

Loneliness and the Lockdown

Kerby Anderson looks at the isolation and longing for human contact that has become endemic even before the pandemic.

America was already facing a crisis of loneliness, and then the coronavirus pandemic hit. People sheltering at home had even less human contact. That made the crisis of loneliness even worse. The best thing people could do to protect themselves from the virus was to isolate themselves. But that is not the best thing they could do for their physical or mental health.

A study by Julianne Holt-Lunstad found that loneliness can be as bad for your health as smoking 15 cigarettes a day. Another study by the National Academies of Sciences, Engineering, and Medicine found that social isolation in older adults increased their risk of heart disease, stroke, dementia, high cholesterol, diabetes, and poor health in general.[\[1\]](#)



More than a quarter century ago (1994), I wrote a book (*Signs of Warning, Signs of Hope*) making a number of predictions for the future. Chapter eight set forth the case for a coming crisis of loneliness.[\[2\]](#) Years earlier Philip Slater wrote about *The Pursuit of Loneliness*. The US Census Bureau documented the increasing number of adults living alone. Dan Kiley talked about living together loneliness in one of his books. Roberta Hestenes coined the term “crowded loneliness.” The trend was there for anyone to see if they began reading some of the sociological literature.

In the last few years, many authors have written about the crisis of loneliness. Robert Putnam wrote about it in his famous book, *Bowling Alone*.[\[3\]](#) He argues that people need to be connected in order for our society to function effectively. Putnam concludes, “Social capital makes us smarter, healthier,

safer, richer, and better able to govern a just and stable democracy.” Senator Ben Sasse, in his book, *Them: Why We Hate Each Other—and How to Heal*, laments that our traditional tribes and social connectedness are in collapse.[{4}](#)

Living Alone

The reasons are simple: demographics and social isolation. More people are living alone than in previous generations, and those living with another person will still feel the nagging pangs of loneliness.

In previous centuries where extended families dominated the social landscape, a sizable proportion of adults living alone was unthinkable. And even in this century, adults living alone have usually been found near the beginning (singles) and end (widows) of adult life. But these periods of living alone are now longer due to lifestyle choices on the front end and advances in modern medicine on the back end.

People have been postponing marriage and thus extending the number of years of being single. Moreover, their parents are (and presumably they will be) living longer, thereby increasing the number of years one adult will be living alone. Yet the increase in the number of adults living alone originates from more than just changes at the beginning and end of adult life. Increasing numbers are living most of their adult lives alone.

In the 1950s, about one in every ten households had only one person in them. These were primarily widows. But today, due to the three D’s of social statistics (death, divorce, and deferred marriage), more than a third of all households is a single person household.

In the past, gender differences have been significant in determining the number of adults living alone. For example, young single households are more likely to be men, since women

marry younger. On the other hand, old single households are more likely to be women, because women live longer than men. While these trends still hold true, the gender distinctions are blurring as both sexes are likely to reject traditional attitudes toward marriage.

Marriage Patterns

The post-war baby boom created a generation that did not make the trip to the altar in the same percentage as their parents. In 1946, the parents of the baby boom set an all-time record of 2,291,000 marriages. This record was not broken during the late 1960s and early 1970s, when millions of boomers entered the marriage-prone years. Finally, in 1979, the record that had lasted 33 years was finally broken when the children of the baby boom made 2,317,000 marriages.

The post-war generations are not only marrying less; they are also marrying later. The median age for first marriage for women in 1960 was 20 and for men it was 22. Today the median age for women is 27 and for men it is 29.

Another reason for a crisis in loneliness is marital stability. Not only are these generations marrying less and marrying later; they also stay married less than their parents. When the divorce rate shot up in the sixties and seventies, the increase did not come from empty nesters finally filing for divorce after sending their children into the world. Instead, it came from young couples divorcing before they even had children. That trend has continued into the 21st century.

The crisis of loneliness will affect more than just the increasing number of people living alone. While the increase in adults living alone is staggering and unprecedented, these numbers are fractional compared with the number in relationships that leave them feeling very much alone.

Commitment is a foreign concept to many of the millions of cohabiting couples. These fluid and highly mobile situations form more often out of convenience and demonstrate little of the commitment necessary to make a relationship work. These relationships are transitory and form and dissolve with alarming frequency. Anyone looking for intimacy and commitment will not find them in these relationships.

Commitment is also a problem in marriages. Spawned in the streams of sexual freedom and multiple lifestyle options, the current generations appear less committed to making marriage work than previous generations. Marriages, which are supposed to be the source of stability and intimacy, often produce uncertainty and isolation.

Living-Together Loneliness

Psychologist Dan Kiley coined the term “living-together loneliness,” or LTL, to describe this phenomenon. He has estimated that 10 to 20 million people (primarily women) suffer from “living together loneliness.”[\[5\]](#)

LTL is an affliction of the individual, not the relationship, though that may be troubled too. Instead, Dan Kiley believes LTL has more to do with two issues: the changing roles of men and women and the crisis of expectations. In the last few decades, especially following the rise of the modern feminist movement, expectations that men have of women and that women have of men have been significantly altered. When these expectations do not match reality, disappointment (and eventually loneliness) sets in. Dan Kiley first noted this phenomenon among his female patients. He began to realize that loneliness comes in two varieties. The first is the loneliness felt by single, shy people who have no friends. The second is more elusive because it involves the person in a relationship who nevertheless feels isolated and very much alone.

To determine if a woman is a victim of LTL, Kiley employed a variation of an “uncoupled loneliness” scale devised by researchers at the University of California at Los Angeles. For example, an LTL woman would agree with the following propositions: (1) I can’t turn to him when I feel bad, (2) I feel left out of his life, (3) I feel isolated from him, even when he’s in the same room, (4) I am unhappy being shut off from him, (5) No one really knows me well.

Women may soon find that loneliness has become a part of their lives whether they are living alone or “in a relationship,” because loneliness is more a state of mind than it is a social situation. People who find themselves trapped in a relationship may be lonelier than a person living alone. The fundamental issue is whether they reach out and develop strong relationship bonds.

Crowded Loneliness

Loneliness, it turns out, is not just a problem of the individual. Loneliness is endemic to our modern, urban society. In rural communities, although the farmhouses are far apart, community is usually very strong. Yet in our urban and suburban communities today, people are physically very close to each other but emotionally very distant from each other. Close proximity does not translate into close community.

Dr. Roberta Hestenes at Eastern College has referred to this as “crowded loneliness.” She observed that “we are seeing the breakdown of natural community network groups in neighborhoods like relatives.” We don’t know how to reach out and touch people, and this produces the phenomenon of crowded loneliness.

Another reason for social isolation is the American desire for privacy. Though many desire to have greater community and even long for a greater intimacy with others, they will choose

privacy even if it means a nagging loneliness. Ralph Keyes, in his book *We the Lonely People*, says that above all else Americans value mobility, privacy, and convenience. These three values make developing a sense of community almost impossible. In his book *A Nation of Strangers*, Vance Packard argued that the mobility of American society contributed to social isolation and loneliness. He described five forms of uprooting that were creating greater distances between people.

First is the uprooting of people who move again and again. An old Carole King song asked the question, "Doesn't anybody stay in one place anymore?" At the time when Packard wrote the book, he estimated that the average American would move about 14 times in his lifetime. By contrast, he estimated that the average Japanese would move five times.

The second is the uprooting that occurs when communities undergo upheaval. The accelerated population growth along with urban renewal and flight to the suburbs have been disruptive to previously stable communities.

Third, there is the uprooting from housing changes within communities. The proliferation of multiple-dwelling units in urban areas crowd people together who frequently live side by side in anonymity.

Fourth is the increasing isolation due to work schedules. When continuous-operation plants and offices dominate an area's economy, neighbors remain strangers.

Fifth, there is the accelerating fragmentation of the family. The steady rise in the number of broken families and the segmentation of the older population from the younger heightens social isolation. In a very real sense, a crisis in relationships precipitates a crisis in loneliness.

Taken together, these various aspects of loneliness paint a chilling picture of loneliness in the 21st century. But they

also present a strategic opportunity for the church. Loneliness will be on the increase in this century due to technology and social isolation. Christians have an opportunity to minister to people cut off from normal, healthy relationships.

The Bible addresses this crisis of loneliness. David called out to the Lord because he was “lonely and afflicted” (Psalm 25:16). Jeremiah lamented that he “sat alone because your hand was on me and you had filled me with indignation” (Jeremiah 15:17). And Jesus experienced loneliness on the cross, when He cried out, “My God, my God, why have you forsaken me?” (Mark 15:34).

The local church should provide opportunities for outreach and fellowship in their communities. Individual Christians must reach out to lonely people and become their friends. We must help a lost, lonely world realize that their best friend of all is Jesus Christ.

Notes

1. Joanne Silberner, “In a time of distancing due to coronavirus, the health threat of loneliness,” looms, STAT, March 28, 2020.
2. Kerby Anderson, *Signs of Warning, Signs of Hope* (Chicago: Moody, 1994), chapter eight.
3. Robert Putnam, *Bowling Alone: The Collapse and Revival of American Community* (NY: Touchstone, 2001).
4. Ben Sasse, *Them: Why We Hate Each Other—and How to Heal* (NY: St. Martin’s Press, 2018).
5. Dan Kiley, *Living Together, Feeling Alone: Healing Your Hidden Loneliness* (NY: Prentice-Hall, 1989).

Cohabitation and Living Together – A Biblical, Christian Worldview Perspective

Kerby Anderson takes a hard look from a biblical perspective at a common practice among Americans, cohabitation. Not only does he find it counter to biblical instruction for Christians, he finds that living together in a sexual relationship reduces the probability of a long-lasting marriage later on.



The original version of this updated article is also available in [Spanish](#).

More than twenty years ago, I did a week of radio programs on cohabitation and cited a study done by the National Marriage Project at Rutgers University. Sociologists David Popenoe and Barbara Dafoe Whitehead came to this conclusion: “Cohabitation is replacing marriage as the first living together experience for young men and women.”[\[1\]](#)

What was true then is true today, but there is even more evidence of changing attitudes as well as additional social research on cohabitation. A survey by Pew Research asked American adults when it was acceptable to live together. Two thirds (69%) said it was acceptable “even if they don’t plan to get married.” Another 16 percent said it was acceptable “only if they planned to get married.” Only 14 percent said it was “never acceptable.”



That may explain why living together has gone from rare to routine in the secular world, but also explains why so many Christian couples also see living together as acceptable. In the 1960s and 1970s, only about a half million were living together. One study from a few years ago, estimated that over 18 million Americans were cohabiting, and nearly a quarter of them were people over the age of 50 years old.[{2}](#)

Another reason to revisit the social phenomenon of cohabitation is to remind couples that the “premarital cohabitation effect” still exists. The effect is the research finding from decades ago that living together before marriage increases your likelihood of marital struggles and even divorce. Scott Stanley with the Institute for Family Studies acknowledges that it may be counterintuitive “that living together would not improve one’s odds for a successful marriage. And yet, whatever else is true, there is scant evidence to support this believe in a positive effect.”[{3}](#) We will look at the latest research data below.

Since such a high percentage of American adults believe it is acceptable for an unmarried couple to live together, they have developed new legal documents to establish financial and medical obligations to one another. Several cohabiting couples will draft a cohabitation agreement.[{4}](#) Such an agreement supposedly ensures certain rights or obligations in the relationship that would typically be legally conferred upon marriage.

Although some people will say that a cohabiting couple is “married in the eyes of God,” that is not true. They are not married in God’s eyes because they are living contrary to biblical statements about marriage. And they are not married in their own eyes because they have specifically decided *not* to marry.

Cohabitation is without a doubt changing the cultural landscape of our society. That is why we look at the social,

psychological, and biblical aspects of cohabitation in this article.

Test-drive Relationships and Other Myths

No doubt you have heard couples justify cohabitation by arguing that they need to live together before marriage to see if they were compatible. First, that argument does not justify cohabitation. Second, it is fallacious since so many couples living together never plan to get married.

Linda Waite and Maggie Gallagher wrote *The Case for Marriage: Why Married People Are Happier, Healthier and Better Off Financially*.[\[5\]](#) It not only makes the case for marriage; it also challenges contemporary assumptions about cohabitation.

The thesis of the book is simple. Back in the 1950s, the rules were clear: first love, next marriage, and only then the baby carriage. But the social tsunami of the 1960s changed everything. The Pill, the sexual revolution, feminism, mothers in the workplace, no-fault divorce, and the rise of illegitimate births changed our views of marriage and family. The authors marshal the evidence to show that marriage is a good thing. As the subtitle says, married people are happier, healthier, and better off financially.

Nevertheless, the conventional wisdom is that you should “try before you buy.” In fact, one of the oft-repeated questions justifying living together is: “You wouldn’t buy a car without a test-drive, would you?”

The problem with such questions and slogans is they dehumanize the other person. If I decide not to buy a car, the car doesn’t feel rejected. When you test-drive your car, you don’t pack your personal luggage in the trunk. And rejecting a car model doesn’t bring emotional baggage into the next test-driving experience. The car doesn’t need psychological counseling so that it can trust the next car buyer. Frankly,

test-driving a relationship is only positive if you are the driver.

Research has shown that those who cohabit tend to view marriage negatively because it involved the assumption of new responsibilities that contrasted with their former freedoms. On the other hand, those marrying through the conventional route of dating and courtship did not feel constrained by marriage but liberated by marriage.

Consider the contrast. A couple living together has nearly everything marriage has to offer (including sex) but few commitments or responsibilities. So, cohabiting people feel trapped when they enter marriage. They must assume huge new responsibilities while getting nothing they didn't already have.

Couples entering marriage through dating and courtship experience just the opposite, especially if they maintain their sexual purity. Marriage is the culmination of their relationship and provides the full depth of a relationship they have long anticipated.

This is not to say that cohabitation guarantees marital failure nor that marriage through the conventional route guarantees marital success. There are exceptions to this rule, but a couple who live together before marriage stack the odds against themselves and their future marriage.

Cohabitation and Perceptions

Although cohabitation is becoming popular in America, sociologists studying the phenomenon warned that living together before marriage, puts your future marriage in danger. That was the conclusion of the National Marriage Project at Rutgers University done by sociologists David Popenoe and Barbara Dafoe Whitehead.[{6}](#)

They found that cohabiting appears to be so counterproductive

to long-lasting marriage that unmarried couples should avoid living together, especially if it involves children. They argue that living together is “a fragile family form” that poses increased risk to women and children.

Part of the reason for the danger is the difference in perception. Men often enter the relationship with less intention to marry than do women. They may regard it more as a sexual opportunity without the ties of long-term commitment. Women, however, often see the living arrangement as a step toward eventual marriage. While the women may believe they are headed for marriage, the man often has other ideas. Some men resent the women they live with and view them as easy. Such a woman is not his idea of a faithful marriage partner.

People who live together in uncommitted relationships may be unwilling to work out problems. Since there is no long-term commitment, often it is easy to leave the current living arrangement and seek less fractious relationships with a new partner.

In recent years, there has been the occasional study that suggests there are no significant problems for couples if they live together. But Scott Stanley of the Institute for Family Studies dismisses those few studies because they fail to consider long-term problems. And he points to another recent study that does show an increased risk for divorce among those living together before marriage.[\[7\]](#)

The significant increase in cohabitation in the last few decades is staggering. The reasons for the growth are many: fewer taboos against premarital sex, earlier sexual maturity, later marriage, adequate income to live apart from their families.

Whatever the reasons for cohabiting, this study documents the dangers. Couples who live together are more likely to divorce than those who don't. They are less happy and score lower on

well-being indices, including sexual satisfaction. And cohabiting couples are often poorer than married couples.

Even if millions are doing it, living together is a bad idea. As we will see below, there are clear biblical prohibitions against premarital sex. But apart from these biblical pronouncements are the ominous sociological predictions of failure when a couple considers cohabitation rather than marriage. The latest research backs up what the Bible has said for millennia. If you want a good marriage, don't do what society says. Do what the Bible teaches us to do.

Consequences of Cohabitation

Contrary to conventional wisdom, cohabitation can be harmful to marriage as well as to the couples and their children. One study based on the National Survey of Families and Households found that marriages which had prior cohabitators were 46 percent more likely to divorce than marriages of non-cohabitators. The authors concluded from this study and from a review of previous studies that the risk of marital disruption following cohabitation "is beginning to take on the status of an empirical generalization."[{8}](#)

Some have tried to argue that the correlation between cohabitation and divorce is artificial since people willing to cohabit are more unconventional and less committed to marriage. In other words, cohabitation doesn't cause divorce but is merely associated with it because the same type of people are involved in both phenomena. Yet, even when this "selection effect" is carefully controlled statistically, a "cohabitation effect" remains.

Marriages are held together by a common commitment which is absent in most, if not all, cohabiting relationships. Partners who live together value autonomy over commitment and tend not to be as committed as married couples in their dedication to the continuation of the relationship.[{9}](#)

One study found that “living with a romantic partner prior to marriage was associated with more negative and less positive problem-solving support and behavior during marriage.” The reason is simple. Since there is less certainty of a long-term commitment, “there may be less motivation for cohabiting partners to develop their conflict resolution and support skills.”[{10}](#)

Couples living together, however, miss out on more than just the benefits of marriage. Annual rates of depression among cohabiting couples are more than three times higher than they are among married couples.[{11}](#) Those who cohabit are much more likely to be unhappy in marriage and much more likely to think about divorce.[{12}](#)

Cohabitation is especially harmful to children. First, several studies have found that children currently living with a mother and her unmarried partner have significantly more behavior problems and lower academic performance than children in intact families.[{13}](#) Second, there is the risk that the couple will break up, creating even more social and personal difficulties. Third, many of these children were not born in the present union but in a previous union of one of the adult partners (usually the mother). Living in a house with a mother and an unmarried boyfriend is tenuous at best.

These studies, along with others, suggest that cohabitation is less secure, less fulfilling, and even potentially more harmful than traditional marriage.

Cohabitation and the Bible

God designed sexual intimacy to occur exclusively within the sacred commitment of marriage (Genesis 2:21-24). When we trust God’s design, we can honor marriage as we are commanded in Hebrews 13:4.

The Bible teaches that the act of sexual intercourse can have

a strong bonding effect on two people. When done within the bounds of marriage, the man and the woman become one flesh. Ephesian 5:31 says: "For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh."

Sexual intercourse outside of marriage also has consequences. Writing to the church in Corinth, Paul said that when a man joins himself to a prostitute, he becomes one body with her (1 Corinthians 6:16). The context of the discussion arose from a problem within the church. A man in the church was having sexual relations with his father's wife (1 Corinthians 5:1-3). Paul calls this relationship sinful. In 1 Corinthians 6:18 he says we are to flee sexual immorality.

Sexual immorality is condemned in about 25 passages in the New Testament. The Greek word is *porneia*, a word which includes all forms of illicit sexual intercourse. Jesus taught in Mark 7:21-23: "For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance, and folly. All these evils come from inside and make a man unclean."

Paul taught in 1 Thessalonians 4:3-5: "It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God."

Marriage is God's plan. Marriage provides intimate companionship for life (Genesis 2:18). It provides a context for the procreation and nurture of children (Ephesians 6:1-2). And finally, marriage provides a godly outlet for sexual desire (1 Corinthians 7:2).

In the New Testament, believers are warned against persistent sin, including sexual sin (1 Corinthians 5:1-5). The church is to keep believers accountable for their behavior. Believers

are to judge themselves, lest they fall into God's hands (1 Corinthians 11:31-32). Sexual sin should not even be named among believers (Ephesians 5:3).

Living together outside of marriage not only violates biblical commands but it puts a couple and their future marriage at risk. In this article, I have collected several sobering statistics about the impact cohabitation can have on you and your relationship. If you want a good marriage, don't do what society says. Do what the Bible teaches us to do.

Notes

1. David Popenoe and Barbara Dafoe Whitehead, "Should We Live Together? What Young Adults Need to Know about Cohabitation before Marriage," *The National Marriage Project*, the Next Generation Series, Rutgers, the State University of New Jersey, January 1999.

2. Patricia Reaney, "More Americans 50 Years and Over are Cohabiting, Research Shows," Reuters, April 6, 2017, www.reuters.com/article/us-usa-cohabitation/more-americans-50-years-and-over-are-cohabiting-research-shows-idUSKBN1782RI

3. Scott Stanley, "Premarital Cohabitation Is Still Associated with Greater Odds of Divorce, Institute for Family Studies, October 17, 2018, ifstudies.org/blog/premarital-cohabitation-is-still-associated-with-greater-odds-of-divorce

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7. Scott Stanley, "Premarital Cohabitation," *Institute for Family Studies*, October 17, 2018

8. Alfred DeMaris and K. Vaninadha Rao, "Premarital Cohabitation and Subsequent Marital Stability in the United

States: A Reassessment," *Journal of Marriage and Family* 54(1992), 178-190.

9. Stephen Nock, "A Comparison of Marriages and Cohabiting Relationships," *Journal of Family Issues* 16(1995), 53-76.

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11. Lee Robins and Darrel Reiger, *Psychiatric Disorders in America* (New York: Free Press, 1990), 72.

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Additional Resources

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Linda Waite and Maggie Gallagher, *The Case for Marriage: Why Married People Are Happier, Healthier and Better Off Financially* (New York: Random House, 2000).

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Realignment of America

We are witnessing some dramatic changes in this country. The U.S. is experiencing various kinds of realignment: marriage and cohabitation, geography, political and economic.

In this article I want to talk about the realignment of America. We are witnessing some dramatic changes in this country. Some are political changes; some are economic changes; and some are geographic changes. If you are building a business, planting a church, or just trying to understand some of these fundamental changes, you need to pay attention to these changes in America.

First, we need to understand the times in which we are living. 1 Chronicles 12:32 says that the sons of Issachar were “men who understood the times, with knowledge of what Israel should do.” Likewise we need to understand our time with knowledge of what we as Christians should do.



Second, we should also plan for the future. Isaiah 32:8 says that “the noble man devises noble plans, and by noble plans he stands.” You, your family, and your church should have plans for the future based upon some of the things we will be discussing.

Proverbs 16:9 says “the mind of man plans his way, but the Lord directs his steps.” So we should not only plan for the future, but commit those plans to the Lord and be sensitive to His leading in our lives.

One place where we see a dramatic shift in both attitudes and behavior is marriage. America is in the midst of redefining marriage. Some of these redefinitions are taking place in the

legislatures and courtrooms. But marriage is also being redefined through cohabitation.

Over the last few decades, the U.S. Census Bureau has documented the increasing percentage of people who fit into the category of “adults living alone.” These are often lumped into a larger category of “non-family households.” Within this larger category are singles that are living alone as well as a growing number of unmarried, cohabiting couples that are “living together.” The U.S. Census Bureau estimated that in 2000 there were nearly ten million Americans living with an unmarried opposite-sex partner and another 1.2 million Americans living with a same-sex partner.

These numbers are unprecedented. It is estimated that during most of the 1960s and 1970s, only about a half a million Americans were living together. And by 1980, that number was just 1.5 million.[{1}](#) Now that number is more than twelve million.

Cohabiting couples are also changing the nature of marriage. Researchers estimate that half of Americans will cohabit at one time or another prior to marriage. And this arrangement often includes children. The traditional stereotype of two young, childless people living together is not completely accurate; currently, some forty percent of cohabiting relationships involve children.[{2}](#)

Marriage may not yet be in the endangered species list, but many more couples are choosing to live together rather than get married. This is just one example of the realignment of America.

Geographic Realignment

Another realignment in America is geographic realignment. If you haven't noticed, people move around quite a bit. And I am not just talking about your neighbors who drove off the other

day in a U-Haul truck. I am talking about the realignment of America.

I think we have all heard that the U.S. population is flowing from the Snow Belt to the Sun Belt. But Michael Barone in an article in *The Wall Street Journal* explains that the trends are a bit more complex than that.^{3} Let's start with what he calls the "Coastal Megalopolises" (New York, Los Angeles, Miami, etc.). Here you find that Americans are moving out and immigrants are moving in with a low net population growth.

Contrast this with what he called "the Interior Boomtowns." Their population has grown eighteen percent in six years. And this means that the nation's center of gravity is shifting. Dallas is now larger than San Francisco, Houston is larger than Boston, Charlotte is now larger than Milwaukee.

Another section would be the old Rust Belt. The six metro areas (Detroit, Pittsburgh, Cleveland, Milwaukee, Buffalo, Rochester) have lost population since 2000. And you also have "the Static Cities." These eighteen metropolitan areas have little immigrant inflow and little domestic inflow or outflow.

The political impact of this realignment is significant. Many of the metro areas voted in significant proportions for John Kerry in 2004 while the Interior Boomtowns voted for George W. Bush. But there is more at stake than just the presidential election.

In less than two years we will have another census, and that will determine congressional districts. House seats and electoral votes will shift from New York, New Jersey, and Illinois to Texas, Florida, Georgia, Arizona, and Nevada.

That is why Michael Barone says in another column that it is time to throw out the old electoral maps.^{4} The old maps with red states and blue states served us well for the last two presidential elections, but there is good evidence that it is now out-of-date. In 2000 and 2004, the Republicans nominated

the same man, and the Democrats nominated men with similar views and backgrounds. All of that has changed in 2008.

It is clear that some of the states that went Democratic in 2004 may be available to Republicans. And it is also clear that some of the states that went Republican that same year are possibilities for the Democrats. And let's not forget the surge of new voters coming into the electoral process that are potentially available to either candidate.

Social scientists say: "Demography is destiny." That is a simple way of saying that demographic changes alter our future. But you don't have to be a social scientist to see the impact. We all know that people move around, and that changes the political landscape.

Political Realignment

In addition to marriage and geographical realignment, political realignment is also taking place due to differences in fertility. Does fertility affect voting patterns? Apparently it does much more than we realize. And this has been a topic of discussion for both liberals and conservatives, Democrats and Republicans.

Arthur Brooks wrote about the "Fertility Gap" in a column in *The Wall Street Journal*.[\[5\]](#) He said: "Simply put, liberals have a big baby problem: They're not having enough of them . . . and their pool of potential new voters is suffering as a result."

Brooks noted that "...if you picked 100 unrelated politically liberal adults at random, you would find that they had, between them, 147 children. If you picked 100 conservatives, you would find 208 kids." That is a "fertility gap" of forty-one percent.

We know that about eighty percent of people with an

identifiable party preference grow up to vote essentially the same way as their parents. Brooks says that this "fertility gap" therefore "translates into lots more little Republicans than little Democrats to vote in future elections." He also points out that over the past thirty years this gap has not been below twenty percent which he says explains to a large extent the current ineffectiveness of liberal youth voter campaigns.

Brooks also points out that the fertility gap "doesn't budge when we correct for factors like age, income, education, sex, race—or even religion." Even if all these factors are identical between a liberal and a conservative, "the liberal will still be 19 percentage points more likely to be childless than the conservative." This fertility gap is real and will no doubt affect politics for many years to come.

So what could this mean for future presidential elections? Consider the key swing state of Ohio which is currently split fifty-fifty between left and right. If current patterns continue, Brooks estimates that Ohio will swing to the right and by 2012 will be fifty-four percent to forty-six percent. By 2020, it will be solidly conservative by a margin of fifty-nine percent to forty-one percent.

Now look at the state of California that tilts in favor of liberals by fifty-five percent to forty-five percent. By the year 2020, it will be swing conservative by a percentage of fifty-four percent to forty-six percent. The reason is due to the "fertility gap."

Of course most people vote for politicians, personalities, and issues, not parties. But the general trend of the "fertility gap" cannot be ignored especially if Democrats continue to appeal to liberals and Republicans to conservatives.

Economic Realignment

Earlier we talked about political and geographical realignment in America. It turns out that some of that realignment is due to economic factors.

A recent survey by United Van Lines uncovers some interesting patterns of movement in America.^{6} An average of twenty thousand Americans relocate across state lines each day for a record eight million Americans each year. The general pattern is for people to move from the Northeast and Midwest to the South and West. But the details are even more interesting than the general trends.

The survey found that the most reliable indicator of movement was income tax. People tend to move from states with high income-tax rates to states with little or no income taxes. Families are leaving Michigan, New York, New Jersey, Ohio, Pennsylvania, and Illinois. Now consider the eight states that have no income tax (Florida, Nevada, New Hampshire, South Dakota, Tennessee, Texas, Washington, and Wyoming). Every one of these states gained in net domestic migrants. And each one except Florida (which has sky-high property taxes) “ranked in the top 12 of destination states.”

In order to see the phenomenon in action, compare North Dakota to South Dakota. Both states are essentially the same in terms of geography and climate. But they couldn't be more different in terms of migration. North Dakota lost a greater percentage of citizens than any other state except Michigan. South Dakota ranked in the top twelve states in terms of net domestic migration. People are moving out of North Dakota, but they are moving to South Dakota in droves. North Dakota has an income tax. South Dakota does not.

For many years now, demographers have noted the flight of upper income, educated families from California. California is the only Pacific Coast state to lose migrant population in

2007. One of the major reasons is the fact that California has the highest state income tax in the nation. So now more than one and a half million Californians have left the state in the last ten years.

So where are many of these people going? They are moving to neighboring Nevada, which has no income tax. "High income Californians can buy a house in Las Vegas for the amount they save in three or four years by not paying California income taxes."

An old adage says high taxes don't redistribute income, they redistribute people. Once again we see the realignment of America. People vote with their feet, and it seems that taxes are one of the reasons they leave one state for another state.

Income Realignment

I would like to conclude by looking once again at economic statistics, but this time focus on family income. If you turn on a television or open a newspaper, and you are certain to hear or read someone say that the rich are getting richer, and the poor are getting poorer. But would it surprise you to know that other governmental data says just the opposite?

The latest data from the U.S. Census Bureau does seem to indicate that the rich are getting richer while the poor are getting poorer. But these numbers do not reflect the economic improvement of individuals and families.

Data from the Internal Revenue Service does show this movement. It shows that people in the bottom fifth have nearly doubled their income in the last ten years. It also shows that the top one percent saw their incomes decline by twenty-six percent. [\[7\]](#)

Why do these two set of governmental statistics differ? It turns out that the IRS tracks people over time. After all,

people don't stay in the same income brackets throughout their lives. Millions of people move from one bracket to another.

The IRS tracks people each year and thus reflects real changes to real people while the Census Bureau merely creates the illusion of tracking people. The best way to follow people is to actually follow people. That's what the IRS statistics do, and so they are more accurate.

What about the claims that family income has stagnated? First, we need to make a distinction between household income and per capita income. Household or family income can remain essentially unchanged for a decade while per capita income is increasing.

The reason is simple: the number of people per household and per family is declining. If annual household income is \$60,000, the per capita income for a family of six would be \$10,000 but for a family of three would be \$20,000.

The difference in the number of people also affects economic statistics for different ethnic groups. Hispanics have higher household incomes than African-Americans. But blacks have higher individual incomes than Hispanics. The reason for the difference is family size.

Second, we should also take a second look at the statistics that say income has stagnated. If we go back to the IRS numbers, we find that the average taxpayer's real income has increased by twenty-four percent in the last decade.

The point to all of this is that economic statistics can sometimes be misleading. They may be true but they lead to misleading conclusions.

As we've seen, there have been some dramatic shifts in the social, political, economic, and geographic nature of this country. A wise and discerning Christian will pay attention to this realignment and make wise plans for the future. Isaiah

32:8 says that “the noble man devises noble plans, and by noble plans he stands.” As Christians we need to wisely plan for the future.

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“Is a Marriage Ceremony Necessary?”

I have been embroiled in a recent debate over the evils of cohabitation and sex before marriage. Another Christian agrees that fornication is a sin, but he doesn’t believe that two “committed” people living together should be considered fornication. In his mind, fornication is wanton sexual

promiscuity with no commitment or sincerity. You know—Spring Break sex. ☐ ☐

He believes that if two people intend to spend the rest of their lives together and have pledged themselves to one another, God sees their hearts and doesn't require legality or ceremony.

I explained that this would be true if two people were stranded on a desert island with no opportunity to participate in the process. However, in America, it is our custom and law to have a ceremony, even if it is only between us and a justice-of-the-peace, and we have maximum opportunity to engage in this custom. If we choose not to then we are not recognized as husband and wife by the state. Since we, as Christians, are bound to obey the authority that God has placed over us, such a non-recognition by our culture and authorities would amount to a non-recognition by our God.

Unfortunately, though, he doesn't want to listen to what I consider sound reason. He demands scriptural proof that a ceremony is necessary for a marriage blessed by God. Do we have any other argument that may satisfy him?

God says in Genesis 2:24, "A man shall leave his father and mother and cleave unto his WIFE and the two shall be one flesh." What changes a man into a husband and a woman into a wife? Only a wedding ceremony.

God says in Hebrews 13:4, "Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge." What defines a marriage bed? A place where a husband and a wife sleep.

So what makes for marriage? A social ceremony in the presence of witnesses who are there to support and ratify (in a social sense) the public commitment of two coming together to become one. The role of witnesses in the formation of social contracts is a biblical principle. (Just do a word search for

“witness” in any Bible software program.) No matter where you go in the world, wedding ceremonies occur in the context of community (witnesses) because a marriage creates a new social unit that becomes part of the community.

Two unmarried people who are “committed” to each other in their hearts are still unmarried people, and their sex is fornication. It’s God’s definition that matters, not ours. Fornication, by His definition, is sex outside of marriage.

Hope this helps!

Sue Bohlin
Probe Ministries

“Do You Have Statistics on Cohabitation?”

Do you have any statistics which indicate the dangers of cohabiting and the results on a relationship?

Thank you for your e-mail about cohabitation. Of course, the Bible has something to say about this subject, but let me focus merely on the statistics. (If you are looking for specific citations of these statistics, please see my article [Cohabitation](#). It has 17 citation-rich endnotes.)

Research by Christians and non-Christians in this field consistently finds that living together before you are married will significantly increase your likelihood of a future divorce. There are lots of studies done in this field you would read, but here is a brief summary of the statistical facts about cohabitation:

1. Percentage of Americans who have cohabited at one time or another: 50%
2. Percentage of cohabiting couples who go on to marry: 50-60%
3. Percentage of cohabiting relationships involving children: 40%
4. Percentage of unions that survive two years:
5. Cohabiting unions not leading to marriage: 33%
6. Marital unions: 95%
7. Percentage of unions that survive ten years:
8. Cohabiting unions not leading to marriage: 12%
9. Marital unions: 90%
10. Likelihood of divorce within first ten years of marriage:
Those who cohabit prior to marriage are almost twice as likely to divorce as opposed to those who do not cohabit prior to marriage.

As you can see, living together before you are married can affect your marriage in a deleterious way. Christian and secular research is validating what the Bible has been saying all along.

Kerby Anderson
Probe Ministries

Biblical Principles

October 11, 2007

How should a Christian evaluate social and political issues? Here are a few biblical principles that can be used. First is the sanctity of human life. Verses such as Psalm 139:13-16

show that God's care and concern extend to the womb. Other verses such as Jeremiah 1:5, Judges 13:7-8, Psalm 51:5 and Exodus 21:22-25 give additional perspective and framework to this principle that applies to many areas of bioethics.

A related biblical principle involves the equality of human beings. The Bible teaches that God has made "of one blood all nations of men" (Acts 17:26). The Bible also teaches that it is wrong for a Christian to have feelings of superiority (Philippians 2). Believers are told not to make class distinctions between various people (James 2). Paul teaches the spiritual equality of all people in Christ (Galatians 3:28; Colossians 3:11). These principles apply to racial relations and our view of government.

A third principle is a biblical perspective on marriage. Marriage is God's plan and provides intimate companionship for life (Genesis 2:18). Marriage provides a context for the procreation and nurture of children (Ephesians 6:1-2). And finally, marriage provides a godly outlet for sexual desire (1 Corinthians 7:2). These principles can be applied to such diverse issues as artificial reproduction (which often introduces a third party into the pregnancy) and cohabitation (living together).

A final principle concerns government and our obedience to civil authority. Government is ordained by God (Rom.13:1-7). We are to render service and obedience to the government (Matt. 22:21) and submit to civil authority (1 Pet. 2:13-17). Even though we are to obey government, there may be certain times when we might be forced to obey God rather than men (Acts 5:29). These principles apply to issues such as war, civil disobedience, politics, and government.

Every day, it seems, we are confronted with ethical choices and moral complexity. As Christians it is important to consider these biblical principles and consistently apply them to these issues.

The Changing American Family

Kerby Anderson looks at the latest data on the American family and highlights trends that are changing the nature of family in America as well as debunking some sensationalist headlines. From a biblical worldview perspective, Christians should be concerned about these trends which reflect an ongoing breakdown of family in America.

Introduction

Are we headed toward a post-marital society where marriage is rare and the traditional family is all but extinct? One would certainly think so by reading some of the stories that have appeared lately. A *New York Times* headline in 2003 warned of “marriage’s stormy future” and documented the rise in the number of nontraditional unions as well as the rising percentage of people living alone.[{1}](#) A 2006 *New York Times* article documented the declining percentage of married couples as a proportion of American households and thus declared that married households are now a minority.[{2}](#) And a 2007 headline proclaimed that “51% of women are now living without a spouse.”[{3}](#)

Well, let’s take a deep breath for a moment. To borrow a phrase from Mark Twain, rumors about the death of marriage and family are greatly exaggerated. But that doesn’t mean that marriage as an institution is doing well and will continue to do well in the twenty-first century.

Let’s first take on a few of these headlines pronouncing the end of marriage. The October 2006 *New York Times* headline

proclaimed that “To Be Married Means to Be Outnumbered.” In other words, married households are now a minority in America and unmarried households are the majority. But the author had to manipulate the numbers in order to come to that conclusion. This so-called “new majority” of unmarried households includes lots of widows who were married. And this claim only works if you count households and not individuals. For example, if you have two households—one with two married people and three children and another with a single widow living alone—they would be split between one married household and one unmarried household. But one household has five people, and the other household has one person.

What about the January 2007 *New York Times* headline proclaiming that “51% of Women Are Now Living Without a Spouse”? Columnist and radio talk show host Michael Medved called this journalistic malpractice({4}) and the ombudsman for the *New York Times* took his own paper to task for the article.{5} The most recent available figures showed that a clear majority (56%) of all women over the age of twenty are currently married.

So how did the author come to the opposite conclusion? It turns out that the author chose to count more than ten million girls between the ages of fifteen and nineteen as “women.” So these so-called “women” are counted as women living without a spouse (never mind that they are really teenage girls living at home with their parents). This caused the ombudsman for the *New York Times* to ask this question in his op-ed: “Can a 15-year-old be a ‘Woman Without a Spouse’?”{6}

It is also worth mentioning, that even with this statistical sleight of hand, you still cannot get to the conclusion that a majority of women are living without a spouse. The article’s author had to find a way to shave off an additional 2% of the married majority. He did this by including those women whose “husbands are working out of town, are in the military, or are institutionalized.”{7}

Conflicting Attitudes about Marriage and Family

It is certainly premature to say that married couples are a minority and women living without a husband are a majority. But there has been a definite trend that we should not miss and will now address. The definition of marriage and the structure of family in the twenty-first century is very different from what existed in the recent past.

A few decades ago, marriages were the foundation of what many commentators referred to as “the traditional family.” Now marriages and families are taking some very unfamiliar shapes and orientations due to different views of marriage and family.

Americans are not exactly sure what to think about these dramatic changes in marriage and family. On the one hand, they believe that marriage and family are very important. A *Better Homes and Garden* survey found that their readers rated their relationship to their spouse as the single most important factor in their personal happiness.^{8} And a MassMutual study on family values (taken many years ago) reported that eight out of ten Americans reported that their families were the greatest source of pleasure in their lives—more than friends, religion, recreation, or work.^{9}

On the other hand, Americans are much less sanguine about other people’s marriages and families. I call this the “Lake Wobegon effect” where “all the women are strong, all the men are good looking, and all the children are about average.” In other words, *their* marriage and family are fine, but the rest of the marriages and families are *not*. While the MassMutual Family Values Study found that a majority (81%) pointed to their family as the greatest source of pleasure, it also found that a majority (56%) rated the family in the U.S. “only fair” or “poor.” And almost six in ten expected it to get *worse* in

the next ten years. The survey concluded that “Americans seem to see the family in decline everywhere but in their own home.”[\[10\]](#)

Similar results can be found in many other nationwide polls. A Gallup poll found that Americans believe the family is worse off today than it was ten years ago. And they believed it would be worse off in the future as well.[\[11\]](#) Americans also demonstrated their ambivalence toward marriage and family not only in their attitudes but their actions. One trend watcher predicted more than a decade ago in an article in *American Demographics* that marriage would become in the 1990s and the twenty-first century “an optional lifestyle.”[\[12\]](#)

Changing Trends in Marriage

While it may be too early to put the institution of marriage on the endangered species list, there is good reason to believe that changing attitudes and actions have significantly transformed marriage in the twenty-first century. The current generations are marrying later, marrying less, and divorcing more than previous generations.

A major transition in attitudes toward marriage began with the baby boom generation. From 1946 to 1964, over seventy-six million babies were born. By the 1960s the leading edge of the baby boom generation was coming of age and entering into the years when previous generations would begin to marry. But baby boomers (as well as later generations) did not marry as early as previous generations. Instead, they postponed marriage until they established their careers. From the 1960s to the end of the twenty-first century, the median age of first marriage increased by nearly four years for men and four years for women.

Some of those who postponed marriage ended up postponing marriage indefinitely. An increasing proportion of the

population adopted this “marriage is optional” perspective and never married. They may have had a number of live-in relationships, but they never joined the ranks of those who married. For them, singleness was not a transition but a lifestyle.

Over the last few decades, the U.S. Census Bureau has documented the increasing percentage of people who fit into the category of “adults living alone.” These are often lumped into a larger category of “non-family households.” Within this larger category are singles that are living alone as well as a growing number of unmarried, cohabiting couples who are “living together.” The U.S. Census Bureau estimated that in 2000 there were nearly ten million Americans living with an unmarried opposite-sex partner and another 1.2 million Americans living with a same-sex partner.

These numbers are unprecedented. It is estimated that during most of the 1960s and 1970s, only about a half a million Americans were living together. And by 1980, that number was just 1.5 million.[\[13\]](#) Now that number is more than twelve million.

[Cohabiting](#) couples are also changing the nature of marriage. Researchers estimate that half of Americans will cohabit at one time or another prior to marriage.[\[14\]](#) And this arrangement often includes children. The traditional stereotype of two young, childless people living together is not completely accurate; currently, some 40% of cohabiting relationships involve children.[\[15\]](#)

Couples often use cohabitation to delay or forego marriage. But not only are they postponing future marriage, they are increasing their chance of marriage failure. Sociologists David Popenoe and Barbara Dafoe Whitehead, in their study for the National Marriage Project, wrote: “Cohabitation is replacing marriage as the first living together experience for young men and women.” They conclude that those who live

together before they get married are putting their future marriage in danger. [{16}](#)

Finally, we should note the impact of cohabitation on [divorce](#). When the divorce rate began to level off and even slightly decline in the 1980s, those concerned about the state of marriage in America began to cheer. But soon the cheers turned to groans when it became obvious that the leveling of the divorce rate was due primarily to an increase in cohabitation. Essentially the divorce rate was down because the marriage rate was down. Couples who break up before they marry don't show up as divorce statistics.

Many marriages today are less permanent than in previous decades. There have always been divorces in this country, but what used to be rare has now become routine. Changing attitudes toward marriage and divorce in this country are reflected in the changing divorce rate.

A graph of the divorce rate shows two significant trends. One is a sharp increase in divorces in the late 1960s that continued through the 1970s. The second is a leveling and even a slight decline in the 1980s. Both are related to the attitudes of the baby boom generation toward marriage and divorce.

The increasing divorce rate in the 1970s was due to both attitude and opportunity. Baby boomers did not stay married as long as their parents due to their different attitudes towards marriage and especially their attitude toward commitment in marriage. It is clear from the social research that the increase in the divorce rate in the 1970s did not come from empty nesters (e.g., builders) finally filing for divorce after sending their children into the world. Instead it came from young couples (e.g., baby boomers) divorcing even before they had children. [{17}](#)

The opportunity for divorce was also significant. When

increasing numbers of couples began seeking divorce, state legislatures responded by passing no-fault divorce laws. Essentially a married person could get a divorce for any reason or no reason at all.

Economic opportunity was also a significant factor in divorce. During this same period, women enjoyed greater economic opportunities in the job market. Women with paychecks are less likely to stay in a marriage that was not fulfilling to them and have less incentive to stay in a marriage. Sociologist David Popenoe surveying a number of studies on divorce concluded that “nearly all have reached the same general conclusion. It has typically been found that the probability of divorce goes up the higher the wife’s income and the closer that income is to her husband’s.”[\[18\]](#)

The second part of a graph on divorce shows a leveling and even a slight decline. The divorce rate peaked in 1981 and has been in decline ever since. The reasons are twofold. Initially, the decline had to do with the aging of the baby boom generation who were entering into those years that have traditionally had lower rates of divorce. But long term the reason is due to what we have already discussed in terms of the impact of cohabitation on divorce. Fewer couples are untying the knot because *fewer couples are tying the knot*.

Changing Trends in Family

We have already mentioned that starting with the baby boom generation and continuing on with subsequent generations, couples postponed marriage. But not only did these generations postpone marriage, they also postponed procreation. Unlike the generations that preceded them (e.g., the builder generation born before the end of World War II), these subsequent generations waited longer to have children and also had few children. Lifestyle choice was certainly one factor. Another important factor was cost. The estimated cost of raising a

child during this period of time rose to over six figures. Parents of a baby born in 1979 could expect to pay \$66,000 to rear a child to eighteen. For a baby born in 1988, parents could expect to pay \$150,000, and that did not include additional costs of piano lessons, summer camp, or a college education.[{19}](#)

When these generations did have children, often the family structure was very different than in previous generations. Consider the impact of divorce. Children in homes where a divorce has occurred are cut off from one of the parents and they suffer emotionally, educationally, and economically.

Judith Wallerstein in her research discovered long-term psychological devastation to the children.[{20}](#) For example, three out of five children felt rejected by at least one parent. And five years after their parents' divorce, more than one-third of the children were doing markedly worse than they had been before the divorce. Essentially she found that these emotional tremors register on the psychological Richter scale many years after the divorce.

The middle class in this country has been rocked by the one-two punch of divorce and illegitimacy, creating what has been called the "feminization of poverty." U.S. Census Bureau statistics show that single moms are five times more likely to be poor than are their married sisters.[{21}](#)

An increasing percentage of women give birth to children out of wedlock. This increase is due in large part to changing attitudes toward marriage and family. In a society that is already changing traditional patterns (by postponing marriage, divorcing more frequently, etc.), it is not surprising that many women are avoiding marriage altogether. Essentially, the current generation disconnects having children and getting married. In their minds, they separate parenthood from marriage, thus creating an enormous increase in the number of single parent homes.

Greater social acceptance of out-of-wedlock births, divorce, and single parenting tends to reinforce the trends and suggests that these percentages will increase in the future. Young adults who contemplate marriage may be less inclined to do so because they were raised in a home where divorce occurred. A young woman raised by a single mom may be less inclined to marry when they are older, convinced that they can raise a child without the help of a husband. Better employment options for young women even encourage them to “go it alone.”

These changes in attitudes and changes in the structure of marriage and family have created a very different family in the twenty-first century. One writer imagined the confusion that children would feel in this futuristic scenario:

On a spring afternoon, half a century from today, the Joneses are gathered to sing “Happy Birthday” to Junior. There’s Dad and his third wife, Mom and her second husband, Junior’s two half brothers from his father’s first marriage, his six stepsisters from his mother’s spouse’s previous unions, 100-year-old Great Grandpa, all eight of Junior’s current “grandparents,” assorted aunts, uncles-in-law and stepcousins. While one robot scoops up the gift wrappings and another blows out the candles, Junior makes a wish . . . that he didn’t have so many relatives. [\[22\]](#)

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Love Myths

Soul Mates

In this article we are going to focus on a few of the myths surrounding love and romance that can have a negative effect on dating and marriage. Some of these ideas have become so pervasive in our society that it may seem heretical to label them as myths. But as we will see, they can have a devastating impact if they are accepted uncritically.

The first myth is the belief that you will know when you meet "the one." Of course, this assumes that there is only one person who is right for you—a soul mate you must find and marry. Garry Friesen in his book *Decision Making & the Will of God* (along with many other Christian writers) question whether there is *only* one right person for you to marry. But I will set aside this theological question to focus on some relevant practical issues.

First, is the problem of a false positive. We have all heard stories about couples who met and immediately one or both of them knew they were going to marry the other person. Often we call this "love at first sight." But we don't hear as much about the many other people who met, thought they had met "the one," but later decided not to get married or ended up getting married and then divorced.

Certain people come into our lives and we immediately “click” with them. Why? We carry around in our minds a template of what that certain ideal person may be. It is influenced by our family background, our own expectations, books, movies, and personal experiences. When that template comes into our lives sparks fly. We may not even know much about that person’s social, family, and religious background, but we are immediately attracted to him or her. We may feel that he or she is “the one,” but over time our relationship may surface concerns that might be detrimental to a successful marriage. Unfortunately, many people can be blinded by a belief that they have met “the one” and thus ignore important warning signs.

Second is the problem of the false negative. We also no doubt have heard stories of couples who weren’t attracted to each other when they first met. Many didn’t even like the other person. Only over time did they get to know each other and began to see admirable qualities in what became their marriage partner.

Pepper Schwartz in her book *Everything You Know About Love and Sex Is Wrong* (New York: Pedigree, 2000) says we are a romance-addicted society. We love movies with Tom Hanks and Meg Ryan, but life is more complicated than what is portrayed in movies with skillfully written plots, blended music, beautiful actors, and exotic locations.

Choosing a marriage partner requires more than romance and emotion. For every story someone tells of finding “the one” and experiencing “love at first sight,” there are many more where those initial emotions turned out to be wrong.

Two Peas in a Pod

The second love myth is the belief that you should be similar to your partner. This myth is quite pervasive in part because there is some truth to it. Obviously, there should be some

common basis of belief within a marriage. The Bible warns Christians not to be “unequally yoked together with unbelievers.” (2 Cor. 6:14) And there should be some common areas of social and cultural similarity.

But I believe we should question the prevailing belief that your life partner should be the same age, height, and race while having the same interests, gifts, and abilities. As some marriage counselors have said, “If your mate is exactly like you, then one of you is redundant.” Strong marriages celebrate the differences and work to have each person’s gifts and abilities complement the other. One partner may be good with the finances. The other partner may be good in the kitchen. One partner may be good at details. The other partner may be able to look at the bigger picture and plan for the future. Each partner’s gifts complement the other partner’s gifts.

In many cases, having a similar partner can actually be a source of conflict. Kevin Leman has found that two “first-borns” bring their perfectionist tendencies into a marriage. They will often “pick” at each other leading to increased marital conflict. Does that mean that two first-born children should never marry? Of course not. But they might want to reconsider whether they want to marry someone who is so similar to them.

What about differences in age? Couples should obviously consider the implications of vast differences in age in terms of energy level, hobbies, activities, and friendships. But there is also good reason to begin to rethink the prevailing assumption that compatibility must be based upon similar ages. Once again different ages and life experiences might be a significant way to bring complementarity into a marriage.

The same could be said about difference in ethnicity. Not so long ago, society frowned upon so-called mixed marriages. Today, more and more marriage partners come from different ethnic and racial backgrounds. While we still tend to marry

people who come from the same social and cultural background, this trend seems to be changing.

The key point is this: you don't have to be similar to your partner to have a good marriage. In fact, your differences might actually help you to complement each other in marriage.

Annoying Habits

Now I would like to focus on the question of whether little annoying habits are unimportant in a long-term relationship.

When we are in love, little things like bad manners or chronic lateness may seem insignificant. Besides, we reason, we can always change our partner later on so that this is no longer a problem. We may even convince ourselves that these little annoying habits are kind of cute.

Well, they may seem cute in the courtship phase of a relationship, but they usually don't stay cute once you are married and have to deal with them every day. In fact, small habits often grow into bigger habits once they are indulged.

The book *Everything You Know About Love and Sex Is Wrong* describes a study done by Professor Diane Felmly at the University of California-Davis. The researcher asked people why they married and then why they divorced. The reasons for both were often quite similar. The only difference is that what was once sweet had now turned sour.

For example, a person might say: "I married him for his incredible sense of humor." When asked why they broke up, she might say: "He was always silly, he was a lightweight." Another person might cite her partner's creativity and spontaneity as a big attraction, but later said of her spouse that he was "a dreamer" who "couldn't stick with any one thing, couldn't plan anything ahead of time."

So it wasn't that these people didn't know who they married.

Their spouse hadn't changed, but their tolerance of their habits had changed. What was a minor annoyance before they married, became a major reason for their breakup later on.

Frankly, I believe one of the real tests in a marriage are the minor annoyances of everyday life because they accumulate day after day. A quirky habit might be even attractive when you first encounter it, but with daily repetition can become annoying and irksome.

A related issue is the iceberg problem. Most of the mass of an iceberg is below the surface. Likewise, most of the really difficult problems a person may have will stay below the surface during the dating and courtship phase of a relationship. Many couples, in fact, awake on their honeymoons to an entirely different person than the one they thought they married.

Here are a few issues to consider:

- *Cleanliness: what might at first seem like an admirable lack of vanity may indicate a general lack of personal hygiene.*
- *Neatness: although keeping things in order may seem like a small thing, it can develop into a major problem in marriage reminiscent of scenes from "The Odd Couple."*

The bottom line is this: consider the long-term impact these little annoying habits will have in your marriage, *before* you get married.

Living Together

Next I would like to look at the question of living together before marriage.

In our society today, cohabitation has become an extension of dating and courtship. Couples see living together as an

audition for marriage, reasoning that you want to get to know someone intimately before you marry them. Although the logic seems sound, it not only goes against biblical injunctions but against sound sociological research.

A 1999 study by sociologists David Popenoe and Barbara Dafoe Whitehead released through the National Marriage Project at Rutgers University confirms earlier studies about the danger of cohabiting and added additional detail. They found that cohabiting appears to be so counterproductive to long-lasting marriage that unmarried couples should avoid living together, especially if it involves children. Whitehead says that living together is "a fragile family form that poses increased risk to women and children."

Part of the reason for the danger is the difference in perception. "Women tend to see [living together] as a step toward eventual marriage, while men regard it more as a sexual opportunity without the ties of long-term commitment." And people who live together in uncommitted relationships may be unwilling to work out problems, and instead will seek less fractious relationships with a new partner.

The National Institute for Healthcare Research has found that couples who live together and then marry report less satisfaction in their marriages than other couples. Scott Stanley at the University of Denver has found that cohabiting couples who get married have a significantly higher rate of divorce than those who did not live together. (*A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. Josey-Bass, 1998)

Couples argue that living together will provide important information about how a partner will behave and interact once married. But a cohabiting person may be quite different from a person within marriage. Marriage is a commitment for life, while cohabitation is usually a commitment for a season. That makes a big difference in a relationship. It's like the

difference between being in a play and auditioning for the play. In the first example, you are in the stage production and working to make the play the best it can be. In the second example, you are trying out for the play and have much less invested.

Couples may also argue that they can live together and eventually get married when they are ready for children. But will that day ever come? The living together arrangement actually erodes a foundation of commitment rather than strengthening it. And if the woman becomes pregnant during cohabitation rather than marriage, it is less likely that the children will have a legal (and committed) father.

Living together before marriage may sound like a good idea, until you look at the facts.

Got Problems? Have Kids

Finally I would like to conclude by focusing on the idea that children bring a couple closer.

To begin, let's acknowledge that Psalm 127:3 says that children are a gift from the Lord. Children are wonderful. A Christian family with children is delightful.

The issue here is the prevailing belief that bringing a child into a relationship that has problems will improve the situation. There is good evidence to believe that is not the case. If anything, a child can increase the tensions that are already present. Pepper Schwartz in her book *Everything You Know About Love and Sex Is Wrong* believes this may be the most damaging myth of the 25 myths she addresses in her book.

The fantasy that children will increase love and intimacy needs to be balanced by the reality that child-rearing also involves time and energy that can increase stress, fatigue, and worry. It will also decrease privacy and communication between partners. Unfortunately, many young couples may

underestimate the impact of children on their marriage and be unprepared for the constant daily attention necessary to be a successful parent.

While having a child may be one of the most intimate things a man and a woman can do, the erosion of intimacy after the child arrives often surprises many couples. Even before the child arrives, a pregnant mother often begins to feel fat and unattractive. Once the baby arrives, she must give most of her time and attention to the child. On the positive side, she is madly in love with the child but may tend to squeeze her husband out of the picture. On the negative side, she may be so exhausted from caring for a child all day that she has little energy left for her husband.

Even good marriages must work hard not to allow their marriage to be pulled into two parallel worlds. It is natural to begin to divide tasks and focus on those, but couples need to schedule "date nights" and "talk times" to make sure their two worlds intersect. Isolation is a natural drift in any marriage. Children and children's activities can increase isolation if marriage partners don't attempt to counter-program against the pressures that naturally will push a couple apart.

Couples should also plan ahead for a time when children are not a constant focus of the marriage. In my article on [*The Second Half of Marriage*](#), I talk about the time when children begin to leave the nest. No longer does the marriage have to be child-focused. It should return to a partner-focused marriage. Even while a couple is traveling through "the valley of the diapers," they should keep a clear focus on the need to invest time, energy, and emotions in their partner.

Children are a gift from the Lord, but couples should understand their impact on a marriage. If a marriage has problems, having children will not bring that couple closer.

Marriage Test

Is your marriage in the danger zone? How would you know? This article provides a marriage test to help you evaluate your marriage and see if you might need to obtain information or counsel about improving your marriage.

A few years ago I addressed the issue in an article titled, "[Why Marriages Fail](#)." The material came from PREP, which stands for the "Prevention and Relationship Enhancement Program" developed at the University of Denver. The material was originally published in a book entitled *Fighting for Your Marriage*, and has been featured on numerous TV newsmagazine programs like *20/20*. There is also a Christian version of this material found in a book written by Scott Stanley entitled *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*.

Marriage Test

I want to extend that discussion by providing a test you can apply to your marriage. It is loosely based on a questionnaire developed by Howard Markman at the Center for Marital and Family Studies. There are fifteen questions you answer by giving your marriage points. At the end you total the points to see how your marriage is doing. If your total is positive, you are doing well. If it is negative, then you may need to do some work and perhaps seek counseling.

The first three questions have to do with your background. Many of us come into a marriage without considering our previous family and marital backgrounds. The truth is that we

are not blank slates when we get married. Our background does have an influence on our marriage.

The first question is about cohabitation. Living together before marriage could signal a lack of commitment. In fact, numerous studies show that living together can have a detrimental effect on a marriage. Often poor communication patterns are developed in such a living arrangement that carry over into marriage. Here's how you score the first question. If you moved in before the wedding give your marriage a 1. If you waited until after marriage, give your marriage a +1.

The second question involves your parents' marriage. Poor communication and conflict-management skills can be inherited from parents. If your parents had a poor marriage, give your marriage a 1. If they had a strong marriage, give your marriage a +1.

The third question involves a previous marriage that ended in divorce. It turns out that one of the best predictors for divorce is a previous divorce. Divorcing once could mean a willingness to divorce again. If you had a previous marriage, give your marriage a 1. If this is your first marriage, give it a +1.

Religion and Finances

The fourth question involves religion which can be the source of strength or strain in a marriage. Religion provides support for marriage and usually discourages divorce. But practicing separate ones can add strain. If you don't practice religion, give yourself a 2. If you practice different religions, give yourself a 1. If you both attend church regularly, give yourselves a +2.

Question five concerns finances. Money is the number one cause of fights in a marriage. Frequently these differences can lead to marital disharmony or disruption. If you and your spouse

fight about money, give your marriage a 1. If you generally agree about spending, give your marriage a +1.

The sixth question also involves finances. In particular it deals with income. Some men aren't comfortable when the wife is the family breadwinner. If the wife earns more in your marriage, give yourself a 1. If the husband earns more, give yourself a +1.

The seventh question is about your current age. Simply put, older couples are less likely to divorce. If your current age is under 30, give yourself a 1. If you are over 40, then give yourself a +1. If you are over 60, give yourself a +2.

The eighth question is about the length of your marriage. The longer you are married, the less likely you are to split. If you are married less than five years, give yourself a 1. If you have been married five to ten years, give yourself a +1. If have been married more than ten years, give yourself a +2.

Well, that's the first eight questions. As you can see these questions focus on all sorts of issues that engaged couples rarely consider, but can be significant indicators of marital success. Keep track of your score and see how your marriage is doing. Although this is not an exhaustive questionnaire, the answers to these questions give you a quick look at how your marriage is doing.

Support and Family

The ninth question concerns support for your marriage. A lack of support from family or friends for your marriage creates tension and can cause a couple to question their relationship. Was your family supportive of this marriage? Did your friends support your choice in a marriage partner or were they concerned about your choice? If family and friends disapproved, give your marriage a 1. If family and friends approved, give your marriage a +1.

The tenth question revolves around changes in the family. Family additions or changes can impact a marriage. Having a baby, adjusting to an empty nest, or moving Grandma in adds stress. If you have had a recent family change, give your marriage a 1. If there have been no big changes, then give your marriage a +1.

The eleventh question deals with conflicting attitudes. Opposing views on key issues in a marriage can cause division. Differences about commitment, beliefs, or expectations are just a few issues that can affect a marriage. If you mostly disagree with each other, give yourself a 2. If you are split about half-and-half, give yourself a 0. If you mostly agree, give yourself a +2.

The twelfth question concerns confidence. Feeling assured that relationships will survive anything can help couples through. If you are doubtful the marriage will last, give your marriage a 2. If you are pretty confident, give your marriage a 0. If you think your marriage will never fail, give yourself a +2.

Marital Communication

The thirteenth question involves marital communication. It's best if a couple can talk openly about problems without fighting or withdrawing. If you always fight rather than talk about problems, then give yourself a 2. If you sometimes fight, give yourself a 0. If you mostly talk rather than fight, give yourself a +2.

The fourteenth question deals with happiness. Feeling fulfilled in marriage is critical. If you are unhappy in the relationship, give yourself a 3. If you are not consistently happy, give yourself a 0. If you are happy in a relationship, give yourself a +3.

The fifteenth question deals with sex. Being unsatisfied with frequency or quality can create tension in a marriage. If you

are unsatisfied with your sex life, give your marriage a 1. If you are satisfied, give yourself a +1.

Well, that's the test. If you have kept track of your answers to these questions, you should have a score. If your score is positive, especially if it is +5 or higher then your marriage is doing well. If your score is negative, then you may want to work on your marriage. That might mean reading a book on marriage, attending a marriage conference, or seek out counseling. That might be helpful even if you had a positive score, but it would be essential if you did not have a positive score.

As I mentioned previously in the article on [“Why Marriages Fail,”](#) you should not be discouraged by a negative score. The research does show which marriages might have trouble, but that does not suggest that there is nothing we can do about it. As the book of James reminds us, it is not enough to just believe something, we must act upon it (James 1:25, 2:15-18, 3:13). So let's talk about what we can do.

Steps to Change

We have been talking about marriage and helped you to evaluate your marriage by taking a marriage test. The first few questions dealt with our marital background. Specifically the questions focused on cohabitation, your parents' marriage, and previous divorce. We do not come into a marriage as a blank slate. Our previous experiences do influence the way we interact with our spouse. Obviously, we can change our behavior but we have to make a concerted effort to do so or else we will fall back into patterns that may adversely affect our marriage.

Many of our other questions dealt with the current status of your marriage. This included such issues as religious background, finances, age, the length of your marriage, support for your marriage, changes in your family, conflicting

attitudes, confidence, marital communication, happiness, and sexual satisfaction. Again, many of these factors can be changed with a desire and plan to do so. But if we do not change our behavior then we will fall back into patterns that could be detrimental to our marriage.

I hope you will take the time to act on the results of this test. Most of us go through life and go through our marriages on auto-pilot. We set the controls and then fall back into a pattern that is the result of our background and current circumstances. Perhaps this marriage test will encourage you to work on your marriage. Perhaps this test will show your spouse that there are some issues you need to address.

The sad social statistics about divorce show that many marriages fall apart for lack of adequate attention. Every year a million couples end up in divorce court. Yet if you asked them if that would be how their marriage would end, very few would have predicted it on their wedding day.

Most people get married because they want their marriage to work. Unfortunately, many of those marriages fail. Some fail because of poor marital communication. If you identify that as a problem, then I encourage you to read my article on [“Why Marriages Fail.”](#) If you want to identify other potential problems, I encourage you to take this test with your spouse and then talk about the results. I pray that you will use this test to alert you and your spouse to any danger signs and then begin to change your habits and actions so that your marriage will be successful.

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