

## *Empirical Benefits of Christian Worship*

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1. Careful research reveals a significant (at least twofold) reduction of the practice of premarital sex among adolescents who attend worship services regularly contrasted with those who are non-attenders or even infrequent attenders.<sup>1</sup>
2. For adolescents who attend worship regularly, we see at least a two to fourfold reduction of drug and alcohol use. “A national survey of 12,000 adolescents documented that the lowest rates of adolescent drug abuse were found among the more theologically conservative religious groups.”<sup>2</sup>
3. For adolescents who attend worship regularly, at least a three to fourfold reduction of suicide is seen.
4. For adolescents who attend worship regularly, at least a four to fivefold reduction of smoking, dropping out of school and delinquency is observed.
5. The more spiritual factors that are part of a person’s character and lifestyle, the greater the reduction figures in the above and many other categories.
6. Where parents live the faith the difference in the above figures is even greater.
7. Evangelist Billy Graham cites these statistics: Where couples simply go to church together, the divorce rate is one out of forty; where couples go to church together, read the Bible and pray together, the divorce rate is one in four hundred!
8. A study of 7,029 revealed a divorce rate of 34% for those who attend church or synagogue once a year, a divorce rate of 27% for those who attend once to several times a year, and a divorce rate of 18% for those who attend monthly or more.<sup>3</sup>
9. A *Mapping America* report, titled “Repeating a Grade and Religious Attendance,” reveals that “children who don’t attend church are twice as likely to fail a grade in school as children who worship at least once a month.”<sup>4</sup>

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<sup>1</sup> These and the following figures in numbers 1 - 6 come from phone conversations with Dr. David B. Larson, President and Research Coordinator of the National Institute for Health Care Research, Rockville, MD on March 13 and 15, 1996. Larson told EDS that by far most of the participants in these studies claimed to be Christians.

<sup>2</sup> David B. Larson, M.D., M.S.P.H., and Mary A. Greenwold Milano, B.A., “Are Religion and Spirituality Clinically Relevant in Health Care?” p. 149.

<sup>3</sup> Princeton University, *Review of Religious Research*, Vol. 21, #2.

<sup>4</sup> Family Research Council, *Washington Watch*, May 2009, Vol. 21, No. 4.