

Does Christianity Help Wellbeing?



Teleios recently evaluated a mid-west, religiously conservative church to explore the association of adherence to Bible teachings and wellbeing.¹

WHAT WE DID

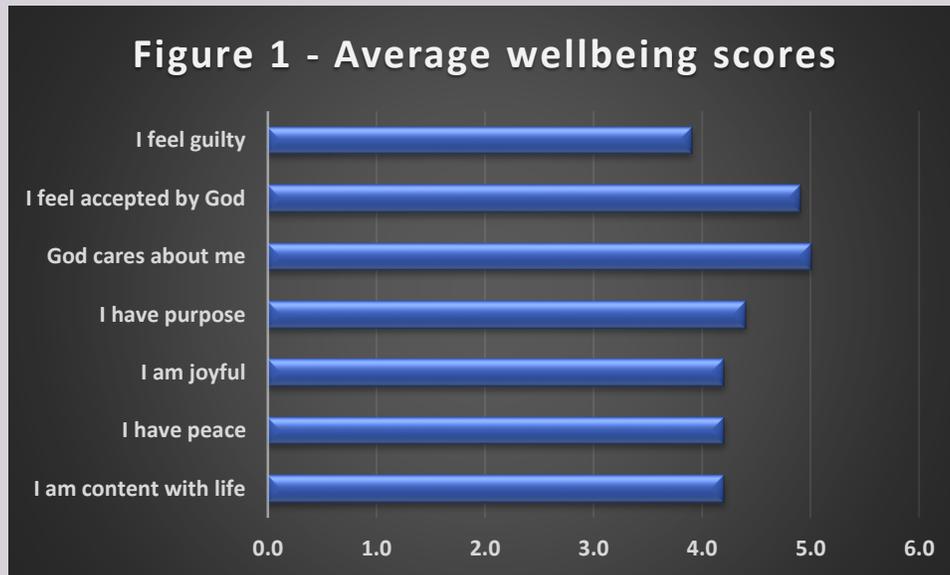
- We surveyed the adult population at an evangelical mid-western church regarding their wellbeing.
 - 303 subjects participated.
- The survey evaluated self-reported personal wellbeing using 7 questions (shown in Figure 1).
- We also assessed adherence to the Bible with 8 questions including if the participant if they:
 - were saved through faith in Jesus Christ by His sacrifice on the cross;
 - believed they were secure in salvation;
 - frequently utilized the 5 Bible tools to maturity in their daily life (Acts 2:42,47; Ephesians 2:8-9; Romans 3:23-26, I Peter 1:4-5, John 10:27-30):



WHAT IT SHOWED

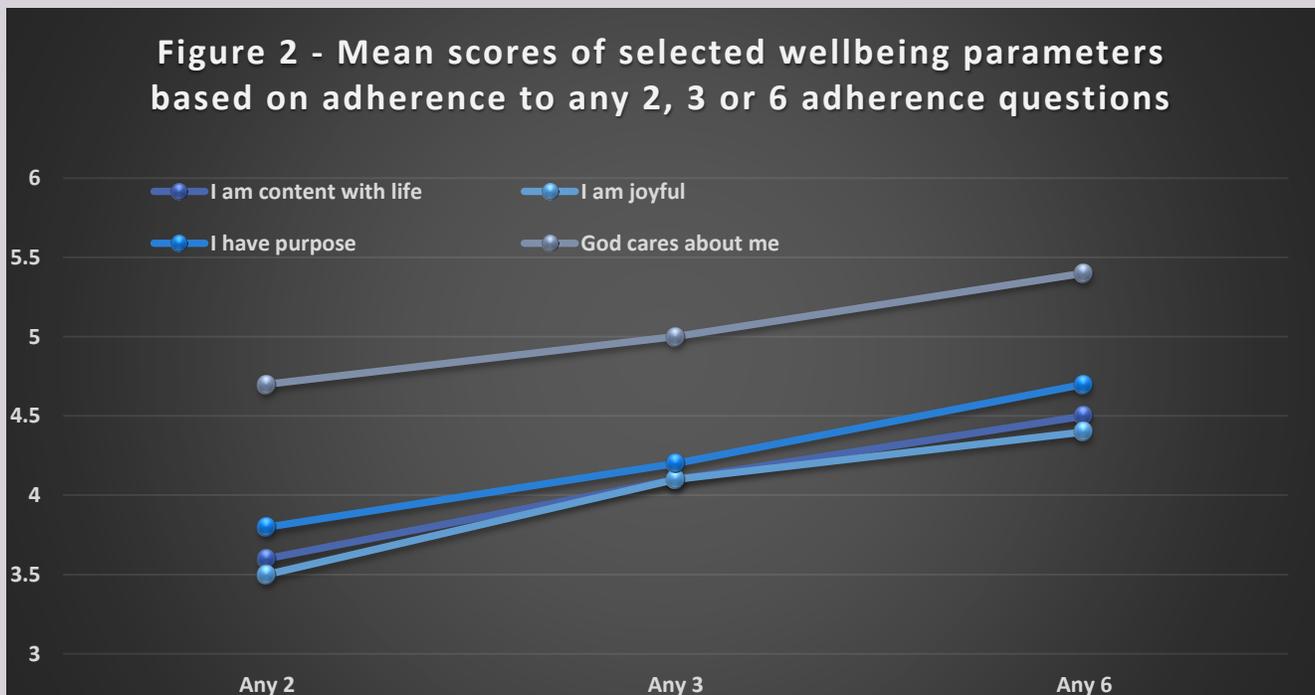
❖ Wellbeing Ratings

The survey showed average wellbeing scores of 4.2 (scored on a scale of 0-6, with 6 being best) - NOT BAD!



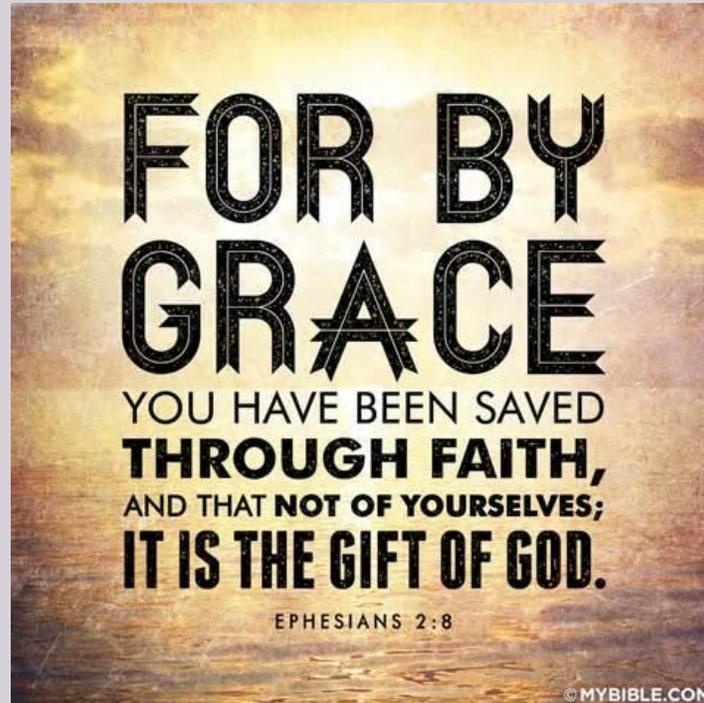
❖ Effect of adherence to the Christian faith

When we separated the congregation into groups based on extent of adherence there was even better wellbeing among those who were progressively more adherent (Fig. 2)!



WHAT IT MEANS

- ❖ The practice of Christianity, associated with assurance of salvation (saved by faith in Jesus Christ), helps wellbeing!*
- ❖ The more we practice Christianity the more it helps our wellbeing!



*How do I become a Christian (Romans 3:23-26; Romans 10:9-10; Ephesians 2:8-9)?

1. All of us have done misdeeds and have fallen short of a glory of God.
2. God being just demands punishment for these misdeeds.
3. But God being loving sent his Son, Jesus Christ, to justify us by His death on the cross to take the punishment for our misdeeds so that we may have access to forgiveness based on this gracious sacrifice.
4. We access this forgiveness through faith alone so that God sees us as perfect (just) having been forgiven our misdeeds through Christ's death.

References

1. MacIlvaine WR, Nelson LA, Stewart JA, Stewart WC. Association of strength of religious adherence to quality of life measures. Complement Ther Clin Pract 2013;19:251-255.
2. MacIlvaine WR, Nelson LA, Stewart JA, Stewart WC. Association of strength of community service to personal wellbeing. Community Ment Health J 2014;50:577-582.

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