



## Cracking Da Vinci's Code—Appendix C *Sex Is Better in Marriage*

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Although sexual expression outside of marriage has all the promises of great pleasure, it also has even greater amounts of pain due to the consequences. It is not surprising that so many who do choose to save themselves sexually for marriage do not regret it after they are married. While it may seem that sexual purity is an antiquated concept to many in contemporary society, it is a brilliant idea designed to protect us all from wounding. Those who violate the sanctity of sexual expression *before* marriage might be more likely to violate the sanctity of sex *after* marriage—it is easier to climb a moral fence after you have done it once. History is replete with examples of people who violated the bonds of marriage and regretted it profusely. It is not by accident that surveys indicate that the most fulfilled sexual partners are those within the context of marriage. Author Andrew Greeley confirmed this in *Faithful Attraction: Discovering Intimacy, Love, and Fidelity in American Marriage* (New York: Tor Books, 1991).

Surveys confirm that a biblical view of sexuality, that is, within the marriage covenant, enhances fulfillment. A Family Research Council survey revealed that 72 percent of all married “traditionalists” (those who “strongly” believe out-of-wedlock sex is wrong) report high sexual satisfaction. This is roughly 31 percentage points higher than the level registered by unmarried “non-traditionalists” (those who have no or only some objection to sex outside of marriage) and 13 percentage points higher than that registered by married non-traditionalists.<sup>1</sup>

This survey confirms an earlier and larger survey conducted by *Redbook* magazine during the mid-1970s that include responses from 100,000 women. The survey indicated that women who were sexually active at age fifteen were more likely to express dissatisfaction with their current sex lives than those who refrained from early sexual involvement. It also found that strictly monogamous women experienced orgasm during sex more than twice as often as promiscuous women. And it found that highly religious women were less likely to engage in sex prior to marriage and more likely to describe their sex lives as “good” or “very good” than moderately- or non-religious women.<sup>2</sup>

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<sup>1</sup> <http://www-personal.umich.edu/~jfellows/abstinence/outlook.html>

<sup>2</sup> *ibid.*