

# Sharing the Gospel Boosts Wellbeing!

Wow, don't be afraid ... new research reveals that Christians gain good feelings from explaining the Gospel!

## WHAT WE DID

Teleios surveyed 370 participants. Participants were asked questions regarding:

- wellbeing
- adherence to their faith
- attitudes toward sharing the gospel

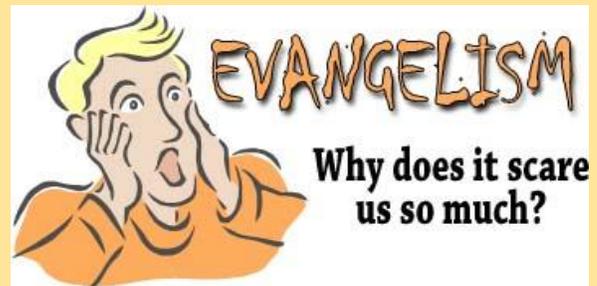


## WHAT WE FOUND

### Wellbeing

Participants showed high ratings of personal characteristics that would indicate good wellbeing (score of 4.6/6.0 or higher):

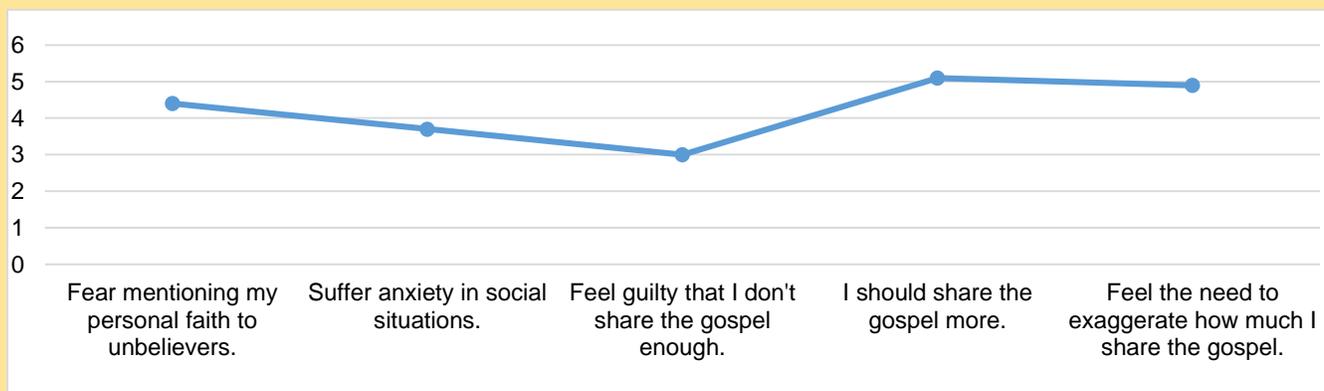
- contentment
- personal peace
- joy
- sense of purpose



### Sharing the Gospel - *Fear!!!*

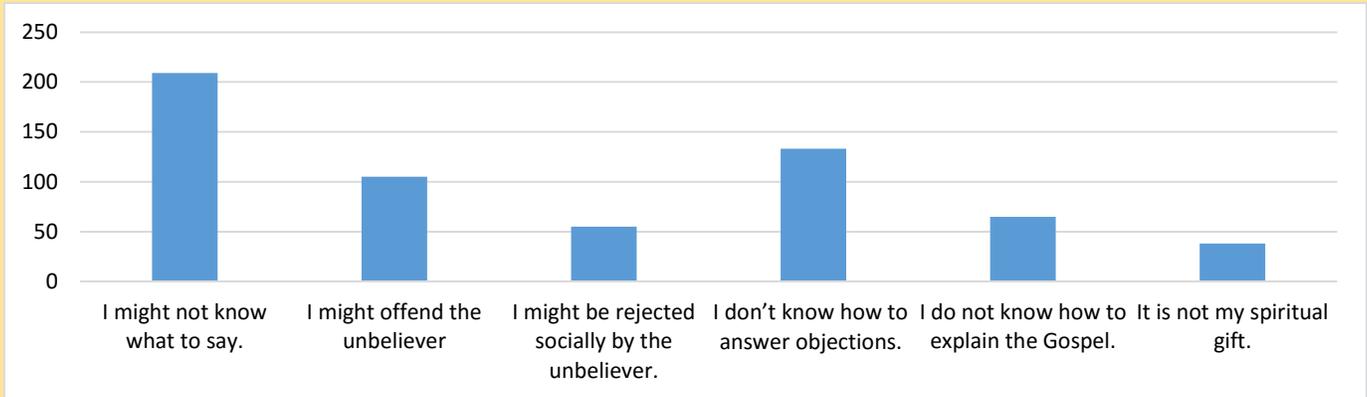
Almost all (96%) participants said they feared 'sharing the gospel.' Other scores are shown in Figure 1.

**Figure 1: Scores for questions about fear  
(higher numbers indicate agreement with the statement)**



The greatest reason for fear of explaining the gospel was related to not knowing what to say (56%). Other reasons are shown in Figure 2.

**Figure 2: Reasons for not sharing the Gospel**  
 (vertical axis indicates number of respondents agreeing with statement)



***However, those sharing the Gospel had better wellbeing! WOW!***

**Wellbeing ratings vs. sharing the gospel monthly or more**

Question	Share	Do not share	P-value
Content	4.8	4.5	0.007
Peace	5.0	4.5	0.0004
Joy	5.0	4.4	<0.0001
Purpose	5.3	4.8	0.0001

**Further, those sharing the Gospel were more adherent to other aspects of their Christian walk! (P<0.0012):**

- study the scriptures
- praise
- teach others

## WHAT IT MEANS

- This study suggests that born again Christians have generally high ratings of characteristics that suggest good wellbeing.
- Although Christians may fear sharing the gospel, those who do so show better wellbeing than those who do not.
- Sharing the gospel was associated behaviors reflective of a more obedient lifestyle to God.

*For a copy of this infographic for your own use please [click here](#).*