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From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now, your host Scot McKay.

Scot McKay 0:17

Greetings, gentlemen and welcome again to yet another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube, you can find us on the web as always, at mountain top podcast calm, and I invite you to join us on the thriving Facebook group for men who want to be at their peak as it were at the mountaintop summit on Facebook. With me today is a new friend of mine. He is a fellow Baltimore on the second of which we've had on this show lately, and the name of his book is called why waiting works. How fast sex prevents us from finding true love and long term happiness and Before we continue any further and I introduce my guest to you, I want to go ahead and acknowledge that we had an episode just a couple weeks ago where my guest was adamant about using the word patience instead of waiting. Well, somehow in this context waiting works, basically, to quote the author himself. You wouldn't want to say why patience works in terms of sex waiting is generally the vernacular that you use. So please don't get thrown off by that. And we'll learn more about what my guest Rob Kowalski has to say about all this and he makes some pretty good points. And I'm sure we'll have lots to talk about Rob. Welcome to the show, man.

Rob Kowalski 1:38

Thanks, Scott. My pleasure.

Scot McKay 1:40

Yeah, man, it's good to have you on. Now. After all the shows we've done in so many years of producing episodes, this is a topic we've never covered and I don't know why it's certainly near and dear to the hearts of men of faith who universally struggle with the society. delay of sexual activity. You know, we're all going through school, adolescence, maybe even college. And yet we're told if we're men of faith, that you know, we need to wait till marriage to have sex. Interestingly enough, even though you are a man of faith yourself, and I'm sure you'll tell your story pertaining to that you go above and beyond simple faith based reasons for not having sex and waiting to enjoy sex with someone you feel is truly a significant other. You go above and beyond the typical faith based reasons and discuss some practical reasons, logical reasons, as it were, why we should wait before rushing into sex. So before we get into all that, tell us a little bit about your story and what compelled you to focus on this topic and write a book about it.

Rob Kowalski 2:46

Yeah, love to. So yeah, I was raised in Baltimore, Maryland, like you said, born to a 15 year old mom with an eighth grade education, and she pretty much took care of me with no support from my father. really had no money. male role model in my life, you know, on a regular basis for most of my childhood. So, as I was growing up, you know, she worked and I just kind of raised myself I learned how to be a man from watching TV and movies. And from a pretty young age, I thought, you know, what would validate me as being a man was if I could pick up girls. So from the time I was 15 years old, my dream was to be a male stripper, actually found a videotape that my mom and her friends had ran it when I was about 15. And I popped it in the VCR and I was like, wow, this is a thing that I didn't even know about this. That's what I want to be when I grow up. So I, you know, started working out after that. And by the time that I was 19 years old, I was I was working for a couple of the entertainment agencies and in Baltimore, eventually I was dancing with a review and I worked for every entertainment agency. I actually became like the number one guy my city, you know, was in the phone, book, women came very easily to me, I was making lots of money I was popular, you know, I had a lot of casual sex. But I started to notice this pattern in my my life. And it basically was with women where I would you know, sleep with a woman rather quickly. And one or two things would happen every single time, what would have the most common thing that would happen is I would lose interest almost immediately. The second thing that would happen sometimes is we would continue to sleep together. And over time, we would drift into a relationship, but it would always feel like something was missing. And that happened to me over and over to the point where I just thought I was the kind of person that couldn't fall in love, you know, maybe I just wasn't a one woman man. Or, you know, maybe human beings aren't supposed to be monogamous or all these all these questions that I have heard other people bring up I used to ask myself those same things. But when I was 27 years old, I had a radical encounter with Jesus Christ. I didn't even really think about God or Jesus. I was too busy just having fun. Pleasure was my God. If there was one, but I had this road to Damascus experience where I became a Christian become really aware of Jesus was who He said He was. And for selfish reasons, basically because I thought that he would reward me by giving me a wife giving me you know, helping me fall in love because I'd never been in love. I waited, I decided to be abstinent. So I went from being basically the biggest man who are in my city at 27 years old to becoming abstinent for the next six years where I, I didn't have any sex for six years. I end up backsliding. It's christianese for you know, falling back into some of my bad behavior after six years, you know, kind of made up made a bit of a mess rededicated in 2011 and outside of two mistakes in the last eight and a half years, basically then waiting, you know, almost straight to for your Eclipse, no sex completely. And I like to tell people that Probably lived that more polar ends of the spectrum when it comes to sex than any human being in the history of the world. And I don't even mean that. You know, jokingly, I really believe that that's probably true because I had so much casual sex. And then I literally have had basically non for, you know, 14 of the last 20 years. And when you live at those at polar ends of the spectrum, it gives you a perspective, a very unique perspective that most people don't get, and I, and I can see it so clearly, we know which way works and which way doesn't and why. To the point that it's, it's like, it's not even a matter of, you know, religion or you know, it's a San or you're breaking a

commandment. This is just practicality. It's just logical, like you said, and doesn't mean that people will do it or that they'll like it. But my goal is just to present the truth because no one ever explained it to me when I was when I was young. You know, I don't know that I would have listened anyway, to be honest. But the only time I ever heard anybody talk about waiting to have sex was maybe occasionally in church and then could never tell you why they would just tell you don't do it. Well I became passionate about was explaining it to people because it really has the potential to jack your life up in a way that no other sin, if you want to call it that really does, it's very unique, which is why I believe that the Bible talks about sexual sin and puts it in a class all of its own. It says all other sins a person commits outside the body, but the person that sin sexually sins against their body. And I believe it classifies it by itself because it is so destructive. And like I said, I become passionate about sharing that that practicality with people in hopes that as they understand it, more people will be prone to do it.

Scot McKay 7:38

Yeah, well, you know, I think when we go to Sunday school, and a lot of us guys who are listening are coming from that perspective. All the teenagers and youth group get really excited when there's going to be a sex talk that Sunday night and the youth group is going to, you know, cover that subject. Everybody thinks that's going to be really fun and exciting and potentially prurient and then what happens is they get all the boys and one room and then they get all the girls in another room and they say, Yeah, okay, this is a girl Don't touch one till you're right. And they get with all the girls and the other women say, See this is a penis, stay away from it. And we're like, okay, but I'm horny as hell and I don't know what to do with it. Yeah, well don't jack off either because you know, that's the sin of Onan. And you need to stop that. All right, well, my balls are going to explode. Junk pens out the end. So I don't really know what to do with that either. Yeah, well wait for nocturnal emission, you know, it'd be okay. Clean up your sheets. Yeah, well, when my mom has to clean up my sperm stain sheets, that's gonna be really embarrassing for me. It's like I need to watch. She's been there. She'll get over it. Get over yourself. And it's like, kids are just left going. What do I do with this information? It's so anticlimactic. And I feel so judged for simply being born with the sexual apparatus that God gave me. And so ultimately, these kids even if they're successful at remaining abstinence, and you know, there have been 100 Whole lot of books thrown at kids. You know, the Josh Harris book is famously all about hey, you know what just don't have any sex till you're married don't even date just stay away from each other treat women like sisters guys, and all these things that just really sound next to impossible to boys, you know and girls too frankly except they get slut shamed, which keeps them in line even more. And then 20 years later, Josh Harris himself comes out and says, You know, I didn't really mean that, you know, I'm not really a Christian anymore. So you know, all that stuff. I was only kidding. And then the whole of angelical world goes nuts. And it just seems like this whole situation is very fraught. And the church For its part, even as we get to be adults, says something very similar to an old Steve Martin joke. You know, the one about how to be a millionaire and never pay taxes. You know, Steve Martin goes, you can be a millionaire and never pay taxes. First, get a million dollars. You know, it's like, the Church says, Hey, you Know what, first get married, then we'll talk to you about how to attract each other and have lots of sex because you know, then you're in a marriage relationship until then, you know what good luck with all

that. So, you know, people who grow up in a faith based environment are never taught how to attract each other. They're taught that even simply being attracted to another gender is sexual sin because that's equated with lust. But don't you dare be gay either, because that's even worse. So don't be attracted to each other. And it's just like, we're really lost. So, you know, that's troublesome for a lot of people coming from a faith based environment. And you're right, Rob. Kids, even adults are never really told why. They're just told this is what God wants. So the obvious question, you know, we have to suspend our disbelief and maybe even suspend logic a little bit and say, Okay, well, you know, sex is so horrible. Why was I created with sex organs and why am I horny? I mean, it's not like the devil created my life. I mean, God has to have a plan here. And the plan is, yeah, I'll get married and then we'll worry about it. But you know, I'm 26 years old and in graduate school and I just can't get married yet. And you know, everything that's on TV nowadays about, you know, everybody's got student loans, and they can't afford to get married and have babies. It just becomes something that a lot of people are going to stand up and say, You know what, Rob, I can't do this. I like you said yourself and you were very vulnerable. You made a couple mistakes, even when you were trying to remain celibate. It's just a lot to ask and when the mistake happens, because, you know, other than that, I mean, how many of us really end up being Tim Tebow especially for attractive to women already? When the mistake happens, we're just saddled with a whole lot of guilt. I mean, that's not the point, is it? It's not all about the guilt. There's got to be a good reason for waiting. There has to be a plan behind it. Right. And that's what your books all about. Correct?

Rob Kowalski 11:56

Yeah, absolutely. So first off, you mentioned Josh Harris. I actually referenced And the book on several occasions, you know, the whole kiss dating goodbye. But I look at someone like him, you know, he wrote that book. He was very young. I don't remember. I don't know exactly how young he was. But I want to say he was almost a teenager he had never dated. And he was writing about something that he really didn't have any perspective on. I'm writing from a completely different standpoint. You know, I mentioned to people as if someone that had never been to jail tells you that, you know, you really don't want to go to jail, because it's a terrible place, but they've never been there. You're like, Yeah, what do you know? But this is coming from somebody that went further down that road and 99.9% of your listeners will probably ever go and it's very dark, and it's very lonely. The Another thing you said is that 26 year old persons in graduate school and they're too young to get married, I would challenge that because I would say it's not you're never too young to marry the right person. You know, I don't look at marriage. As the problem I think of that as part of the issue is because we live in a country where everybody's done it ass backwards. Most of the people 97 percent actually do not wait. Okay, so now you got a country full of people that are putting the icing on the cake before they stick it in the oven and then the cake doesn't turn out, right. And everybody goes, Okay, well, the cake is flawed. No marriage isn't flawed. The problem is, is that we don't follow the instructions. It has to be done in the right order. So if I was to ask all of your listeners, okay, not Do you want to get married? Let me ask you this question instead? How would you like to find your best friend that you're physically attracted to long term that can help you reach your purpose in life? Would you like that? Most of your listeners would

say, hell yeah. And I'd say great. Don't have sex before marriage because it'll help you figure it out. Because at the end of the day, like your heart is deceitful the word that's what the Word says their hearts deceitful above all things. So your heart will trick you into believing something that's not true. So you give your flesh what it wants. And we do this to ourselves every day. So imagine if you meet a woman and you're like, man, I think she could be the one. I want to. I'm going to have sex with her. They'll is your heart telling you the truth. You don't know. Now if you introduce marriage, now you're going to think about a little bit because of our Was this say to a girlfriend, hey, I love you, let's have sex. And she said, Sure, let's just run down to the justice of the peace real quick and get married, you'd be like, let me think about this a little bit longer. And that's the point of marriage, God gave it to us as a gift, because he didn't want us to end up with the wrong person and waste our whole lives. Because we wanted to have sex too early. And it happens all the time, which is why the divorce rate the United States is 50% because nobody wakes anymore. They end up getting a soul tie or the hormones that but we all know about that get released during sex, and then you get attached to the wrong person. But you never took the time to figure out on the front end if it was really someone that you were in love with because your flesh wouldn't wouldn't want it.

Scot McKay 14:37

So you're drawing a distinct tie between having sex and then falling in love, which leads to bad marriages.

Rob Kowalski 14:43

I'm not saying or fall in love. I'm saying I haven't feelings of love. I don't think I don't think they're falling in love at all. I think most people so we just have to look at the stats. Okay. 6% of virgins that get married. The divorce rate for virgins are 6% Okay, the divorce rate for the rest of the world or for the rest of the country is 50%. And the question that I always pose because that first off, that's shocking. You're like, oh my god 50% divorce feels like that. I've never been divorced. But this is what I've been told it feels like that. So we should all be thinking about doing whatever we can to make sure we don't experience something that feels like that. Okay, so if 50% of the people that are getting married, that aren't waiting or are getting divorced, that's the first issue. The second issue is, or the second question rather, is what percentage of those people that stay married the other 50%? What percentage of them are happy? Because I don't think it's that high. I think it's actually pretty low. I think people stay together for the kids are for financial reasons. But they're not all that happy. And that's shocking, because that means that the odds are stacked heavily against you, that you will be happily married if you go about it the way that everybody else does, which is what going on a few dates hopping in the sack, you know, and next thing you know, you drift into a relationship or you drift into marriage, wondering And if you can be happier with the next person, because really when you think about it, like I said, I'm a perfect test experiment, because I've done both sides, I would have sex as quickly as the woman would give it, because that's what men do. Or at least I thought so. And then I would drift and we would continue

sleeping together. I would still be interested in other girls, but at some point, I knew I couldn't play the noncommittal game anymore, so I'd make them my girlfriend because they deserved it. because they'd put up with my shit for long enough that I wouldn't go ahead and make them my girlfriend. But then I was looking over my shoulder at the next girl wondering if I could be happier with them because I never put myself through the process of choosing one. And that's what sex before marriage does. You Rob yourself of that process of elimination. You know, if you knew you were only going to buy one car, you know, you would go through you would think through you go No, I don't want that one. I don't want this one. I don't want that one. Eventually you get to one you go. Yes, that's the one that I want. And you would choose one. And then guess what, when you saw the course you'd be like, no, this is the one that I want it versus just hopping in and one Then maybe not being the one that you really want it and now you're stuck with it, which is what happens to look a lot of the time. And I'm not saying you know, it's completely like that because obviously people are cars. But there is a principle there that I think everybody can relate to.

Scot McKay 17:16

So you're drawing a very clear in your mind indelible tie between the act of having physical sex and overall chances of having a happy marriage. Yes, I think some guys listening would challenge for two reasons. First of all, when you say 6% of virgins who get married, get divorced compared to whatever the national status 50% plus for the general population are you saying in situations where both are virgins or only one needs to be a virgin?

Rob Kowalski 17:45

The studies I read were both

Scot McKay 17:48

Yeah, okay. Because I would say where one person's a virgin and the other one isn't. I'd love to see the stats for that because I fear it may even be higher than 50% in equity,

Rob Kowalski 17:58

yeah, I don't know about that. But I do know That there's a study that came out not long ago. And I reference it also in the book where it talks about women with more than 10 sexual partners have the highest divorce rates, and it's not the same format. men that have a lot of sex. I'm not and I'm not condoning it. But there is a difference between men and women, you know, always like to say everybody wants to make it out, like we're the same. We are equals, but we're not the same. You know,

a woman that goes out and sleeps with a bunch of men, it impacts her in a different way that it impacts the man, the man might have intimacy issues, which, you know, I'm 47 years old, and I've never been involved. And I think a lot of it could have to do with my sexual history. But a woman it impacts her very differently. And you know, even go back to like, biblical, there's a lot there's verses in the Bible where it talks about if a man seduces a woman to have sex with him, that's not his wife, he has to marry her. But if a woman gets found not to be a virgin on her wedding night and tells you to take her to the door of her father's house and stone her to death, not saying that that's something that we should do, but there's a distinction because, you know, and this is something that I talked about in the YouTube video. 10 reasons not to have sex before marriage that went viral. I call it a transfer of control. A woman, the big thing that a woman has say over when she enters into the relationship is when we have sex, you know, 99.9% of the time the woman is going to say when, because men, for the most part will take it as fast as they give it. The thing that the man has control over is when we get married, because what he brings into the relationship is security. So if a woman is giving the sex and a man is giving security, that tells you something that tells you that there's a perfect timing in order to do the exchange, it's supposed to be on our wedding night, the woman gives the sex the man gives his last name, the two people bond together, and they live happily ever after. But what happens is too often is the woman gives the sex early, the man takes it and then now she's chasing the man around for the relationship, the thing that he's in control of, and it puts her at a disadvantage, but it also puts the man and the thing where a lot of times we just give them the security give them the relationship status or potentially even our last name because they deserve it because they put up with enough of my shit. And that happens all the time. And this is what leads to people being unhappily married and divorced.

Scot McKay 20:06

Now see in my purview, the flaw with the premise that you just described, the Ghost in the Machine, as it were, is the premise that men provide security and women provide sex as the basis for the relationship, because I think that's where it's going wrong. If men see women as a means to have sex, and if I only have sex with one woman, and I wait to have it, then I'll be happier than if I'm, you know, spreading my seat amongst lots of women and having lots of gratuitous sex. I think that premise is inherently flawed, because I think women bring a lot more to the relationship than simply sex.

Rob Kowalski 20:42

Amen. I agree with you. I'm not saying that. It's the only thing. I'm just saying at our base, we're different. It doesn't mean that men don't like security. You know, we want security just like women want security. Women want sex just like we do. But at our core, we are different. Because and if that weren't true, then why is prostitution the world's oldest fashion. It is it wasn't men selling it to women, it was women selling it to men, it always has been and that will never change. To deny that it exists is just delusional.

Scot McKay 21:08

Well, I'm not saying that men don't want sex, not our core only to have sex with a lot of women. I'm saying I think if a man is saying, Okay, well, sacred sex is still sex. And that's the reason why I need to get married to a woman and there's scriptural basis for that. You know, like, if you're burning with passion, then go find yourself a wife. But I would argue from more practical perspective that men also want validation. They want partnership they want someone to build a legacy with. My wife is my best friend. I also happen to be horny for so you know, you're not lonely. You're building a home where you can have children in a context of mom and dad loving each other and creating that life for those children together. Dad being the good example for both sons and daughters. I think there's a lot more to that. So to say that, you know, men are looking for sex and you need to have sex in the right context. And that's the big reason to wait. I'm hoping there's more to your argument than that. And then going back about five minutes ago to what you said about the car analogy, I think there were a lot of guys out there going, Well, you know, this is your analogy, Kowalski, you're talking about the car and wanting to buy the right one. I never going to buy a car till I test drive it. I want to know how that thing runs before I sign off on having that car in my driveway until I complete the payments years from now. So if I don't know what the thing drives, like, how can I even make that commitment? Because if we're not going to get divorced around here, what happens if I married this woman and she's lousy in bed? If it's all about the sex, that's what these guys are going to be asking you next. I'm sure you have answers to all that, but I want to hear him.

Rob Kowalski 22:44

Of course. Yeah, that another is the number one argument so what I like to ask people when they when they pose that argument is okay, let's say you have sex up front and the person is good and bad. So you just say okay, I'm going to marry them. And then you get married and then they get hit by a car or they get Cancer do you leave. Because if you leave because they can't have sex anymore, then you're a real shitbag. And that means your vows don't mean anything. So don't even bother getting married. But love is about sacrifice. So it's not whether they tickle me, right? You know, because that's what you're saying is, well, if I need to find out if they're good in bed, well, that's not love. Because love is about the other person that's lost. That's about you. Now, I had imagine that if you fall in love with someone, and you get married to them, and you make love to the person that you're in love with, it's probably going to be pretty good. However, if it's not good, then you have to work through that problem, just like you would work through cancer or someone being paralyzed. And if it's based on a foundation of love and not sex, then you work through it. But if it's not, you probably will leave so don't get married.

Scot McKay 23:45



Another question that comes up, given the statistic you brought up earlier, about 6% of virgins getting divorced, is I would want to know if that's the cause and effect. It really is the lack of sexual experience before marriage or the fact that these people can't find anybody else to get married to, because they're in cells and because they're inherently unattractive. And the reason why I bring that up is because I know of a real life example where that's what's going on. Right?

Rob Kowalski 24:14

Yeah. Well, the I don't know the answer that question whether it was because their lack of options or you know what the cause and effect is why they stay in the relationship. But I do know that those are the numbers and I don't really even know where to go from there. I wanted to talk about a little bit about delayed gratification, because I think it's a principle that most of your listeners can agree is universal, and it's true, and it really works for every area of life. I challenge people often us I said, think of one thing where instant gratification produces long term happiness, and no one has ever been able to tell me why everyone knows everything from saving money to get an education to climbing the corporate ladder. It all requires delayed gratification. People when we talk about sex, they want to put their fingers in the year and pretend that it's not true. I'm not thrilled about it either. To be honest, I don't like it any more than anybody else does. But I'm telling kids that this is the right way. And there's a reason that God set it up like this. You know, I don't think that most pastors or your parents have been able to explain it, because they haven't. They haven't experienced it, they haven't lived it. And I know that's just the message that I've been able to give to people and explain it in a practical way.

Scot McKay 25:22

So it's kind of like when someone wins the lottery after having been dirt poor their entire life, they blow right to the money and end up committing suicide or more depressed than ever, because they didn't know what to do with all this money. They got straight up.

Rob Kowalski 25:33

Yeah, no, that's a great analogy. You know, the one of the one of the reasons and the 10 reasons, videos, a quote by a guy named Thomas Paine. And he said that which we obtained too easily, we esteem too lightly. Everyone's had that cheap pair of sunglasses that you don't even care if you lose, you know. And if you look at the United States right now, the average amount of dates that a couple goes on before having sex is three. Okay? So if you think about that, how disposable is that relationship after three days, knowing that you can just go back out and find another one. And now if you look at me, I've basically been abstinent for the last, you know, eight years, really, like I said, 14 of the last 20. And I've been weighing very carefully who I married because it provides a perfect scale. Because as bad as I want the pleasure of sex, and I'll be honest with you, Scott, I want it bad. I equally don't want the pain of a

divorce. So guess what I do when I meet somebody? I'm like, I would like to but now. So you weigh it, you weigh it, and you see, is this the right person or not? But going back to my point about being disposable, like when I do choose that person, that woman finally to get married? I will have a lot of time invested in that relationship already. You know, like I said, 14, the last 20 years of apps and it's almost eight years straight now. If we get into an argument or something, we disagree on something, I promise you, we will work that shit out. There won't be a divorce because I got a lot invested in that relationship. I'm not going to go out and get rid of her right away because I'm thinking You know, I could go find somebody else, knowing now that I might have to wait another eight years, you know, I promise you, we're going to work it out. But on top of that, I just, I think, because you know, you right from something in that podcast about the waiting, everything else is just waiting. And you talked about navy seals and how they don't just rush it. You know, they basically, they take their time they gather data, it's the same concept. It's the exact same thing. You pump the brakes, and you see, is this someone that I could build a life with? Now, on the other hand, what people most people do is we rush in and we take it and you don't even know that person. How well can you know someone after three days? You know, I could pretend to be anybody for three days.

Scot McKay 27:39

I would suspect a lot of guys are listening to this and they're going to counter what you just said with Well, yeah, Rob, they're women you have sex with and they're women you marry. This is as old a story as it gets. I mean, some women you're just going to bang you're going to get your rocks off. Other women are marriage material and it really is not actually About the sex itself, it's about the connection I have with her something deeper. We're best friends, we are more compatible in other ways. But before I find that woman and build that life and that legacy with her, you know, I want to get my rocks off. Yeah, and it beats watching porn, but I have someone really warm and you know, interesting next to me and soft to the touch, who wants to have sex as much as I do and is into the Friends with Benefits thing just as much as I am. And, you know, they could argue with that gets complicated or not, of course, and we have on this show, but I'm just not sure a whole lot of guys are going to buy the argument prima facie that sex equals commitment. Or if I jump into bed with a woman after three dates, then I'm already on the road to marrying her. And I've made this horrible mistake, because that's just not how modern society works. How would you counter that? Or where would you say to that?

Rob Kowalski 28:51

Well, there's a few things. Number one I like I like a quote that Howard Stern said a while back. He said people get married for one or two reasons. They're in love or they're about to break up. That is the truth. A lot of people, yeah, people get married all the time because they think it's going to change something in the relationship, it's going to fix some problem. When you're evaluating before sex, you can see the red flags very clearly. And the end, the breakups are very easy. You don't have any real connection. When you start having sex. It changes the dynamics of the relationship. It complicates

things, it gives you feelings of love, to people that you're not really in love with. I'll give you the perfect example. My last girlfriend This is eight years ago, when I rededicated my life to God, we were having sex. It was good sex, terrible relationship. We probably broke up 25 times over the course of two years, we would always get back together a week or two later, I read dedicated and I thought okay, well, you know, every time we break out, I'd go out and have sex with different girls. So now, I'm rededicated my life to God, I'm back in the church. God starts convicting me of the sex I could feel him telling me to stop. Of course, I try to pretend like I don't hear it. But he continues to to give me this conviction. So finally I say, Okay, I'm going to try this your way. God, I said, but I want you to do this for me. If we're in love, I want you to convince me, and I will marry her. And we'll do it right. But if we're not in love, I want you to convince me of that and help us break up because we obviously can't do it ourselves. So I went to my girlfriend, I said, Look, I'm not sure if we're built to last. I said, Well, this is how I think we're going to find out we're going to stop having sex. And if we become convinced we're in love, let's just get married. But if we become convinced that we're not in love, let's stop wasting each other's damn time. And guess what? We cut it off. And within three weeks, the clouds parted? I could see clearly and so could she. And we broke up. And now I look back and go, dodged that bullet, thank God because if we would have continued having sex, we could have very easily drifted into a marriage because we were about to break up or we thought it was going to fix something, which is what happens all the time. Now I go back to something that you said about there's women that you you have sex with, and there's women that you marry, and I would challenge that because I would say especially to the men that are listening to this that are Christians, you know, but even the ones that are Christians, the most universal principle that we can all agree on. And just about every religion is the golden rule treat other people the way you want to be treated. So if that girl you're banging, that you don't think is marriage material sees someone, sister, she someone's daughter, are you treating that person like you would want your sister or daughter to be treated? Now you're not every woman has the potential to be marriage material, if they're treated with respect and surround it with a healthy community, but it not if men like me, in my former life are just going to use them, you know, getting our rocks off. So I would I would say that that's not true that they may be in a place in their life where they don't view themselves as being worthy of marriage, and then people need to come around them and help them see their work. But I would say that they're not inherently born that way. You know, it's not like they're, they're just oh, they're just, she was born a slot. No, she's behaving like a slot.

Scot McKay 31:48

I would challenge that. Sure, because a lot of the guys I coach, and in my own experience, which I'm not going to elaborate too much on, but I would say there were plenty of women who were Pressure us to have sex? Yeah, you have to be more specific. The notion that I'm challenging is, if we're having sex with a woman we do not intend on marrying, we're abusing her or mistreating her or somehow being a rapist. Because then what that does is it feeds the toxic masculinity argument that sex is for men and the patriarchy and all that. And that's what a lot of guys are being brainwashed to believe, even as women will not go out with you anymore. If you say, Look, I don't believe in having sex quickly. They'll be the ones out the door, because they're like, Look, I'm a single mom, I got needs. Are you going to give

them to me? Or am I going to go home and be with my vibrator? And if you try to reason with that woman No, because I don't want to trigger oxytocin in you and make you fall in love with me. They're just gonna go Oh, please. I'm a big girl now. And that's going on a lot. Now, the argument that women are different than we are and they never forget a sexual partner and you know they're injured every time you have sex is an argue That is propagated by the church probably, in my estimation, to give some logical basis to look God says, Don't have sex, just don't do it. Because sometimes just don't do it isn't enough to keep you from rationalizing it in the moment when you're horny. But that's the reality. Rob is women are horny, too. And if you don't give them the orgasms they're dying to have, they're going to have a problem with the fact you didn't give it to them. Not that you tricked them into bed and you're this sexual aggressor, simply because you didn't want to marry them. Yeah, that's a stereotype.

Rob Kowalski 33:34

Yeah, well, I'm not saying that you tricked them into bed and I'm certainly not trying to paint man as being the culprits or any more wrong than the woman that's willing to have sex. I don't think that that's it at all. But what I am challenging is the fact that you know, you said that just women that are are good for sex, and there's women that are good for marriage, and I don't think that there are I think that I think all women are marriage material, but I do believe that that women get jaded. You know, if you look at every little girl every little girl wants to be a princess guys don't think like that we can have unemotional sex a lot easier than women. And that's not toxic masculinity, or that's just the God's honest truth. And I know because I did it a lot, I could very easily go have a one night stand, and I could be very upfront with the girl beforehand. And I would say, hey, look, you know, probably shouldn't do this because you're going to catch feelings, and I'm really not looking for anything. And they will be like that. I know. It's okay. It's okay. It's cool. And then we'd have sex and then guess what, I won't have sex with someone else. And then I become the asshole. And I'm like, did we talk about this? Because it's the way that they're bill. It's biological. It's in their genes. They're going to attach to you when they have sex. And there's great video by Don Mazur called how your brain falls and loves and she talks about women attach when they have an orgasm. Men attach when we commit, which again, if you go back to the way that God designed it, it was always supposed to be on our marriage night. The man gives his last name he commits the woman gives the sex and they attach and they live happily ever after the family unit stays together. For The kids, they can weather all the storms of life. And guess what? We have a lot less fucked up little kids running around because they have two parents and we don't have less people in jail and less people on drugs because they had a father to bust their ass. It's just common sense at some point, you know, but you said a couple things. One, you said porn is better. I don't agree with that. Because honestly, at least and I'm not advocating porn, however I struggle with it myself. Well, let's back up a shirt. Absolutely.

Scot McKay 35:26

When I'm bringing up these potential arguments, I'm not necessarily subscribing to them. I know that I'm playing devil's advocate here on behalf of my listeners who would want me to ask these questions.

Rob Kowalski 35:36

Absolutely. I know that. Yeah. But you had mentioned porn, you know porn being better and I know how destructive porn is you know when you sin with someone else, you know, you're dragging another person into your mess now into your sin. You're also if you masturbate, you jerk off you watch porn. It's an isolated incident. Me? Yes, it could develop a habit. But when you have sex with someone, you could be everywhere. Well be starting down a path that could take you very far away from what you're supposed to be doing or who you're supposed to be doing it with. There's actually a verse in the New Testament that I didn't understand it all when I read it, but I really like to talk about it now because it says, Let no one be sexually immoral or godless, like Esau who traded his birthright for a bowl of still. Now I remember the first time I read that verse, and I know the story of Jacob and Esau in the Old Testament, Jacob was the younger brother and he was making some stew and Esau the older brother comes home from the field, he's starving to death and he says, Hey, give me a bowl. That's still and Jacob says, Sure, give me your birthright. And I'll try. I'll give you a bowl so so he saw like a dumb animal gives over his birthright for a bowl of still. And then the New Testament it references sexual immorality, anti sexual immorality to the story in the Old Testament. And the first time I read it, I was like, what does that have to do with anything but if you think about it, your birthright was something permanent is something that would have lasted he saw his whole life and a bowl of stew is something temporary, that fills your stomach for a few hours, and then you're hungry again. I think that's what they're talking about when it's like don't trade something temporary. Like a piece of ass for something permanent, like your soulmate and your purpose, because look, when I was having sex, I was having tons of sex. I didn't have no idea why I was on this earth. I was out in the bars, you know, I thought maybe I was going to own a corner bar one day, I thought that was the biggest vision I could get for myself when I put sex on the altar, and I got to beat into that area of my life really obedient, get very, very serious about it. Then God started showing me all these other things like a book, I started a nonprofit, I'm getting ready to go on a world tour in the United Kingdom in two weeks from now, like, I didn't have any clarity over those things. And one day, he's gonna bring a life into my life, and she's going to be the icing on the cake. The cake is all those things. She's gonna now be the icing. She's going to come alongside me and help me accomplish my purpose in life. Now, if I would have done it the other way, I would have never known about those things. And I damn sure when I met her because she wouldn't have been attracted to the man that I was eight years ago. And that's what I'm challenging people to think about.

Scot McKay 37:58

Well, I absolutely concur. That when you have the right woman in your life, lots of doors open up and other areas because you've got that part of your life handled, you got the right woman in your life and in

partnership together, you're exponentially more valuable as a team than you can start changing the world. accomplishing life purpose is living the dream as it were. That's certainly what Emily and I have done. Now, Rob, you've brought up love several times. You've mentioned that sex somehow is the basis for true love. And yet that love is a sacrifice. You also mentioned that how do you reconcile that in other words, okay, I'm saving it up because when I have sex with the right woman and we get married, then that's going to be a manifestation of love in the physical sense, but you know, it's also going to be a sacrifice wasn't a sacrifice before you married and had sex? How come it's still a sacrifice even after I've done this in the right order? Is the sacrifice different? Are we always just doomed the sacrifice? Where's the bliss and love?

Rob Kowalski 38:59

I go back to like The whole idea of waiting being a selfish decision because I want to have more pleasure later, look at working out, I go, I do a boot camp at 545. In the morning, I'm gasping for air at 6am. I don't like it. I don't do it because I enjoy working out. I do it because I like the way it makes my clothes fit. I like my energy levels to stay good. I like the way I feel about myself. But I'm not doing it for the workout. I'm not waiting because I enjoy waiting. I'm waiting because I'm expecting a payoff later that I'm going to choose the right person. And then I'm going to have more sex, because there's a lot of people that are in marriages that stop having sex, actually 50% of marriages after a year for stop having regular sex. I mean, can you imagine and I have people that come up to me all the time at my talks. I was just in Romania on a tour and a woman came up to me she bought my book. She had a little eight year old son with her and she bought the book. She told me she was married and you know, you usually don't have a lot of married people by the book why waiting works. But I said to her, I said you're married. Why are you buying my book? She said I'm married to a guy and we're not even having sex. And I said Did you wait? And she looked at me and she shook her head? No. And I'm like, this is what happens all the time. Not only is she stuck in a marriage, where she's not in love with the person, now she's not even having sex. And that's really the trick that God or the universe or whatever plays on you, because they're basically like, Oh, you, you don't want to wait. Okay? Go ahead and have sex and watch what happens. Because then you get stuck with the wrong person, and you end up having less sex in the long run. And I'll be honest with you, I dated beautiful women in my life. And I always got to the point where I would look over at the girl and I just wanted to go to sleep. After a while I didn't even want to have sex. And I don't know if you've heard the saying, show me the hottest girl in the world. I'll show you a guy that started fucking. Well, there's truth in that. Because the guys that start out without a line or a standard for waiting, they lead with the wrong things. You're not evaluating the only thing you're evaluating is this. Is she hot? Am I physically attracted to her? You're not even looking at all those deeper things. Like, Could she be a good mom? Is she trustworthy? Could she have being a good wife? You're not even thinking about that. Because you know, you're going to have sex with her sooner or later. So that's all you're thinking about. Now you have sex, you get into something complicated. And all of a sudden, you drift into a relationship with that person that you never evaluated on the front end. And now, you know, a storm comes along, and all of a sudden, your house falls down. And you're like, why did this happened? Well, you didn't dig a foundation dummy. You know, I've talked about I did a few mission

trips, you know, actually five of them over the last seven years. And we would build these houses down in Central America. And we would, you know, the first part of the each house was digging a foundation and it was the least fun of the process, you know, because it took a long time and everybody wants to build a house because that's the fun part. But if you don't dig a foundation, that house will get knocked over a lot easier when a storm comes. And I believe that that's exactly what happens if you just have to give it time it plays out and then all of a sudden, you got a baby's Mama, or you got kids with a woman that you can't stand or a man you can't stand because you didn't pump the brakes. And you, you pay 10 times, on the back end what you would have paid up front if you would have just waited.

Scot McKay 42:05

So let's be clear here, what you're proposing is that when men wait for sex until after marriage, then the sex will never get stale in that marriage.

Rob Kowalski 42:14

I'm not saying never, I'm saying less likely. There's no guarantees. You know, I know people that weighed it, and they still got divorced. I'm saying you can drastically increase your chances of success. You know, people will mention to me all the time, they'll say, Well, I know I know somebody that didn't wait, and they fell in love. And I'm like, Well, I know someone that hit the lotto. But I'm not going to make that my retirement strategy.

Scot McKay 42:34

All right, here's the deal.

If you screw like rabbits, on your honeymoon, there's gonna come a time, somewhere in your marriage. I don't know when it's gonna happen. But unless you get a head on collision and die together, within the next week or so, or six months or so, there's gonna come a time where you'd really rather just go barbecue or throw a party or go bowling. It's going to happen. You're going to have had enough sex with each other. agree it's not that you're going to stop having sex, but you're not going to be doing two or three a day like you're newlyweds anymore. It's going to happen. Now whether that's attributable to the fact that you started screwing like rabbits before you made vows to each other, I think would be arguable for a lot of people. But I want to take the position for the purpose of this podcast of not putting pressure on guys that once they get married, they're going to have all kinds of wonderful wild, right this sex for years and years and years and years. Because it's just like when the new car smell wears off on your car. It's like when you've never been anywhere in the world before and suddenly you come home

from having visited your hundred and 10th country. You know, maybe you're ready to go see the national parks or take up a new hobby instead of getting on another plane and going somewhere else. Yeah, and where I'm going to attempt to land the plane here is in my world view. Sex and love aren't as indelibly tied as they are in yours. That's just how I'm gonna put it my loving relationship with my wife does not feel like work. It's not a sacrifice to stay with her because otherwise I wouldn't have a safe haven to have sex. Perhaps in violation of what I just allowed for my wife and I still screw like rabbits. Okay. We don't screw like rabbits quite as much as we did when we first met each other or when we first got married. But we still have lots of sex, probably more than someone 48 and 53 years old, respectively, deserve to have. So there's that. But the foundation that you talked about Lang wasn't getting laid. If I can make a bad reference, indeed, I could have sex with lots of people. She could have had sex with lots of people. But it was that we got each other that we were both saying we shared values. We couldn't get enough of each other socially. We just adored each other. We liked The very presence of each other for its own sake, she's my best friend who happens to be sexy as hell. And to me when you're talking about love, it isn't a wrestling match between chemical elements and this arduous commitment to make every day. I actually want to be here. When she leaves, I miss her. I like having around. She's someone who adds to my life in virtually every way. And the love that I feel towards her isn't so much a decision, as it is a feeling that my life has so much more excitement, value, fun, joy, because that little chick is here. Yeah. And the fact that she feels the same way. The validation she gives to me for being a man for being her hero. Makes me want to provide protect and preside over this family and literally take a bullet for her if I have to. Even more. That to me is God's design. Guys design isn't predicated on sex by itself. In my mind. It's predicated on a partnership between man and woman, Adam and Eve style, whereby we go through life together. Sexuality is for the purpose of procreation. Fair enough, but it also feels really good and I have something you'll probably disagree with that I call God's dirty little trick. And I believe God just really has a great time being entertained by his creations. And one of the things God did was take something inherently gross, like sticking a part of your body in someone else's mucous membrane Hall, and making it something we crave and want. And then what happens is, the babies come out and they're hard to take care of, and they take up a lot of your time and they're noisy and annoying, but because they're cute and they look like you, you don't kill them. It's all part of God's plan because God's plan transcends even our human ability to Reason, or feel, it's just the nature of what goes on. And even after the rant I just went on for the past two or three minutes. I still have a burning question. I need an answer from you on before we close the show. What do we tell guys who don't give a rat's ass about God and going to church? Why should they wait? Why is their marriage going to be any better? What are the actual practical reasons why I should wait for marriage? I mean, you know, to prime the pump for this conversation, you know, not to steal your thunder. But we're running out of time here, sir. The first thing I think of is when a guy comes to me and says I'm a 26 year old virgin Scott and what am I going to do when a woman finds that out and laughs at me and thinks I'm a total loser? Well, were you and I have common ground, Rob. No, I'm sure we have common ground in many ways. You seem like a guy I could have a beer with and talk ravens and march jokes too, during games. I'm sure we could talk at length about that. But What I say to these guys is, look, she's not one of your boys. She's not a dude, she's not going to poke fun at you because you're 27 year old virgin. I mean, she might, you know, you talked about how women are socialized to think it's okay to be sweaty when really deep down, they're wired differently and their emotions are different. Yeah, I think to be



vulnerable with you. I do think there's something to that. I do think that people can be jaded, like you said, and I'm not sure that they're sorry about being jaded. To me. It's kind of like when a guy steals his first car, he's afraid 40 cops are hiding behind the bushes. But by the time he steals his hundredth car, he just goes and casually takes it and drives off and doesn't even fear anything anymore. I think there's a little bit of that process that goes on. Well, let's call a spade a spade. There's a lot of that process that goes on. It's being jaded. But what's going to happen when a guy who's a 27 year old virgin says to a woman, hey, you know, I've never really had sex anymore. What she's gonna think is, oh, this guy isn't a man whore. He doesn't cheap insects. Second of all, he probably doesn't have any STDs. Third of all there no baby. Mama's around here. So he's avoided the whole trap of getting someone pregnant and having to pay for a child he never even gets to see for 18 years, those three are part of the herd of elephants in the room that haven't been brought up after 55 minutes of podcast,

Rob Kowalski 49:14

what say, you know, I agree with you completely. And I'm not advocating being a guy that can't get laid, you know, be a guy that women want, you know, and if you're not then work on that. That's not noble to anyone as being an insell. When guys

Scot McKay 49:27

come to me, and they tell me they're saving themselves for marriage, and they start saying, Yeah, but if I look at a woman and I'm attracted to her, I've already lusted. I say to them, here it is. Okay. lust is your own selfish purpose. It's you wanting to use a woman for sex. You have been designed to be sexually attracted, right women, Adam and Eve, if you go back and translate the Hebrew, if you execute the text, Rumor has it very strongly that what Adam said in response to God's creation was Wow, she's hot, right? I mean, that's how it translates in ancient Hebrew. So you had darn Skippy better figure out how to be attractive to women, or you're not ever going to find the woman you want, who's going to marry you and make babies for you because she's gonna have to feel sexual attraction for you. And you heard before that marriage even happens. And again, that's where I fault the church for funneling. But nevertheless, there are these practical ways of looking at it. And yes, I'd like for you to comment more on that.

Rob Kowalski 50:25

No, I agree. You know, you want to be attracted to the opposite sex. And I don't think that it's just because you're attracted to a woman makes you, you know, you're you're automatically sending I do think there's a line where you can cross over into your thoughts or whatever, where you now are lusting in your heart and which potentially will lead you to commit that action and potentially derail your life in some way. But I would say a couple things. One, talked about sex and marriage and love. And the Bible.

Sex was a marriage. You know, basically, there wasn't a ceremony the way the word was. It's like, okay, you sleep with her. She's yours. You know, that changes the Thought because you're like, Okay, if I have sex with her now she's mine, she's going to be stuck to me I have to take care of her provide for her all that. So we got it a little different. Cuz now we want we want to kind of take the milk off of the rack, we want to take a sip. Wanna see if we like it. Let me go. That's all right, we want to put the cap back on, stick it back on the rack. Now what somebody else is going to come along. Do they want that? Maybe they do. But if it gets sampled a million times, I'm imagining that somebody at some point won't want it right. Do you want it to car that someone test drove a million times? I probably not. You're not going to pay full price for that.

Scot McKay 51:31

Neither Let me ask the question this way. Let's say that I'm a guy, I'm listening to this podcast and I'm not of the Christian faith. Sure. I'm agnostic. Maybe I'm flat out atheist. From the Christian perspective, the belief system amongst Evan jellicle Christians, at least not saying this is all of Christendom feels this way, but that God's laws are here to serve us, not God. It's God's way of saying does here's what's best for your life. Yeah. So just guys were agnostic or not Christian or coming from a different faith, telling them hey, you know, God said this in the Bible, that's why you don't want to have sex till marriage isn't going to cut it. Why would God say don't have sex till marriage? and have that be inherently a good thing for humanity? Not just because God said it, that settles it, go do it.

Rob Kowalski 52:20

Sure. I mean, how many men discover their purpose? What would you say? What percentage of men out there discover their purpose? why they're on this earth? I'd say it's probably a small number. I definitely think it's less than 50%. Probably lower than 20%. They talk about men. What's the quote about men suffering silently? Another quote I'm talking about

Scot McKay 52:39

sounds like something. Henry David Thoreau would right?

Rob Kowalski 52:42

Yeah, I don't remember the exact quote. But the men lead a life of quiet this

quiet desperation. That's exactly right. That's the quote I was looking for. And I think that that is annoying pain, that people want to know why we're here. What it was my purpose I know that not only do I want to know my purpose, I want to hit my full potential. I don't want to leave anything on the table when I leave this earth. When I was having sex, I'll be honest, it was fun. In the moment, they required very little from me, you know, I didn't have to commit to anybody, I can just kind of do what I want it when I want it. But I would always feel a little empty afterward. And my relationships weren't very good, not only with women, but with men. They weren't very good because I was the asshole that was sleeping with all the girls. And there's something deep within each man that knows that if somebody is doing that, and he's a jerk, he's a taker. You know, there's something in us that knows that that's wrong, and it will affect your relationships with men too. Now, you might have some buddies that you go out and chase girls with and you drink with, but you're not going to have those deep friendships where people that know you're somebody that has integrity and adds value to other people's lives and as a protector, you know, so regardless of whether you're Christian or not, the other thing that I'd say is the studies show that when you're in a relationship with somebody, the amount of sex that you're having, there's only point four or five percentage of your life so 99.5% basically of the You're not having sex. So you better like that person. And how are you going to choose if you like that person if you're having sex quickly, because I would suggest that you're not evaluating with a clear head the moment that you start having sex.

Scot McKay 54:13

To me that sounds a little bit like the Harley Davidson argument. If you have to ask you wouldn't understand. So these guys need to go out and find God and they'll understand correct.

Rob Kowalski 54:22

I go back to the practicality of it. You know, like, before I was a Christian, my relationships were shit, I had a lot of sex. I didn't know my purpose. And I didn't find love. I actually ended up in relationship after relationship with the wall women, and ended up not even having much sex with these hot women that I was involved with, because we didn't connect on a deep level, but I never took the time on the front end to figure it out. So yes, you and your wife have a lot of sex and that's awesome. But you also, how long did you wait?

Scot McKay 54:51

It's classified information.

Rob Kowalski 54:55

But you waited a while. I'm guessing or you just got extremely freaking lucky because if you you know have started having sex and now you have this great amazing connection with your wife and you have sex all the time then you beat the odds my friend because that's not what happens for most people.

Scot McKay 55:10

I would argue that the reason why people get divorced isn't because they had sex too quickly. It's because they married the wrong freakin person.

Rob Kowalski 55:20

Exactly because they had sex too quickly and they didn't we'll see that's a cart and

Scot McKay 55:24

a horse and chicken and I think that's a good place to leave it. Gentlemen, I would highly recommend you take a look at Rob Kowalski his book why waiting works you can go to [www dot mountaintop podcast com front slash works](http://www.mountaintoppodcast.com/front/slash/works) w o r k s once again go to [WWW dot mountaintop podcast com front slash works](http://WWW.mountaintoppodcast.com/front/slash/works). w o r k s and you will find Rob's book why waiting works how fast sex prevents us from finding true love and long term happiness. You can also alternatively go to my Amazon Design influencer page and you'll find both why waiting works and Rob's study guide that goes along with it. You'll find it right near the top of the page. Rob, thank you so much for joining us. This has been a thought provoking conversation. And I really appreciate your conviction and your commitment to what you think is right. And I think guys will really appreciate that as well. Thank you. Thanks for having me on Scott. And guys, as always, I'm going to urge you to run on over to [www dot mountaintop podcast. com](http://www.mountaintoppodcast.com) Get the show notes. Get a free report on how to handle breakups. When you don't have the right woman in your life, which we've alluded to a couple times in this podcast, it gets kind of rough and you need to know how to call off that relationship and she's not the right woman for you. And best of all, you can indeed get 25 minutes for free with me to talk about where you are in your life where you're headed, what you want to be, be the man you were born to be have the adventures you're supposed to have have the career you want. Find your purpose, which we also talked about in this show and get the right woman of your dreams in into your world. When you talk to me for free for 25 minutes, which is absolutely for real By the way, you're going to find that I'm exactly who you expect me to be. I don't play a fictional character on this show. I'm the kind of guy you could have a beer with like we also alluded to on this show. And so that's there for you to you can sign up get on my calendar, [mountaintop podcast calm](http://mountaintoppodcast.com) and so I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio, Texas. Be good out there.

Edroy Odem 57:34

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