

World Marriage Day (February 9) 2025: Building a Strong Foundation for a Lifetime of Love

As World Marriage Day approaches, it's a fitting time to reflect on the significance of preparing for a lifelong commitment. Marriage is a journey that begins long before the wedding day, and pre-marriage education can play a vital role in setting the stage for a strong and enduring partnership.

Research underscores the value of preparation. One study found that couples who engage in relationship education and counselling are 80 per cent happier, on average, than those who do not. Other research published in 2017 found that couples who participated in pre-marriage programs reported 30 per cent higher relationship satisfaction and were significantly more likely to stay together long-term.

Meanwhile, statistics from the Australian Bureau of Statistics (ABS) indicate that one in three Australian marriages end in divorce, with communication issues being one of the most cited reasons. While no course can eliminate every challenge, studies suggest that pre-marriage education can reduce the likelihood of divorce by up to 31%, equipping couples with the skills to navigate difficulties together.

Why Consider Pre-Marriage Education?

Participating in pre-marriage education offers couples:

- A chance to strengthen their connection and understanding of each other.
- Insights from trained relationship educators and counsellors.
- Evidence-based strategies for building a fulfilling and lasting marriage.
- A safe and supportive space to discuss future plans.
- Deeper personal awareness and understanding of communication styles and family backgrounds.

Voices from Experience

Many couples who have participated in pre-marriage education describe it as a valuable experience, offering fresh perspectives and renewed appreciation for each other.

"Being together for a long time, you sometimes forget the small things that you and your partner need. This course was a great refresher on how to nurture our relationship."

Another participant shared:

"We went in thinking we already knew each other so well, but the sessions gave us tools and insights that we hadn't even considered. It made us feel more confident about our future together."

Celebrate the Commitment

World Marriage Day is a tribute to love and commitment, but it also serves as a reminder that strong relationships don't just happen. They're built with care, understanding, and mutual effort. Taking the time to strengthen your bond before saying "I do" is not about anticipating problems; it's about investing in a future together with clarity and confidence.

Pre-marriage counselling isn't about changing who you are as a couple, it's about enhancing the love and connection you already share. Whether you're newly engaged or have been together for years, setting aside time for intentional reflection can only strengthen your relationship.

CatholicCare Sydney's Marriage and Relationship Education (MRE) program provides a supportive environment to explore topics such as communication, conflict resolution, family influences, and shared goals. Delivered by trained educators, it helps couples develop tools to navigate life together and strengthen their bond.

For more information, contact Nicola Batten, Manager, CatholicCare Sydney's Relationship and Family Education Program, at 02 9509 1234 or via email at mre@catholiccare.org. You can also visit our website at catholiccare.org.

Sources:

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