

Marriage? But WHY?!

“[We] solemnly proclaim that marriage between a man and a woman is ordained of God and that the family is central to the Creator’s plan for the eternal destiny of His children...THE FAMILY is ordained of God. Marriage between man and woman is essential to His eternal plan.” (The Family: A Proclamation to the World)

Standard answers: Marriage provides somebody to...

1. Raise kids with
2. Scrimp & save with
3. Share work & worship with
4. Share joys & challenges

But there’s SO much more to WHY the Lord has ordained marriage such a sacred union:

Spiritual/Emotional Benefits

1. Offers couples a spiritual connection to their deepest values
 - a. Marriage represents a *sacred vow* before God & community.
 - b. Creates a spiritual dimension related to creating an inner life together – Evidence shows that the deeper a couple shares an inner life the better the relationship.
2. Marriage satisfies the deep, human need for physical & emotional closeness.
 - a. The marriage relationship provides a “personal safety net” in times of distress and an anchor of stability in a frantic and rapidly changing world. A “home base” of sorts.
 - b. It encourages healthy behaviors in times of normalcy.

Social/Temporal Benefits

1. Marriage offers an extended social network to turn to for assistance, advice and support.
 - a. You now have TWO extended families to lean on instead of ONE in times of need.
2. Legal rights & privileges are offered in marriage.
 - a. Shared health and work benefits.
 - b. Joint tax returns & other government benefits.
 - c. Legal/financial inheritance.
 - d. Rights to make medical decisions for one another.
3. Enables couples to “specialize” in their labors in order to form a solid co-dependence.
 - a. Marriage encourages us to develop skills to complement the partner. (Example: **husband**= bad at finances, great mechanic **wife**= great at finances, horrible mechanic. **Husband** + **wife** = great finances, great mechanic)
 - b. Enables us to accomplish more as individuals through the support of a solid partnership.

Health Benefits

1. Marriages creates a “tranquilizing effect” which lessens the chances of disease, aids in the recovery process, and offers motivation to stay alive & well.
2. Men & women live longer if married.
 - a. Women benefit with “greater financial resources” and thus her economic advantage. Marriage & children tend to reduce a woman’s earning power, although it doesn’t for a man. So when combining economic resources their collective earning power is greater than alone. This reduces stress and mortality rates with greater access to healthcare. Additionally if both live longer when married, the longer they are capable of earning income.
 - b. Married women= *slightly* lower death rates
 - c. Married men=*sharp decrease* in mortality rates immediately upon marrying
 - i. Marriage reduces risky behavior in men and forces them into being more socially integrated and more regular meal and sleep habits which results in better overall health.
 - d. Married men work more, earn more, achieve more, enjoy greater occupational prestige, and participate more in church and community groups.

Why do FAMILIES matter?!

“The family is where the foundation of personal, spiritual growth is built and nurtured; the Church, then is the scaffolding that helps support and strengthen the family.” –Elder M. Russell Ballard

Within **FAMILIES** we create and continue TRADITIONS. These traditions:

1. Provide a source of strength.
 - a. Maintains family contact by promoting sharing, closeness, bonding, and communication; by providing memories...we can engender feelings of safety and security and help families deal with change.
2. Create a sense of personal and family identity.
3. Are a source of connection between generations

Without the family unit (basic fundamental unit of society) what do you think would happen? Do you see the “family” being attacked today? How?

POINTS OF INTEREST:

- Virtually every world civilization is fundamentally religious: Most religious texts from the ancient world teach that men & women are divinely created.
- The family is the most important potential source of mortal joy and fulfillment as the fundamental social entity.
- Being a part of a family group is a means for us to think less selfishly and love others. It encourages thinking about the needs of others-Much like the Savior.
- Being a parent and growing a family gives us glimpses into what the love of the Savior is for each of us as we have our own children and love them unconditionally.
- Your FIRST and most UNCONDITIONAL friends reside within the walls of your home.
- The family is the place where you can be perfected by the love of others and reciprocate that intention of helping others out of love.