

Evangelicals – do you want better wellbeing? Look at these amazing results!

Teleios Inc surveyed evangelical Christians to evaluate how well they can express confidence in salvation, and associations with wellbeing and adherence to their faith.

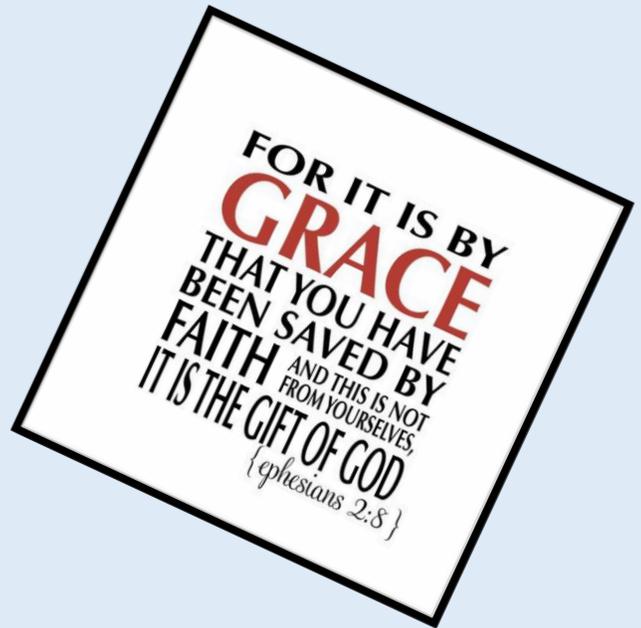
WHAT WE FOUND

1526 evangelical respondents completed a survey advertised on the Instagram app Instapray.

The majority of respondents:

- Female - 70%
- Had at least some college education - 53%
- Average age - 23 years
- Evangelical - 73%

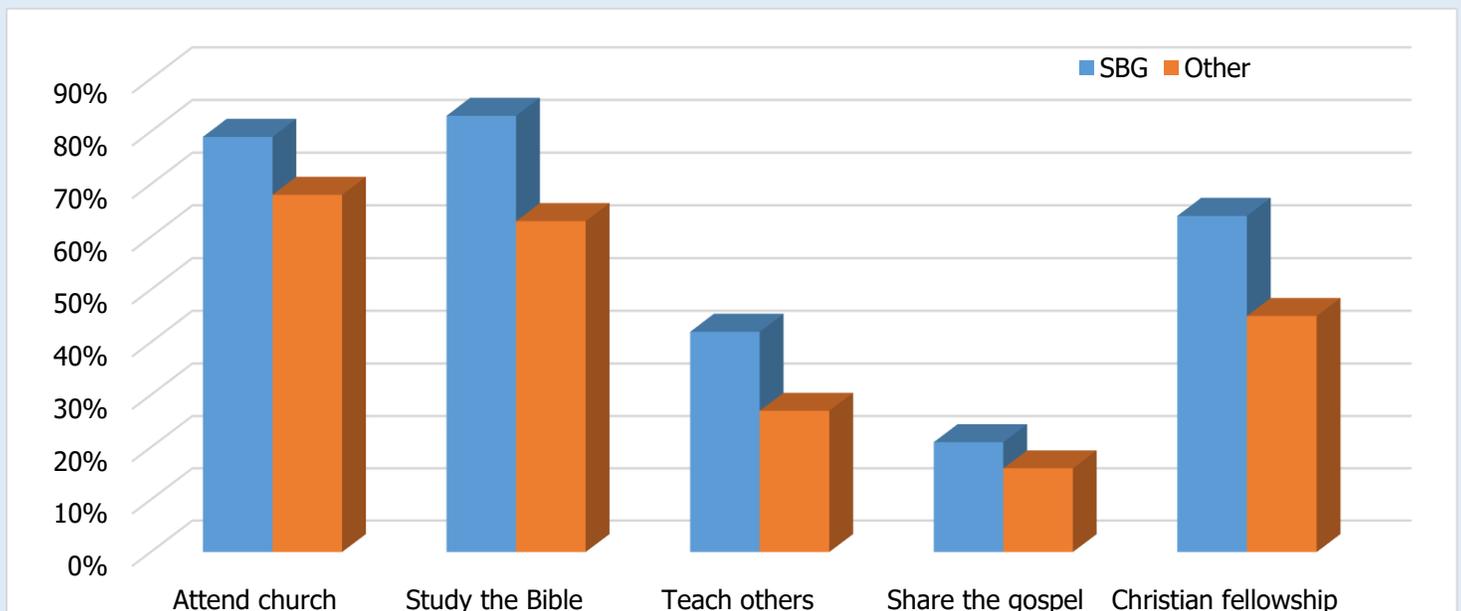
Those who said they were “saved by grace” were compared to all others who did not describe their salvation as saved by grace (SBG).



Look at 4 fascinating findings for those saved by grace!

1. Practiced their faith - SBG adhered more to the practice of their faith ($P > 0.001$)

Adherence to faith (values represent participation once or more per week)



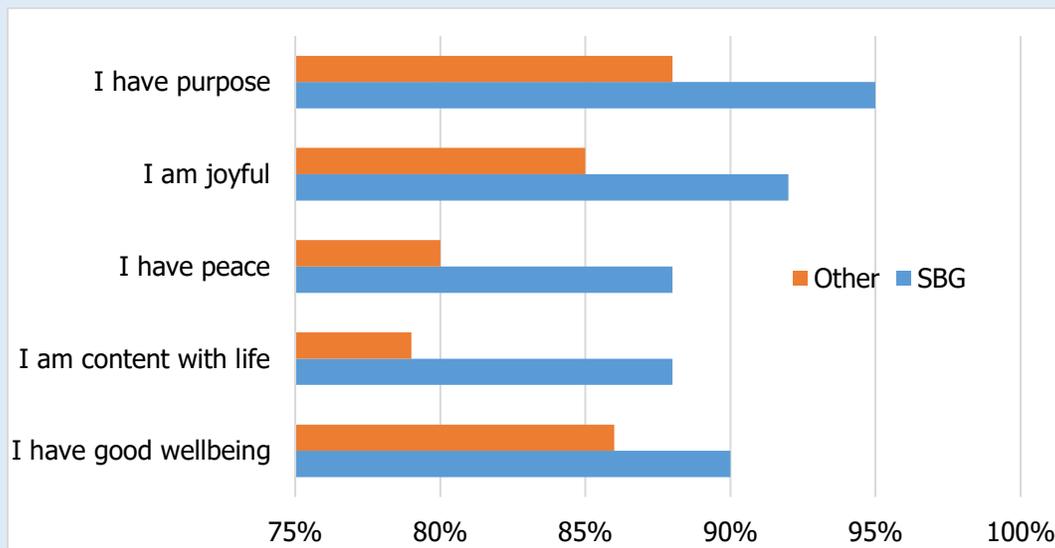
2. Secure in salvation - SBG had greater knowledge of security of their salvation ($P>0.001$).

Response to 'I can lose my salvation due to:'

Answer Options	SBG	OTHERS
Committing too many different varieties of sins	5%	14%
Committing the same sin too many times.	5%	16%
Committing a really bad sin	3%	11%
Any combination of the above 3 responses	12%	17%
Not following scripture	15%	20%
Not making Jesus Lord of my life	44%	47%
Nothing. Salvation cannot be lost	51%	27%

3. Better wellbeing - SBG enjoyed better wellbeing, contentment, peace and joy ($P>0.01$).

Wellbeing values



4. Less guilt - SBG expressed less guilt than other participants ($P=0.001$).

Responses to 'Why do you have guilt?'

Answer Options: 'I think my sins are forgiven through faith in Christ, but....'	SBG	OTHERS
I am unsure if they are really all forgiven	3%	10%
I have committed sins since, and I am unsure they are forgiven	6%	14%
I am still committing sins that I really do not want to stop	16%	25%
I have committed sins since I believed, I fear God is angry, so I am unsure He hears or answers my prayers	13%	23%
I am unsure if my current good works are enough to satisfy God	11%	20%
I do not have guilt	35%	25%

WHAT IT MEANS - Peace and joy!

Young evangelicals should be confident in their salvation and routinely practice their faith to improve wellbeing.

Having faith that you are saved by grace through Jesus Christ improves your wellbeing!



Establishing evidence for the positive results of a God-based lifestyle

If you are not a Christian or do not understand that salvation is a gift from God...keep reading!

- Each person has done misdeeds (sin) that deserve judgment and punishment from a perfect and just God.
- However, God being loving, sent his Son, Jesus Christ, to die for our sins on the cross to take the punishment that we deserve.
- Consequently, God will see us without sin by accepting through faith the forgiveness that Christ provided by his death on the cross. This gracious forgiveness heals our relationship with God, allowing us to obtain eternal life! (Ephesians 2:8-9, Romans 10:9-10, and Romans 3:21-26).

If you have questions/insecurities about your faith or general comments we welcome you to contact us at teleiosresearch@outlook.com.

Please visit our website and social media accounts:

<http://teleiosresearch.com>
<http://teleiosblog.blogspot.com>
<https://www.facebook.com/TeleiosResearch>
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Can you lose your salvation?

51% of SBG group knew "salvation cannot be lost" compared with 27% of those who were not SBG.

Do you have guilt?

35% of SBG group had "no guilt" compared with 25% of those who were not SBG.

References

1. WR MacIvaine, LA Nelson, JA Stewart, WC Stewart. Association of strength of religious adherence to quality of life measures. Complement Ther Clin Pract 2013; 19: 251-255.
2. WR MacIvaine, LA Nelson, JA Stewart, WC Stewart. Association of strength of community service to personal well-being. Community Ment Health J 2014; 50: 577-582.
3. WC Stewart, MP Adams, JA Stewart, LA Nelson. Review of clinical medicine and religious practice. J Relig Health 2013; 52: 91-106.