

Christ-Followers Value Marriage

Matt 5:31-32 - *“Furthermore it has been said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’³² But I say to you that whoever divorces his wife for any reason except sexual immorality causes her to commit adultery; and whoever marries a woman who is divorced commits adultery.”*

Biblical View of Marriage and Divorce

God Views Marriages as an Eternal Covenant

Malachi 2:13-14 – *And this is the second thing you do: You cover the altar of the Lord with tears, with weeping and crying; so He does not regard the offering anymore, nor receive it with goodwill from your hands.¹⁴ Yet you say, “For what reason?” Because the Lord has been witness between you and the wife of your youth, with whom you have dealt treacherously; Yet she is your companion and your wife by covenant.*

Gen 2:21-24 - *And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place.²² Then the rib which the Lord God had taken from man He made into a woman, and He brought her to the man.²³ And Adam said: “This is now bone of my bones and flesh of my flesh; she shall be called Woman, because she was taken out of Man.”²⁴ Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.*

Matt 19:6 - *So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.*

Biblical Grounds for Divorce

Sexual Immorality

Matt 5:31

Abandonment

1 Cor 7:15 - *But if the unbeliever departs, let him depart; a brother or a sister is not under bondage in such cases. But God has called us to peace.*

Abuse

Luke 4:18-19 - *“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight*

to the blind, to set at liberty those who are oppressed; ¹⁹ To proclaim the acceptable year of the Lord.”

Primary Contributor to Divorce

Hardness of Heart

Matt 19:1-9 - *Now it came to pass, when Jesus had finished these sayings, that He departed from Galilee and came to the region of Judea beyond the Jordan. ² And great multitudes followed Him, and He healed them there. ³ The Pharisees also came to Him, testing Him, and saying to Him, “Is it lawful for a man to divorce his wife for just any reason?” ⁴ And He answered and said to them, “Have you not read that He who ¹made them at the beginning ‘made them male and female,’ ⁵ and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? ⁶ So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.” ⁷ They said to Him, “Why then did Moses command to give a certificate of divorce, and to put her away?” ⁸ He said to them, “Moses, because of the hardness of your hearts, permitted you to divorce your wives, but from the beginning it was not so. ⁹ And I say to you, whoever divorces his wife, except for sexual immorality, and marries another, commits adultery; and whoever marries her who is divorced commits adultery.”*

Benefits of a Valued Marriage

A Valued Marriage Provides Emotional Health

The most recent rigorous research suggests that marriage reduces depressive symptoms for both men and women. In particular, these studies find that getting married decreases depressive symptoms, while getting divorced increases them. Research has also documented that increases in depressive symptoms after divorce are long-lasting and that the prevalence of these symptoms remains elevated years after the marital breakup.

“The Effects of Marriage on Health: A Synthesis of Recent Research Evidence”

Government Office of the Assistant Secretary of Planning and Evaluation

Research spanning decades and cultures consistently shows that marriage can protect psychological well-being, reduce depression, and provide social support.

“How Marriage Influences Mental Health: Benefits and Challenges”
Psychology.Town

Research published in the Journal of Family Psychology notes that married individuals have a readily available source of companionship, and their overall health across the life course tends to be superior to that of their unmarried counterparts. This support functions as a buffer against everyday stressors and helps individuals recover more quickly from setbacks.

Biblical Examples:

Zacharias and Elizabeth

Mary and Joseph

A Valued Marriage Provides for Healthy Families

High-quality research shows that children raised by married parents are, on average, more likely to experience better mental and physical health, stronger relationships with their parents, greater happiness in childhood and later life, and lower rates of delinquent behavior. They are also less likely to later divorce themselves.

“Why your marriage matters for your child’s mental health.”

~ Rachel Medefund

Decades of research evaluating the impact of family structure on the health and well-being of children demonstrates that children living with their married, biological parents consistently have better physical, emotional, financial, and academic well-being. The emotional, physical, and financial well-being of biological parents is also enhanced when they are married to each other.

~ American College of Pediatricians

A Valued Marriage Testifies of the Gospel

Eph 5:22-32 - Wives, submit to your own husbands, as to the Lord. ²³ For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴ Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. ²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself for her, ²⁶ that He might sanctify and cleanse her with the washing of water by the word, ²⁷ that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. ²⁸ So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. ³⁰ For we are members of His body, of His flesh and of His

bones.³¹ *“For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.”*³² *This is a great mystery, but I speak concerning Christ and the church.*

Foundational Elements of a Valued Marriage

Mutual Submission

Eph 5:21 - *submitting to one another in the fear of God.*

Love & Respect

Eph 5:33 - *Nevertheless let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband.*

Christ's Lordship

Acts 2:36 – *“Therefore let all the house of Israel know assuredly that God has made this Jesus, whom you crucified, both Lord and Christ.”*

Rev 19:11 & 16 - *Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges and makes war. And He has on His robe and on His thigh a name written: KING OF KINGS AND LORD OF LORDS.*

Every Christian couple is called to live in wholehearted surrender to the lordship of Christ Jesus. That means both husband and wife fully commit themselves to His loving leadership, acknowledging Jesus as the center of their individual lives and their marriage.

~ Heavenmademarriage.com

Valuing marriage starts long before marriage.