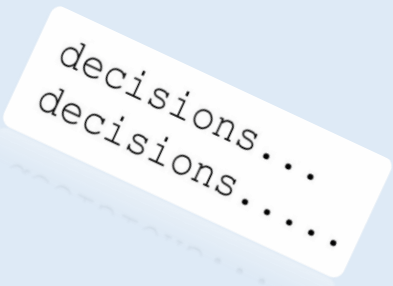


# How Do Christians Make Decisions?



Teleios Research surveyed young evangelical Christians to evaluate how they make decisions and how this influences their wellbeing.

858 professed Christians completed a survey advertised on the Instagram account Instapray. The average age was 23 years and the majority of respondents were:

- Female - 67%
- Had at least some college education - 51%
- Evangelical - 77%

## DECISION MAKING TECHNIQUES

### How do I make spiritual/secular decisions?

Respondents most often make spiritual and secular based decisions by 'taking a step of faith based on the Bible' or 'waiting for guidance from the Holy Spirit.'



Answer Choices	Spiritual	Secular
I look to scripture for guidance, pray and then take a step of faith	63%	51%
I wait for leading from the Holy Spirit	58%	45%
I ask other Christians for advice	52%	31%
I ask someone with experience on the topic	37%	40%
I wait for peace about the decision	24%	27%
I let my feelings guide me as this may be leading from the Spirit	23%	22%
I employ wisdom that comes from biblically based experience	20%	17%



### Once I make a decision, I typically ...

After a decision has been determined, 87% of participants 'pray for reassurance from God', while 59% 'take an action based on faith.' However, 30% participants 'questioned if the decision was correct.'

Answer Choices	Percent
Pray for assurance from God	87%
Take action based on faith, my knowledge of God's Word and my experience	59%
Keep thinking about the decision as I am not sure if it is correct	31%
Seek reassurance from other Christians	28%
Seek reassurance from a mentor	22%

## I believe God helps my decision making by ...

Participants thought God helped them make decisions by 'having a plan for their life' (63%), while almost as many believed 'He led them based on the Bible' (53%).

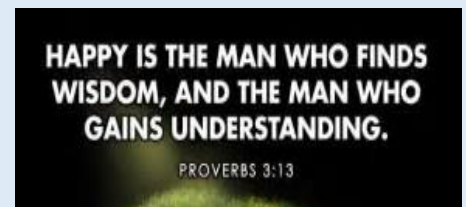


Answer Choices	Percent
Having a specific plan for me and leads me	63%
Leading me by His Spirit who uses His Word	53%
Having a plan for my life that I must discover	40%
Expects me to step out in faith	36%
Giving me signs	35%
Using the Bible	34%
Help from other believers	27%
Perceived answered prayer	23%
My feelings	16%

## DECISION MAKING TECHNIQUES AFFECT WELLBEING

### How do I make secular decisions?

Those who used wisdom from prior biblically-based experience to make secular decisions reported higher wellbeing (P=0.011).



Answer Choices	Wellbeing Scores
I employ wisdom that comes from biblically-based experience	4.90
I look to scripture for guidance, pray and then take a step of faith	4.73
I wait for leading from the Holy Spirit	4.72
I wait for peace about the decision	4.71
I ask other Christians for advice	4.64
I make a list of pros and cons	4.62
I ask someone with experience on the topic	4.61
I let my feelings guide me as this may be leading from the Spirit	4.58
I use non-spiritual information and experience	4.55
I make decisions to fit with my professional or social group	4.38

## I believe God helps my decision making by ...

Those who believed God uses prayer to guide their decisions indicated higher wellbeing (P=0.01).



Answer Choices	Wellbeing Scores
Perceived answered prayer	4.75
Leading me by His Spirit who uses His Word	4.74
Having a specific plan for me	4.69
Using the Bible	4.69
Help from other believers	4.65
Expects me to step out in faith	4.61
Giving me signs	4.61
Having a plan for my life I must discover	4.51
My feelings	4.39

## WHAT IT MEANS

Young evangelicals not only use the Bible for making decisions, but importantly, those whom most often based their decisions on the Bible enjoy better wellbeing!

***Following the Bible is a good decision!***



*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 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 we deserve.
- Consequently, when we simply accept, through faith alone, the forgiveness that Christ provided by his death on the cross, we receive a permanent relationship with God and 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](mailto:teleiosresearch@outlook.com). Please visit our website and social media accounts:

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