

## Appendix

As a lifelong studier of people, I have come to this conclusion: at the core we are all very much the same. Our longings, our fears, our self-doubt, our holes . . . are often universal. Yet many of us feel like we are alone—the only one who feels this way, the only one who struggles, the only one who doesn't have it all together. Hence, my foremost appreciation for this research is because of the concrete way it shows that no one is really alone.

The research for this book, conducted by Barna Research in 2010, taught me yet another important lesson in humanity: we are not always predictable. The way we answer questions—our ability to be completely honest, especially with ourselves—varies, depending upon many things. Some of the answers to the questions I asked, I expected. Others I did not. Many I questioned (to put it mildly). As I wrote the book I considered pushing back on some of these findings, to fit the research into my theories, assessments, and assumptions in an effort to make a point. But in the end I decided that sometimes it's better to simply start a conversation about something important. Here I have simply presented the research in its summarized form so you can form your own conclusions.

## WHOLE

You should know that when I began this journey, there were many things that looked different—my circumstances, my belief about where the message would take me, the audience I intended to write for (solely women). But as the project progressed, God changed things. As I opened myself up to His movement, I opened my heart to His plans: I would write this book for the believer, not to a specific gender. I would ask different questions. I would come at the book from my failures, not my successes. All of those nudges, and more, proved to be divine in my life, and I pray that you will see this same divine influence in yours as well.

Here are some of the questions this book first sought to answer and the answers of 603 women to them. The study was done of those eighteen or older who describe themselves as Christians and have attended a Christian church service within the past six months, excluding holiday services or special events. You might not sit among those asked, but you most certainly sit among their community. For as a person, a believer, a person with a voice . . . you are from the same sovereign Source. Truly, we are not alone.

### *Self-perception*

- 36% see themselves as leaders
- 49% see themselves as servants
- 65% see themselves as being deeply spiritual
- 74% see themselves as being mature in faith

### *Settings in which self-described leaders provide leadership*

- 52% at a church
- 28% in the community or neighborhood
- 31% on the job
- 13% in a nonprofit organization
- 29% as a parent or in the home
- 18% in a school setting

*Single most important goal*

- 32% family-oriented
- 26% faith-oriented
- 6% health-oriented
- 5% career-oriented
- 4% lifestyle-oriented
- 4% personal growth
- 4% morality-oriented
- 3% financial
- 2% marriage-oriented
- 1% personal appearance
- 1% relational
- 1% travel-oriented
- 2% have no goals

*Single biggest disappointment or emotional hurt in one's life*

- 29% death of a loved one
- 20% family/children
- 9% divorce, bad marriage
- 5% health
- 4% relational
- 3% financial
- 3% morality
- 2% career
- 2% faith-oriented
- 9% no disappointments

*Single highest priority in one's life currently*

- 53% family
- 16% faith
- 9% health
- 5% occupational performance
- 5% lifestyle
- 3% friends
- 2% achieving success
- 2% financial
- 1% influence
- 1% leisure

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*How much influence these have on one's decisions*

	A lot	Some	Little
husband's opinions (base: currently married)	63%	30%	6%
principles taught in sermons	51%	39%	10%
ideas provided in the media	5%	25%	70%
principles in the Bible	75%	20%	5%
ideas learned from classes/seminars	18%	47%	33%
friends' opinions	10%	51%	38%
information learned from books	27%	51%	22%

*How often time is intentionally taken to evaluate the quality of one's relationship with God*

3%	once or twice a year
5%	once every three or four months
10%	once every month or two
12%	every week
17%	several times each week
52%	every day

*Description of relationship with God*

38%	extremely close
43%	pretty close
17%	sometimes close; other times not close
1%	either usually not too close or extremely distant

*Most important role filled in life*

62%	parent
13%	follower of Christ
11%	wife
3%	employee or executive
2%	church member
2%	friend or neighbor
1%	American citizen
1%	teacher
1%	caregiver

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*Level of satisfaction with aspects of life*

	Completely	Mostly	Less
marriage (base: currently married)	59%	26%	14%
personal spiritual development	36%	42%	23%
service to people in the community	26%	32%	40%
involvement in church	39%	31%	30%
career or job (base: currently employed)	37%	35%	27%
raising of children (base: have children)	51%	37%	12%
personal relationships other than family	39%	42%	19%
use of gifts and abilities	31%	38%	30%

*Attitudes and behaviors struggled with*

	Constantly or often	Sometimes	Not often
anger	5%	31%	65%
selfishness	3%	22%	74%
envy or jealousy	1%	12%	86%
lust	3%	5%	91%
arrogance	2%	14%	83%
excessive quarreling or arguing	4%	15%	81%
inefficiency	8%	34%	57%
disorganization	15%	35%	49%

*Evident spiritual qualities*

	A lot	Some	Not much or not at all
joy	73%	24%	3%
spiritual freedom	72%	21%	3%
fear	3%	26%	71%
doubt	3%	25%	71%
confusion	3%	26%	71%
fulfillment	67%	26%	6%

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*Intentional service for God*

- 46% pray for others
- 24% encourage people
- 24% help needy/disadvantaged/homeless people
- 23% talk about Jesus/gospel with people
- 21% volunteer at church
- 17% donate money to religious causes
- 9% volunteer at nonprofit/service organization
- 8% teach a religious class
- 8% provide leadership to a group
- 3% personal discipleship activities
- 13% no intentional service

*Things that hold one back from service*

- 26% lack of opportunities
- 12% not sure what to do
- 11% too busy/no time
- 7% laziness/selfishness
- 7% haven't thought about it
- 6% health issues/disability/old age
- 5% no resources
- 4% fear of failure
- 4% other commitments/job
- 3% family obligations

*General conclusions*

A total of 83% say they are capable of doing more to serve God.

Of those, 87% say they should be doing more to serve God.

That represents 73% of all respondents who feel they can and should be doing more to serve God.

# Notes

1. Taken from OmniPoll 2011, an omnibus survey of 1,014 adults from across the nation conducted by The Barna Group in April 2011.
2. From OmniPoll 2011.
3. Stephen Mansfield, *ReChurch: Healing Your Way Back to the People of God* (Carol Stream, IL: Tyndale House Publishers, 2010), 45.
4. Eric Metaxas, *Bonhoeffer: Pastor, Martyr, Prophet, Spy* (Nashville, TN: Thomas Nelson, 2010), 187.
5. George Barna, *Revolution* (Carol Stream, IL: Tyndale House Publishers, 2006), 186.
6. You can find out more about SOME Ministries, dedicated to reaching lost and unchurched men for Christ, at <http://www.wow-whitetails.com>.
7. Printed with Alisha's permission.

## About the Author

LISA WHITTLE is the author of three books, including her latest with Tyndale's Barna imprint. A fresh, bold voice in the Christian community, she is a speaker, ministry leader, and pastor's daughter with deep roots in the church. Her past experiences include writing stints with Catalyst and Women of Faith, church planting, national media appearances, and traveling with Compassion International. She speaks to audiences across the United States, inspiring conversation about wholeness by the transparent sharing of her own story. Lisa, a wife and a mother of three, resides in North Carolina. Visit her online at [www.lisawhittle.com](http://www.lisawhittle.com).