

# “Is it a sin for a married couple to masturbate during sex?”

**Is it a sin for a married couple to masturbate during sex? In many cases a woman can't get an orgasm without proper stimulation.**

If a married couple is making love, then nothing they do together is considered masturbation. It's all part of holy sex. (Masturbation is self-pleasure by oneself.)

You're right, most women can't have an orgasm without stimulation, which is how God planned it, I think. . . .the idea being that her husband would be the one to give her pleasure that way. The Song of Solomon even has a verse about the wife asking her husband to do exactly that: “Let his left hand be under my head, and his right hand embrace me.” (SoS 2:6).

Nothing a married couple does in the marriage bed is sin as long as it is mutually acceptable and it doesn't involve anyone else (for example, porn movies or fantasies that involve another person). I think God intends for us to experience far more freedom and enjoyment than a lot of people think! May I suggest you get an EXCELLENT book for married women called *Intimate Issues* by Linda Dillow and Lorraine Pintus. Absolutely the best book on the subject for women out there, I think. Please also see our article [What's God's Plan for Sex in Marriage?](#)

Hope this helps!

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