



LIFESIGNS[®]

HOW ARE YOU? REALLY.

LifeSigns Insights: Impact of Relational
Intimacy on Serving

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LIFESIGNS INSIGHTS®

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Research and insights from LifeSigns Partners, Inc.

Question: Is there a relationship between relational health and SERVING in local churches?

Leading Indicators: Relational Health

- Do you have a Best Friend?
- How often do you attend a Small Group?
- If you're in a group, how Healthy is it?
- How healthy are your Relationships?
- How healthy is your Marriage?
- As a Bonus: How's your Walk with Jesus?

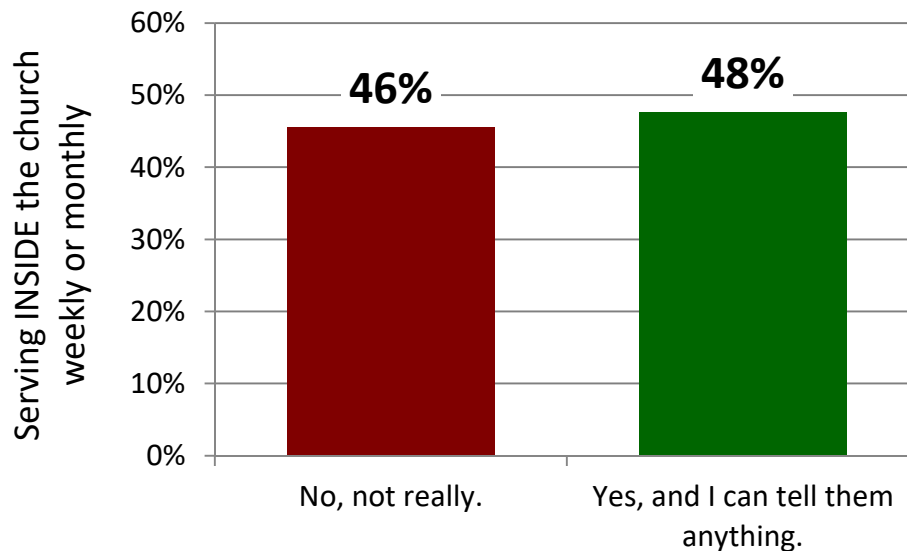
Lagging Indicator: Serving

- How often are you serving INSIDE the church? (i.e., engaging through a specific ministry, using your gifts, making a difference, etc.)
- Comparing people who serve weekly or monthly to . . .
- People who are “okay with NOT serving right now” or are “NOT serving in the church, but would really like to”

Source: Meta-analysis of LifeSigns data, unless otherwise noted, all correlations are statistically significant at $p < .01$ for T-tests, Beta coefficients.

Not statistically significant: People with a “best friend” they can trust serve 2% more often than those who don’t.

Do you have a best friend?



The percent shown is the portion of each group that SERVES consistently.

Leading Indicator – people with a best friend:

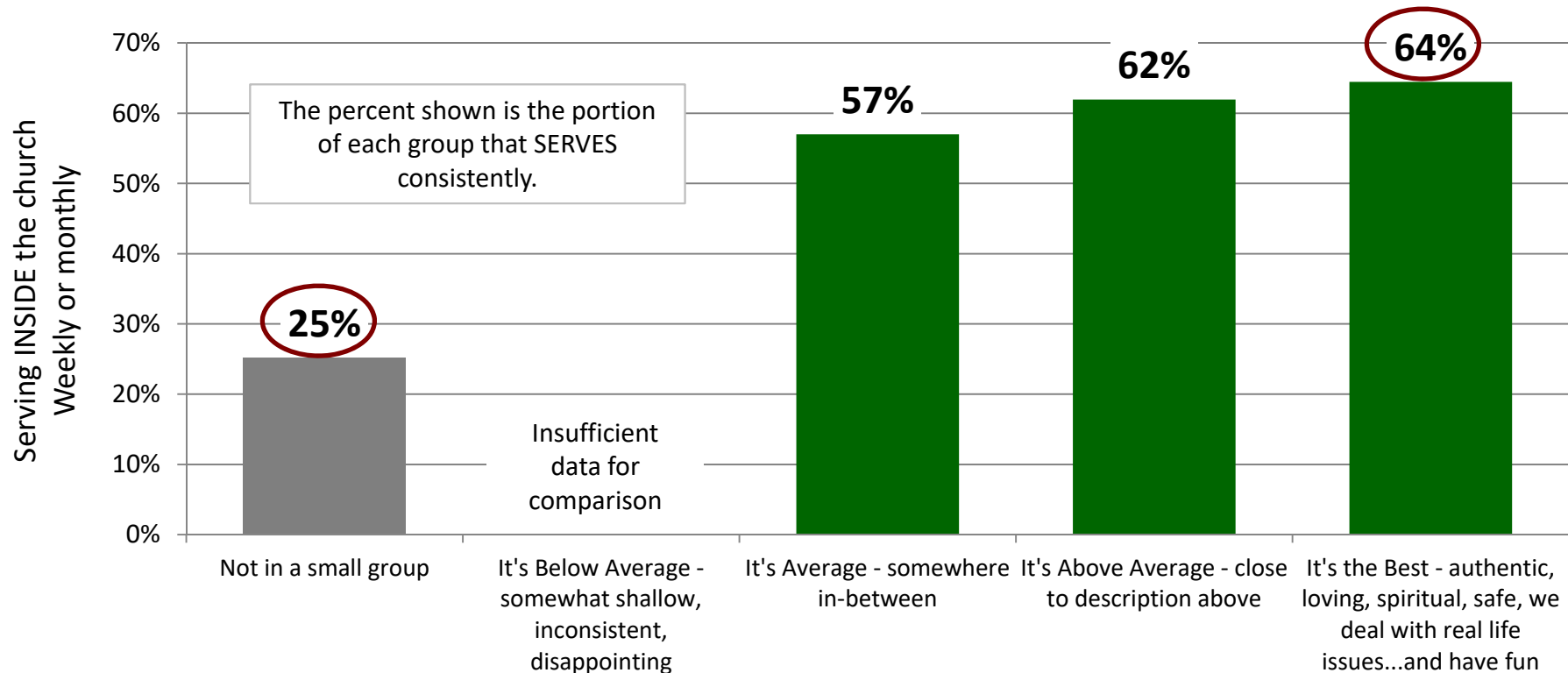
- Do you have a “best friend?” Not just a buddy, but someone you've TRUSTED with your struggles and secrets? (you can call them at midnight, honestly share, and get encouragement)

Lagging Indicator – a comparison of people who:

- Serve INSIDE the church weekly/monthly compared to people who do NOT serve.

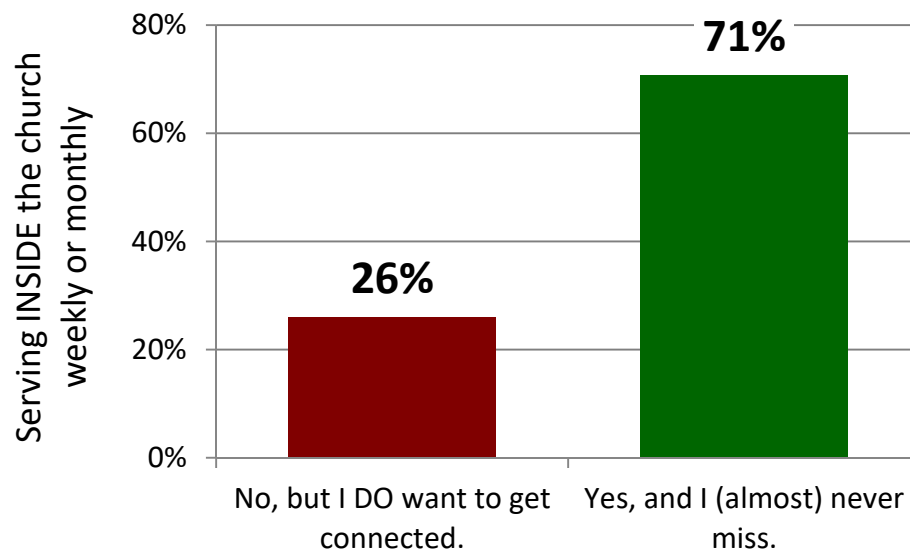
People in a loving, authentic, spiritual, safe, and fun small group
serve **157% more often** than those who aren't.

If you are in a small group, how healthy is it?



**People who consistently attend a small group
serve **173% more often** than those who don't.**

Are you in a Small Group?



The percent shown is the portion of each group that SERVES consistently.

Leading Indicator – small group participation:

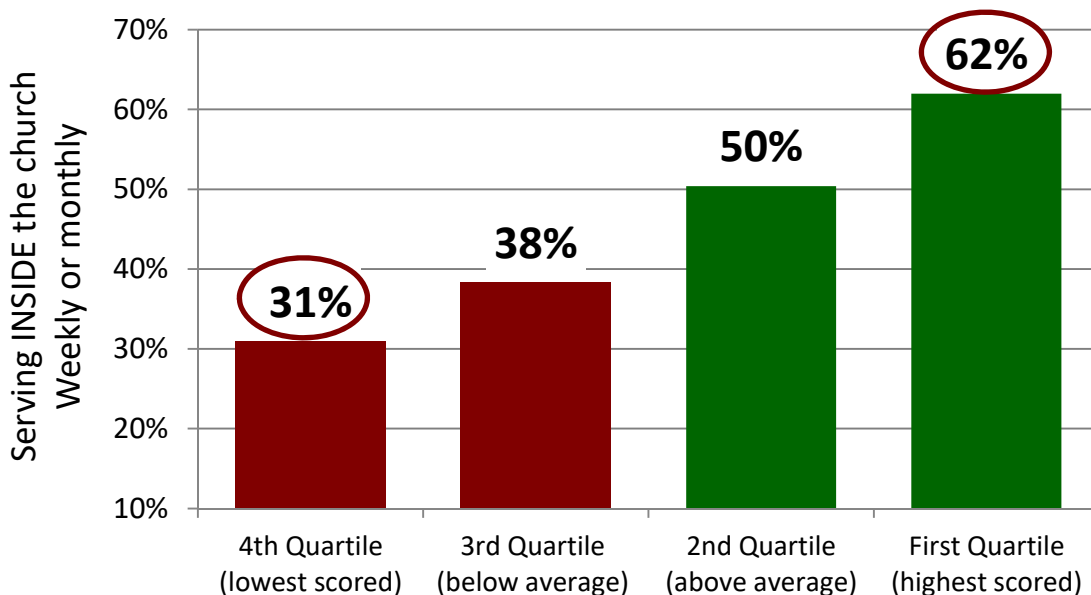
- Are you actively participating in a SMALL GROUP of some kind through Bent Tree?

Lagging Indicator – a comparison of people who:

- Serve INSIDE the church weekly/monthly compared to people who do NOT serve.

**People with the strongest “horizontal relationships”
serve **100% more often** than those with the weakest.**

How healthy are your relationships?
(six LifeSigns questions)

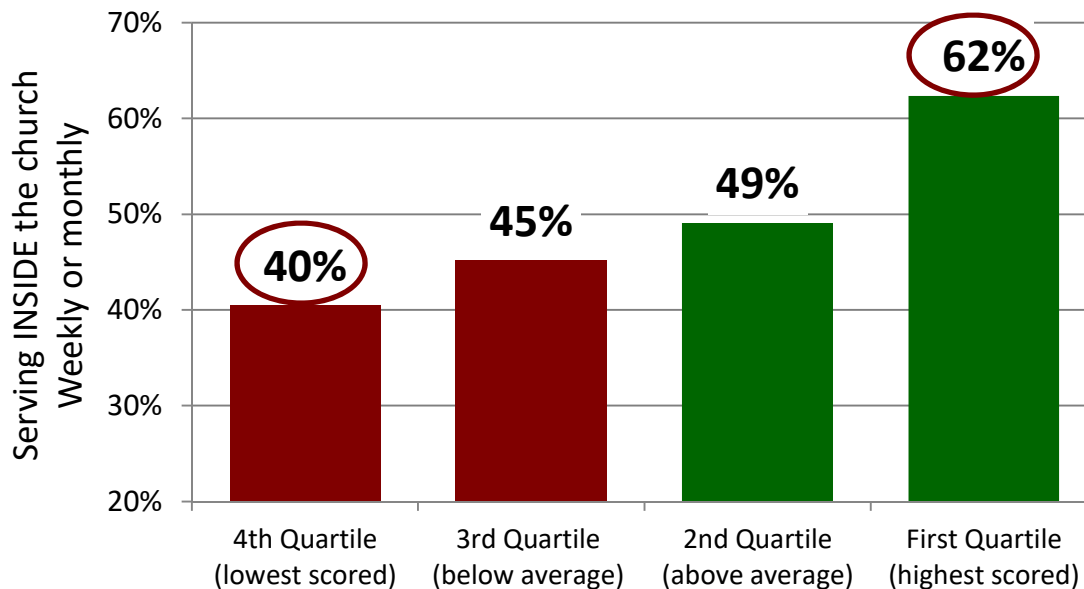


Leading Indicators – six LifeSigns questions:

- **Authenticity:** How often are you able to go deep in relationships and talk about REAL LIFE?
- **Acceptance:** When you’ve taken a risk to engage in a relationship, how often do you feel LOVED and accepted?
- **Growth:** How often are you talking with friends about what you’re LEARNING from Scripture?
- **Forgiving Others:** When someone hurts you, how often do you quickly let it go?
- **New Friendships:** How frequently do you feel comfortable INITIATING relationships with people who don't know Me?
- **Accountability:** How often do you maintain a healthy level of ACCOUNTABILITY with a friend?

**People with the strongest Marriages
serve 54% more often than those with the weakest.**

How healthy is your Marriage?
(eight LifeSigns questions)

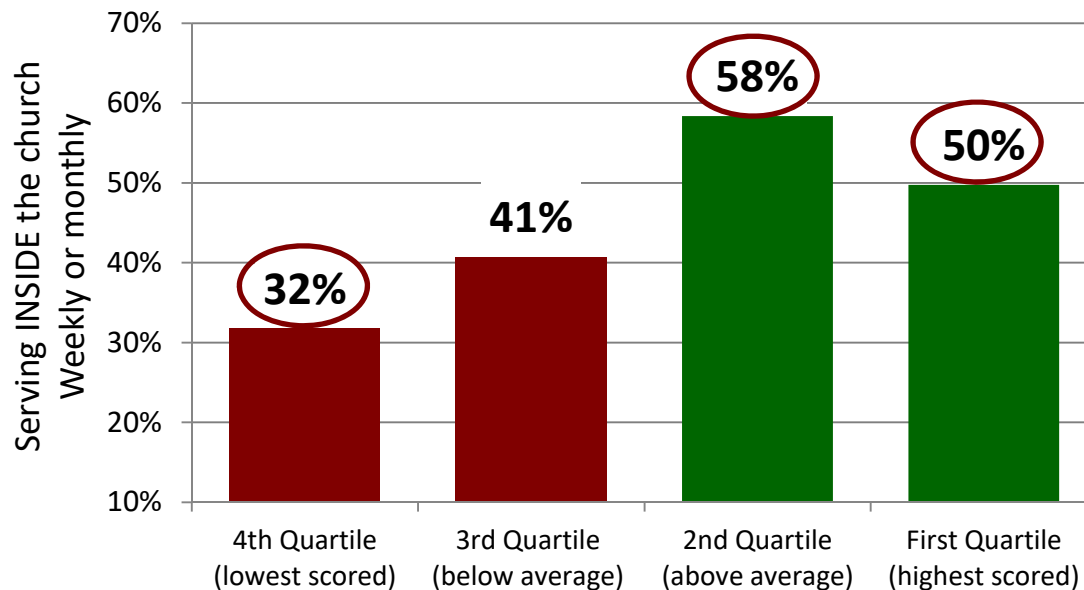


Leading Indicators – eight LifeSigns questions:

- **Priorities:** How often do you truly **CONNECT** with your spouse on a **DAILY** basis?
- **Decision-making:** How consistently do you **HONOR** one-another when making decisions?
- **Communication:** How often do you truly **UNDERSTAND** your spouse's heart?
- **Selfless Sex:** Do you put the needs of your spouse **AHEAD** of your own?
- **Intimacy:** How often do you feel sex strengthens your **UNITY** as a couple?
- **Resolving Conflict:** When there's an issue, how often do you resolve it the **SAME DAY**?
- **Staying at it:** When you struggle, do you **DISCARD** any thoughts of getting out of the marriage?
- **Connecting with Other Couples:** **TALKING** with another couple about what I'm teaching you through marriage?

Bonus: People with an above average Walk with Jesus serve 57-83% more often than those with the weakest.

How's your walk with Jesus? (six LifeSigns questions)



Leading Indicators – six LifeSigns questions:

- Intimacy with Christ: On any given day, how often do you have an INTIMATE encounter with Me?
- Group Worship: How often do you fully ENGAGE and FOCUS on Me during Sunday services?
- Truth: How often do I speak to you THROUGH the Bible?
- Application: How consistently are you APPLYING the Bible to your life?
- Surrender: How often do you respond when I prompt you to CHANGE direction in your life?
- Faith: When facing difficulties, how often do you depend on Me and My strength – rather than your own strength?

Bottom Line: In some areas, there is a correlation between relational health and serving in the local church.

- No difference in serving for people with a “best friend” they can trust
- 157% more frequent serving by people in a loving, authentic, spiritual, safe, and fun small group
- 173% more frequent serving by people who consistently attend a small group
- 100% more frequent serving by people with the strongest “horizontal relationships”
- 54% more frequent serving by people with the strongest Marriages
- Bonus: 57-83% more frequent serving by people with an above average Walk with Jesus