# 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 cohabitors were 46 percent more likely to divorce than marriages of non-cohabitors. 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 Corinthians11:31-32). 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**


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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
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4. money.usnews.com/money/personal-finance/family-finance/articles/what-is-a-cohabitation-agreement
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9. Stephen Nock, “A Comparison of Marriages and Cohabiting Relationships,” *Journal of Family Issues* 16(1995), 53-76.
10. Catherine L. Cohan and Stacey Kleinbaum, “Toward A Greater Understanding of the Cohabitation Effect: Premarital Cohabitation and Marital Communication,” *Journal of Marriage and Family* 64(2002), 180-192.
11. Lee Robins and Darrel Reiger, *Psychiatric Disorders in America* (New York: Free Press, 1990), 72.
12. Andrew Greeley, *Faithful Attraction* (New York: Tom Doherty, 1991), 206.
13. Elizabeth Thompson, T. L. Hanson, and S.S. McLanahan, “Family Structure and Child Well-Being: Economic Resources versus Parental Behaviors,” *Social Forces* 71(1994), 221-242.

## Additional Resources

Kerby Anderson, *Christian Ethics in Plain Language*, Nashville, TN: Thomas Nelson, 2005, chapter thirteen.

Jeff Van Goethem, *Living Together: A Guide to Counseling Unmarried Couples*, Grand Rapids, MI: Kregel, 2004.

Glenn Stanton, *The Ring Makes All the Difference: The Hidden Consequences of Cohabitation and the Strong Benefits of Marriage*, Chicago: Moody Press, 2011.

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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[This article is an updated version of Kerby’s 2003 transcript titled “Cohabitation.”]

# “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.

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# “Why Won’t My Sister Accept My Live-In Boyfriend?”

**Please help me answer this question?**

**I am a single parent (40 yrs old) of three children 16, 14, and 9. I have decided to live with my current boyfriend. I have taken all the pros and cons into consideration. So far it is going well. The only draw back so far has been my sister, her husband and 2 children. My sister and I are very close and spend a lot of time together. But since I have started dating again, 2 years with this one person (the only person I have dated by the way), I am not allowed to bring my boyfriend to her house. We are not allowed to do things with her children at all. I can understand that they would not want their children to spend the night or us to spend the night over there. I do not however understand why we can not spend time together as a family as we have in the past. Going to Six Flags, etc…. We do not hug or kiss, we may on occasion hold hands. I understand this is a moral issue, living together.**

**Can you please explain why I can’t spend time with my niece and nephew?**

**P.S. My family is Catholic. When I married the first time I**

**married into a different church. My family is Catholic. I was married for 19 years. Been divorced for about 2 1/2 years and have been dating my current boyfriend for much of that time.**

Dear _____,

I'm sort of wondering why you're asking US instead of your sister. . .??!

My guess is that your sister is extremely uncomfortable with your choice of an immoral lifestyle and she is concerned that doing things together as if you were married might communicate to her children that immorality is okay. Many people are not confident that their kids can handle (or that they can teach) both the belief that "we love our family member" and "that family member is doing wrong things that we deeply disagree with."

I noticed you used the term "moral issue," but my guess is that your sister is thinking of it as an IMmoral issue. Which, to be blunt, it is. Living together outside of marriage is sin. You said you took all the pros and cons into consideration, but apparently you didn't, since you could not possibly foresee how other people would react to your choice.

I hear the hurt in your "voice," and I am sure that it weighs very heavily on you. Unfortunately, that's one of the consequences of making choices that do not align with God's intentions and commands for us. Sin causes pain and always ends up affecting more people than just ourselves. Your sister may be concerned about the effect of your lifestyle choice on your children as well, since you are teaching them that living with someone you're not married to and not committed to is a good thing. As a mother, your sister may be concerned about the impact your children's attitude and perspective may have on HER children as a result of what you're modeling to your own kids.

By the way, I don't think this issue has anything to do with

denominations. It’s a people issue and it’s a moral issue. You could substitute any mix of religious traditions and have the same heartbreak over this situation.

If you were looking for comfort, I’m sure this isn’t what you were hoping for, but it DOES align with what the Word of God says. He grieves over your choice just as He grieves over the pain you are experiencing because of it.

I hope this helps.

Sue Bohlin
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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 Femly 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.

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