

# Birth Control

## Overview

Children are one of the greatest blessings in life, and their birth into loving and nurturing families is central to God’s purposes for humanity. When husband and wife are physically able, they have the privilege and responsibility to bring children into the world and to nurture them. The decision of how many children to have and when to have them is a private matter for the husband and wife.

God has a plan for the happiness of all who live on the earth, and the birth of children in loving families is central to His plan. The first commandment He gave to Adam and Eve was to “be fruitful, and multiply, and replenish the earth” (Genesis 1:28). The scriptures declare, “Children are a heritage of the Lord” (Psalm 127:3). Those who are physically able have the blessing, joy, and obligation to bear children and to raise a family. This blessing should not be postponed for selfish reasons.

Sexual relations within marriage are not only for the purpose of procreation, but also a means of expressing love and strengthening emotional and spiritual ties between husband and wife.

Husband and wife are encouraged to pray and counsel together as they plan their families. Issues to consider include the physical and mental health of the mother and father and their capacity to provide the basic necessities of life for their children.

Decisions about birth control and the consequences of those decisions rest solely with each married couple. Elective abortion as a method of birth control, however, is contrary to the commandments of God.

## Related Topics

Abortion

## Scriptures

### Scripture References

Genesis 1:27–28

Moses 2:27–28

Abraham 4:27–28

### Scripture Study Resources

Topical Guide, “Birth Control”

## Guide to the Scriptures, “Birth Control”

### Learning Resources

#### **General Resources**

“Birth Control,” *Handbook 2*, 21.4.4

#### **Church Magazines**

“The Family: A Proclamation to the World,” *Ensign* or *Liahona*, May 2017

“Strengthening the Family: Multiply and Replenish the Earth,” *Liahona*, April 2005