



Bible study improves wellbeing

Teleios recently evaluated the effect of a Bible study methods training program on wellbeing in a healthy young adult population within a Christian community environment.



HOW WE DID IT

- Subjects were recruited at a conservative church in Bartlesville, OK.
- The Bible Study Methods (BSM) program was comprised of a 4-step process for studying Scripture including: observation, interpretation, application and integration.



- Following an introductory meeting, the 4 instruction sections of the BSM program were taught by a trained instructor over a period of up to 5 weeks. The control group was given less specific information about the Bible.
- The instructors kept periodic follow up with each student to encourage adherence to the Bible study technique.
- At the beginning and end of the program each subject completed a questionnaire evaluating their confidence in Bible study and theological themes related to salvation and general wellbeing.

WHAT IT SHOWED

- 50 subjects were randomized and 46 completed this study:
 - 33 were in the active-intervention group
 - 13 were in the control group
- When both groups were compared to baseline after the Bonferroni correction there were differences in the active group:
 - improved general wellbeing
 - improved confidence
 - improved ability to study the Bible

Figure1

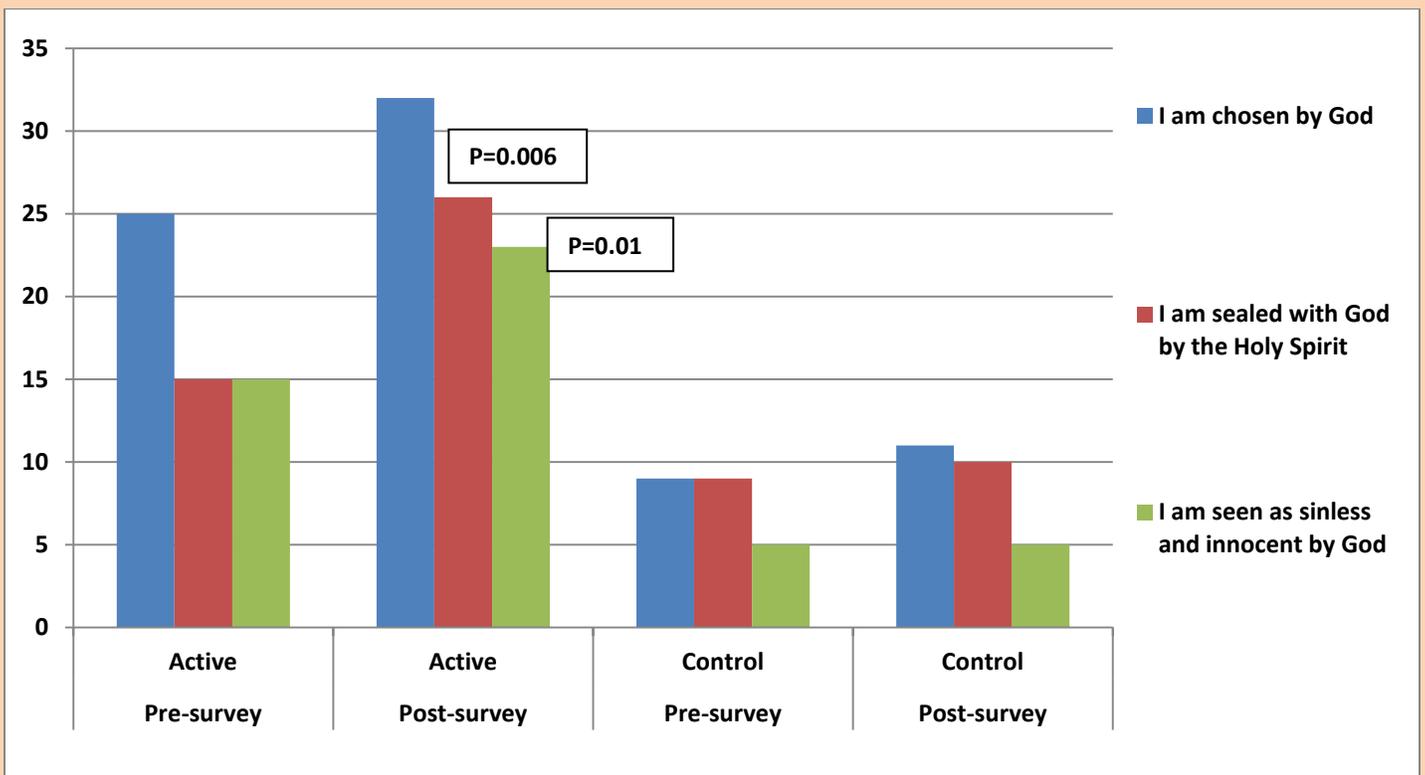


Figure 1: Active group significant post-survey responses when compared to pre-survey in response to the statement: "As a Christian my position with God through Christ is":

- There were also differences in the active group related to:
 - improved comfort and security in the subject’s relationship with God

Figure 2

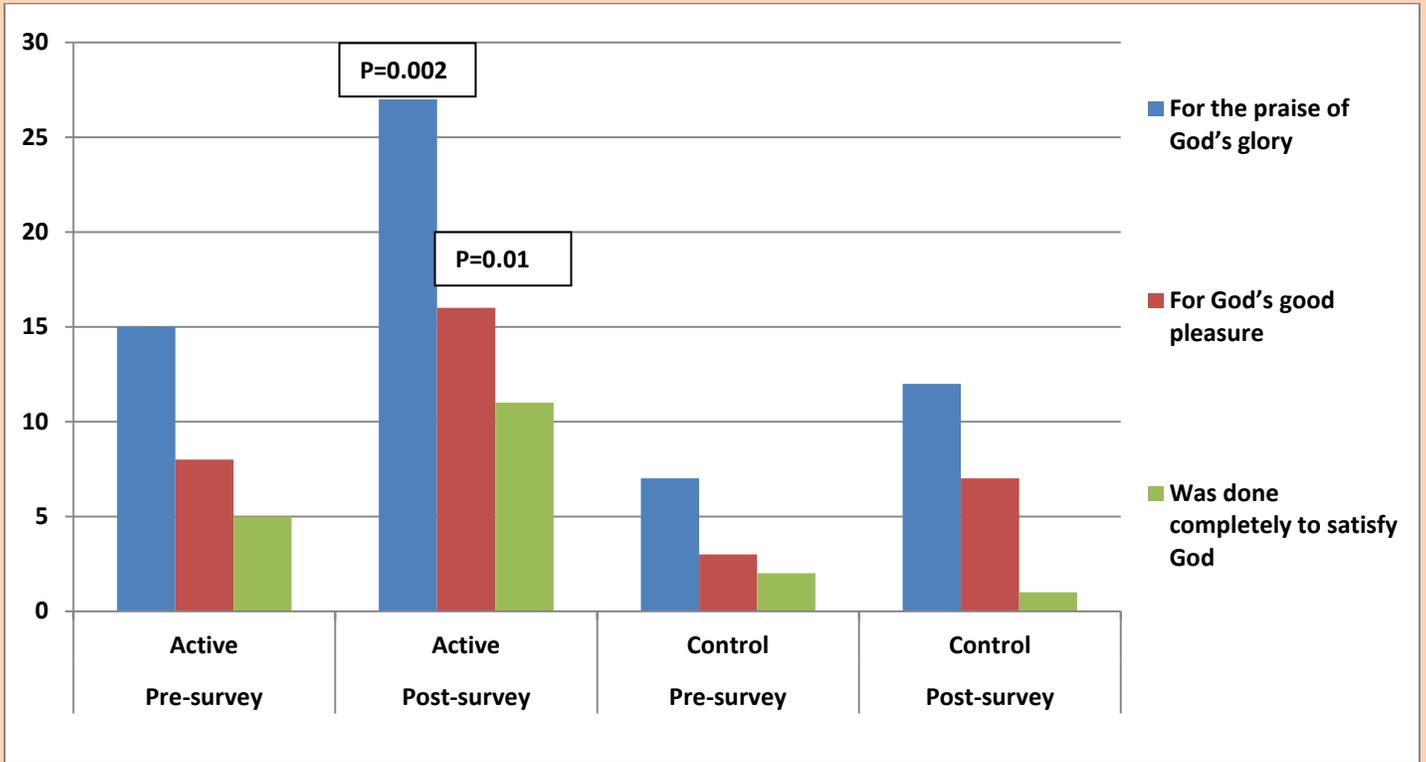


Figure 2: Active group significant post-survey responses when compared to pre-survey in response to the statement “The plan of salvation was created by God”:

WHAT IT MEANS

This proof of concept study suggests that increases in short-term wellbeing potentially can be achieved by a Scripture study program over the course of 4-weeks in young Christian adults.

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