

Teleios evaluated the benefit of Christianity on general wellbeing and specific aspects of daily living in healthy populations.

In the 43 articles we reviewed we explored the influence of religion on:

- General wellbeing
- Specific Christian measures of adherence and wellbeing
 - Effect on life measures



There was a positive effect of religion in the lives of generally healthy individuals, seen in all age groups, genders, African-American and Caucasian races and included improvements in:



Improvements were observed in specific areas of life such as family, career and socialization.







Why would Christianity provide an improved wellbeing?

- ❖ The confidence of God's acceptance can help remove guilt and insecurity about an individual's eternal standing before God.
 - Importantly the Bible states we can be secure in our relationship with God because He sacrificed his Son as a free gift so all our sins may be forgiven.
 We access this free gift of forgiveness and salvation through our faith alone (Ephesians 2:8-9, Romans 3:21-26).





❖ In daily life Scripture offers advice on benefits of proper living in regards to family life, career, ethical choices, and treatment of others (i.e., forgiveness, thankfulness, etc.).



Conclusions

Christianity provides enhanced wellbeing across various age and ethnic groups for general wellbeing and specifically in relationships and career.

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