

Religion and Marital Satisfaction*

“Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.” Hebrews 13:15

Religious practice positively affects the marriage relationship. Social science research demonstrates many of the benefits that worship of God brings to spouses:

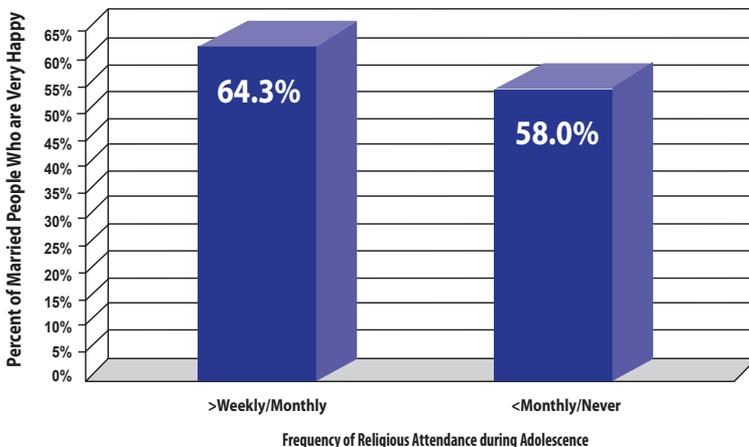
- Husbands who share the same religious beliefs as their wives have greater marital satisfaction.
- Men who regularly attend church share greater emotional intimacy with their wives.
- Men who attend church more often and financially support their church are likely to report a love of their wife that is greater than it was when they first married.
- Women are happier when they believe that they and their husbands share the same understanding of their faith.
- Women who attend church have greater emotional intimacy with their husband and greater marital satisfaction.
- Marital satisfaction and stability increase as religious practice increases for couples.

Loving God increases love for neighbor. If you’re married, your closest neighbor is your spouse. Is there something that you can do with your spouse for God?

The chart below shows that couples who attended church regularly during adolescence report being happier with their marriage than those who did not. We can invest in our children’s future marriage by going to church as families now.

Religious Attendance during Adolescence Correlated with Future Marital Happiness

Source: General Social Survey, (GSS) 1972-2006/1972-2006



For links to the research behind these statements, please visit www.marri.us/one-pagers/

*It bears emphasizing that these patterns hold for the groups involved, not for all the individuals who make up each group. There is naturally a wide variation among individuals.

THE SOCIAL SCIENCES

ILLUSTRATING THE WAY GOD MADE MAN



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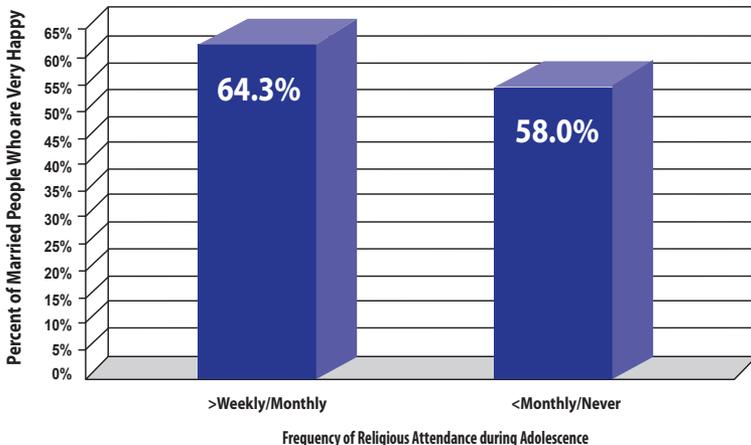
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