

I think burial is a preferred option to the Lord(dust you came from and dust you shall return). Is it and why?

In the ancient world and among pagans, idolaters and animists cremation was the usual method of disposing of the bodies. Often the body was thought not to matter.

Jews and Christians rather uniquely buried their dead because they believed in the resurrection. They didn't despise the body but believed that like a seed sown in the ground God will raise us. For them burial was an act of faith. In fact one of the things the Romans noticed about the Christians was the loving way that they respectfully disposed of the body.

At the end of the day Christian may cremate or bury and still be raised. I personally believe that we reflect our Christian faith and the Bible's teaching better in burial (which is my choice). I understand why some people prefer cremation but I think we do better to express our faith in the resurrection by having burials rather than cremations.