

Practicing Christians Have Better Wellbeing and Less Guilt!



Teleios surveyed a Bible-believing church to assess the influence of guilt on wellbeing associated with adherence and knowledge of faith

WHAT WE DID

Subjects were surveyed on:

- Wellbeing traits that appear in Scripture
- Adherence questions showing participation in activities or Biblical beliefs that help guide Christian faith (i.e., fellowship, Bible study, teaching others, prayer and praise)
- Questions related to guilt

WHAT IT SHOWED

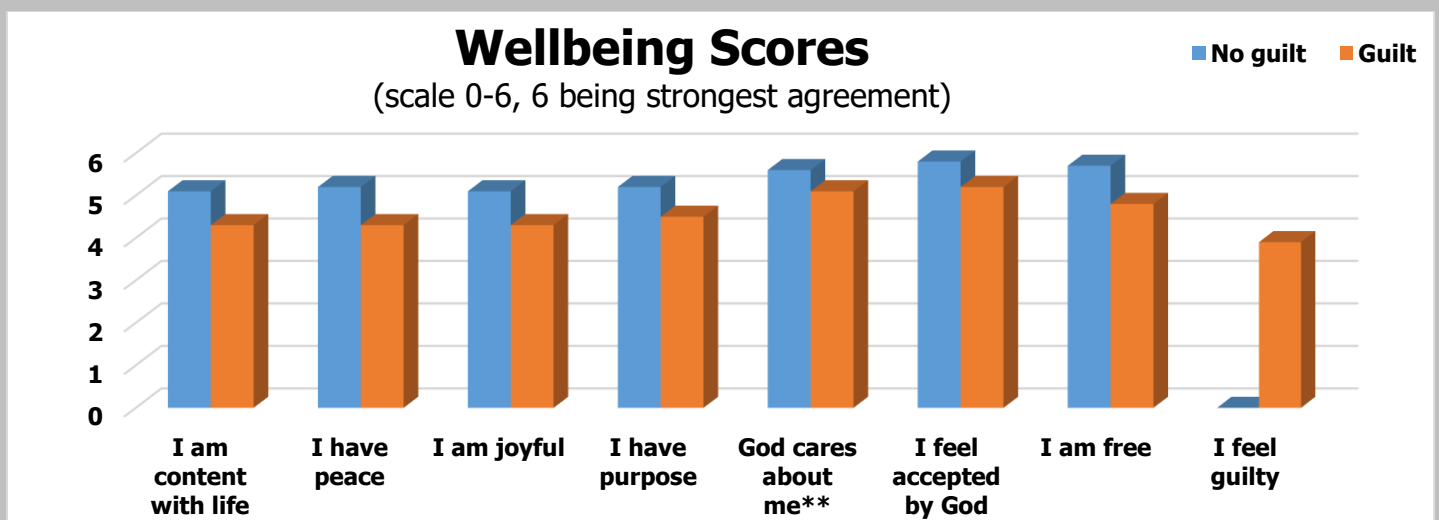
Participants

- 319 subjects participated in the survey. The population was predominantly Caucasian, female and self-described "born-again" Christians.

Wellbeing

- This graph reveals the wellbeing scores divided between those who felt some level of guilt (orange) and those who did not (blue). There was a highly statistical difference with all questions ($P < 0.0001$) except 'God cares about me' ($P = 0.18$)**.

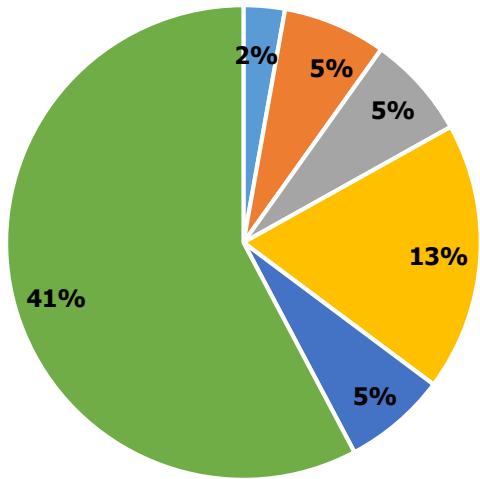
Those with 'no guilt' had higher scores indicating better wellbeing!



Guilt

- This pie chart displays the most common reasons for guilt with the highest being uncertainty that current good works are enough to assure God's continued satisfaction.

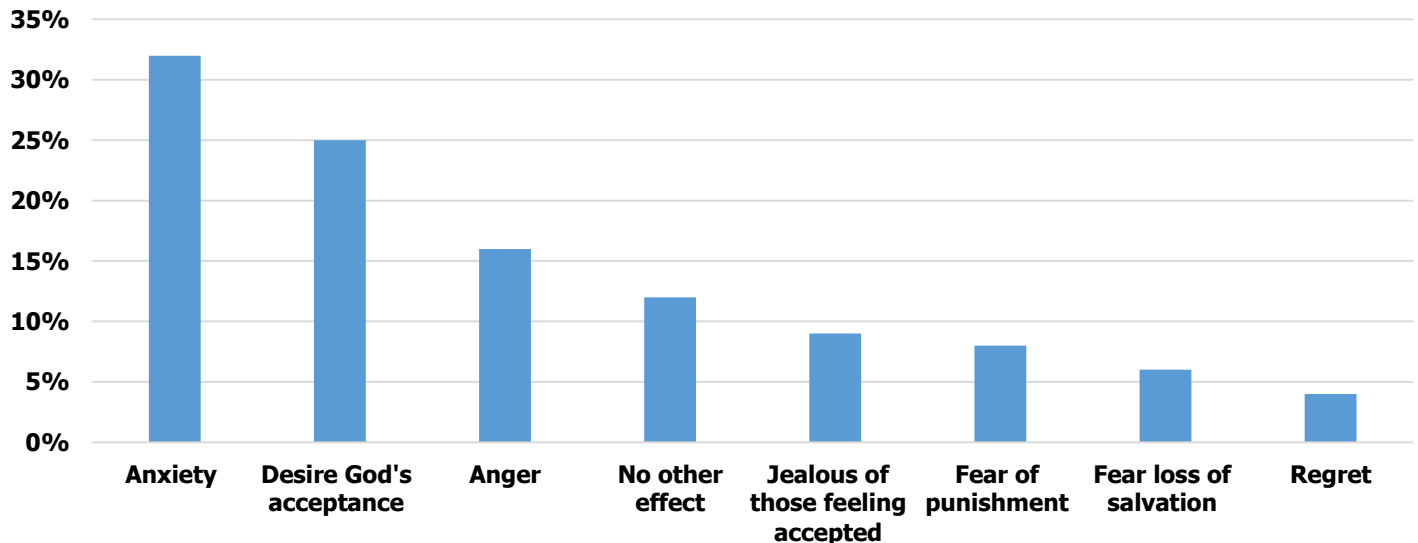
Reason for Guilt



- God has never forgiven me for my sins
- I am forgiven through faith in Christ, but I am unsure if my past sins really are forgiven
- I am forgiven through faith in Christ, but I have committed sins since that may not be forgiven
- I am forgiven through faith in Christ, but I commit sins that I do not want to stop
- I am forgiven through faith in Christ, but I fear God is angry over current sin and does not hear my prayers
- I am forgiven through faith in Christ, but I am unsure if He is satisfied with my current good works

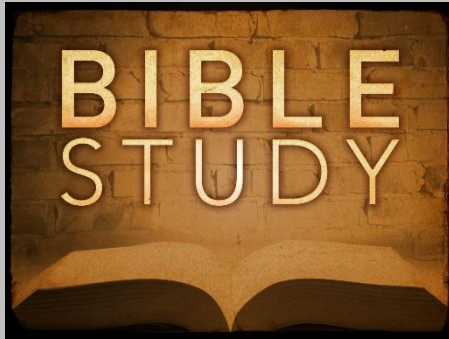
- The following graph shows the most common response to guilt with anxiety being the highest, followed closely by a desire for complete acceptance by God.

Response to Feelings of Guilt



Effect of Practicing Christianity (Adherence)

- When wellbeing scores were compared to adherence scores for basic practices of Christianity (i.e., beliefs about heaven and salvation as well as fellowship, Bible study, prayer, praise, teach and share) those with the highest adherence demonstrated better wellbeing measures, especially those who frequently participated in Bible study or praised God ($P < 0.001$). The comparisons with the most significance are highlighted in yellow in the table.



Selected Wellbeing Questions	Selected Adherence Questions									
	Belief in Salvation		Study Bible		Pray to God		Praise God		Teach	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
I am content with life	4.5	4.7	4.8	4.3	4.6	4.4	4.6	4.3	4.5	4.7
I have peace	4.6	4.7	4.8	4.4	4.6	4.4	4.7	4.3	4.5	4.6
I am joyful	4.5	4.7	4.7	4.4	4.5	4.5	4.7	4.2	4.6	4.3
I feel accepted by God	5.5	5.2	5.5	5.3	5.4	5.2	5.4	5.3	5.3	5.3
I am free	5.1	4.9	5.3	4.9	5.2	4.7	5.2	4.8	4.9	4.8
I feel guilty	4.6	4.2	4.9	4.3	4.6	4.3	4.8	4.2	4.3	4.5

* Yellow highlights indicate higher wellbeing associated with greater Christian practice.

WHAT IT MEANS

Christians who show commitment to their faith through Bible based activities (i.e., fellowship, Bible study, teaching others, prayer and praise) demonstrate better wellbeing and less guilt!

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