



Salvation Army Spiritual Health

Research Findings

March 2016



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Methodology

A total of 527 responded to the study, out of 800 who were invited.

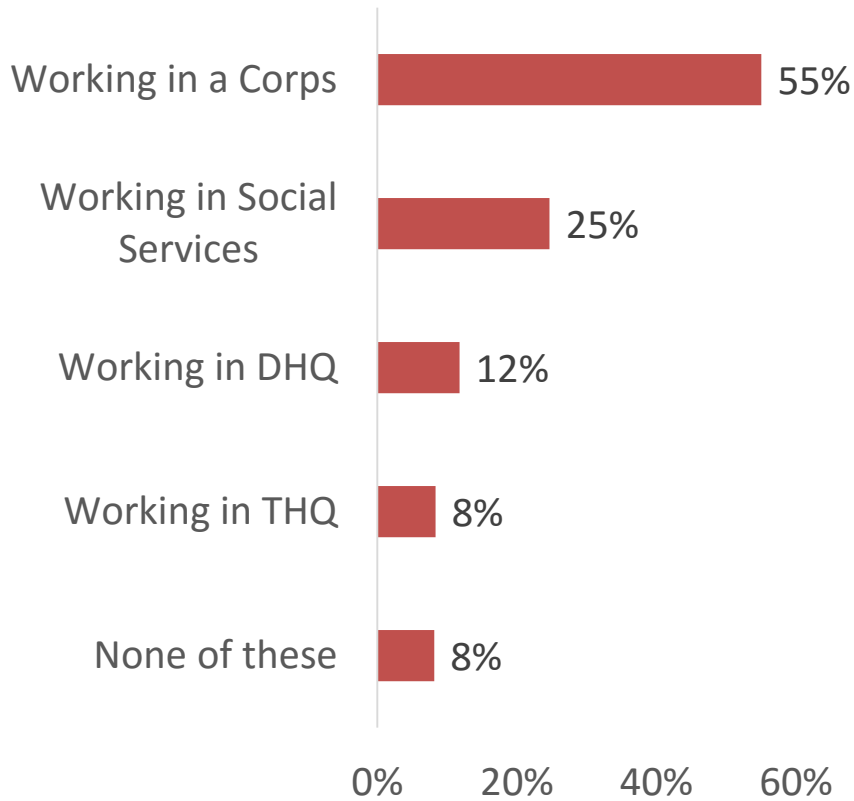
Data was collected between January 4 and Feb 22, 2016.



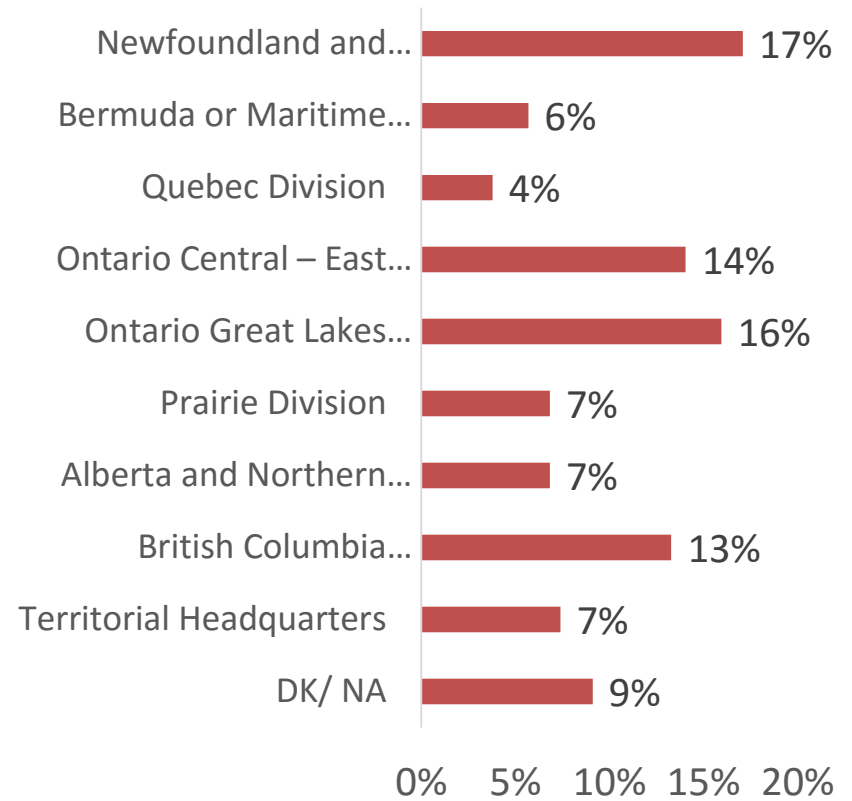
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Who Responded

Where they work



Where they are located





How they are Feeling

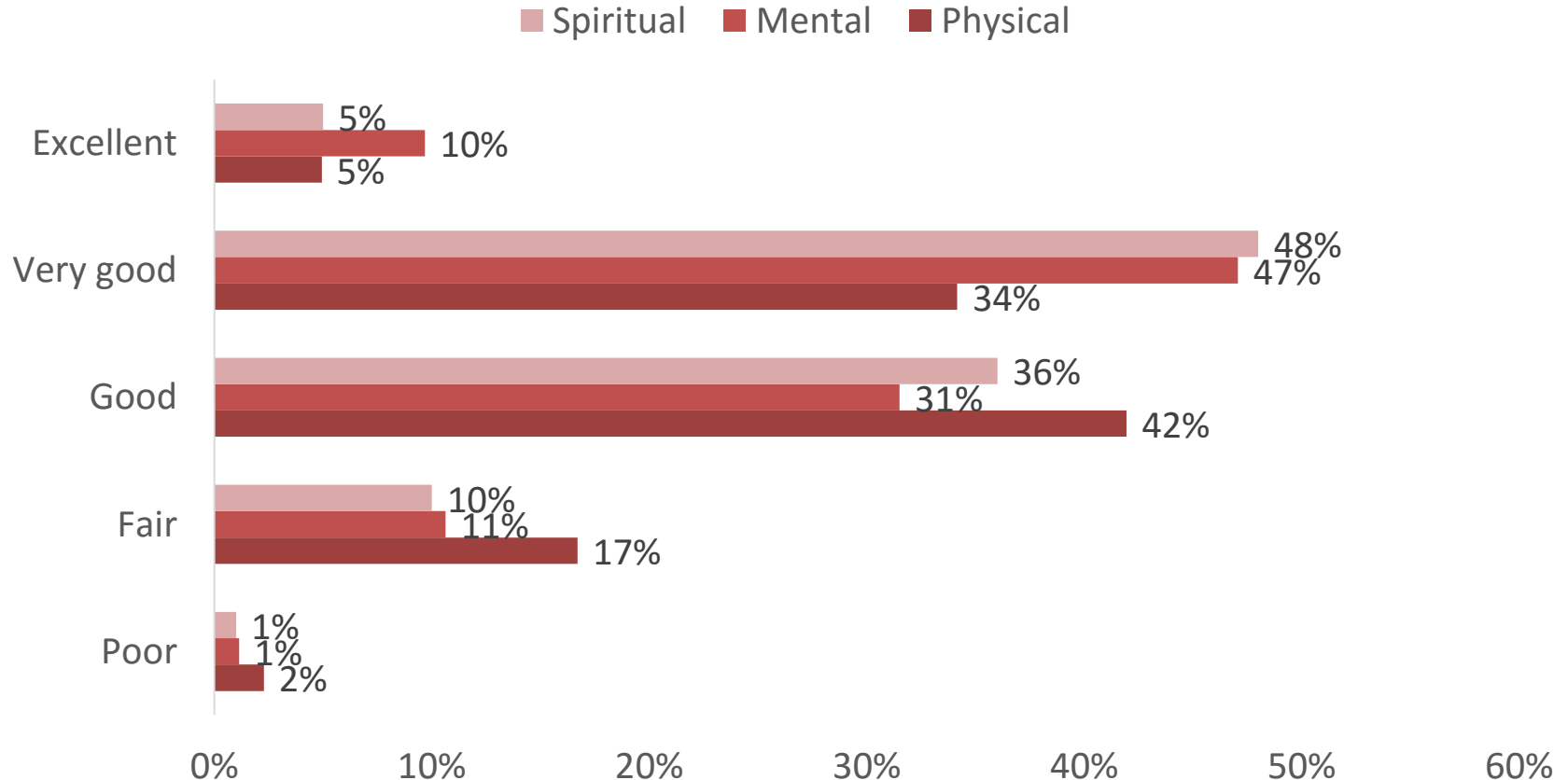


Spiritual, Mental and Physical Health

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While the ratings of spiritual, mental and physical health were highly correlated, there was a tendency for physical health to be rated a little lower

Self rating of spiritual, mental and physical health



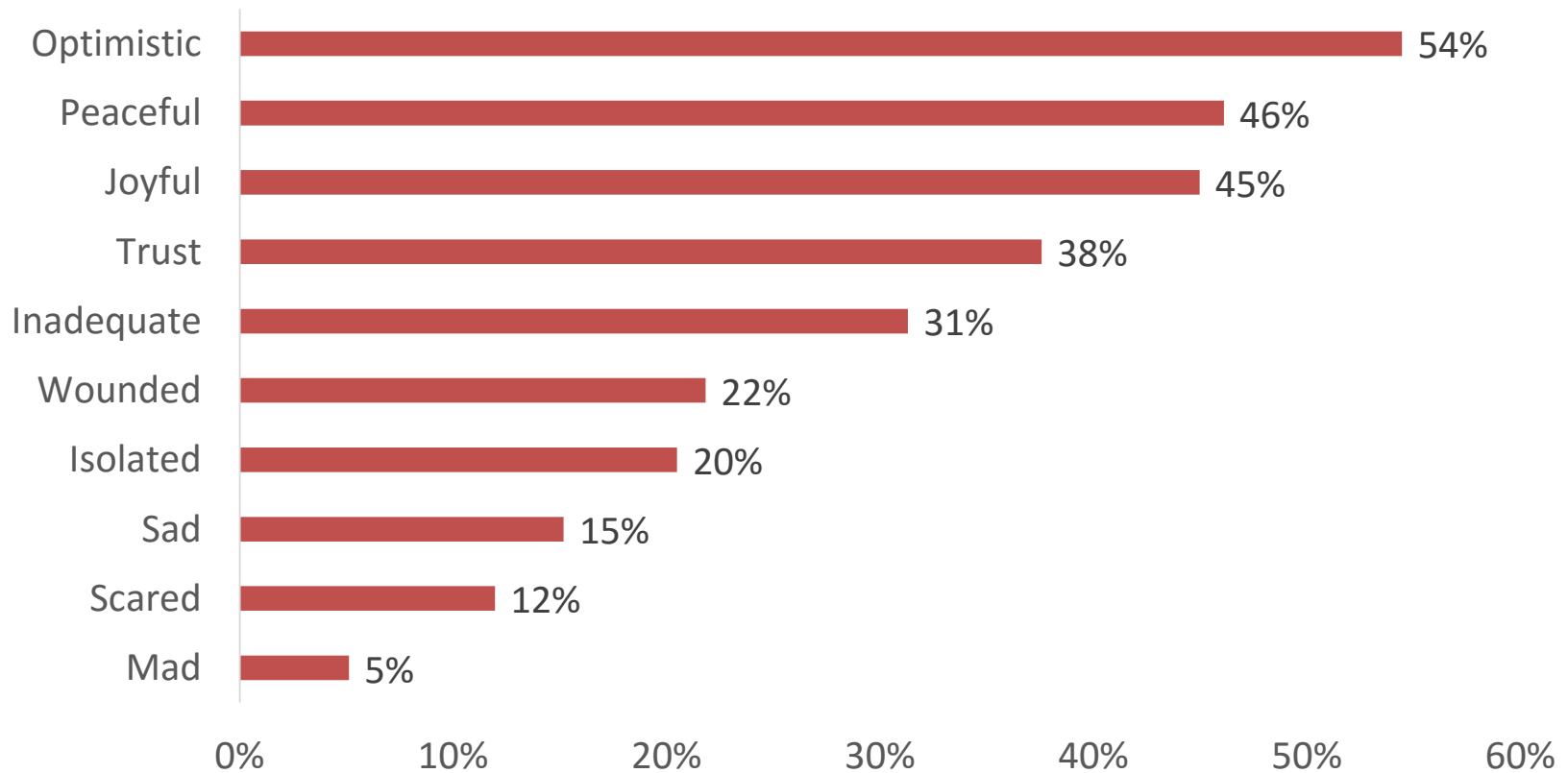


How does your heart feel?

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While a majority choose positive words, a significant minority felt inadequate, wounded, isolated and sad.

Words that describe how you feel in your heart



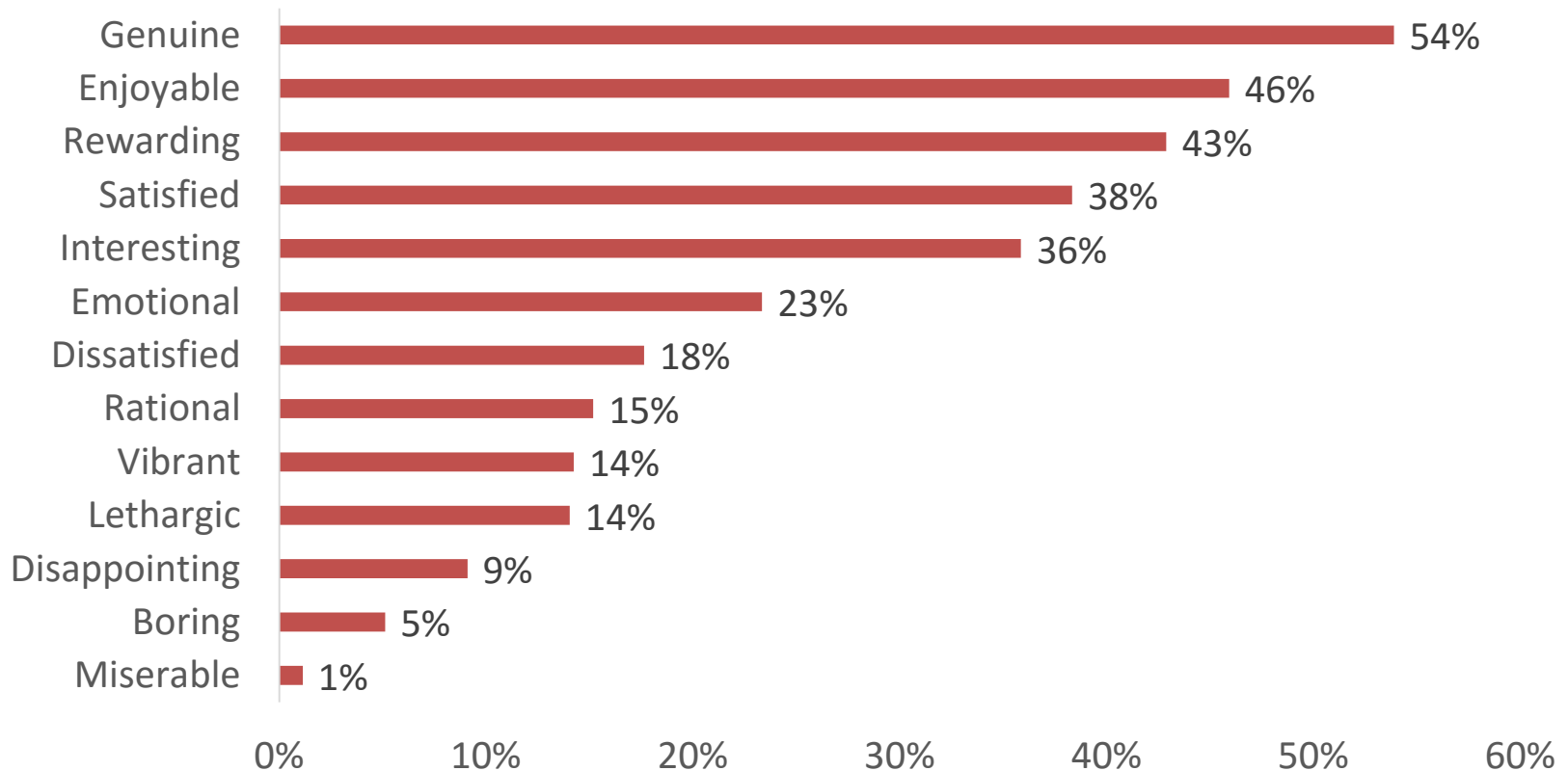


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Words that describe their Spiritual Life

People tended to pick very positive words to describe their spiritual life, though a notable 1 in 5 did select “dissatisfied”

Words that Describe your Spiritual Life





Spiritual Practices

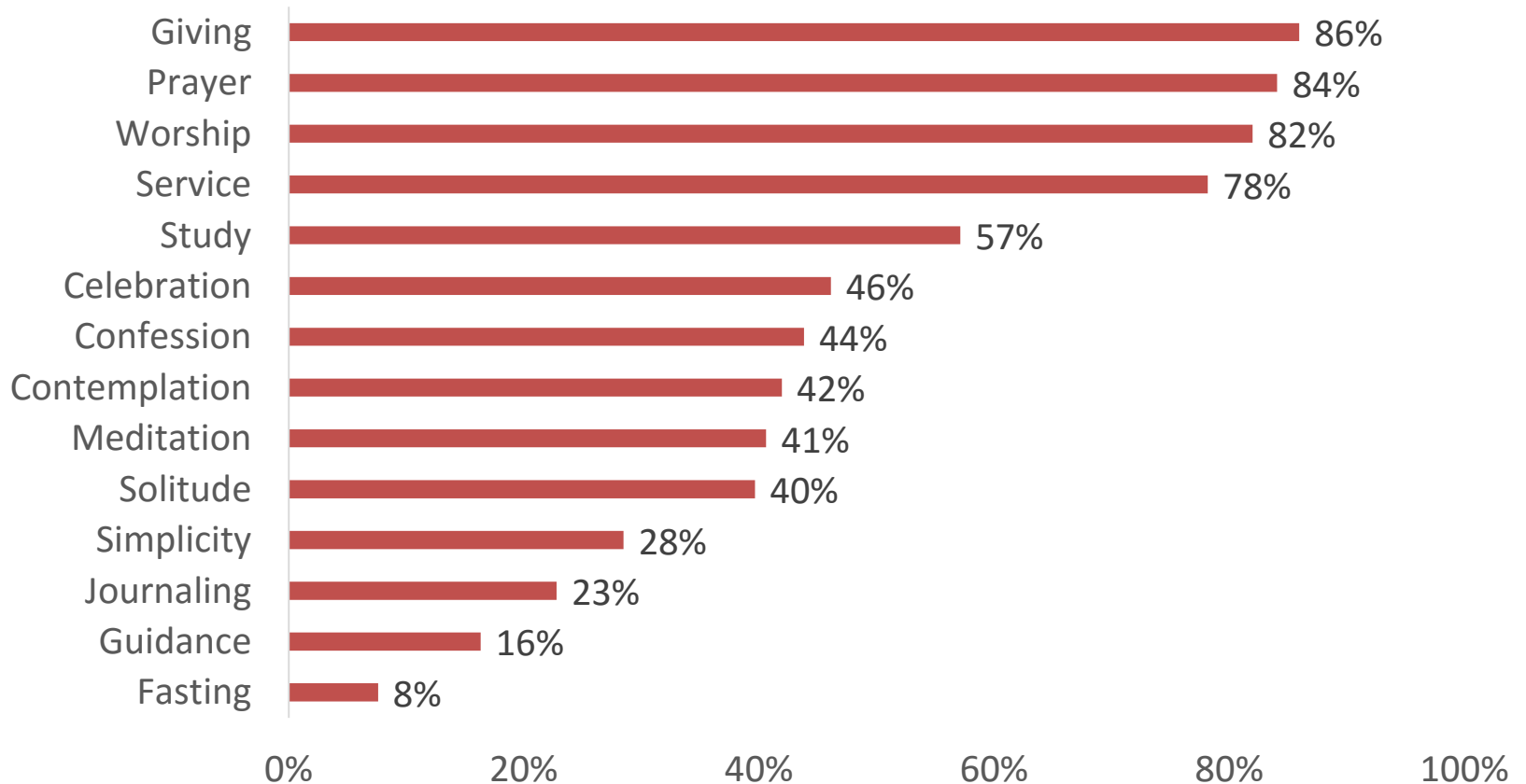


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Spiritual Disciplines they Integrate into their Lives

Beyond the common disciplines, notable numbers of people integrate solitude, meditation, contemplation, confession and celebration into their lives.

Spiritual disciplines they integrate into lives



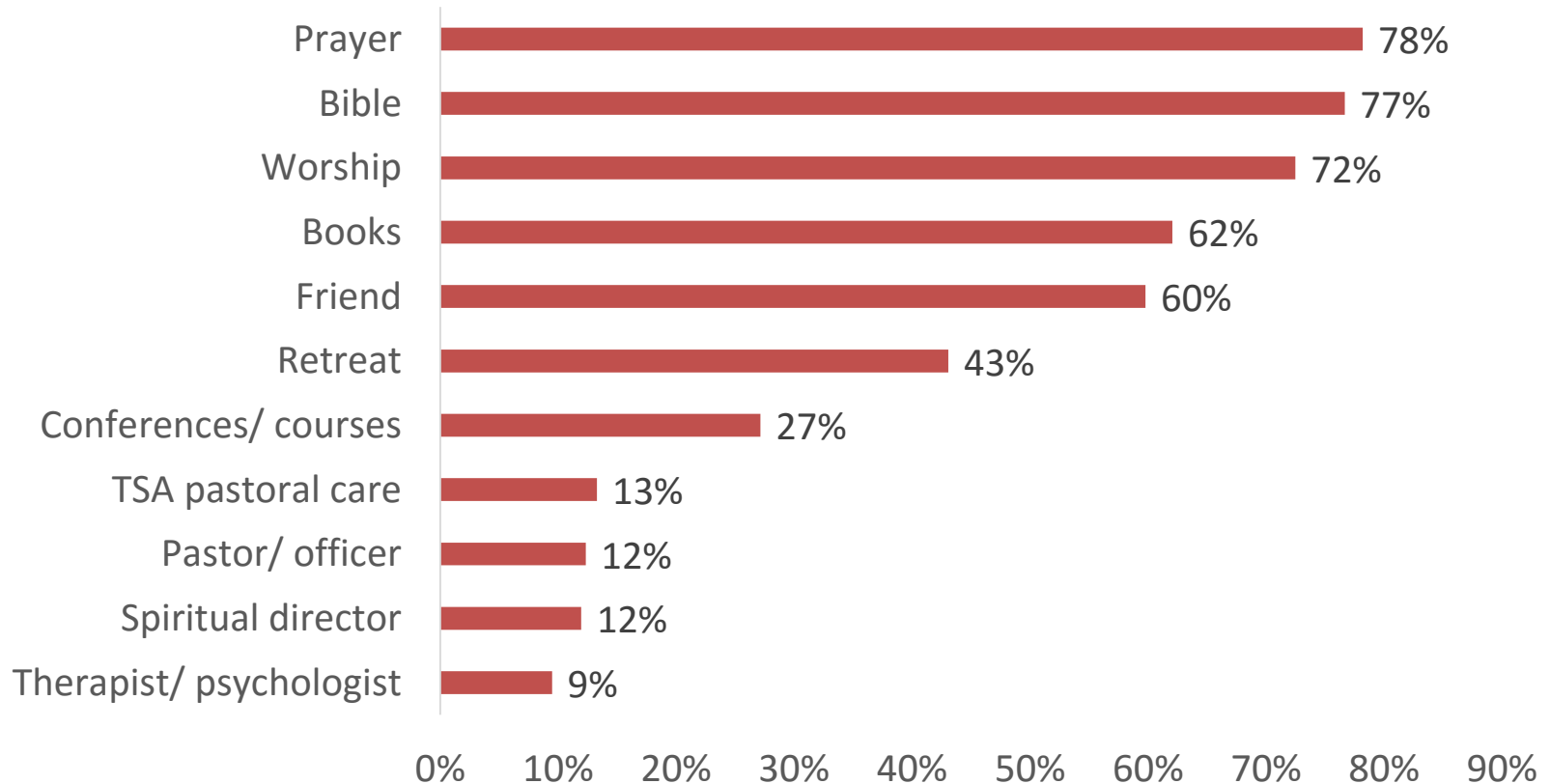


Spiritual Resources used to find refreshment, replenishment and renewal

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While prayer, the Bible and worship were common sources of renewal, connections with pastoral resources were uncommon.

Resources to find refreshment, replenishment, renewal



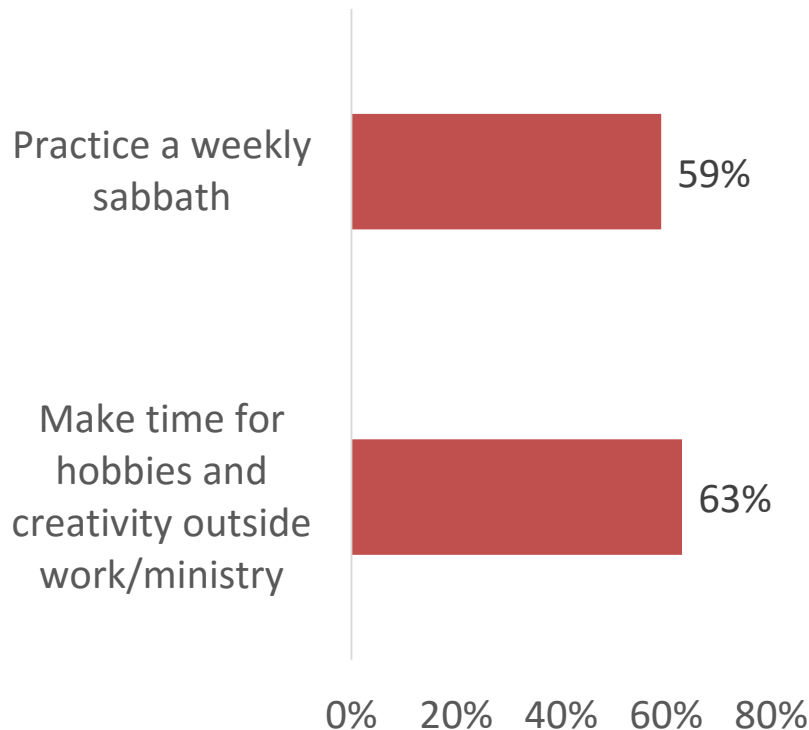


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Taking a break

Four in ten don't practice a weekly Sabbath, and one quarter don't ever completely unplug from their ministry duties. Half of all respondents unplug 4 days or less off a month.

Do you...



How many days a month do you completely unplug from your ministry duties?

Median 4 days
% "none" 26%

How many days a month do you engage in vigorous exercise?

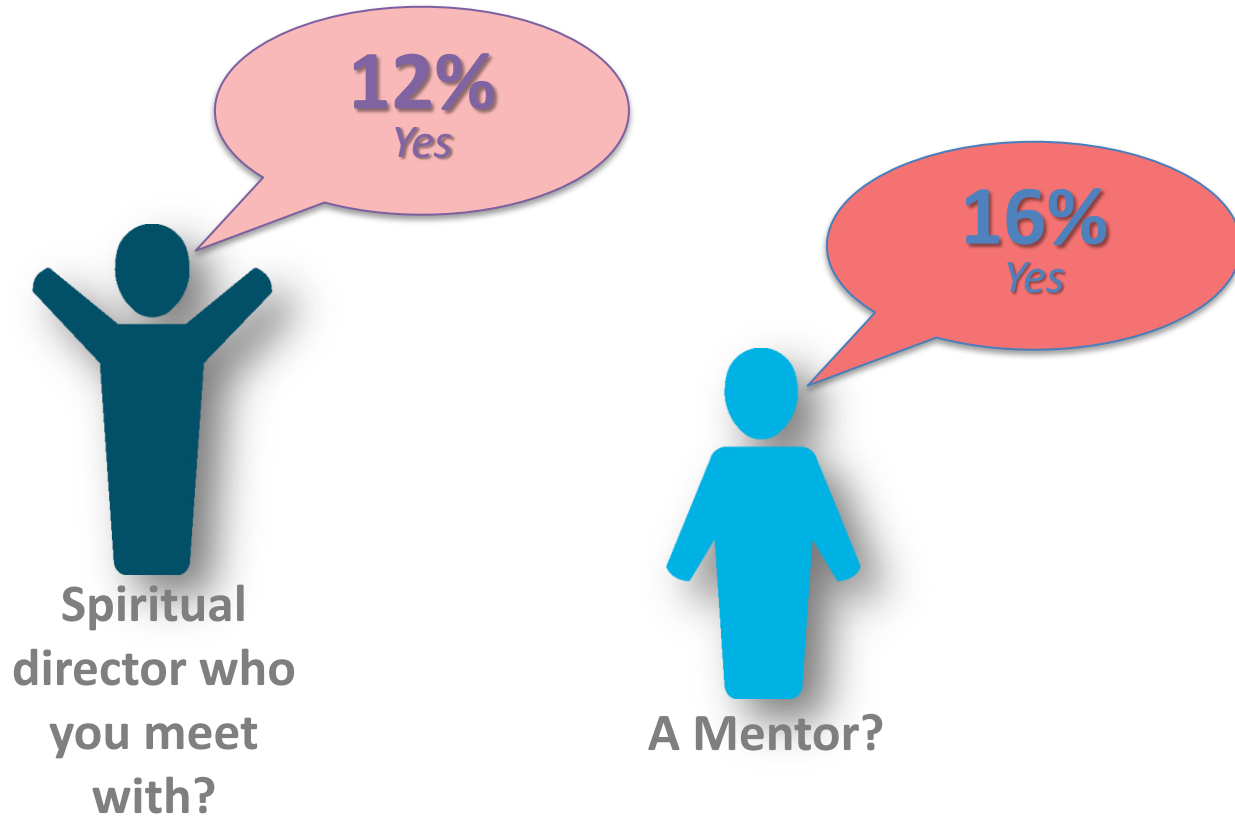
Median 4 days
% "none" 34%



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Spiritual support

Very few people have a spiritual director and/or a mentor



4% have both a mentor and a spiritual director

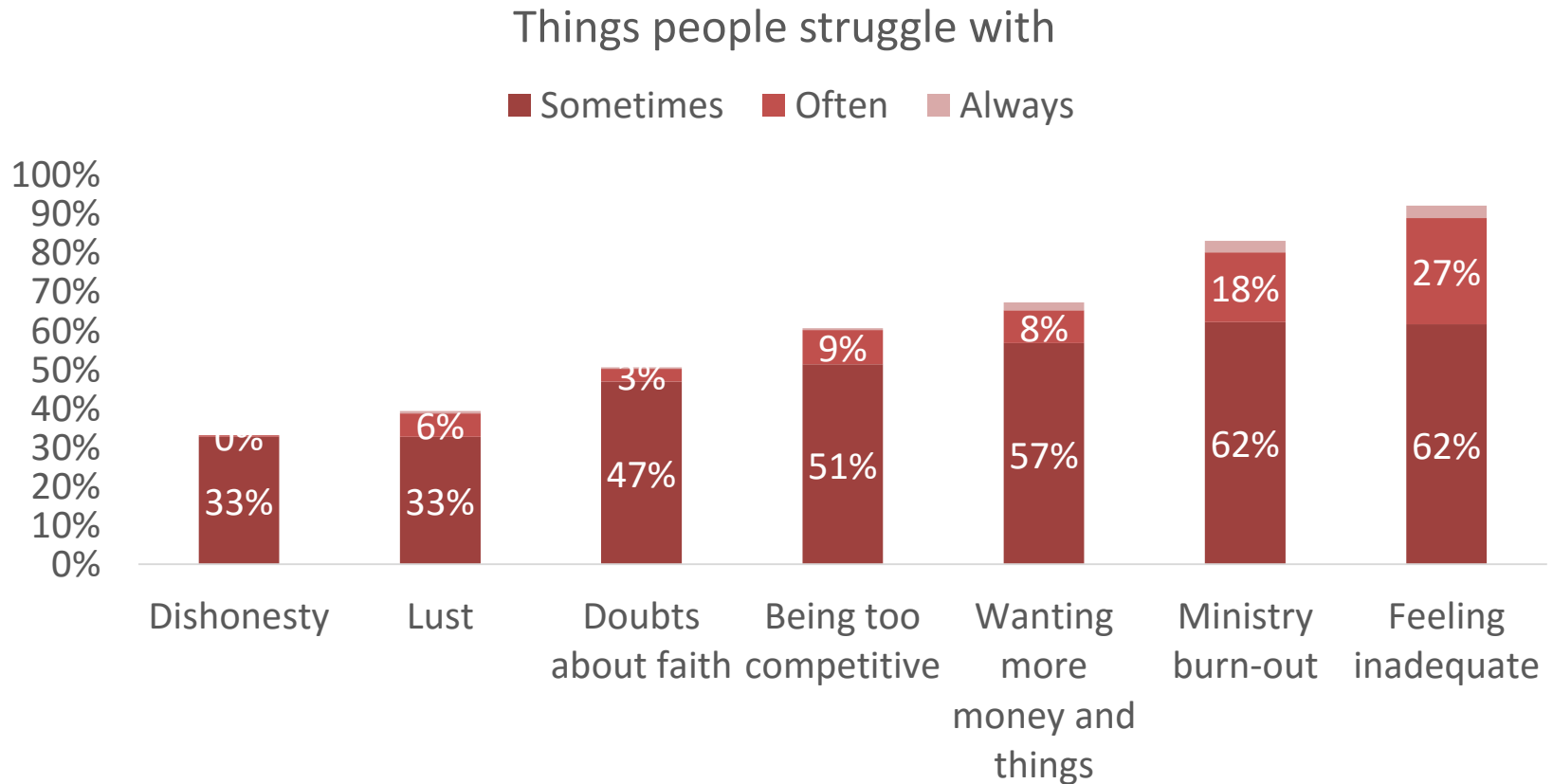
Most saw their mentor (64%) or spiritual director (63%) monthly or more often



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Things People Struggle with

Feeling inadequate and experiencing ministry burnout are something almost all struggle with, at least sometimes



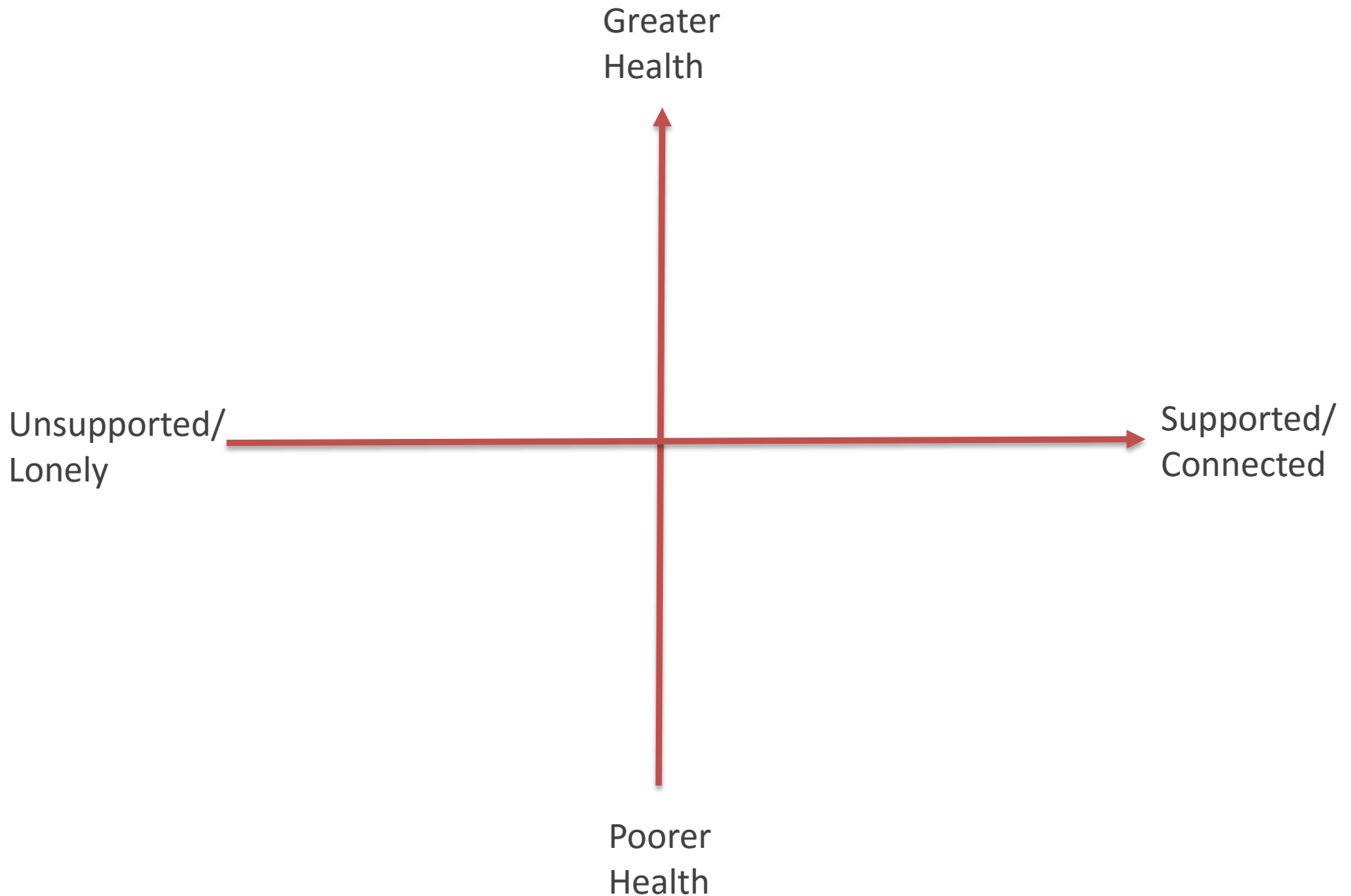


**Segmentation: finding patterns in
how people think, feel and act**



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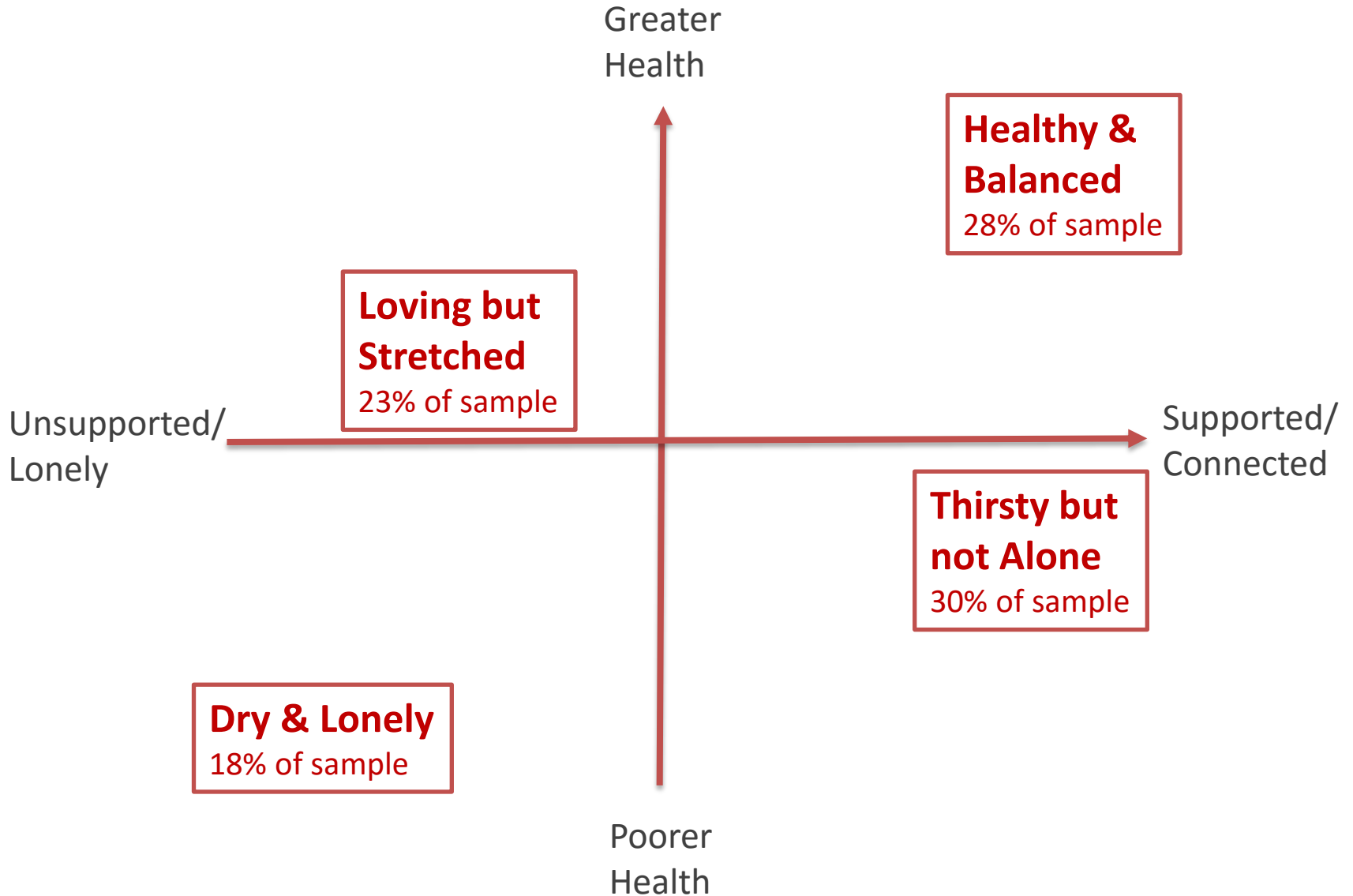
Two themes really differentiated people: their overall spiritual health and their perceptions of how supported or alone they were





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The schools of thought largely divided people on these two dimensions





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Introducing the four segments

**Healthy &
Balanced**
28% of sample

The Healthy and Balanced report robust spiritual health and feel supported. They tend to be nourished through multiple sources and are more likely to have a mentor or spiritual director.

**Loving but
Stretched**
23% of sample

The Loving but Stretched report good spiritual health and a strong, loving connection with God and man. But they feel stretched too thin and tend to lack good social support.

**Thirsty but
Not Alone**
30% of sample

The Thirsty but Not Alone segment are somewhat less engaged in prayer and the Bible and report more spiritual dryness. But they don't feel quite as lonely or depleted, as they tend to be more connected to community.

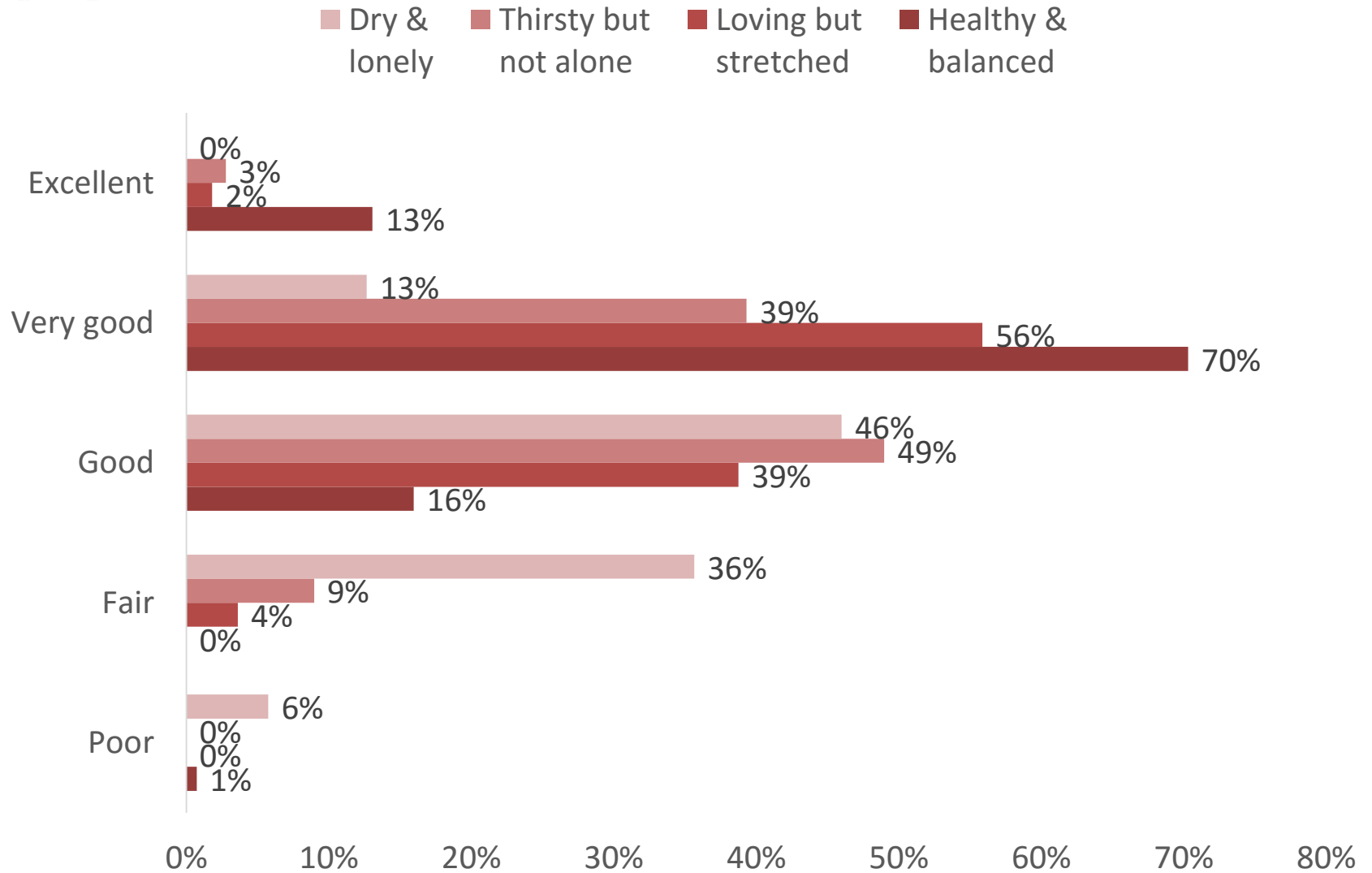
**Dry &
Lonely**
18% of sample

The Dry & Lonely struggle. They feel depleted, stretched too thin and alone. They tend to be less engaged in spiritual discipleship, lacking motivation and a sense of reward. They tend to be sad and discouraged.



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Self Reported Spiritual Health

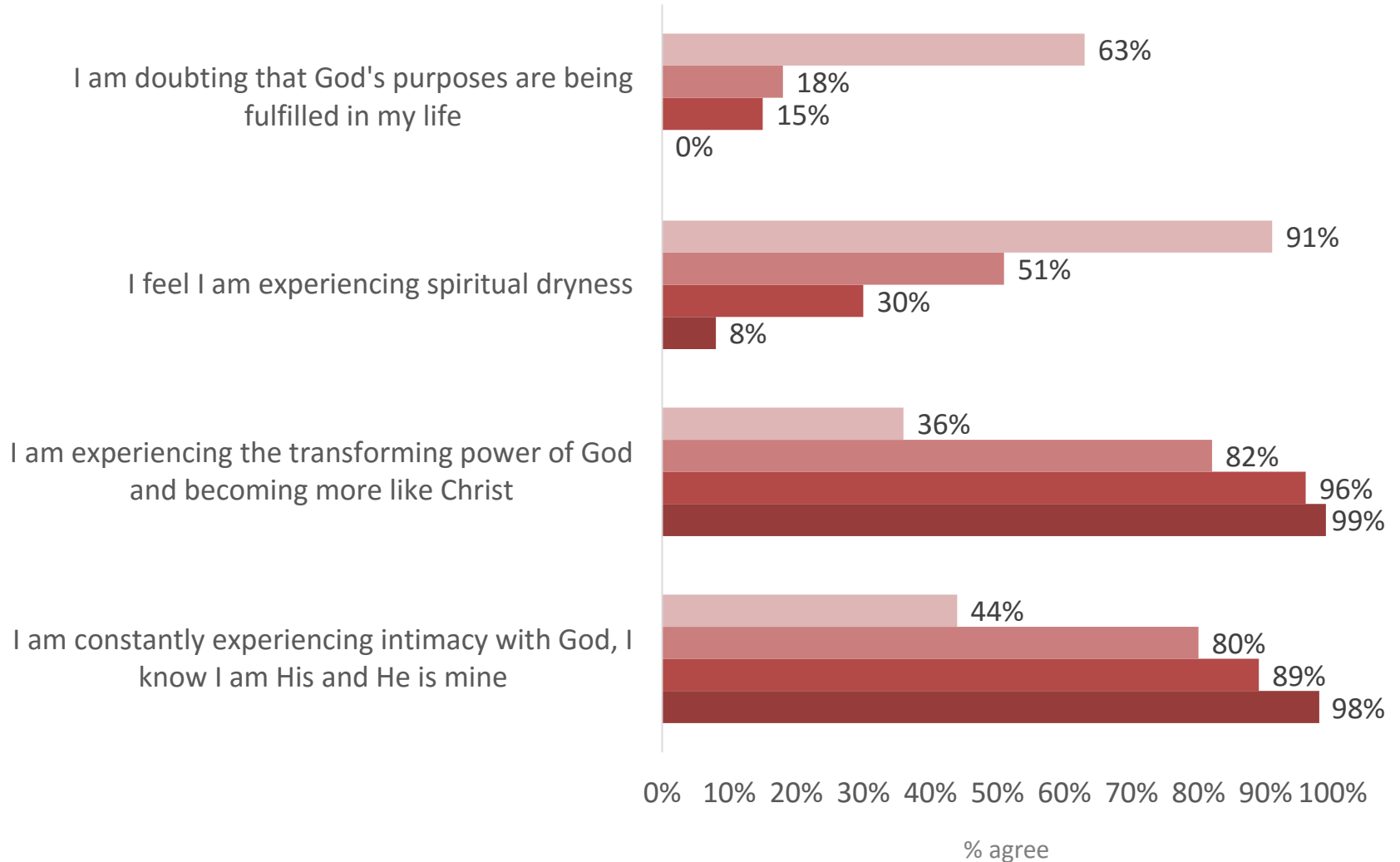




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Markers of Spiritual Health

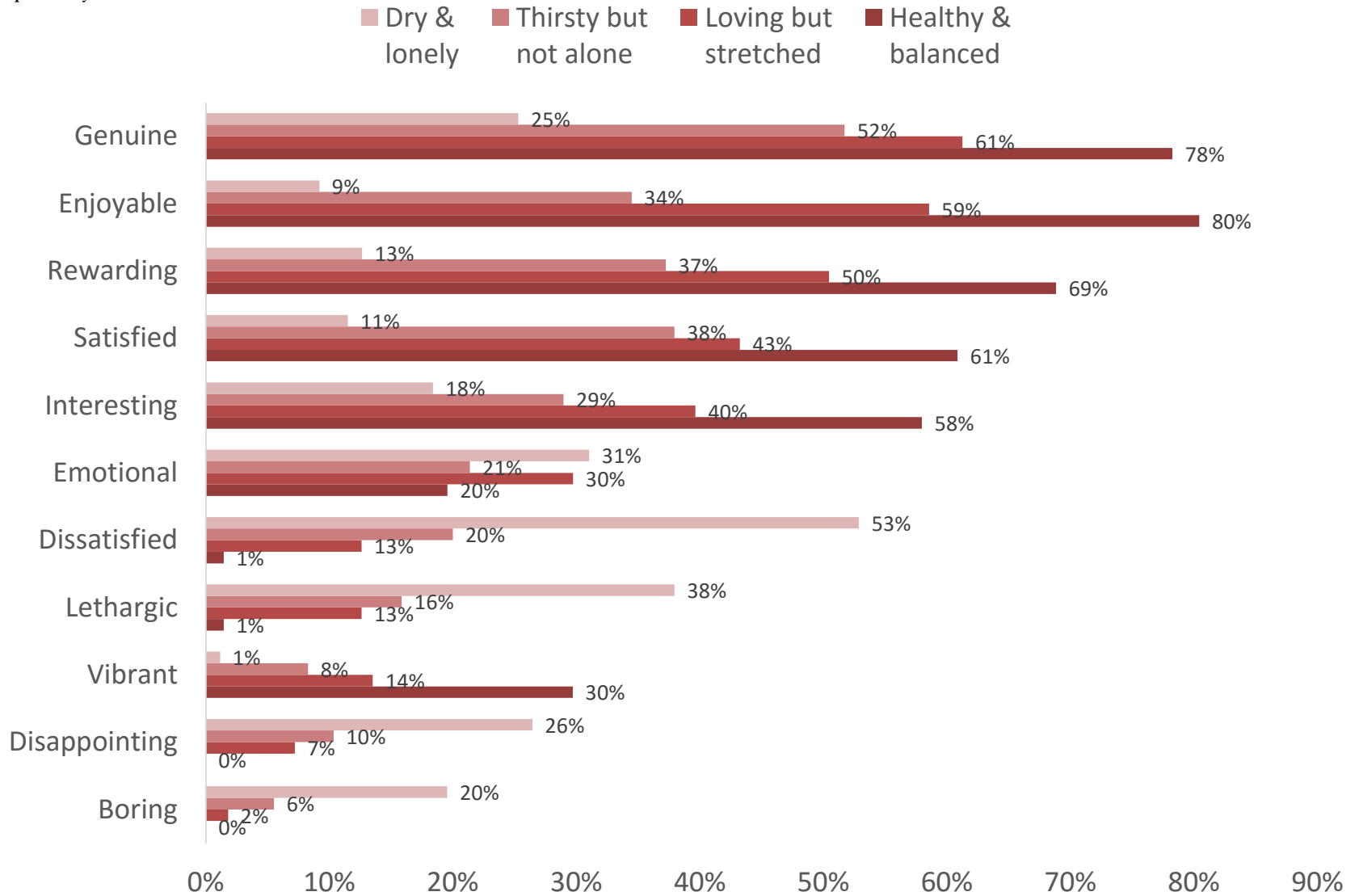
■ Dry & lonely ■ Thirsty but not alone ■ Loving but stretched ■ Healthy & balanced





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Word to describe their Spiritual Life

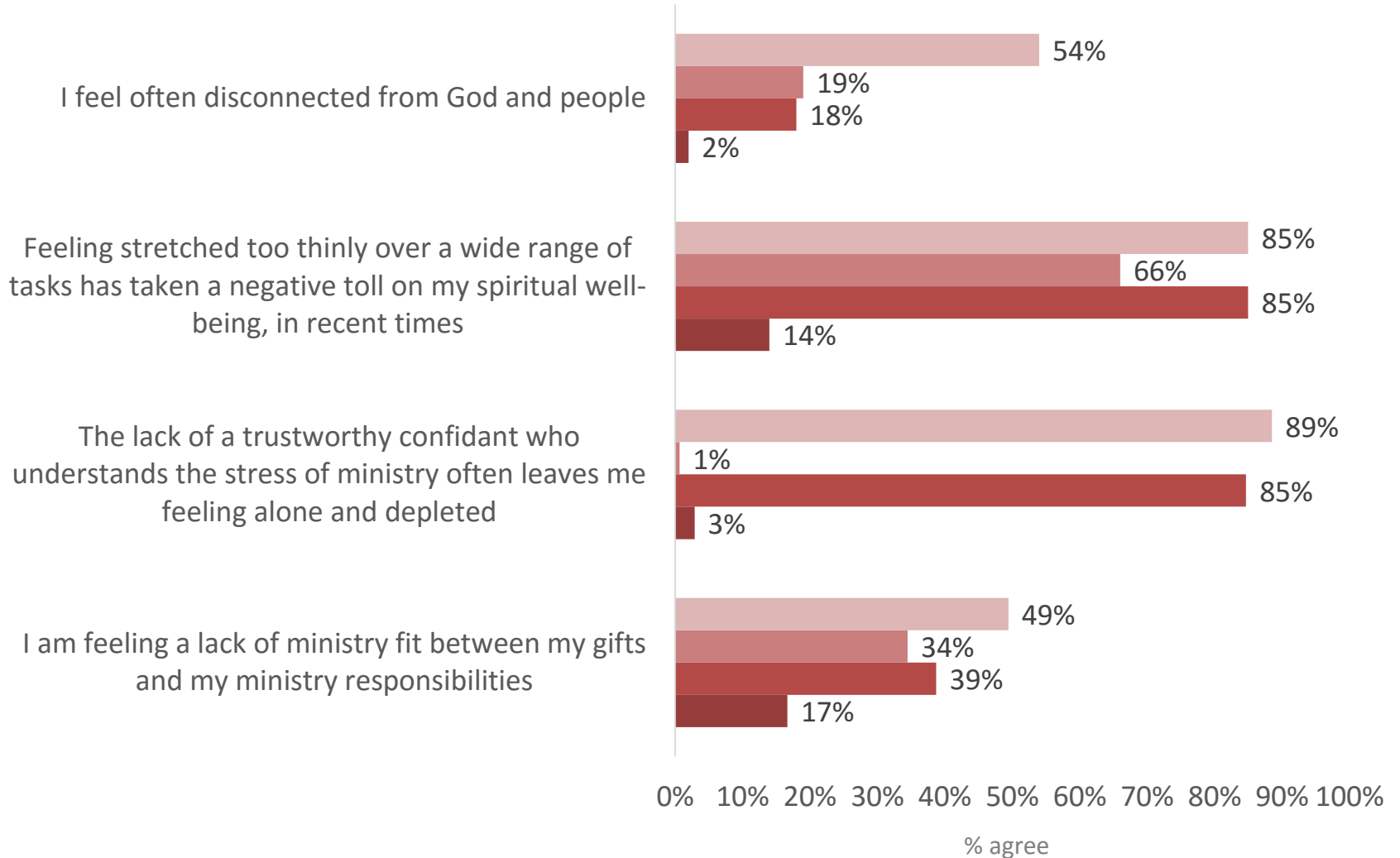




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Disconnection and Depletion

■ Dry & lonely ■ Thirsty but not alone ■ Loving but stretched ■ Healthy & balanced

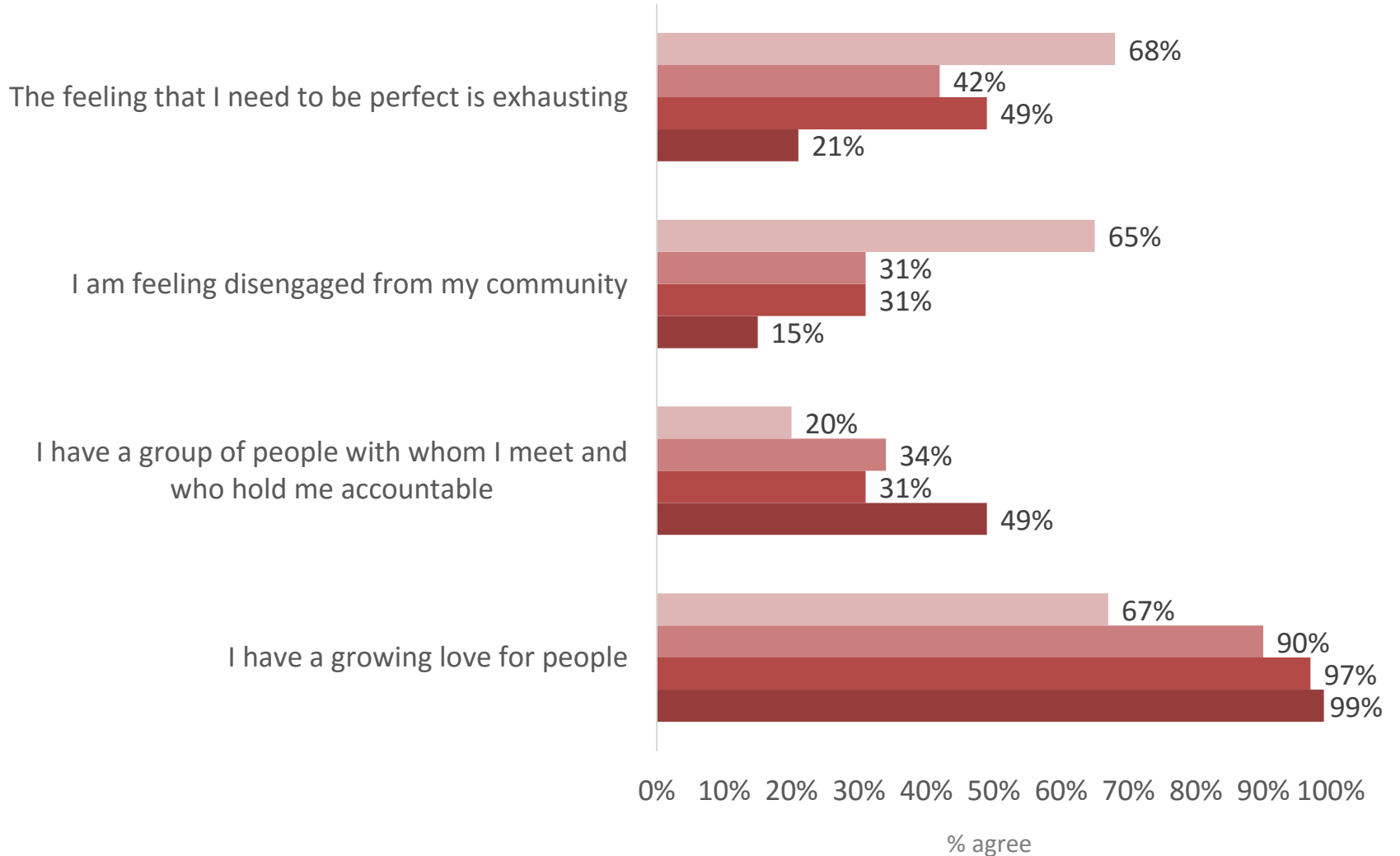




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Connection to Community

■ Dry & lonely ■ Thirsty but not alone ■ Loving but stretched ■ Healthy & balanced

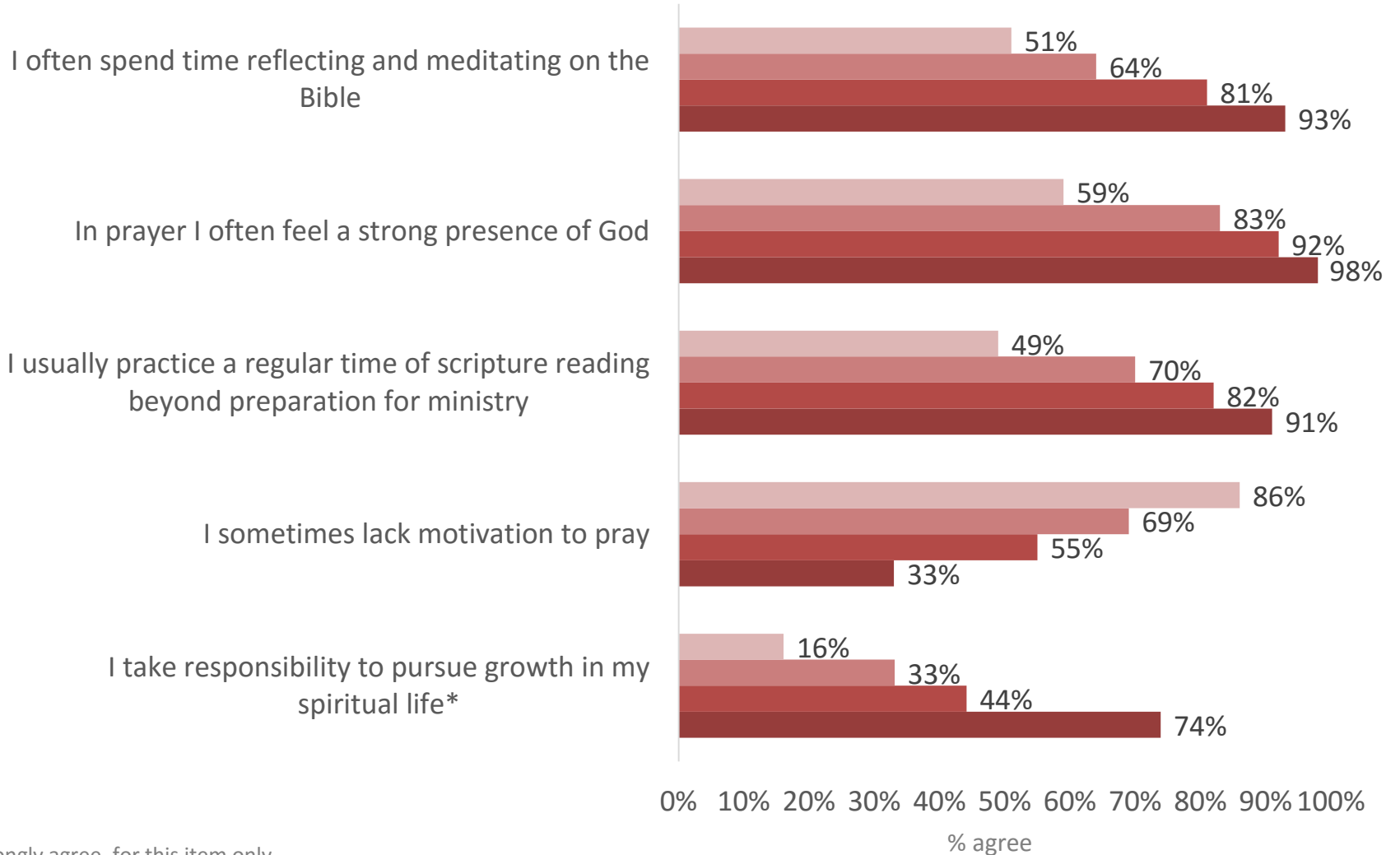




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Prayer and Bible Study

■ Dry & lonely
 ■ Thirsty but not alone
 ■ Loving but stretched
 ■ Healthy & balanced

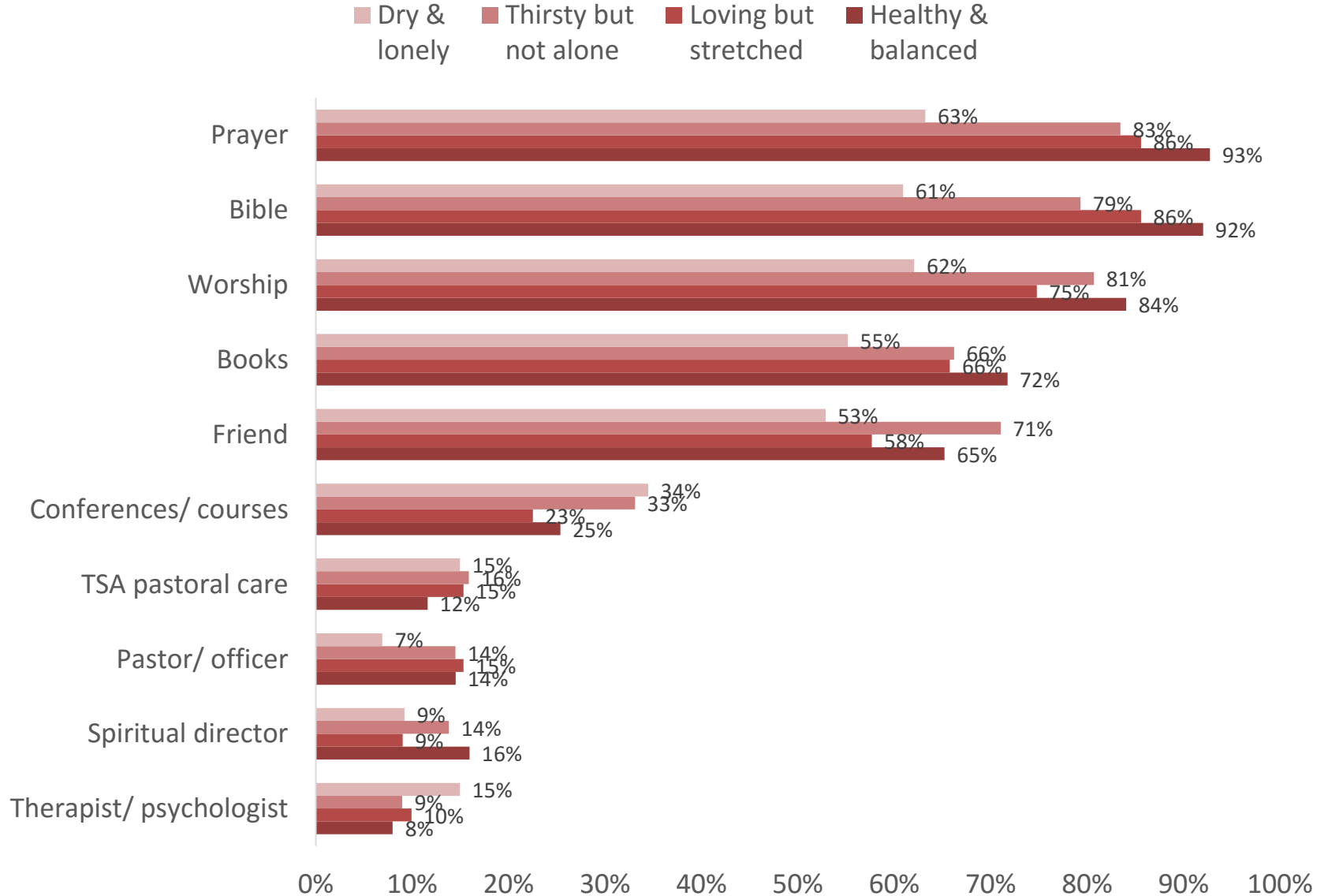


* Strongly agree, for this item only



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Resources used for refreshment, replenishment, renewal

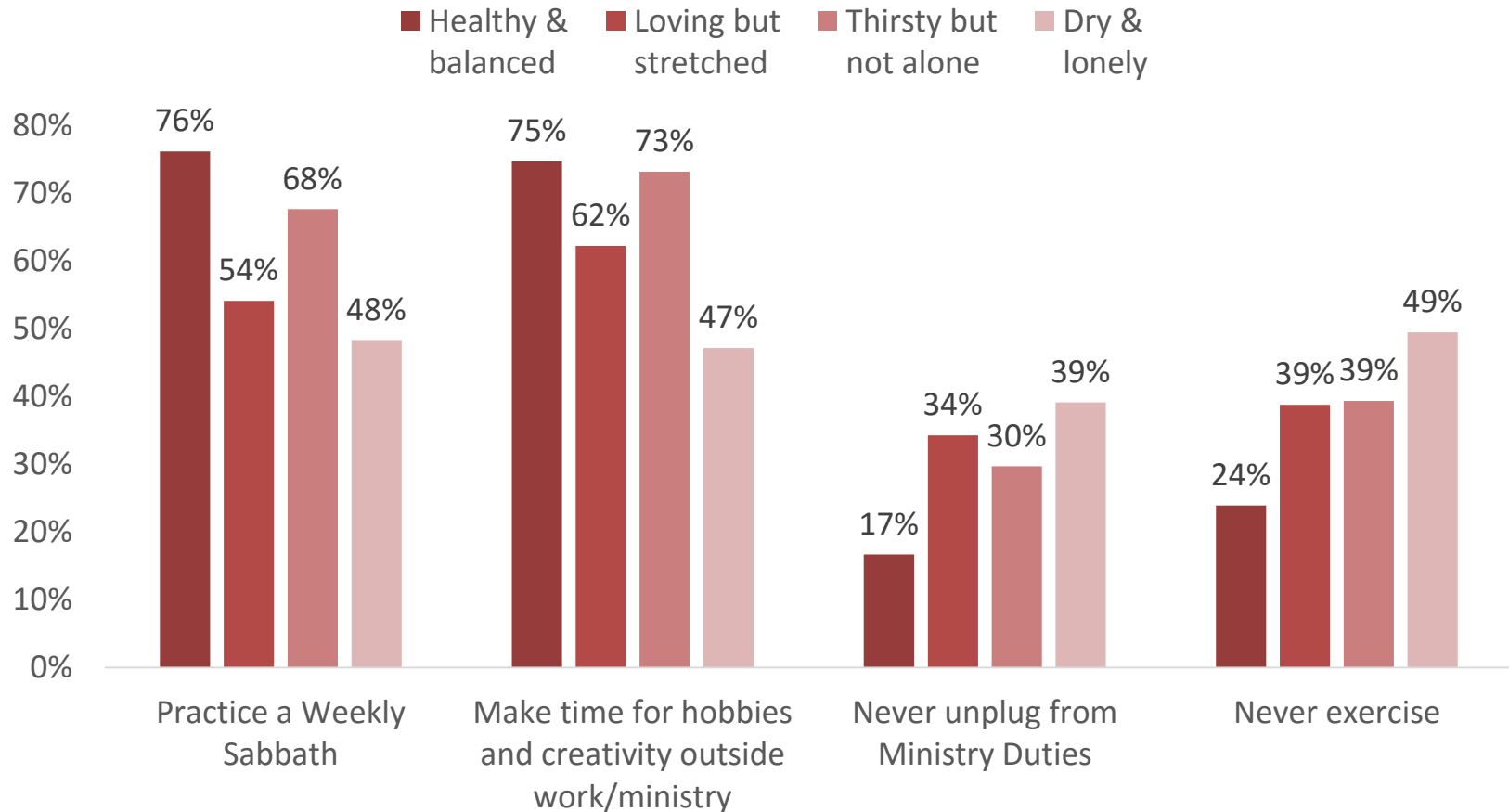




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Taking a Break

The Dry & Lonely try to grind on, like a car running on fumes, ever less efficient. The Stretched too are trying to compensate by working harder.

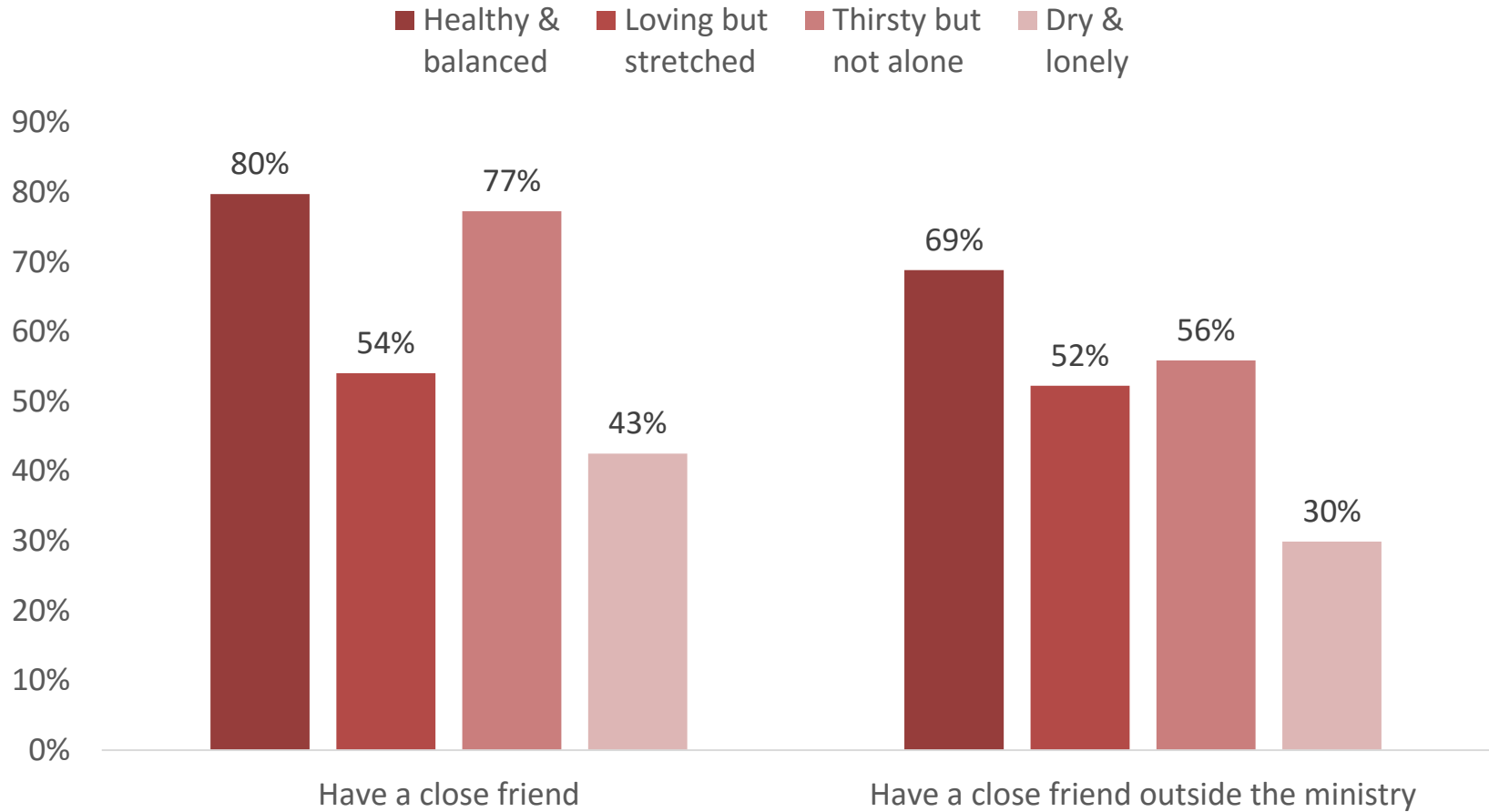




Having Close Friends in and outside the Ministry

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The Dry & Lonely lack friends, as do the Loving but Stretched.

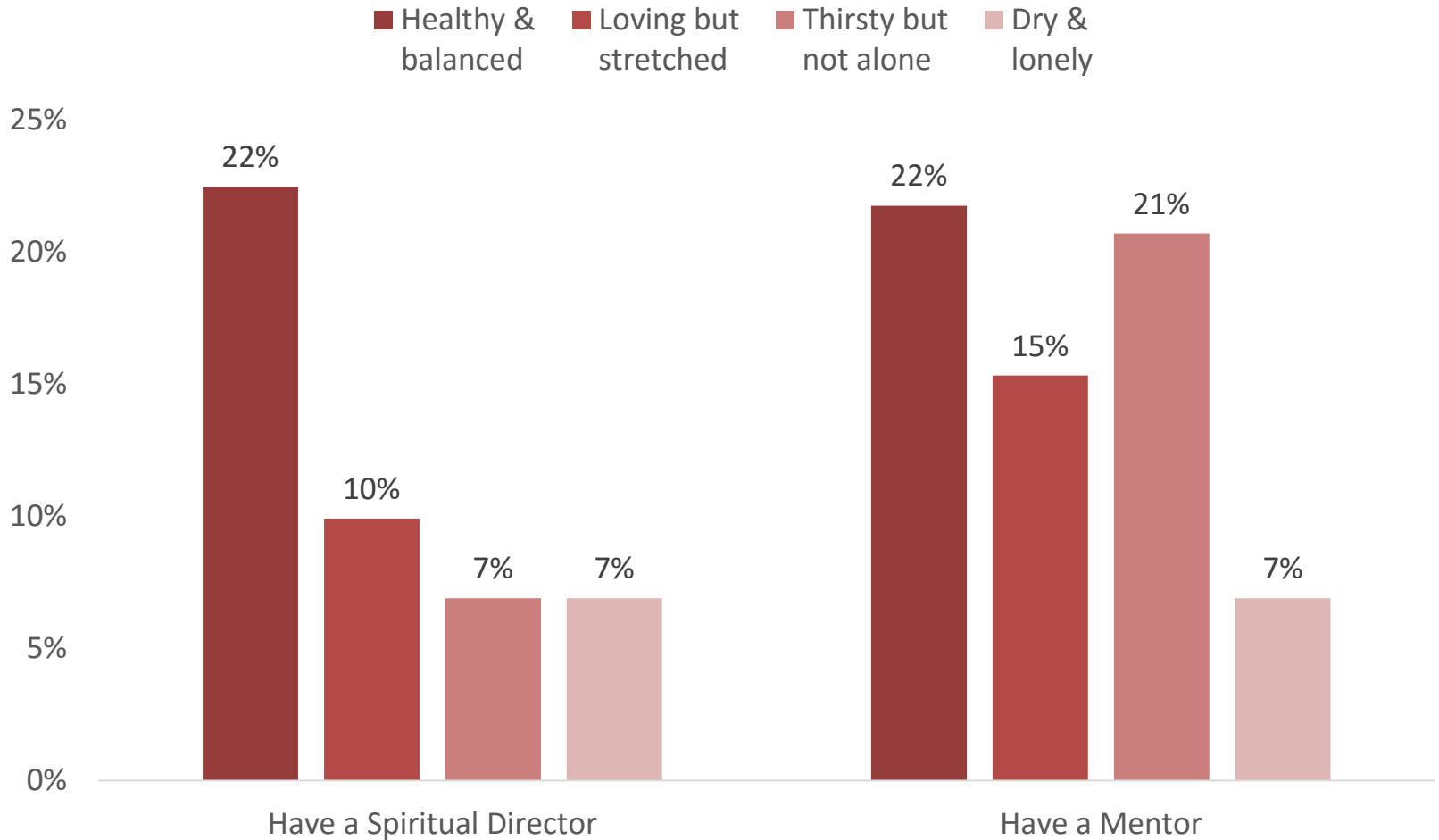




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Having a Spiritual Director or Mentor

Mentors are more common for the Thirsty but Not Alone and the Loving but Stretched.

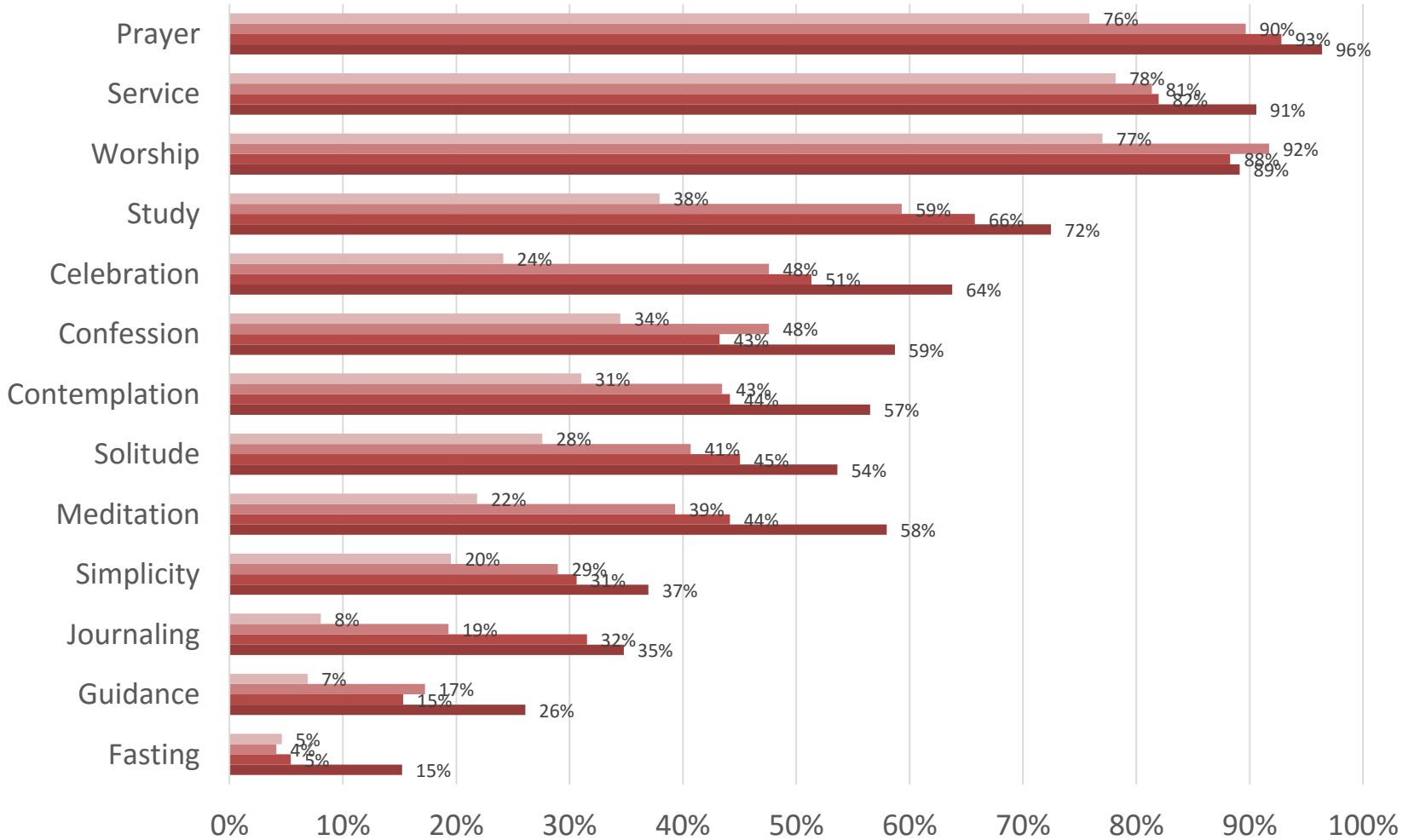




Spiritual Disciplines Integrated into Their Lives

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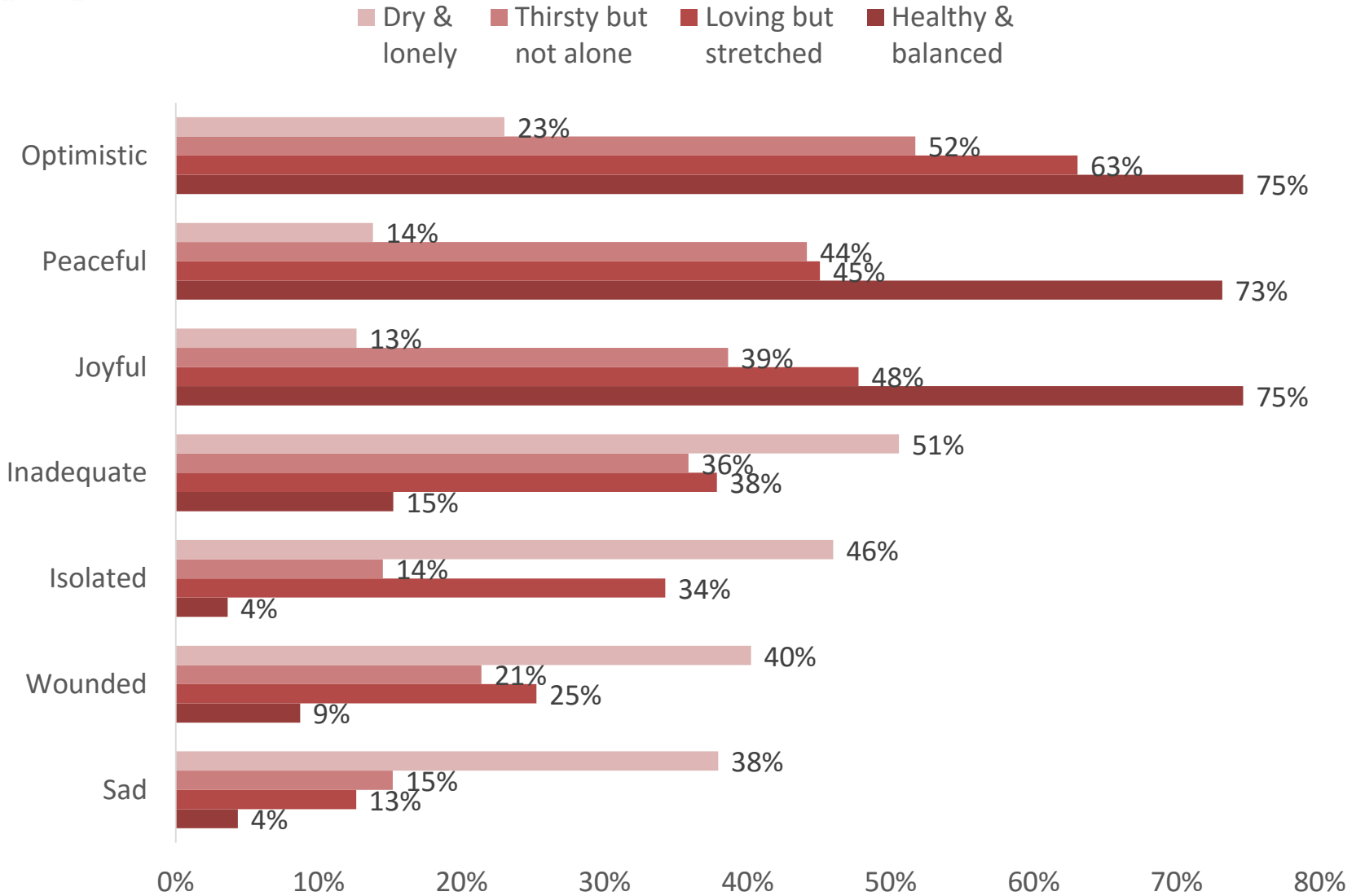
Dry & lonely
 Thirsty but not alone
 Loving but stretched
 Healthy & balanced





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How they Feel in their Hearts

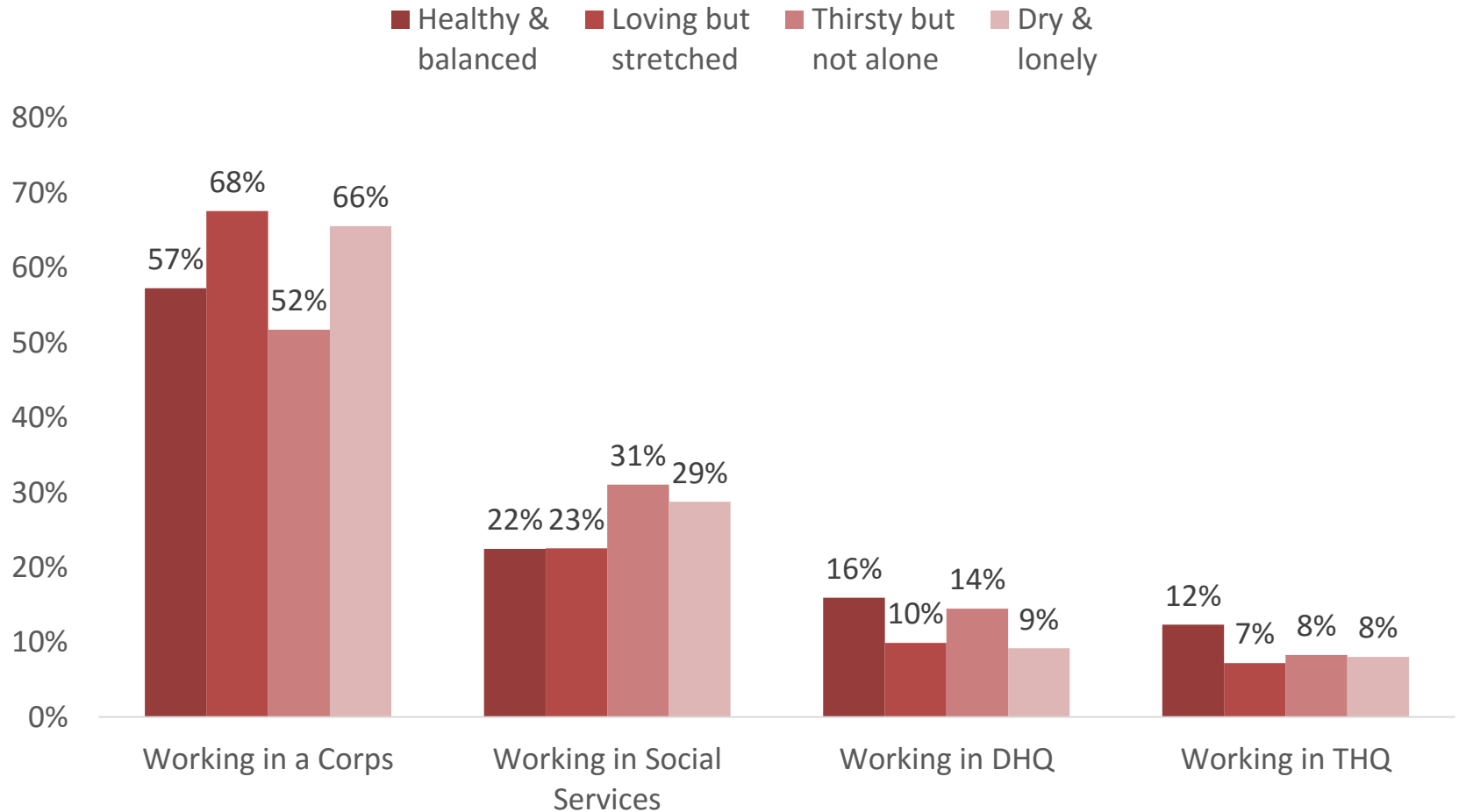




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Where they work

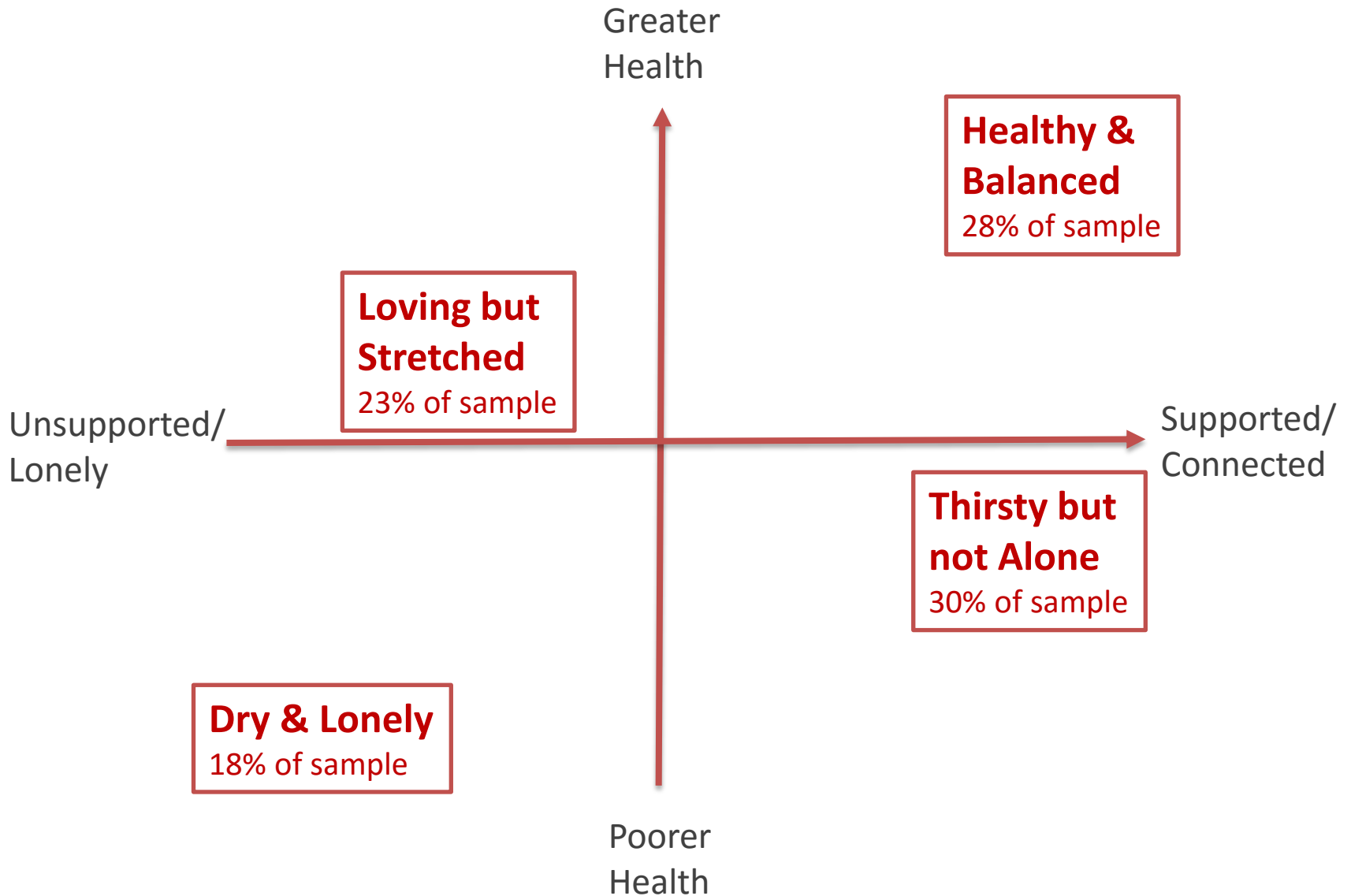
It is notable that the two lonelier groups are more likely to be working in Corps.





The schools of thought largely divided people on these two dimensions

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What's Next?