American Views on Lent

Representative Survey of 1,000 Americans
Methodology

LifeWay Research conducted the study Sept. 27 – Oct. 1, 2016. The survey was conducted using the web-enabled KnowledgePanel®, a probability-based panel designed to be representative of the U.S. population. Initially, participants are chosen scientifically by a random selection of telephone numbers and residential addresses. Persons in selected households are then invited by telephone or by mail to participate in the web-enabled KnowledgePanel®. For those who agree to participate, but do not already have Internet access, GfK provides at no cost a laptop and ISP connection.

Sample stratification and weights were used for gender, age, race/ethnicity, region, metro/non-metro, education, and income to reflect the most recent US Census data. The completed sample is 1,000 surveys. The sample provides 95 percent confidence that the sampling error does not exceed plus or minus 3.1 percent. Margins of error are higher in sub-groups.
Survey Responses
Just under one quarter (24%) say they typically observe Lent

QD01: “Do you typically observe Lent?”
“In which of the following ways do you typically observe Lent?”

Among Americans who observe Lent

- Fasting from a favorite food or beverage: 57%
- Attending church services: 57%
- Additional prayer: 39%
- Giving to others: 38%
- Fasting from a bad habit: 35%
- Fasting from a favorite activity: 23%
- None of these: 5%

QD02: “In which of the following ways do you typically observe Lent? (Select all)” Asked of those who observe Lent. n=240
Significant Differences

Gender
Region
Age
Ethnicity
Education Level
Religious Preference
Denomination
Evangelical Beliefs
Religious Service Attendance
# Significant Statistical Differences

Comparisons were made to determine if there are any significant statistical differences among gender, region, age, ethnicity, and education.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Region</th>
<th>Age</th>
<th>Ethnicity</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>Northeast</td>
<td>18-24</td>
<td>White, Non-Hispanic</td>
<td>High School graduate or less</td>
</tr>
<tr>
<td>Female</td>
<td>Midwest</td>
<td>25-34</td>
<td>Black, Non-Hispanic</td>
<td>Some college</td>
</tr>
<tr>
<td></td>
<td>South</td>
<td>35-44</td>
<td>Hispanic</td>
<td>Bachelor’s Degree</td>
</tr>
<tr>
<td></td>
<td>West</td>
<td>45-54</td>
<td>Other Ethnicities</td>
<td>Graduate Degree</td>
</tr>
<tr>
<td></td>
<td></td>
<td>55-64</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>65+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: Region is defined by US Census locations
Significant Statistical Differences

Comparisons were made to determine if there are any significant statistical differences among religious preference, denomination, Evangelical Beliefs, and religious service attendance.

<table>
<thead>
<tr>
<th>Religious Preference</th>
<th>Denomination</th>
<th>Evangelical Beliefs</th>
<th>Religious Service Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christian*</td>
<td>Catholic</td>
<td>Yes</td>
<td>Attending at least once a month</td>
</tr>
<tr>
<td>Other Religions</td>
<td>Protestant Christian</td>
<td>No</td>
<td>Attending less than once a month</td>
</tr>
<tr>
<td>No religion</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*includes Catholic, Protestant, Nondenominational, and Orthodox
Evangelical Beliefs

- Evangelical Beliefs are defined using the NAE LifeWay Research Evangelical Beliefs Research Definition based on respondent beliefs.
- Respondents are asked their level of agreement with four separate statements using a four-point, forced choice scale (strongly agree, somewhat agree, somewhat disagree, strongly disagree). Those who strongly agree with all four statements are categorized as having Evangelical Beliefs.
  - The Bible is the highest authority for what I believe.
  - It is very important for me personally to encourage non-Christians to trust Jesus Christ as their Savior.
  - Jesus Christ’s death on the cross is the only sacrifice that could remove the penalty of my sin.
  - Only those who trust in Jesus Christ alone as their Savior receive God’s free gift of eternal salvation.
“Do you typically observe Lent?”

- Those age 55-64 (29%) and 65+ (31%) are more likely to select “Yes” than those 25-34 (18%) and 45-54 (19%)
- Hispanics are the most likely ethnic group to select “Yes” (36%)
- Christians (35%) are more likely to select “Yes” than Other Religions (12%) and Nonreligious (4%)
- Catholics (61%) are more likely to select “Yes” than Protestant Christians (20%)
- Those who attend a religious service once a month or more (43%) are more likely “Yes” than those who attend a religious service less than once a month (15%)
“In which of the following ways do you typically observe Lent?”

Additional prayer

- Those in the Midwest (52%) are more likely to select than those in the Northeast (29%) and South (35%)
- Those age 65+ (53%) are more likely to select than those 18-24 (18%) and 35-44 (29%)
- Christians (41%) and Other Religions (49%) are more likely to select than Nonreligious (0%)
- Those who attend a religious service once a month or more (55%) are more likely to select than those who attend a religious service less than once a month (18%)
“In which of the following ways do you typically observe Lent?”

Fasting from a favorite food or beverage

- Those in the West (62%) are more likely to select than those in the Northeast (42%)
- Those age 18-24 (86%) are more likely to select than those 25-34 (50%), 35-44 (58%), 55-64 (61%), and 65+ (43%)
- Black, Non-Hispanics (80%) are more likely to select than White, Non-Hispanics (51%)
- Those with some college (65%) are more likely to select than those who are high school graduates or less (50%) or have a graduate degree (44%)
- Catholics (64%) are more likely to select than Protestant Christians (43%)
- Those with Evangelical Beliefs (42%) are less likely to select than those without Evangelical Beliefs (60%)
“In which of the following ways do you typically observe Lent?”

Fasting from a favorite activity
- Those age 25-34 (33%) and 35-44 (34%) are more likely to select than those 65+ (11%)
- Hispanics (34%) are more likely to select than White, Non-Hispanics (17%)

Fasting from a bad habit
- Those in the South (39%) and West (44%) are more likely to select than those in the Northeast (21%)
- Those age 65+ are the least likely age group to select (12%)
- Hispanics (50%) are more likely to select than White, Non-Hispanics (30%) and Other Ethnicities (11%)
“In which of the following ways do you typically observe Lent?”

**Giving to others**

- Hispanics (50%) are more likely to select than Black, Non-Hispanics (22%)
- Christians (42%) are more likely to select than Other Religions (<1%) and Nonreligious (<1%)
- Catholics (46%) are more likely to select than Protestant Christians (32%)
- Those who attend a religious service once a month or more (49%) are more likely to select than those who attend a religious service less than once a month (22%)

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Biblical Solutions for Life
“In which of the following ways do you typically observe Lent?”

**Attending church services**

- Those in the Midwest (68%) are more likely to select than those in the South (50%)
- Those age 65+ (74%) are more likely to select than those 35-44 (47%) and 55-64 (53%)
- Christians (61%) and Other Religions (49%) are more likely to select than Nonreligious (<1%)
- Those with Evangelical Beliefs (71%) are more likely to select than those without Evangelical Beliefs (54%)
- Those who attend a religious service once a month or more (76%) are more likely to select than those who attend a religious service less than once a month (32%)
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