

# STATE OF DISCIPLESHIP GENERATION Z ANALYSIS

## Executive Summary

Generation Z has a complex relationship with Christianity. There are positive indicators related to actionable items including attendance and evangelism. Conversely, there is room for growth in theology with some concerning attitudes related to authority and audacity. The following are some of the many items where Gen Z is different from other generations. There are tables in the document containing more information and details.

- Signposts
  - Average overall scores are similar across generations.
  - Gen Z has much lower scores in Exercising Faith and Living Unashamed.
  - Gen Z has somewhat higher scores in Sharing Christ and Building Relationships
- Activities
  - Gen Z attends church more often on average, but the median shows no difference. This implies there is a portion of Gen Z at high rates but the typical Gen Z attends at the same frequency as other generations.
  - Gen Z fasts, share Christ, and feed the hungry more often.
  - Gen Z is less likely to confess sins and set aside time for prayer or praise.
- Theology
  - Gen Z has the lowest level of agreement with all the following. There are other statements where Gen Z is among the lowest.
    - “I am hospitable towards strangers” (71%)
    - “I can worship God whenever and wherever” (80%)
    - “The Bible has authority over every area of my life” (62%)
    - “I find myself praying at the spur-of-the-moment throughout the day” (67%)
    - “I must have God’s help to say no to worldly desires” (66%)
    - “The Holy Spirit is at work in every believer teaching, convicting of sin, and guiding” (74%)
    - “The fruit of the Spirit (love, patience, kindness, goodness, gentleness, etc.) is evidence of a genuine relationship with God” (75%)
    - “Only those who trust in Jesus Christ alone as their Savior receive God’s free gift of eternal salvation” (76%)
  - Gen Z has the highest level of agreement with all the following. There are other statements where Gen Z is among the highest.
    - “Reading and studying the Bible has not made significant changes in the way that I live my life” (43%)
    - “When I realize that I have a choice between “my way” and “God’s way,” I usually choose my way” (52%)
    - “I hesitate to share with Christian friends about my own doubts and spiritual struggles” (53%)
    - “There are times I am unconcerned with God’s wondrous nature” (44%)
    - “Jesus was a sinner just like us” (42%)
- Life After Death
  - Gen Z is among the least likely to select “I will go to Heaven because I have confessed my sins and accepted Jesus Christ as my savior” (49%)

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## Methodology

The online survey of 2,130 Protestant churchgoers was conducted March 19-26, 2025, using a national pre-recruited panel. Respondents were screened to include those who identified as Protestant/non-denominational and attend religious services at least once a month. Respondents could complete the survey in English or Spanish. Quotas and slight weights were used to balance gender, age, region, ethnicity, education, and denominational affiliation. The completed sample is 2,130 surveys. The sample provides 95% confidence that the sampling error from the panel does not exceed plus or minus 2.21%. This margin of error accounts for the effect of weighting. Margins of error are higher in sub-groups.

## Generation Definitions

The data collection for the survey occurred during 2025. Therefore, the generations are defined by those within the following age ranges.

- Gen Z: 18 to 28 years old n=156
- Millennials: 29 to 44 years old n=541
- Gen X: 45 to 60 years old n=632
- Baby Boom+: 61 years or older n=801

NOTE: Data is displayed by these common generational definitions. This does not mean that being in a generation causes someone to be more or less likely to follow Christ in a specific way. Differences may be related to age, life stage, length of time someone has been a follower of Christ, or other factors rather than their generation. There are also many items where Gen Z and Millennials have similar responses and are different from the older generations. These are shown in the tables below.

## Signpost Scores

The total score across all signposts is similar among all generations. There are two signposts where Gen Z has much *lower* scores than the other generations: Exercising Faith and Living Unashamed. There are two signposts where Gen Z along with Millennials have *higher* scores than the two oldest generations: Sharing Christ and Building Relationships.

Values displayed are MEAN SCORES

Signpost	Gen Z	Millennials	Gen X	Baby Boom+
Bible Engagement	68.9	71.4	69.6	68.4
Obedying God and Denying Self	73.4	75.0	73.3	75.6
Serving God and Others	72.8	75.4	73.0	70.5
Sharing Christ	63.7	62.6	57.7	46.0
Exercising Faith	51.4	63.6	69.5	79.6
Seeking God	74.7	76.7	77.6	79.9
Building Relationships	68.8	68.6	62.7	60.5
Living Unashamed	46.0	53.5	60.7	66.9
<b>Total Discipleship Score</b>	<b>65.6</b>	<b>68.5</b>	<b>67.6</b>	<b>67.6</b>

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Examples of differences within two signposts in which Gen Z has lower scores than other generations.

### Exercising Faith

All generations are significantly different from each other in these examples.

- During difficult circumstances, I sometimes doubt that God loves me and will provide for my life.
  - Agree: 46% (Gen Z), 34% (Mill), 25% (Gen X), 14% (BB+)
- I sometimes doubt that God can change the lives of non-Christians I know.
  - Agree: 45% (Gen Z), 32% (Mill), 22% (Gen X), 13% (BB+)
- When things happen in my life I can't explain, I typically doubt that God is involved.
  - Agree: 47% (Gen Z), 33% (Mill), 26% (Gen X), 12% (BB+)

### Living Unashamed

All generations are significantly different from each other in these examples.

- I don't think everyone I am acquainted with needs to know I am a follower of Christ
  - Agree: 57% (Gen Z), 41% (Mill), 31% (Gen X), 24% (BB+)
- I am hesitant to let non-Christians know that I am a Christian
  - Agree: 43% (Gen Z), 25% (Mill), 18% (Gen X), 8% (BB+)
- Many aspects of who I am have nothing to do with God
  - Agree: 40% (Gen Z), 30% (Mill), 19% (Gen X), 13% (BB+)

Examples of differences within two signposts where Gen Z, along with Millennials, score higher than older generations.

### Sharing Christ

All generations are significantly different from each other unless otherwise noted with '='

- While interacting with others on a normal, daily basis, I seek opportunities to speak out about Jesus Christ
  - Agree: 66% (Gen Z) = 68% (Mill) = 63% (Gen X), 46% (BB+)
- I intentionally spend time building friendships with non-Christians for the purpose of sharing Christ with them
  - Agree: 64% (Gen Z) = 62% (Mill), 52% (Gen X), 33% (BB+)

### Building Relationships

All generations are significantly different from each other unless otherwise noted with '='

- I intentionally try to be a peacemaker at church
  - Agree: 70% (Gen Z) = 66% (Mill), 56% (Gen X), 51% (BB+)
- I intentionally spend time with other believers in order to help them grow in their faith
  - Agree: 71% (Gen Z) = 69% (Mill), 62% (Gen X), 46% (BB+)

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### Activities

Values displayed are MEAN (MEDIAN)

<b>In a typical month, about how many times do you do the following?</b>	<b>Gen Z</b>	<b>Millennials</b>	<b>Gen X</b>	<b>Baby Boom+</b>
Attend a worship service at your church	6.2 (4)	4.8 (4)	5.1 (4)	4.5 (4)
Attend small classes or groups for adults from church such as Sunday school, Bible study, small groups, Adult Bible Fellowships, etc.	5.0 (4)	3.7 (3)	2.7 (1)	2.5 (1)
Make a decision to obey or follow God with an awareness that choosing His way might be costly to you in some way	9.7 (5)	9.1 (5)	10.5 (4)	10.7 (4)

Values displayed are MEAN (MEDIAN)

<b>In the past six months, about how many times have you done the following?</b>	<b>Gen Z</b>	<b>Millennials</b>	<b>Gen X</b>	<b>Baby Boom+</b>
Shared with someone how to become a Christian	5.5 (3)	6.0 (3)	5.7 (2)	2.3 (0)
Shared in the Lord's supper/communion	6.5 (4)	7.6 (3)	5.0 (2)	6.0 (3)
Invited an unchurched person to attend a church service or some other program at your church	4.2 (3)	4.5 (2)	4.1 (2)	1.8 (0)
Served someone who you knew could not repay you	6.5 (4)	5.9 (3)	6.7 (2)	5.6 (2)
Fasted (going without eating for a certain period of time, in order to concentrate on prayer or meditation)	4.8 (3)	4.1 (1)	2.3 (0)	1.5 (0)
Memorized a Bible verse	6.3 (4)	6.4 (3)	5.6 (2)	3.9 (0)
Visited the sick or home-bound	4.9 (3)	3.1 (1)	3.4 (1)	2.5 (0)
Visited people in prison	2.5 (0)	1.9 (0)	1.0 (0)	0.5 (0)
Fed the hungry	6.0 (3)	4.8 (2)	5.2 (1)	3.2 (0)
Shared my faith story with someone	6.7 (4)	5.1 (3)	6.1 (2)	2.7 (1)

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Values displayed are PERCENTAGES

	Gen Z	Mill	Gen X	BB+	NOTES
Are you currently involved in ministries or projects that serve people in the community not affiliated with your church? (YES)	38%	38%	25%	25%	Gen Z, Mill > Gen X, BB+
Do you currently have regular responsibilities at your church? (YES)	36%	37%	28%	33%	Gen X lowest
About how often do you do following activity? Study the Bible (EVERY DAY)	22%	18%	14%	15%	Gen Z > Gen X, BB+
About how often do you do following activity? Set aside time for prayer of any kind (EVERY DAY)	35%	51%	52%	67%	Gen Z Lowest
About how often do you do following activity? Pray in a group with other Christians (EVERY DAY)	19%	16%	12%	7%	Gen Z, Mill > Gen X, BB+
About how often do you do following activity? Confess my sins and wrongdoings to God and ask for forgiveness (EVERY DAY)	34%	39%	42%	51%	Gen Z < Gen X, BB+
About how often do you do following activity? Pray for the spiritual status of people I know who are not professing Christians (EVERY DAY)	20%	33%	32%	35%	Gen Z Lowest
About how often do you do following activity? Express praise and thanksgiving to God for who He is (EVERY DAY)	41%	48%	56%	65%	Gen Z, Mill < Gen X, BB+

Values displayed are PERCENTAGE YES

	Gen Z	Mill	Gen X	BB+	NOTES
Have you ever gone through a church membership class?	54%	56%	57%	63%	BB+ Highest
When you were under age 13, did you regularly attend a Christian church for 12 months or more?	74%	70%	64%	81%	Gen X Lowest
When you were age 13 to 17, did you regularly attend a Christian church for 12 months or more?	77%	70%	62%	78%	Gen X Lowest
Have you ever been baptized?	76%	81%	85%	98%	Gen Z, Mill < Gen X, BB+

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Values displayed are PERCENTAGE YES

	Gen Z	Mill	Gen X	BB+	NOTES
Have you ever been discipled or mentored one-on-one by a more spiritually mature Christian meeting at least once a month for several months to help your spiritual development?	56%	56%	44%	30%	Gen Z, Mill > Gen X, BB+
Have you ever discipled or mentored a less spiritually mature person one-on-one, meeting at least once a month for several months to help that person's spiritual development?	53%	46%	35%	23%	Gen Z, Mill > Gen X, BB+
Have you participated in a mission trip in another country?	39%	24%	12%	10%	Gen Z Highest
Have you participated in a mission trip in the United States?	46%	42%	24%	16%	Gen Z, Mill > Gen X, BB+

Values displayed are PERCENTAGES YES

<b>Have you in the past year?</b>	Gen Z	Mill	Gen X	BB+	NOTES
Read a book (in addition to the Bible) about increasing your spiritual growth	76%	66%	59%	52%	Gen Z Highest
Read a commentary or book teaching more about what's in the Bible	72%	64%	58%	50%	Gen Z, Mill > Gen X, BB+
Attended a conference or retreat to invest in your spiritual growth	58%	47%	35%	22%	Gen Z Highest
Participated in a Bible study group that included personal study outside the group meeting	67%	64%	52%	40%	Gen Z, Mill > Gen X, BB+
Attended a Bible study that is not associated with the church I regularly attend	56%	50%	33%	20%	Gen Z, Mill > Gen X, BB+
I regularly used and followed a Bible reading plan	66%	63%	57%	49%	Gen Z, Mill > Gen X, BB+

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### Agreement with Statements – Significant Differences Noted

Values displayed are PERCENTAGE AGREE

	Gen Z	Mill	Gen X	BB+	NOTES
Throughout many of my activities I don't think about God	36%	28%	21%	17%	Gen Z, Mill > Gen X, BB+
I feel comfortable that I can share my belief in Christ to someone else effectively	77%	85%	85%	84%	Gen Z < Mill, Gen X
I want to learn and be reminded of truths in the Bible	79%	86%	90%	92%	Gen Z, Mill < Gen X, BB+
I am hospitable towards strangers	71%	80%	82%	86%	Gen Z Lowest
I have developed significant relationships with people at my church	70%	74%	78%	80%	Gen Z < Gen X, BB+
Reading and studying the Bible has not made significant changes in the way that I live my life	43%	34%	26%	19%	All Different
Each day I am overwhelmed by God's love for me	63%	72%	73%	80%	Gen Z < Gen X, BB+
I forgive others regardless of whether they ask for forgiveness	71%	81%	79%	79%	Gen Z Lowest
I follow my pastor's teaching from the Bible	75%	78%	80%	83%	Gen Z, Mill < BB+
I can worship God whenever and wherever	80%	87%	90%	97%	Gen Z Lowest
The Bible has authority over every area of my life	62%	73%	74%	76%	Gen Z Lowest
When I don't like something the Bible teaches, I trust God's way is best	71%	77%	78%	82%	Gen Z, Mill < BB+
I persistently ask God to act on several needs that I believe fit His will	67%	72%	76%	79%	Gen Z < Gen X, BB+
I find myself praying at the spur-of-the-moment throughout the day	67%	76%	79%	83%	Gen Z Lowest
When I realize that I have a choice between "my way" and "God's way," I usually choose my way	52%	39%	30%	15%	All Different
I intentionally interact with people who do not profess Christian beliefs	63%	59%	50%	41%	Gen Z, Mill > Gen X, BB+
When I realize my attitude does not please God, I take steps to try to fix it	74%	80%	82%	87%	Gen Z < Gen X, BB+
I hesitate to share with Christian friends about my own doubts and spiritual struggles	53%	33%	28%	22%	Gen Z Highest
I plan my weekly schedule to ensure I can gather at worship services at my church	63%	71%	68%	75%	Gen Z, Gen X < BB+

## STATE OF DISCIPLESHIP GENERATION Z ANALYSIS

Values displayed are PERCENTAGE AGREE

	Gen Z	Mill	Gen X	BB+	NOTES
There are times I am unconcerned with God's wondrous nature	44%	34%	25%	14%	All Different
I must have God's help to say no to worldly desires	66%	74%	75%	76%	Gen Z Lowest
If a person is sincerely seeking God, he/ she can obtain eternal life through religions other than Christianity	54%	50%	42%	27%	Gen Z, Mill > Gen X, BB+
The Holy Spirit is at work in every believer teaching, convicting of sin, and guiding	74%	84%	88%	91%	Gen Z Lowest
The God of the Bible is no different from the gods or spiritual beings depicted by world religions such as Islam, Hinduism, Buddhism, etc.	49%	42%	28%	16%	Gen Z, Mill > Gen X, BB+
Christ will return a second time to gather believers to Himself	76%	83%	82%	90%	Gen Z, Gen X < BB+
There is one true God in three persons: God the Father, God the Son, and God the Holy Spirit	79%	81%	87%	94%	Gen Z, Mill < Gen X, BB+
Jesus died on the cross and was physically resurrected from the dead	75%	80%	85%	94%	Gen Z, Mill < Gen X, BB+
The fruit of the Spirit (love, patience, kindness, goodness, gentleness, etc.) is evidence of a genuine relationship with God	75%	86%	92%	92%	Gen Z Lowest
Jesus was a sinner just like us	42%	32%	32%	21%	Gen Z Highest
The Bible is the written word of God and is totally accurate in all that it teaches	69%	76%	83%	81%	Gen Z, Mill < Gen X, BB+
The Bible is the highest authority for what I believe	83%	86%	93%	93%	Gen Z, Mill < Gen X, BB+
Only those who trust in Jesus Christ alone as their Savior receive God's free gift of eternal salvation	76%	86%	91%	87%	Gen Z Lowest

## STATE OF DISCIPLESHIP GENERATION Z ANALYSIS

There are many beliefs about life after death. Which of the following statements is closest to your own beliefs?

	Gen Z
I will go to Heaven because I have tried my best to be a good person and live a good life	23%
I will go to Heaven because I have confessed my sins and accepted Jesus Christ as my savior	49%
I will go to Heaven because God loves all people and will not let any of them perish	25%
No one really knows what will happen after death	3%
I will not go to heaven	0%

### Significant Differences

- Gen Z (23%) and Millennials (20%) are *more* likely to select “I will go to Heaven because I have tried my best to be a good person and live a good life” than Gen X (13%) or Baby Boom+ (7%)
- Gen Z (49%) and Millennials (56%) are *less* likely to select “I will go to Heaven because I have confessed my sins and accepted Jesus Christ as my savior” than Gen X (66%) or Baby Boom+ (78%)
- Gen Z is the age group most likely to select “I will go to Heaven because God loves all people and will not let any of them perish” (25%)