

# The Benefits of Being a Believer

Did you know that believing in God is actually good for your health and well-being? It's true. Recent studies show that there are benefits to being a believer. A solid religious faith strengthens family ties, helps to build closer couple relationships, even helps to forge stronger community connections. In good times our faith reminds us that we were created in God's image for the purpose of love; in tough times our faith is a foundation that grounds our very reason for being. Being a believer is good for more than just our souls!