

SAVED BY GRACE IS A POWERFUL TOOL FOR OUR LIVES

A growing number of studies have recently shown the benefit of religious faith to personal wellbeing.¹⁻³ The Teleios Research Foundation surveyed evangelical Christians to evaluate confidence in salvation and associations with wellbeing and adherence to their faith.

This study included 1526 participants who completed a survey advertised on the Instagram account Instapray. We looked at those who said they were 'saved by grace' (16%, n=243; SBG) compared to all others who did not confidently express their salvation (84%, n=1283; OTHERS).

The majority of respondents were:

- Female - 70%
- Having at least some college education - 53%
- An average age - 23 years
- Evangelical - 73%

The study had four powerful findings. Those who were most confident that they were saved by grace:

1. **Practiced the faith** - Those who said they were SBG adhered more to the practice of their faith (P>0.03; Figure 1).

Fig 1: Adherence to faith (overall rating, scale 0-6 with 6 having high participation)

Answer Options	SBG Rating	OTHERS Rating	P-value
I attend church	4.10	3.66	<0.0001
I study the Bible directly (either alone, with a mentor or small group)	4.78	3.95	<0.0001
I pray to God	5.76	5.59	0.029
I praise God	5.56	5.35	0.0088
I teach others directly from the Bible	3.03	2.18	<0.0001
I share verbally the specific Gospel message with an unbeliever	2.10	1.72	<0.0001
I have Christian fellowship where biblical topics are discussed	3.78	2.81	<0.0001

2. **Secure in salvation** - Those who were SBG had greater knowledge of security of their salvation (P>0.001; Figure 2).

Fig 2: I can lose my salvation due to?

Answer Options	SBG		OTHERS	
	%	N	%	N
Committing too many different varieties of sins.	5%	11	14%	184
Committing the same sin too many times.	5%	13	16%	240
Committing a really bad sin (for example, sexual sin or murder).	3%	8	11%	171
Any combination of the above 3 responses.	12%	28	17%	260
Not following scripture.	15%	36	20%	308
Not making Jesus Lord of my life	44%	106	47%	716
Nothing. Salvation cannot be lost.	51%	125	27%	404

3. **Better wellbeing** - Those who were SBG enjoyed better wellbeing, contentment, peace and joy (P>0.013; Figure 3).

Fig 3: Wellbeing (overall rating, scale 0-6 with 6 being most agreement)

Answer Options	SBG Rating	OTHER Rating	P-value
I have good wellbeing	4.79	4.58	0.013
I am content with life	4.70	4.28	<0.0001
I have peace	4.73	4.29	<0.0001
I am joyful	4.90	4.54	0.001
I have purpose	5.31	4.97	0.019

4. **Less guilt** - Those who indicated they were SBG expressed less guilt than other participants (P<0.0001; Figure 4).

Fig 4: Why do you have guilt?

Answer Options - I think my sins are forgiven through faith in Christ, but...	SBG		OTHER	
	%	N	%	N
I am unsure if all my past sins really are forgiven.	3%	8	10%	134
I have committed sins since I believed, and I am not sure they are forgiven.	6%	15	14%	173
I am still committing sins that I really do not want to stop.	16%	39	25%	315
I have committed sins since I believed, and I fear God is angry, so I am unsure He hears or answers my prayers, despite the fact I seek to do His will.	13%	32	23%	294
I am unsure if my current good works are enough to assure His continued satisfaction with me.	11%	26	20%	257
I do not have guilt.	35%	86	25%	325

Evangelical

In addition, those most confident in being saved by grace were more likely to specify they were evangelical (93%) than those less able to clearly express salvation by grace (69%).

WHAT IT MEANS

Young people who identify as evangelical need to be confident in the terms of their salvation and practice their faith to achieve a higher level of wellbeing, contentment, peace, joy and sense of purpose as well as less guilt!

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

If you have questions/comments we welcome you to contact us at teleiosresearch@outlook.com.

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