

## Why Marriage Matters

Sex, as God's powerful gift, is designed to create a family within the safety of marriage, fostering deep trust and love. This lesson reveals how this sacred bond strengthens relationships and protects individuals, aligning with God's plan for lasting fulfillment.

## God's Design for Sex

God's design is for sex to take place within a lifelong, faithful marriage between one man and one woman. *"That is why a man leaves his father and mother and is united to his wife, and they become one flesh."* Genesis 2:24 NLT

- **Purposeful Design:** Sex is not just a moral standard—it's a practical and loving protection for everyone involved.
- **Monogamy:** It is the optimal relationship for humans.
- **Lifelong Commitment:** Sex is meant to happen after the promise of marriage, not before, to foster trust and love.

## Benefits of Marriage

Marriage provides what no other relationship can: a safe place for trust to grow, for love to deepen, and for children to thrive. Marriage teaches how to give up ourselves for our spouse. One of the hardest things to learn is how to serve your spouse – when you put your spouse's needs above your own you create a lasting marriage.

- **Family Stability:** Studies and experience both show that children do best when raised by their married mother and father.
- **Child Success:** Children are more likely to succeed in school, avoid poverty, and grow up emotionally stable.<sup>1, 2, 3</sup>
- **Mutual Giving:** In marriage, sex is not about taking—it's about giving, with both husband and wife called to love each other sacrificially and to care for any children that may come.
- **For Men:** Marriage sculpts them into harder workers, good providers and money savers – it also lowers their drug use.
- **Health Benefits:** There are incredible physical and psychological effects in marriage.
- **For Women:** Marriage lowers the risk of domestic abuse compared to those cohabitating.
- **Disclaimer:** If you are currently married and your relationship does not reflect a healthy marriage, this lesson may prompt you to evaluate your situation. If you suspect abuse or feel unsafe, seek help from a trusted counselor or support organization.

## Cultural Challenges

Today's culture, birth control, and hookup culture have changed how people approach relationships, often leading to hurt and instability.

- **Hookup Culture Impact:** Many women now believe they can separate sex from commitment, but this leaves them to carry the emotional and physical consequences alone.
- **Birth Control Risks:** Birth control can give a false sense of security, leading women to trust the wrong man, stay in unhealthy relationships, or ignore red flags, often resulting in heartbreak, single motherhood, and damaged trust.
- **Protecting Your Future:** When sex is removed from the safety of marriage, everyone loses. God's plan hasn't changed. Marriage matters—because people matter. Your future marriage, your future children, and your own peace of mind are worth protecting.

## Key Points:

- Marriage is God's design for love, sex, and raising children.
- Sex outside of marriage often leads to pain, confusion, and broken trust.
- Children thrive when raised by their married mother and father.
- Birth control can weaken women's decision-making, causing them to overlook warning signs.
- Birth control has made it easier for men to avoid commitment.
- True protection comes not from pills or devices, but from God's wisdom and boundaries.
- Choosing abstinence until marriage honors your future, your faith, and your family.
- Marriage teaches us to be selfless.

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