

# Churchgoers Views – Sabbath Rest

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Representative Survey of 1,010  
American Churchgoers

# Methodology

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LifeWay Research conducted the study August 22 – 30, 2017. 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, Ipsos (formerly GfK) provides at no cost a laptop and ISP connection.

# Methodology

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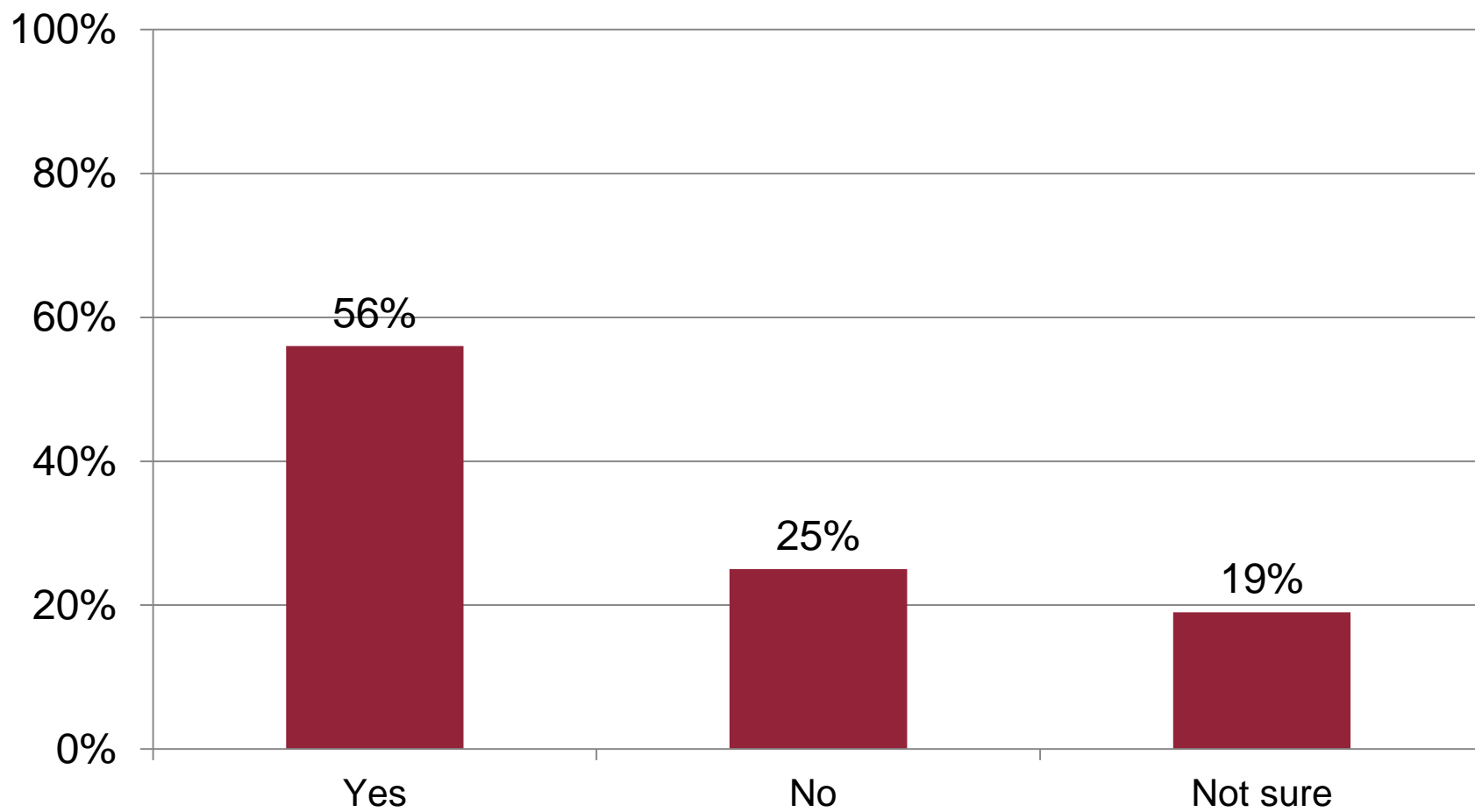
For this survey, a nationally representative sample of U.S. Protestant and non-denominational adults (18 and older) which attends religious services once a month or more often was selected from the KnowledgePanel®.

Sample stratification and base weights were used for gender, age, race/ethnicity, region, metro/non-metro, home ownership, education, and income to reflect the most recent US Census data. Study specific weights included for gender by age, race/ethnicity, region, and education to reflect GSS 2016 data. The completed sample is 1,010 surveys. The sample provides 95 percent confidence that the sampling error does not exceed plus or minus 3.1 percentage points. Margins of error are higher in sub-groups.

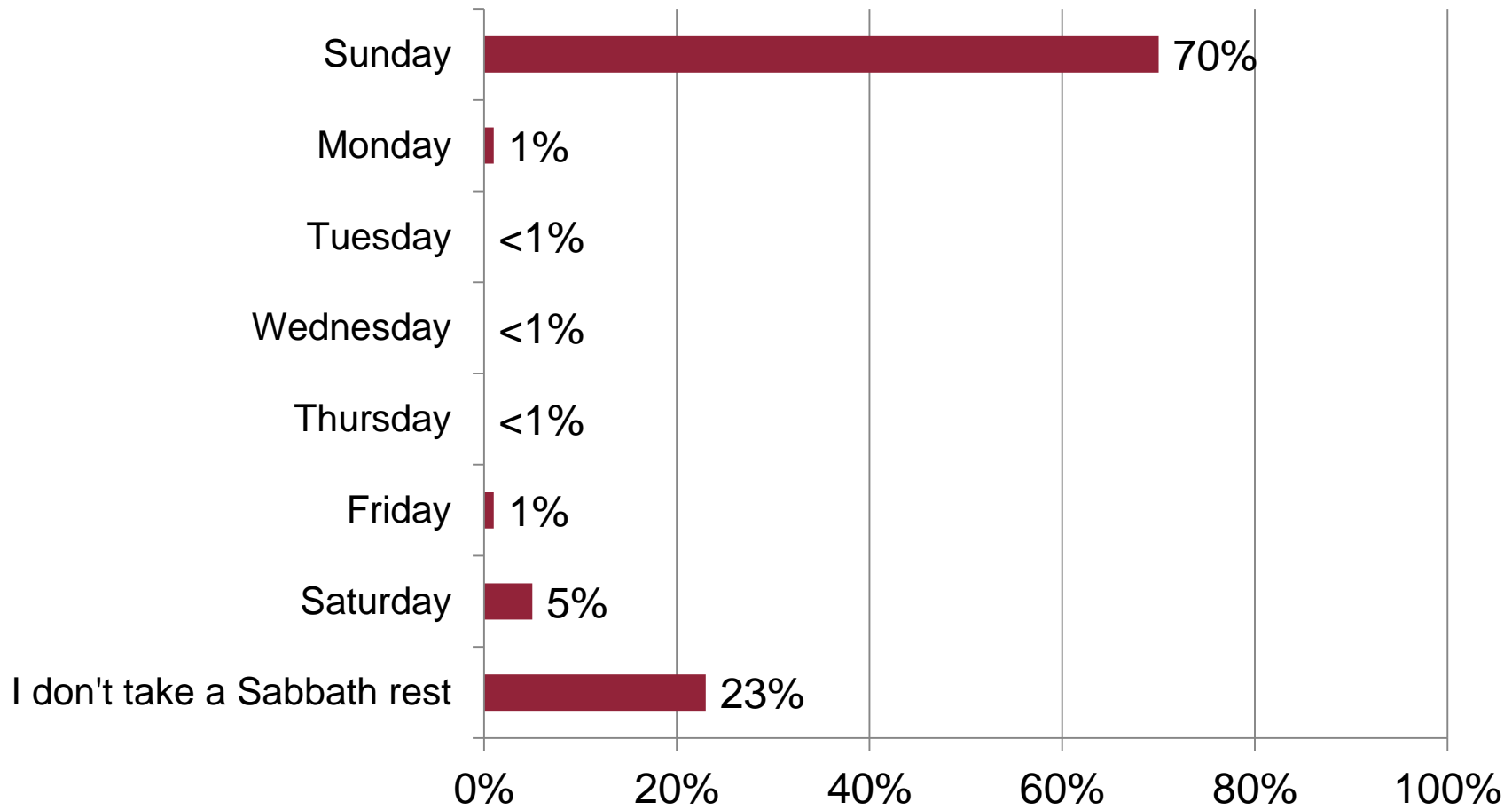
# Survey Responses

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# 56% say that taking a day of Sabbath rest each week still applies today

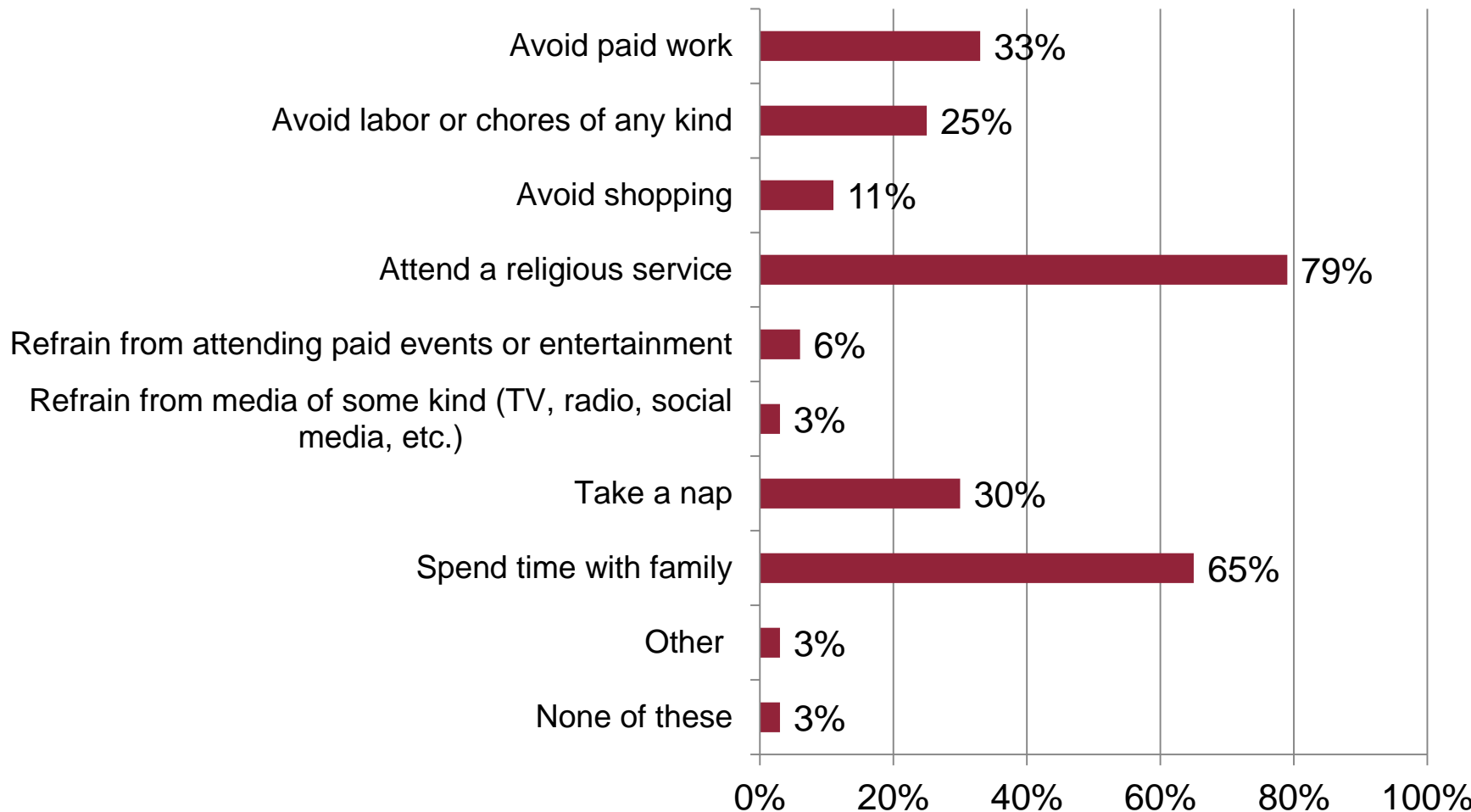


# 70% take a Sabbath rest on Sunday; 23% do not take a Sabbath rest at all



# “How do you observe a Sabbath day?”

Among Those Taking a Sabbath Rest in a Typical Week



# Significant Differences

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Gender  
Region  
Age  
Ethnicity  
Education Level  
Church Service Attendance  
Evangelical Beliefs  
Church Size (Attendance)  
Denomination



# Significant Statistical Differences

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

Gender	Region	Age	Ethnicity	Education
Male	Northeast	18-34	White, Non-Hispanic	High School graduate or less
Female	Midwest	35-49	Black, Non-Hispanic	Some college
	South	50-64	Hispanic	Bachelor's Degree
	West	65+	Other Ethnicities	Graduate Degree

Note: Region is defined by US Census locations

# Significant Statistical Differences

Comparisons were made to determine if there are any significant statistical differences among churchgoers' service attendance, Evangelical Beliefs, church size (by attendance), and denomination.

Church Service Attendance	Evangelical Beliefs	Church Size (Attendance)	Denomination
At least once a week	Yes	Less than 50	Baptist
Once or twice a month	No	50-99	Lutheran
		100-249	Methodist
		250-499	Non-denominational
		500-999	Assemblies of God/Pentecostal
		1000 or more	

# Evangelical Beliefs

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- 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

# “Is taking a day of Sabbath rest each week a biblical command that still applies today?”

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- Those in the South (58%) are more likely to answer “Yes” than those in the Northeast (46%)
- Those age 35-49 (60%) and 65+ (60%) are more likely to answer “Yes” than those 50-64 (51%)
- White, Non-Hispanics (59%) and Other Ethnicities (67%) are more likely to answer “Yes” than Hispanics (44%)
- Those with some college (60%) are more likely to answer “Yes” than those who are high school graduates or less (52%)
- Those attending church services at least once a week are more likely to answer “Yes” than those attending once or twice a month (59% v. 41%)
- Those with Evangelical Beliefs are more likely to answer “Yes” than those without Evangelical Beliefs (64% v. 47%)
- Those attending a church with attendance of 1000 or more (67%) are more likely to answer “Yes” than those attending a church with attendance of less than 50 (54%) and 100-249 (56%)
- Baptists (60%) and Non-denominational (60%) are more likely to answer “Yes” than Assemblies of God/Pentecostals (45%)

# “In a typical week, what day, if any, do you take a Sabbath rest?”

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- Females (26%) are more likely to answer “I don’t take a Sabbath rest” than males (18%)
- Those in the West (73%) more likely to answer “Sunday” than those in the Northeast (61%)
- Those age 65+ are the most likely age group to answer “Sunday” (80%)
- Those age 18-34 (9%) are more likely to answer “Saturday” than those 50-64 (4%)
- Those age 18-34 (28%) and 50-64 (25%) are more likely to answer “I don’t take a Sabbath rest” than those 65+ (15%)
- White, Non-Hispanics (75%) are more likely to answer “Sunday” than Black, Non-Hispanics (63%) and Hispanics (58%)
- Black, Non-Hispanics (7%) and Hispanics (11%) are more likely to answer “Saturday” than White, Non-Hispanics (3%)
- Those with some college are more likely to answer “Sunday” than those who are high school graduates or less (76% v. 66%) and less likely to answer “I don’t take a Sabbath rest” (18% v. 25%)

# “In a typical week, what day, if any, do you take a Sabbath rest?”

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- Those attending church services at least once a week are less likely to answer “I don’t take a Sabbath rest” than those attending once or twice a month (21% v. 31%)
- Those with Evangelical Beliefs are more likely to answer “Sunday” than those without Evangelical Beliefs (73% v. 66%)
- Those with Evangelical Beliefs are less likely to answer “I don’t take a Sabbath rest” than those without Evangelical Beliefs (18% v. 28%)
- Lutherans (31%) and Assemblies of God/Pentecostals (32%) are more likely to answer “I don’t take a Sabbath rest” than Baptists (18%)

# “How do you observe a Sabbath day?”

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## Avoid paid work

- Males (40%) are more likely to select than females (28%)
- Those age 18-34 are the most likely age group to select (48%); those 65+ are the least likely age group to select (21%)
- White, Non-Hispanics (36%) and Other Ethnicities (43%) are more likely to select than Black, Non-Hispanics (24%)
- Those with a graduate degree (46%) are more likely to select than those who are high school graduates or less (29%) or with some college (32%)
- Those attending a church with attendance 500-999 (45%) and 1000 or more (39%) are more likely to select than those attending a church with attendance of less than 50 (26%)
- Baptists (29%), Methodists (33%), and Non-denominational (38%) are more likely to select than Assemblies of God/Pentecostal (17%)

# “How do you observe a Sabbath day?”

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## **Avoid labor or chores of any kind**

- Those in the South (30%) are more likely to select than those in the West (14%)
- Those who are high school graduates or less are the most likely education level to select (32%)
- Those attending church services at least once a week are more likely to select than those attending once or twice a month (26% v. 16%)
- Those with Evangelical Beliefs are more likely to select than those without Evangelical Beliefs (28% v. 20%)
- Those attending a church with attendance of 50-99 (31%), 250-499 (26%), and 1000 or more (32%) are more likely to select than those attending a church with attendance of less than 50 (14%)
- Baptists (30%) are more likely to select than Lutherans (7%), Methodists (14%), and Non-denominational (19%)



# “How do you observe a Sabbath day?”

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## **Avoid shopping**

- Those attending church services at least once a week are more likely to select than those attending once or twice a month (12% v. 4%)

## **Attend a religious service**

- White, Non-Hispanics (84%) are more likely to select than Black, Non-Hispanics (71%) and Hispanics (68%)
- Those attending a church with attendance of 500-999 (89%) are more likely to select than those attending a church with attendance of 50-99 (74%), 250-499 (77%), and 1000 or more (75%)
- Lutheran (91%) are more likely to select than Baptists (77%)

# “How do you observe a Sabbath day?”

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## Refrain from attending paid events or entertainment

- Males (9%) are more likely to select than females (4%)
- Those in the West (11%) are more likely to select than those in the South (5%)
- Hispanics (16%) are more likely to select than White, Non-Hispanics (6%) and Black, Non-Hispanics (5%)

# “How do you observe a Sabbath day?”

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## Refrain from media of some kind (TV, radio, social media, etc.)

- Those in the West (7%) are more likely to select than those in the Midwest (1%) and South (3%)
- Those age 18-34 (4%) and 35-49 (5%) are more likely to select than those age 65+ (1%)
- Hispanics (7%) are more likely to select than Black, Non-Hispanics (2%)
- Those attending a church with attendance of 500-999 (9%) are more likely to select than those attending a church with attendance of 100-249 (1%)
- Methodists (8%) and Assemblies of God/Pentecostals (5%) are more likely to select than Non-denominational (<1%)

# “How do you observe a Sabbath day?”

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## Take a nap

- White, Non-Hispanics (35%) are more likely to select than Black, Non-Hispanics (21%)
- Those attending church services at least once a week are more likely to select than those attending once or twice a month (32% v. 18%)
- Those with Evangelical Beliefs are more likely to select than those without Evangelical Beliefs (33% v. 26%)
- Those attending a church with attendance 500-999 (42%) are more likely to select than those attending a church with attendance less than 50 (26%) and 50-99 (28%)

# “How do you observe a Sabbath day?”

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## Spend time with family

- Those age 18-34 (74%) are more likely to select than those 50-64 (63%) and 65+ (60%)
- White, Non-Hispanics (73%) and Hispanics (69%) are more likely to select than Black, Non-Hispanics (46%)
- Those with a graduate degree are the most likely education level to select (82%); those who are high school graduates or less are the least likely education level to select (57%)
- Those with Evangelical Beliefs are less likely to select than those without Evangelical Beliefs (61% v. 72%)
- Those attending a church with attendance of 500-999 (80%) are more likely to select than those attending a church with attendance of 50-99 (63%), 100-249 (63%), and 1000 or more (62%)
- Lutherans (78%) and Non-denominational (78%) are more likely to select than Baptists (60%) and Assemblies of God/Pentecostals (55%)

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