



## Health Benefits in Marriage

### Description

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### Health Benefits as Legal Benefits of Marriage

Marriage is a sacred union between two people, and it is a legal contract that binds them together. In Christianity, marriage is seen as a covenant between a man and a woman, and it is a reflection of the relationship between God and His people. Marriage is a commitment to love and honor each other, and it is a way to bring two people closer together in a spiritual and physical way.

The Bible speaks of the importance of marriage and the benefits it brings. In Ephesians 5:22-33, it says, “Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— for we are members of his body.”

This passage speaks of the importance of marriage and the benefits it brings. It speaks of the importance of submission, love, and care in a marriage. It also speaks of the importance of honoring each other and caring for each other's needs.

## **Health Benefits**

One of the benefits of marriage is the health benefits it brings. Studies have shown that married couples tend to be healthier than those who are single. Married couples tend to have lower rates of depression, anxiety, and stress. They also tend to have lower rates of heart disease, stroke, and cancer.

Married couples also tend to have better overall physical health. They tend to have lower rates of obesity, diabetes, and hypertension. They also tend to have better overall mental health. Married couples tend to have better communication skills, better problem-solving skills, and better coping skills.

## **Legal Benefits**

Marriage also brings legal benefits. Married couples are able to make decisions together and have a say in each other's lives. They are also able to make decisions about their finances, their health care, and their estate.

Married couples are also able to receive certain tax benefits. They are able to file

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joint tax returns and receive certain deductions. They are also able to receive certain Social Security benefits.

Married couples are also able to receive certain benefits from their employers. They are able to receive health insurance, life insurance, and other benefits. They are also able to receive certain benefits from the government, such as veterans' benefits and Social Security benefits.

Marriage is a sacred union between two people, and it is a legal contract that binds them together. In Christianity, marriage is seen as a covenant between a man and a woman, and it is a reflection of the relationship between God and His people. Marriage is a commitment to love and honor each other, and it is a way to bring two people closer together in a spiritual and physical way.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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Marriage also brings emotional benefits. Married couples tend to be more emotionally connected and supportive of each other. They are able to share their feelings and experiences with each other, and they are able to provide emotional support to each other.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information

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### Quiz

1. What does the Bible say about marriage?

A. It is a contract between two people

B. It is a reflection of the relationship between God and His people

C. It is a commitment to love and honor each other

D. All of the above

2. What are some of the health benefits of marriage?

A. Lower rates of depression, anxiety, and stress

B. Lower rates of heart disease, stroke, and cancer

C. Lower rates of obesity, diabetes, and hypertension

D. All of the above

3. What are some of the legal benefits of marriage?

A. Ability to make decisions together

B. Ability to file joint tax returns

C. Ability to receive certain benefits from employers

D. All of the above

4. What are some of the emotional benefits of marriage?

- A. More emotionally connected
- B. Ability to share feelings and experiences
- C. Ability to provide emotional support
- D. All of the above

5. What is the main benefit of marriage in Christianity?

- A. Health benefits
- B. Legal benefits
- C. Emotional benefits
- D. A covenant between a man and a woman

### **Discussion Questions**

1. What does the Bible say about the importance of marriage?
2. What are some of the health benefits of marriage?
3. What are some of the legal benefits of marriage?
4. What are some of the emotional benefits of marriage?
5. How can married couples make the most of their marriage?

### **FAQs**

Q: What is marriage in Christianity?

A: Marriage in Christianity is seen as a covenant between a man and a woman, and it is a reflection of the relationship between God and His people. Marriage is a commitment to love and honor each other, and it is a way to bring two people

closer together in a spiritual and physical way.

Q: What are some of the health benefits of marriage?

A: Married couples tend to have lower rates of depression, anxiety, and stress. They also tend to have lower rates of heart disease, stroke, and cancer. They also tend to have better overall physical health, such as lower rates of obesity, diabetes, and hypertension.

Q: What are some of the legal benefits of marriage?

A: Married couples are able to make decisions together and have a say in each other's lives. They are also able to make decisions about their finances, their health care, and their estate. They are also able to receive certain tax benefits, such as filing joint tax returns and receiving certain deductions. They are also able to receive certain benefits from their employers, such as health insurance, life insurance, and other benefits.

Q: What are some of the emotional benefits of marriage?

A: Married couples tend to be more emotionally connected and supportive of each other. They are able to share their feelings and experiences with each other, and they are able to provide emotional support to each other.

Answers: 1. D, 2. D, 3. D, 4. D, 5. D

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