

marri Findings

FAITH & FAMILY

Prayer and Relationship Quality



PEW Data: Prayer in America

A 2018 [Pew Report](#) indicates that those who worship frequently also pray regularly. Additionally, those who worship frequently consider that religious beliefs help them with family relationships.

Partner Prayer and Marital Quality

Couples who pray for each other exhibit improved [commitment](#), high [marital satisfaction](#), and an enhanced [ability](#) to handle high stress in marriage.

Religion and Intimate Relationships

[Annette Mahoney](#)'s vast work on [Relational Spirituality Framework](#) explains *how* prayer enhances intimate relationships.

Family Prayer and Relationship Quality

Family prayer in the home also enhances [relationship quality](#) across ethnic and racial couples.

Prayer Improves Relationship Quality

Prayer and Marital Quality

Prayer strengthens [marital quality](#) across Christian, Jewish, and Muslim religious groups, by facilitating humility, positivity, communication, and conflict resolution.

The recent work of [Nathaniel Lambert](#) and others, states that prayer increases gratitude, [unity](#), [trust](#), [forgiveness](#), [commitment](#), [cooperative tendencies](#), [satisfaction with sacrificing](#) for the relationship, and reduces [infidelity](#).



Explore more research about the [positive impact of prayer](#) on intimate relationships at [Marri.us](#).

For the good of the child --- the future of America,
Pat Fagan, Ph.D.
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