as well.

I don't think that calling porn sinful is shameful, but I do think the manner of the conversation can be shameful and can also be used to shame people.

I am confident that we are on the same page with all of this. You haven't written anything here that I disagree with.

Just know that I will spend the majority of my time with really hurting people and many of those are trying to find a reason to live on a daily basis. So the thrust of my focus and work will be in the lab scrapping to help guys live for another hour or day. So you won't too much find me in here debating some of the things that are found here. It doesn't mean I don't value those discussions, I just have too many guys to reach. And sometimes discussions on scripture can turn into bad energy for what I am trying to do.

I am sure Jesus got tired of hearing the Pharisees trying to trap him into splitting hairs. In the meantime he saw pain all around him. Sometimes you have to grab that stick and start drawing in the sand. When you ask for someone to throw the first stone, all that arguing just melts away.

Thanks for all your support man. Keep it going.

Joe Mak

PMC Member

RedPillWonder • 5 points • 17 November, 2018 12:07 AM

Wholeheartedly agree!

I do think the manner of the conversation can be shameful and can also be used to shame people.

You're right. It would have been far better to focus on the larger issue/point you were making and not argue semantics and/or "smaller" aspects which don't get at the heart of this issue.

We're on the same page.

And let me put this here for others reading:

I first asked Joe (because there were two ways I was reading it) if he was encouraging something sinful and my doing so was way off target.

I took the worst possible interpretation and asked about it, and in doing so, "painted" Joe to some degree as encouraging sinful behavior by asking a "leading" question.

Re-reading it, while I don't think it was heavy handed and my wording might can be defended, I don't want "might" or "could be" read this way or that.

Let me just say this is wrong and I should have worded it differently to get clarity from him. That, and based on his previous comments over the weeks and months, I should have known better what his position is.

And hopefully, we'll get a good debate going on this issue, and any men needing or wanting help will express themselves freely and openly.

Use a throwaway alt account if that makes it more likely for someone to share their thoughts.

RPCJoeMak[S] • 3 points • 16 November, 2018 09:02 PM

I don't think we can really have this discussion without adequately dealing with Shame and the component it plays in all of this. So I will have some follow up posts related to this discussion.

I also think it's important to discuss some related topics such as the marriage covenant of both parties, etc. I will get to those topics at another time.

But for now, this will get it all kicked off the cliff and get us rolling.

Joe Mak

PMC Member

rocknrollchuck • 3 points • 16 November, 2018 10:00 PM

What is the context of the discussion regarding porn being "bad" and/or "sinful?"

Well, the secular definition of porn is as follows:

1. the depiction of erotic behavior (as in pictures or writing) intended to cause sexual excitement

2. material (such as books or a photograph) that depicts erotic behavior and is intended to cause sexual excitement
3. the depiction of acts in a sensational manner so as to arouse a quick intense emotional reaction

There are many more, but these will suffice. For Christians, the difference is more nuanced. Whether it is sinful or not is dependent on context. But it is also dependent on intent. The intent of the producer of the material, as well as the intent of the viewer.

In some cultures and religions, a bare ankle is viewed as porn and is definitely "bad" and "sinful."

Intent of the "producer": innocent

Intent of the "viewer": sinful based on their perception and values.

When some folks go to a beach and see gals running around in a skimpy bathing suit, it could be viewed as porn and sinful.

Intent of the "producer": depends on the woman and why she wore it.

Intent of the "viewer": depends on whether it incites a lustful reaction or not.

For some people back in the day, the pictures in the Sears catalog section of ladies undergarments is their version of porn. Today, that whole idea would be laughable.

Not necessarily. If you're a ten year old boy, that stuff can be quite erotic. And it often leads into more obvious forms of porn and immorality.

Some wives enjoy sending their husbands a personal video of their own personal play-time. And just so we don't get bogged down in another algebra problem of fighting over insecure internet connections and the like, maybe we can just say that a wife makes a video for her husband. That's fine to me and I don't think that's a bad thing, nor do I think it's a sin. That's a video she made for him and whatever they want to do with that is their own concern.

I don't see anything in the Word that prohibits this sort of activity, as long as it involves only the two of them. Concerns about privacy have always been somewhat of an issue, from people walking into a tent and catching a couple having sex, to peeping toms, etc. So that aside, I think the Bible supports any and ALL sexual activities between a husband and wife. That includes videos, sexting, oral, anal, bondage, and so forth and so on. It's up to each couple to decide that before God and each other.

But if another viewer saw the video of the wife, it would probably been seen as porn. Again though, it might not be seen as porn.

I can't think of a situation where another viewer seeing a video of the wife would not be seen as viewing porn. There may be a distinction between pornography and eroticism, and I get that - however I'm going to simplify it and say they are basically the same thing. Others may disagree, and that's fine.

Every so often I see historical films of concentration camps and nudity is shown. To me, that's not porn.

Agreed.

Maybe the best way to classify porn is to classify it as causing the viewer to lust, etc. In biblical terminology that is probably a perspective that we can all agree on.

Yes, I agree with that. Even the secular crowd mostly agrees with that definition as well.

To one person porn can be categorized as a particular thing. For another person it may not be porn at all.

I agree to a certain extent. But I'm going with a Western viewpoint here. So the "Middle-Eastern ankle" example will be outside of what I am addressing. With that said, I think that even if I don't see a lingerie catalog as porn, I know the potential that material has to cause lust in my child, so I wouldn't leave something like that laying around for him to find. It may not affect me personally, but I know others will see it as erotic.

I think the church has shamed everything so hard that so many blanket statements are made all the time in an unnecessary fashion. We are all programmed with shame at a very early age.

This is because we have mixed everything together. Bible study classes and groups in the church are all co-ed. That leaves very little room for discussion of this kind. That's why some churches (like mine) have a separate group for men, women, teens, and children.

The result is that people in the church have never really been able to discuss these items with any kind of realistic attitude at all.

I think this is because these subjects were not meant to be discussed in mixed groups. I find it to be a much different story in my men's Bible study class on Sundays.

Sometimes it's very frustrating to read through some of these posts and see all the judgmental language and condemnation, etc. That all leads to guys closing down and feeling alone in their Dead Christian Bedrooms. It's an epidemic in our culture, it really is.

That's why I asked you to post this as a standalone post instead of a comment response. We must allow time and guidance for people to grow when it comes to material like this, because it is not usually addressed in a meaningful way.

In fact, I think it's such a vital topic that if we don't start to deal with it and help guys work through it, I think the Church as we know it will be gone within 50 years or so.

While I get your point, the church we know is mostly dead anyway. That's because of a lack of true conversion, not because we fail to discuss sexual topics. Changing this won't help if people have not been truly born again and repented of their sins. The lack of the indwelling Holy Spirit in professed believers produces "Churchians."

I guess that's the question for us all: how do we have a more healthy attitude about sex and all of the various topics such as healthy sex, sinful sex, etc.?

The sexes must be separated for discussions like these. Women will not discuss this in detail in front of men (even their husbands). Men will not discuss this in detail in front of women (not even their wives - ESPECIALLY not their wives). This is the way it was done in the past, though sexual topics were not addressed nearly as much as today's sex-soaked society demands.

But I would ask another question: would that fight over types of porn really help anything?

No. It is all porn if it takes your sexual focus off your spouse.

I think it's much more helpful to focus on helping men to be better #RP aware. That's where I am seeing the most traction out here in the field.

Yes. A weekly thread for sex-based discussion could be valuable here. We could tag it NSFW. But women would be allowed to contribute as well, as this is not a men-only sub.

I think looking at porn and living in that world is breaking covenant. I also feel that a woman denying her husband regular, healthy sexual activity is also breaking covenant. So I am fine having all these discussions



as long as both people in each relationship take responsibility for their part in the relationship.

That is true, but it will be difficult to address both people here as most contributors here come on their own, and their spouses don't usually know about this place. There may be some exceptions, of course.

There are reasons why people (men and women) gravitate toward porn. The truth is that they feel empty and are looking to fill a void in their lives. It's everyone's favorite past time to beat up guys about porn, etc. But the truth is that is not helping guys to deal with the issue of porn. Dumping Shame-Gravy all over guys does not help them, nor does it deal with the problems that they face in dealing with a Dead Christian Bedroom.

Agreed, but this will be tough to achieve here, because anyone can contribute, and some may not have such an understanding viewpoint.

The problems related to these issues have many layers. In my work on the related topics, I have had the most traction when I can get guys to open up and share their concerns.

Can you expand on this a little? What are the most common concerns men have voiced to you since you started doing this?

Here is what I know for sure: guys will continue to walk out into the woods and pull triggers if we don't do a better job of helping them.

Well, we're here to make a difference, but ultimately men have to seek help if they want it. You can't help someone who doesn't want to be helped, but you can put forth attractive ideas and draw people in.

Again, throwing Shame-Gravy all over the place isn't helping. It's only isolating more and more guys every day.

Well, that can change.

Tag: u/Red-Curious, u/OsmiumZulu, u/RedPillWonder, u/Deep\_Strength

RPCJoeMak[S] • 4 points • 16 November, 2018 10:38 PM

I want to make sure you know where I am coming from when I state that the church as we know it will no longer exist in 50 yrs if we don't fix this Dead Christian Bedroom issue.

I feel that RP Awareness issues have to be taught early and often in our families and churches. We can't depend on public schools to teach this material.

We are lacking male leadership in the church and it's causing a total collapse in the institution and culture of our fellowship and related membership.

Without teaching and training on fixing the #DCB, men will continue to live in humiliation and shame, AND thereby continue to fall off the cliff in terms of the leadership of the family unit and also in leadership positions in churches everywhere.

And so, the #DCB cannot be fixed, in my opinion, in this cultural environment without training in #RP Awareness issues.

So I think it all comes down to helping men to understand all the implications of our BP culture and the harm it does to men in all leadership positions.

So, in my opinion, the church cannot survive without healthy, Christ-centered leadership.

That's what I mean about the church being gone within 50 years.

rocknrollchuck • 2 points • 16 November, 2018 10:40 PM

Okay, that makes more sense.

[deleted] • 1 point • 17 November, 2018 01:05 AM

if we don't fix this Dead Christian Bedroom issue

Don't necessarily think this is a good description of too many Christian sex lives. Wife and I have fun sex and do lots of different things and believe anything is "illegal" so to speak - and we profess Jesus as Lord. Some have strange Victorian purity concepts, but I don't know anyone in my circle who shares these views.

RPCJoeMak[S] • 1 point • 17 November, 2018 01:22 AM\*

It's great that you and your wife can get after it. Unfortunately, in my experience working with guys, that is just not the norm. Of course, there is a whole continuum of activity on the "Sexy-Time" scale. The definition of a sexless marriage is having sex 10 times a year or less. You can google search it and see that the number range from 40 million couples and up being in a sexless bedroom.

I call that a "Dead Bedroom." Whatever number you choose to go with, it adds up to a lot of frustrated couples out there. Specifically, I work with the men in many of those relationships. I know there is a level of frustration that is acute. It's palpable.

Say a prayer of thanks for your situation.

Joe Mak

PMC Member

[deleted] • 1 point • 17 November, 2018 04:12 AM

Interesting timing here - someone just posted a survey over at /r/ChristianMarriage and here's the results:

[https://docs.google.com/forms/d/e/1FAIpQLScV2Fa2\\_eppbB1bAiDAp2emu2ac9xwbJL4OaHmHv7ep6-86Jw/viewanalytics](https://docs.google.com/forms/d/e/1FAIpQLScV2Fa2_eppbB1bAiDAp2emu2ac9xwbJL4OaHmHv7ep6-86Jw/viewanalytics)

It appears that roughly 75% of Christian marriages here have sex at least once every week and a half or so. The other 25% seem to line up with what you're saying, which would seem to be roughly the same as the statistics you have for the country at large.

Regardless, I'd be interested to understanding the breakdown and how it works in a Christian marriage. It would seem to me that even if it's just accommodation sex, sex is always on the table based on 1 Corinthians 7:4 to either spouse. If both spouses care to follow Christ then it would seem that a dead bedroom should rarely exist (actually giving a strong apologetic for the faith to those frustrated in this area).

Deep\_Strength • 2 points • 17 November, 2018 04:45 AM

It appears that roughly 75% of Christian marriages here have sex at least once every week and a half or so. The other 25% seem to line up with what you're saying, which would seem to be roughly the same as the statistics you have for the country at large.

2-3x per week and more is only 38%

Once a week already isn't too good and that makes up 18.2%

2-3x a month is a dubious category. It could just be when the wife 'feels' more turned on around her ovulation (clustered around there), or it could be more spread out. That's already pretty bad at 23.4%

That leaves 20.3% of marriages on life support at 1x per month or less.

Honestly, those stats aren't that great.

Once a week or less makes up 61.9% of marriages. That's pretty bad. Even at 2-3x a month or less is 43.7% and that's even worse. Life support or virtually sexless is 1/5th of marriages.

RPCJoeMak[S] • 1 point • 17 November, 2018 05:00 AM

I know what you mean about such a high number of sexless marriages out there...ouch!  
That's brutal!

Looks like everyone has some work to do in this area:

Guys: Do a better job of leading your hottie in the romance area. Gals: Do a better job of meeting his needs.

Please Read: I just posted a recent post about what a healthy sexual frequency might look like...19-21 times a month for a healthy sexual release helps to prevent prostate cancer. See the above note for more details.

RPCJoeMak[S] • 1 point • 17 November, 2018 05:04 AM

Again, the Dead Christian Bedroom is a real epidemic in our culture. If we don't get a handle on this situation, marriages will continue to fail and families and churches will continue the downward spiral.

It's a real problem. The good news is that guys still control about 75% of the whole thing.

[deleted] • 1 point • 17 November, 2018 05:11 AM

I'd post a counter to this. Dead Beds is a symptom, not a cause as I see it. I'm reading some secular research on sex and the number one detriment to sexuality is stress. If you're fighting over money, parents, etc, you're going to have less sex. So examining the frequency of sex is just like taking a pulse or temperature - it might give you an idea of what's happening the body in terms of overall health, but it probably won't tell you what's *really* happening in the marriage.

For example: my wife and I have less sex when we get into a fight. The solution for us isn't to have more sex, it's to work on conflict resolution - which will lead to more sex.

Just some thoughts. It's an interesting thread!

RPCJoeMak[S] • 1 point • 17 November, 2018 05:21 AM

Yes, #DCB is a symptom of a lot of things. But either way, the frequency has to be there to keep things flowing. When body fluids are blocked, problems start happening in all kinds of areas.

You are right on!

Joe Mak

PMC Member

[deleted] • 1 point • 17 November, 2018 05:22 AM

Yeah, good point about the fluids - important to keep it flowing!

[deleted] • 1 point • 17 November, 2018 05:06 AM

2-3x per week and more is only 38%

The statement posed was that "many" marriages struggle with Dead Beds - having sex basically around once per *month*. 78% of respondents currently have sex *at least* 2-3 times per month (not a Dead Bed by that definition provided).

Once a week already isn't too good and that makes up 18.2%

Really depends on the marriage, etc. Hard to assign "good" or "bad" to that. I've had seasons in marriage where we didn't feel the need (or desire) to have sex regularly. We still did, but it was more of a weekly thing. I've had other seasons where it's been a daily (or few times a day) thing. Regardless, even once a week isn't a "Dead Bed" as defined.

That leaves 20.3% of marriages on life support at 1x per month or less.

Hard to assess - would also need to dive into the stats to find out "are you satisfied at this level" for both partners. Regardless, I'm still a fan of more sex all around for everyone married :p

Deep\_Strength • 2 points • 17 November, 2018 06:40 AM

Really depends on the marriage, etc. Hard to assign "good" or "bad" to that. I've had seasons in marriage where we didn't feel the need (or desire) to have sex regularly. We still did, but it was more of a weekly thing. I've had other seasons where it's been a daily (or few times a day) thing. Regardless, even once a week isn't a "Dead Bed" as defined.

Sure, there are 'seasons' but I doubt all of that 18.2% are in such a season.

Hard to assess - would also need to dive into the stats to find out "are you satisfied at this level" for both partners. Regardless, I'm still a fan of more sex all around for everyone married :p

Doubtful.. 2-3x a month is trending toward real bad if even half of those are based on her ovulation cycle.

Probably would have been good questions to add:

are you satisfied with the amount of sex you are having?

and is your partner satisfied with the amount of sex you are having?

Probably find some discrepancies in there too. Women on average have lower sex drives, so if they are satisfied but their husband isn't that's a problem. Occasionally it happens the other way around.

[deleted] • 1 point • 17 November, 2018 07:28 AM

Agreed as per the extra questions. We (the mod team) didn't make the survey but I'm crafting up some ideas for a more official one to send out in a few months and satisfaction is definitely going to be measured.

Deep\_Strength • 1 point • 17 November, 2018 05:57 PM

I will be interested to see the results!

RPCJoeMak[S] • 1 point • 17 November, 2018 04:31 AM

That is a great survey. It has everything for an initial study except for a larger sample size. But about 200 respondents is a good start for sure.

[deleted] • 1 point • 17 November, 2018 05:08 AM

Definitely!

RPCJoeMak[S] • 1 point • 17 November, 2018 05:23 AM

If you find other info, send it along.

Thanks again.

Joe Mak

PMC Member

RPCJoeMak[S] • 1 point • 17 November, 2018 04:40 AM

I understand what you mean about transactional sex (accommodation sex), but we are always trying to move toward validational sex. Duty/transactional sex is humiliating to one or both parties.

You are right about the #DCB, it shouldn't happen in a Christian context if the couple is shooting for a biblical model.

RPCJoeMak[S] • 1 point • 16 November, 2018 10:53 PM

I get the most traction from guys when I get them to open up about their most troubling issues.

We develop trust and safety by working in a non-judgmental environment. I am sure someone here will raise their hand and talk about "confronting sinners" or some other biblical principle like that. We have been able to back-door these issues by role playing or going into 3rd person conversation. It makes the topics a lot easier to choke down for people.

We try to kill shame at every turn. And I don't mean that we get rid of shame and kill the conscience. Not at all. But we don't make a practice of shaming guys for their loneliness, ill-advised choices, bad habits, life mistakes, etc. We talk through issues and help each other make good choices and reinforce them during the week.

Men open up and share when they are not being judged. They open up about all kinds of issues: abandonment, porn, nice-guy issues, lack of leadership issues, financial issues, parenting issues, mixed marriages, etc.

Guys are rarely interested in arguing about biblical translation or interpretation, etc. That's what I am finding every week in our group meetings.

Guys want solutions. they want monday-morning stuff that they can put to work right away. They are looking for functional stuff. They don't need another sermon. They are looking for RP truths and application. they also love the brotherhood and support that they receive in our groups.

We talk about implementation techniques and strategies.

We read books together and we meet every week to go over key topics and main points.

RPCJoeMak[S] • 1 point • 16 November, 2018 11:02 PM

One of the things I have really stressed to our groups is that we are looking for guys who have a lot of pain. Guys who have pain will be motivated to struggle through the tough times in order to through to a better life.

We can't help someone who doesn't want to be helped, but what we can do is help them learn to talk about things. We can help them learn how to view things through a RP lens. We can also develop a vocabulary of terms that specifically address issues without the same old general sayings and cliches. We learn to talk about shame and how to get out of our Shame-Prisons. We are very well versed in talking about self image issues as we have spent a lot of time building the core confidence of each of our guys. This is the key part of what we do: building the core confidence of each man in our groups. Once we have that in place, we can bolt-on sexy time, awareness, money matters, shame, parenting, goal-setting, career issues, etc.

So, sometimes we can help in a tremendous way by just teaching guys how to talk about their issues. We teach them vocabulary, body language and NLP strategies, tone awareness, public speaking and the like, etc.

RPCJoeMak[S] • 1 point • 17 November, 2018 01:16 PM

I don't think the church is dying because of a lack of "conversion." I think that's only a symptom.

And I don't think it's about a lack of sexual conversation, however you want to phrase that.

I think churches are dying because people don't see them as relevant. It takes more than just talking about sex. People can get that on TV or on their phones.

To me it's more about providing a functional toolbox. Guys must have proper tools to deal with these issues.

That's where the church drops the ball in my opinion. People will bring up sexual topics and will dance all around the issues, but they won't ever address real solutions. They don't have the functional toolbox to do what needs to be done.

Again, they have to bring their materials to the elders for approval. It usually gets nixed at that level. Why? Because the elders need to have approved and sanctioned "Christian materials," etc.

OUrocks • 2 points • 17 November, 2018 12:02 AM

guys will continue to walk out into the woods and pull triggers if we don't do a better job of helping them.

What makes you think circumstances are that dire?

RPCJoeMak[S] • 2 points • 17 November, 2018 01:24 AM

The work that I do puts me in a position to take many of these calls and get involved with many of these conversations. People look for ways out of this life when they struggle to find hope.

My job is to get them to HOPE.

lololasaurus • 2 points • 17 November, 2018 01:38 AM

I would drop the porn is wrong approach and replace it with the words of our Lord.

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. Matthew 5:27-30 ESV

Or the Westminster larger catechism, which pulls together all or at least many of the scriptures to support this:

Q. 137. Which is the seventh commandment? A. The seventh commandment is, Thou shalt not commit adultery.

Q. 138. What are the duties required in the seventh commandment? A. The duties required in the seventh commandment are, chastity in body, mind, affections, words, and behavior; and the preservation of it in ourselves and others; watchfulness over the eyes and all the senses; temperance, keeping of chaste company,

modesty in apparel; marriage by those that have not the gift of continency, conjugal love, and cohabitation; diligent labor in our callings; shunning all occasions of uncleanness, and resisting temptations thereunto.

Q. 139. What are the sins forbidden in the seventh commandment? A. The sins forbidden in the seventh commandment, besides the neglect of the duties required, are, adultery, fornication, rape, incest, sodomy, and all unnatural lusts; all unclean imaginations, thoughts, purposes, and affections; all corrupt or filthy communications, or listening thereunto; wanton looks, impudent or light behavior, immodest apparel; prohibiting of lawful, and dispensing with unlawful marriages; allowing, tolerating, keeping of stews, and resorting to them; entangling vows of single life, undue delay of marriage; having more wives or husbands than one at the same time; unjust divorce, or desertion; idleness, gluttony, drunkenness, unchaste company; lascivious songs, books, pictures, dancings, stage plays; and all other provocations to, or acts of uncleanness, either in ourselves or others.

(I can link to scripture proofs for each of those points if you're curious, but remember it was written in 1646 so some of the words are used in an archaic form and might not mean exactly what you think they mean)

RPCJoeMak[S] • 1 point • 17 November, 2018 01:56 AM

Looks good. Yeah, I don't think we need to go with the top-down approach of "Porn Is Wrong...Shame on you sinner!"

I think most in a church atmosphere understand the damage that porn does. That's not my issue. That has been done to death by a million people in articles all over the place.

My deal is more about trying to address the underlying reasons for the porn habits. I am trying to address how guys can deal with it. We could go in a lot of different directions from that starting point.

The short version of where I go from here is directly to the #DCB. Why are there so many Dead Christian Bedrooms in our churches?

The answer goes back to the A/B Scale: Alpha/Beta Scale. As guys are starved for any action at all, they start to slide down toward the Beta side of the continuum. They turn into a #NiceGuy. And in moving over to #NiceGuy territory, they are no longer sexually attractive to their spouses.

This will be the topic of another post before long also.

King James would have its own vibe for sure.

LOL

Joe Mak

PMC Member

RPCJoeMak[S] • 2 points • 17 November, 2018 03:50 AM

You both were created as sexual beings. She has the right of first refusal with you and your sexual needs. If she doesn't take care of your needs, you will still have the needs. And you will go take care of those needs. You will go look at Porn, or some other girl, or masturbate or whatever.

But she can't complain about you doing that because as your spouse she had the opportunity to take care of your needs and she didn't do so. The same is true for her. You have the right of first refusal with her sexual needs. If you don't take care of her needs, she will find a way to take care of her own needs. She will go find a Johnny-loves-suzi book, or look at Porn, or look at some other guy, or masturbate, or whatever.

Both people need to be fighting over the football in this area of sexuality.

RPCJoeMak[S] • 1 point • 17 November, 2018 01:28 AM



I will address the suicide issue in another post. Yes, its a real issue out there.

RPCJoeMak[S] • 1 point • 17 November, 2018 02:04 AM

Sexual sins are an all-important topic.

The 10 Commandments list sexual sins 2 times:

Once for committing adultery

once for just thinking about it

Joe Mak

PMC Member

RPCJoeMak[S] • 1 point • 17 November, 2018 04:56 AM

New Info About Sex/Masturbation and the link to Prostate Cancer:

There are so many problems that arise from a lack of a healthy sexual release. Again, it's not a surprise that the #2 cause of cancer in men is prostate cancer.

The 1921 Club: There is a recent study about the connection of sex/masturbation to prostate cancer. The magic number to shoot for seems to be 19-21 times a month. That seems to be the number where prostate cancer is reduced in men over 50 yrs of age. For men under 50 yrs, the results are a little mixed it seems.

This research is based on several similar studies. Each study included 30,000-50,000 males and was carried out over 30-40 years.

So, good news: more healthy and frequent healthy sexual release per month will lower your chances of prostate cancer. Yipppeee!

Men need a healthy sexual release of 19-21 times a month to reduce their chances of prostate cancer.

I am sure people will argue about the findings, but I am going with the easy-to-remember 1921 number.

LOL!

You can look up these research findings by doing a basic search on google. the new results all came out in about 2017, so you can easily find the information on webmd or other sites.

RPCJoeMak[S] • 1 point • 17 November, 2018 05:38 AM

It's ok to let it flow, bro! If things aren't flowing properly, things turn into a swamp in the reproductive area. We have to get this thing figured out.

Joe Mak

PMC Member

Willow-girl • 1 point • 17 November, 2018 06:02 AM

What is porn? Porn is any image that makes you close the browser window when your wife walks into the room

...

RPCJoeMak[S] • 1 point • 17 November, 2018 06:05 AM

That's classic!

Joe Mak

PMC Member



RPCJoeMak[S] • 1 point • 17 November, 2018 01:23 PM

I also think churches are dying because of a lack of true Alpha male leadership.

I have had guys tell tell that they don't want to go to certain churches because there are too many beta males in leadership there.

Joe Mak

PMC Member

[deleted] • 1 point • 17 November, 2018 03:12 PM

Hmm, I'm not clear on the advantages of clearly defining porn - I think it's hard to define for sure but porn isn't only that which causes lust. A porno that a gay man sees and doesn't cause him to lust doesn't mean it's not porn.

I don't know if I think the church will crumble on the basis of sex. Maybe but it's not clear to me.

I mentioned this in another reply but the idea that we make Christian men red pill aware is a dangerous road and I don't see it ending well. Red Pill is a largely secular group that basically thinks lowly of women and also is fine using manipulation tactics to have sex with women. One of their favorite things to say is no moralizing. Now with MGTOW and incels starting to get hate and deplatforming on social media and even Reddit quarantining the red pill, I think the mens movements will see lots of trouble and rightfully so. Even if they preach 80% truth there is enough women hating and disgust for females out there that is highly offensive to the liberal media.

It is very difficult to sort the good from the bad in red pill ideas. And to swallow it full, you will become like the red pill men. Listen to the red man group and tell me if you see Jesus there

RPCJoeMak[S] • 2 points • 17 November, 2018 04:52 PM\*

I understand what you are saying about the pitfalls of RP thought. I think people have to be cognizant of all the angles.

The real gist of what we are trying to do is raise awareness in the group of guys I am working with.

The idea is to raise awareness in all areas, not to follow RP people or whatever fads come and go.

I think any item that's a topic in our culture can be dealt with in a Biblical framework. That's t main thing for me, to set up an environment for guys to discuss a variety of topics.

Porn is a major issue in marriages and Christians usually do not have a toolbox that enables them to deal with these discussions in a productive manner.

One of the major benefits that I have seen in working with my men's group is that the men are acquiring a skill set that helps them talk about these issues with their sons in a healthy manner

Joe Mak

PMC Member

Willow-girl • 1 point • 17 November, 2018 07:46 PM

acquiring a skillet that helps them talk about these issues with their sons in a healthy manner

Is it the same skillet their wife whacks them upside the head with when she catches them looking at porn?

RPCJoeMak[S] • 1 point • 22 November, 2018 03:52 AM

I seems that you have been hurt along the way somewhere.

I have found that the whole porn topic is a tough slap-in-the-face for a spouse who stumbles upon open porn browsers and sexting chat sessions.

The offended spouse will many times launch into a barrage of shame-triggered language as shame gravy is dumped all over a frustrated spouse. This type of behavior rarely is helpful in getting to the root of the problem.

It's not helpful.

So, if there are skillet-wielding wives running around looking for porn residue around the house, it's a sad commentary on the marriage and the inability to talk through these problems.

When Jesus talked to the woman at the well, I imagine that it was a short conversation. As far as we know it was only a few minutes. He told her basically to stop sinning and get on with her life. There were no skillets to be thrown around. Nor did he baptize her in shame gravy.

Everyone deals with these issues in their own way. If skillets are used, the issue will continue.

Joe Mak PMC Member

Willow-girl • 2 points • 22 November, 2018 01:51 PM

I seems that you have been hurt along the way somewhere.

Well, that post was mostly a joke, playing on the substitution of "skillet" for (I presume) "skillset."

But yes, I had a marriage that was destroyed by porn, albeit in a roundabout way. The problem goes deeper than wives being upset because their husbands are looking at naughty pictures! Ordinarily a man has to strive to please his wife in order for her to find him sexually attractive. When the process works as intended, it's a nice thing. The husband is happy and proud of his ability to lay the world at his wife's feet, and she is grateful and proud that she has such a good mate, and rewards him accordingly. Everyone gets what he/she needs and is happy! Porn short-circuits the process by giving men an outlet that doesn't require them to please their wives. (Incidentally, it can also serve the same purpose for women, as can erotica.) When either party in a marriage stops striving to please his/her mate, that marriage is headed for trouble, IMO.

RPCJoeMak[S] • 1 point • 22 November, 2018 02:09 PM

I am sorry that you had that experience. It really can hurt a lot of people.

Yes, both people need to keep fighting for the relationship. Otherwise, it's doomed.

Keep your head up.

Willow-girl • 2 points • 22 November, 2018 03:43 PM

My advice to others would be: if you have specific sexual needs or preferences (in my ex-husband's case, it was BDSM), find a partner who shares them and is an enthusiastic participant. DON'T pick a spouse who doesn't enjoy the things you do, and plan to get your needs met on the side via porn (etc.) ... because that is not the formula for a happy marriage.

I lived, learned and am in a better place now (as is my ex), so it's all good now.

RPCJoeMak[S] • 1 point • 22 November, 2018 05:17 PM

Bless your soul girl.

It's hard to reinvent your self and move on. Especially while keeping a good attitude.

Kudos to you.

Keep your head up!

Have a great Thanksgiving.

Joe Mak

PMC Member