

marri *Findings*

FAITH & FAMILY

The Long Term View

“The quest for meaning is the key to mental health and human flourishing.” – Viktor E. Frankl, Holocaust Survivor, Author of “Man’s Search for Meaning”

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A major purpose of an education is to cultivate the long view of life. The dean of a business school has a relatively easy time getting a business student to see himself as the head of a thriving business 20 years from now. The college president has a much more daunting task in helping students envision their personal lives 15 and 20 ahead: their future family and how their choices on sex and marriage will help or harm their children as nothing else will. These children will embody the choices they make. The greater the president the more compelling he will make his case. [Continue Reading Here...](#)

Religious Upbringing Promotes Well-Being in Adulthood



A [2018 prospective study](#) of children, [aged 9 to 14 years](#), examined the association of religious involvement in adolescence with myriad outcomes in young adulthood in mental health, health behavior, physical health, and character strength. Religious involvement results in greater psychological well-being, character strengths, and lower risks of mental illness and health behaviors (including substance use and sexual promiscuity).

Religious Attendance Decreases Depression Among Women



A [2016 prospective study](#) of almost fifty thousand, aged 30 to 55 years, who participated in the Nurses' Health Study from 1996 to 2008 evaluated the association between religious service attendance and depression. It found that women who had the most frequent and recent religious service attendance had the lowest risk of depression.



Religious Practice Increases Longevity

A [2016 cross-sectional study](#) of black and white adults, aged 22 to 69, who participated in the Nashville Stress and Health Study examined whether cellular aging (indicated by telomere length), varies according to levels of religious involvement. Shortened telomeres have devastating biological consequences that may potentially lead to genetic mutations, cellular breakdown, and/or premature death. This study found that religious practice and telomere length are positively related.



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