

CHRISTIAN FELLOWSHIP CAN KEEP YOU HEALTHY

Researchers from the University of Utah found there's a price to pay when couples don't get along. Videotapes recorded 150 husbands and wives discussing sensitive issues (how money is managed or doing household chores) and found the following:

Women who buried anger rather than speaking out were more likely to succumb to heart disease than wives who were vocal, the study found. And when women became domineering and controlling, rather than seeking consensus, damage was done to husbands' coronary health.

Researcher Timothy W. Smith understood that there will be disagreements in a marriage, but how you handle yourself in resolving disagreements is important. "Can you do it in a way that gets your concerns addressed but without doing damage at the same time? That's not an easy mark to hit."

A British research project yielded remarkably similar results:

After a twelve-year study of British civil servants, most of whom were married, English researchers concluded that those with hostile intimate relationships were 34 percent more likely to experience chest pains, heart attacks, and other heart trouble.

Even after typical contributing factors such as obesity, smoking, and drinking were eliminated from the equation, those in troubled relationships were still at 23 percent greater risk for a heart attack.

"If you have good people around, it's good for your health," said lead researcher Roberto De Vogli. "If you have bad people around you, it is much worse for your health."

Hebrews 10:24-25 ²⁴ And let us consider how we may spur one another on toward love and good deeds. ²⁵ Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.