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Prayer from St. Francis de Sales

Do not look forward in fear to the changes and chances of this life;
Rather, look to them with full confidence that, as they arise,
God, to whom you belong, will in His love enable you to profit by them.
He has guided you thus far in life, and He will lead you safely through all trials; and when you cannot stand it,
God will carry you in His arms.

Do not fear what may happen tomorrow; the same everlasting Father who cares for you today will take care of you then and every day. He will either shield you from suffering, or will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations.

Amen.

DeSales Media:

Catholic Discipleship in the US

Episode 4:

Nurturing Growth in Faith – From Seeds to Saints



Agenda

Speakers

New Findings: Segmentation

New Findings: Additional Correlations

Q&A

Coming Attractions

Appendix



Speakers



Speakers



Paul FaheyCounselor and Founder, Third Space



Fr. John Gribowich
High School Instructor of Theology
Director of Curriculum, Sunday to Sunday



Brian Butler Co-Founder, Echo



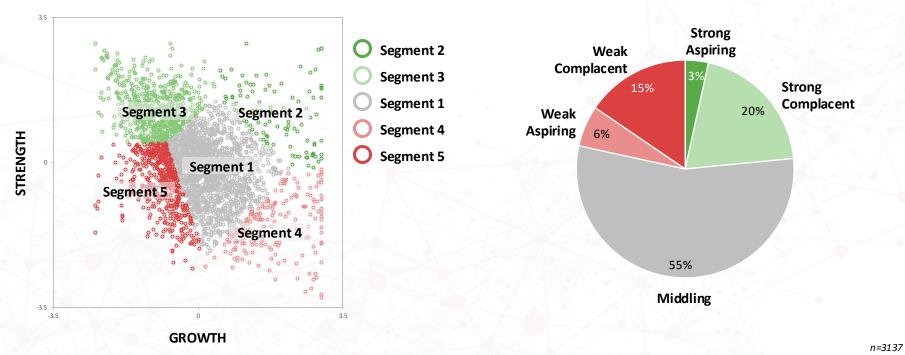
Dave Plisky
Director of Product &
Innovation, DeSales Media

New Findings: Segmentation



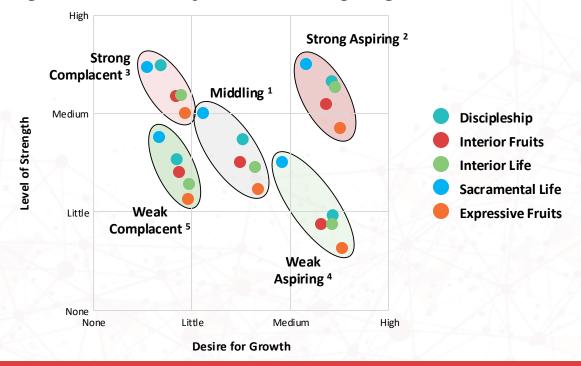
Five segments were identified using self-perceived strength and desired growth across a number of areas: discipleship, interior fruits of faith, interior life, sacramental life, and expressive fruits of faith

Respondent Segmentation

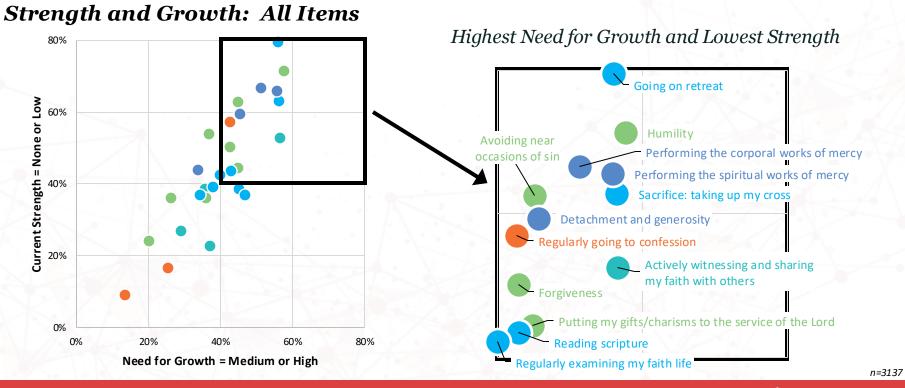


All segments are strongest with sacramental life and weakest with expressive fruits.

Average Strength and Desire for Growth by Segment



Need for Growth and Low Strength



While largely similar, a handful of interesting differences exist in aspects of Catholicism the segments most closely identify with.

Top 3 Aspects of Catholicism Most Closely Identified With

Up to 3 selections allowed Differences only

	Segment					
	Weak Complacent 5	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²	
Prayer	49%	55%	51%	57%	58%	
Liturgy	48%	37%	40%	48%	38%	
Pro-Life values	36%	35%	37%	30%	28%	
Family values	28%	31%	30%	23%	29%	
Marian devotion	18%	29%	22%	22%	30%	
Service & community	24%	12%	21%	21%	16%	

Few differences observed:

- · Sacramental life
- Intellectual and theological tradition
- Social justice
- Lives of the Saints
- Mysticism
- Apparitions



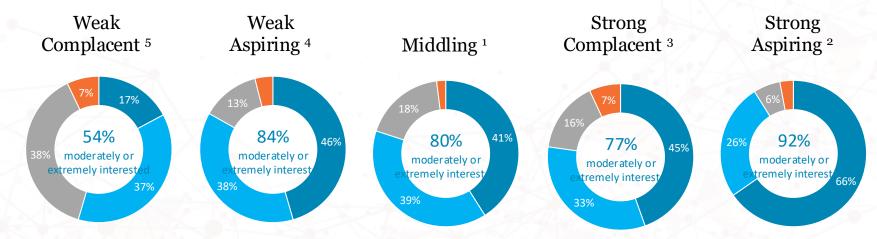


Segment summary: Catholic identity and practices

Attribute:	Weak Complacent ⁵	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²
Catholic faith is the "center of who I am"	Lowest	Lower	Average	Higher	Highest
Catholic aspects most identify with	Liturgy (slightly higher)	Marian devotion (slightly higher)		Liturgy (slightly higher)	Marian devotion (slightly higher)
Praying frequency	Strong			Very strong	
Faith "fully" impacts decision making	Lower		Average	Highest	
Feel strong in Catholic faith areas	Lower		Average	Higher	
Desire for growth in Catholic faith areas	Lowest	Highest	Average	Lowest	Highest

There is great interest in developing evangelization skills for all segments except the Weak Complacent.

Interest in Developing Evangelization Skills



Extremely interested

Moderately interested

Slightly interested

Not interested

L'Vinea

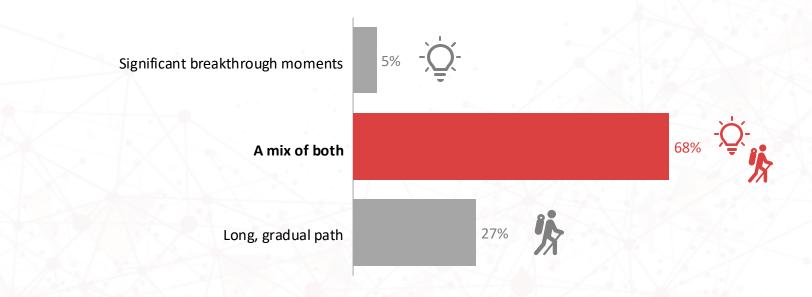


New Findings Additional Correlations



Most describe their faith journey as a mix of breakthrough moments and a long, gradual path.

Faith Journey

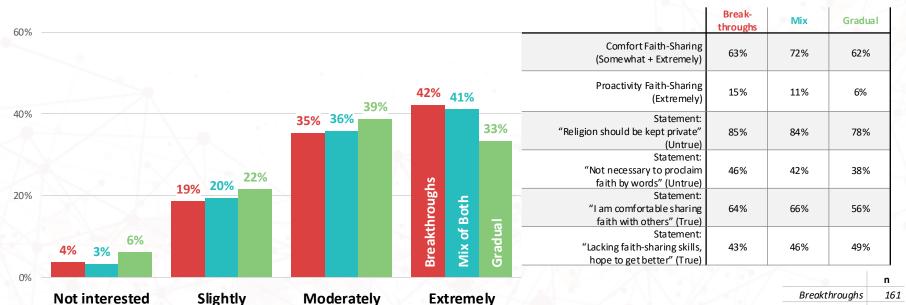


A4: Faith Journey

▶ B5: Disciple Formation Interest + B1, B2, B3

How interested are you in furthering your formation as a disciple to help you in sharing your faith?

Comfort, Proactivity, and Statement Agreement



interested

A4: Would you describe your faith journey as more of a long, gradual path or one with significant breakthrough moments?

interested

B5: How interested are you in furthering your formation as a disciple to help you in sharing your faith?

B1: How comfortable are you talking about your faith with others? B2: How proactive are you in bringing up your faith with others?

interested

B3: How consistent are each of the following statements with your personal beliefs?





Mix of Both

Gradual

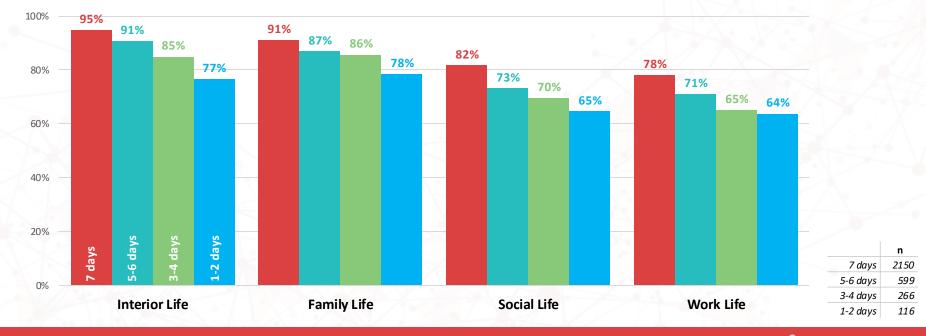
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A7: Prayer Days / Week

► A10: Faith Impact on Decision-Making

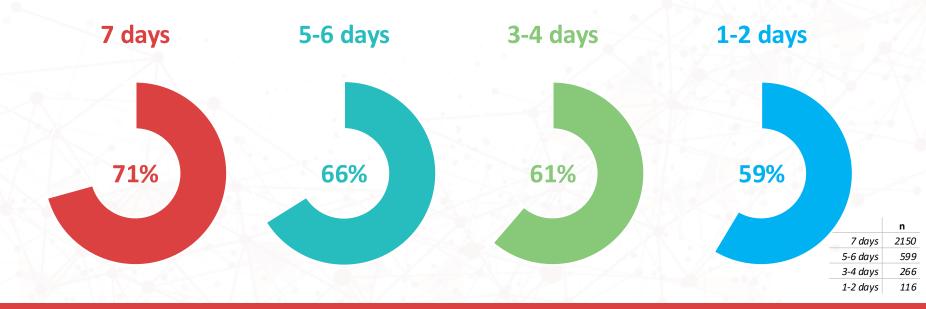
To what extent does your faith in Christ purposefully impact your decision-making in your...?



A7: Prayer Days / Week

▶ B1: Comfort Faith-Sharing

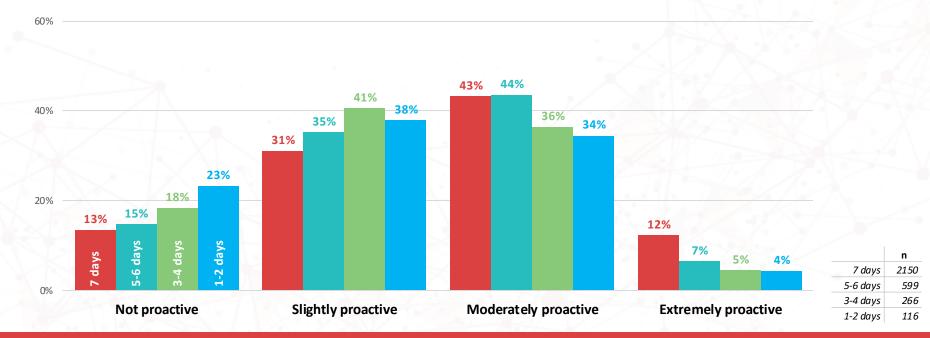
In general, how comfortable are you talking about your faith with others? - Somewhat or Extremely Comfortable



A7: Prayer Days / Week

▶ B2: Proactivity Sharing Faith

How proactive are you in bringing up your faith with others?

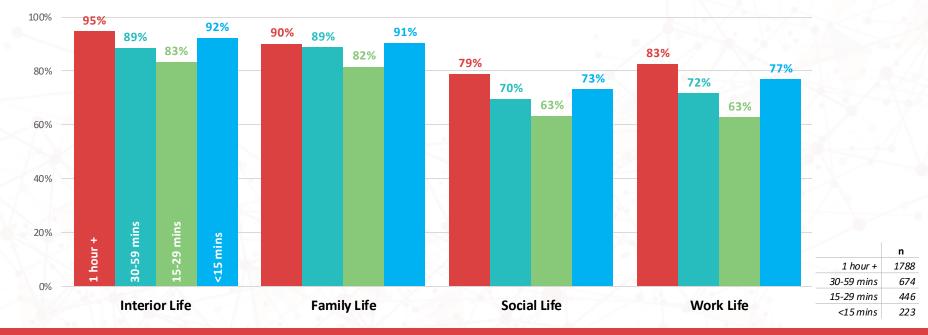




A8: Prayer Time / Day

► A10: Faith Impact on Decision-Making

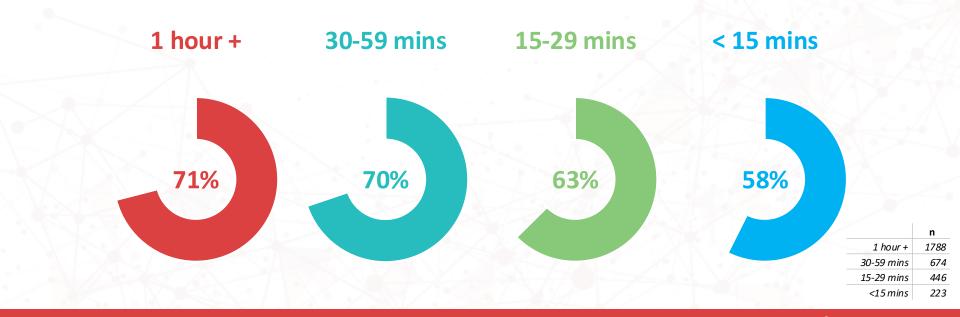
To what extent does your faith in Christ purposefully impact your decision-making in your...?



A8: Prayer Time / Day

▶ B1: Comfort Faith-Sharing

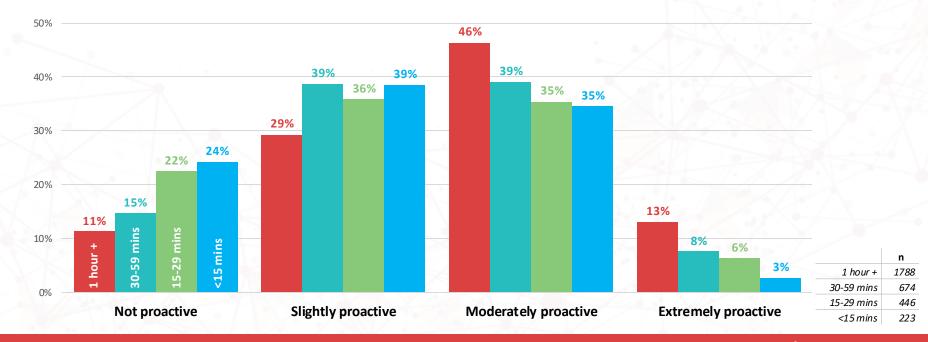
In general, how comfortable are you talking about your faith with others? - Somewhat or Extremely Comfortable



A8: Prayer Time / Day

▶ B2: Proactivity Sharing Faith

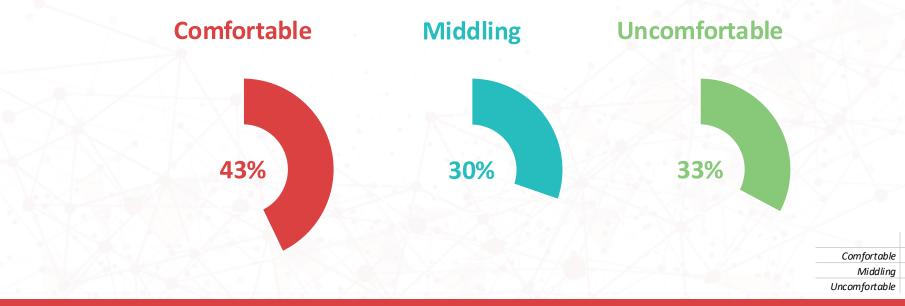
How proactive are you in bringing up your faith with others?



B1: Comfort Faith-Sharing

▶ B5: Disciple Formation Interest

How interested are you in furthering your formation as a disciple to help you in sharing your faith? – Extremely Interested



n

2151

690

Coming Attractions





Upcoming Webinars in this Series

Episode 5: Community – Connection, Growth, and Renewal

Guest: Scott Weeman, Founder of <u>Catholic in Recovery</u>, and Andrew Whaley, Founder of <u>Calix</u> Monday, Nov. 25, 1:00pm EDT

Episode 6: Generational Differences in Discipleship – Same Goal, Different Roads

Guest: Josh Packard, Founder of Future of Faith

Monday, Dec. 9, 1:00pm EDT



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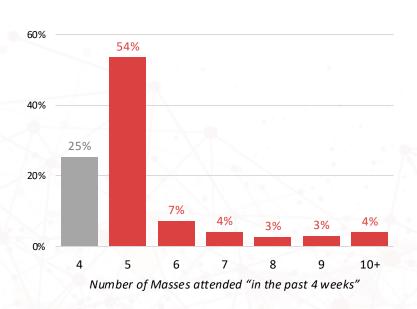


Appendix



3 in 4 respondents attended Mass more than the month's weekly obligations

Monthly Mass Attendance









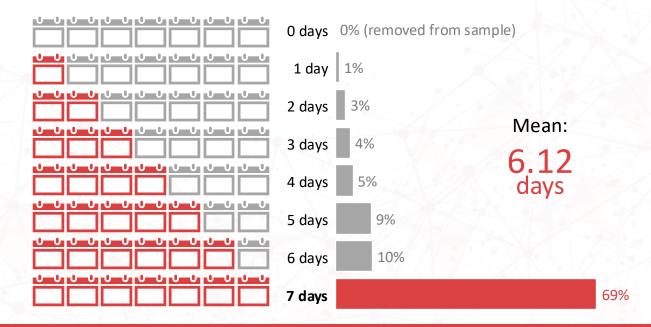
31% observed Mass online

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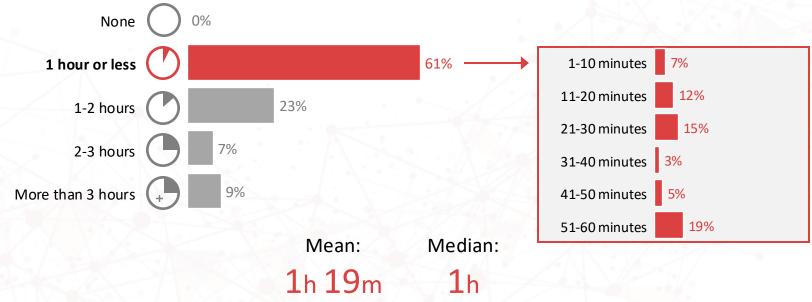
Respondents in this study are dedicated to daily prayer with nearly 7 in 10 praying every day.

Days Per Week with Dedicated Prayer Time



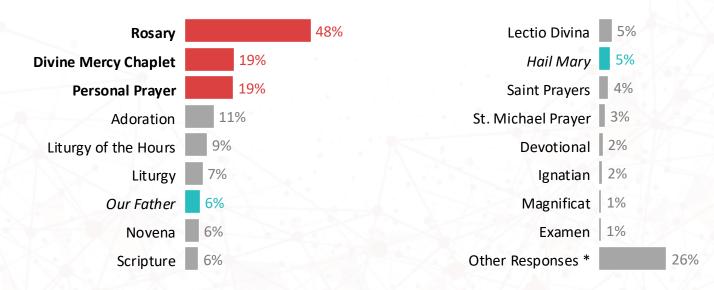
On average, survey participants are faithful prayers, praying very regularly.

Average Dedicated Prayer Time (Hours and Minutes) Per Day



Meaningful Impact: Prayer

"Please name / describe your selection of Prayer": Open responses grouped



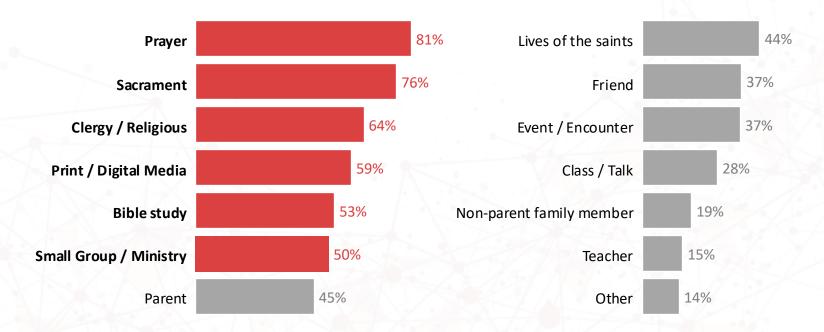
^{*} Responses are too varied to further group meaningfully



Multiple groupings allowed

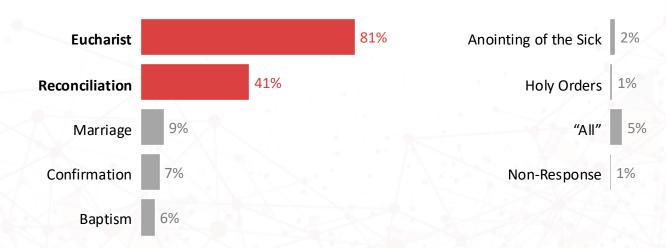
Prayer and Sacraments had the most meaningful impact on respondents' faith. More than half mentioned print / digital media.

Meaningful Impacts on Faith Life



Meaningful Impact: Sacrament

"Please name / describe your selection of Sacrament": Open responses grouped



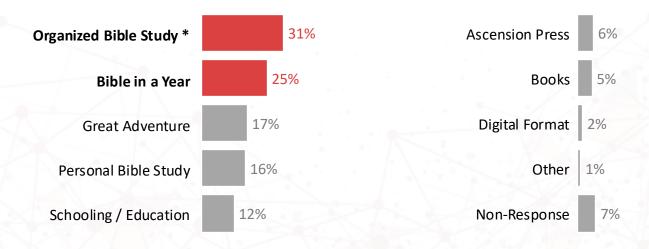
Multiple groupings allowed





Meaningful Impact: Bible Study

"Please name / describe your selection of Bible Study": Open responses grouped



Multiple groupings allowed





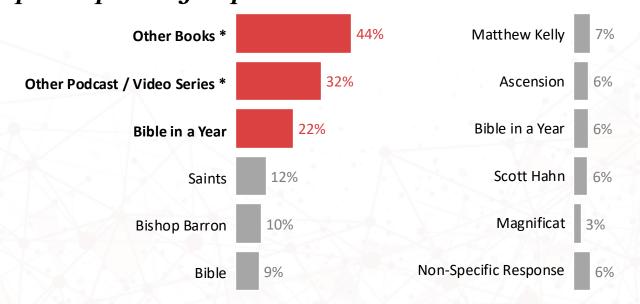
^{*} Responses are too varied to further group meaningfully

Meaningful Impact: Print / Digital Media

"Please name / describe your selection of Print / Digital Media":

Open responses grouped

Multiple groupings allowed



^{*} Responses are too varied to further group meaningfully



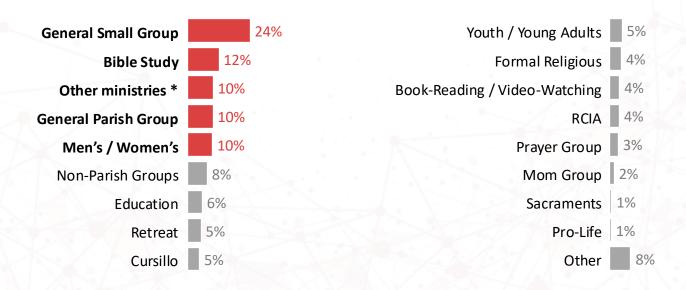


Meaningful Impact: Small Group / Ministry

"Please name / describe your selection of Small Group / Ministry":

Open responses grouped

Multiple groupings allowed



^{*} Responses are too varied to further group meaningfully



Categories of Strength and Growth

Strength and Growth

These 5 categories of items were presented to respondents, who were asked to rate each item on **level of strength** and **amount of need for growth**:

Discipleship Interior Fruits
Interior Life
Sacramental Life Expressive Fruits

Many felt they needed to grow in witnessing and sharing their faith with others. They also noted some shortcomings in putting the concerns of others first.

Strength and Growth: Discipleship

	Level of Strength			Need for Growth				
	None	Little	Medium	High	None	Little	Medium	High
Actively witnessing and sharing my faith with others	17%	35%	31%	16%	10%	34%	34%	22%
Putting the concerns of others first	6%	33%	45%	17%	15%	49%	27%	9%
Being part of a community of believers	5%	22%	38%	35%	29%	42%	21%	9%
Being an intentional follower of Christ	3%	20%	41%	36%	21%	41%	27%	10%

	Level of Strength	Need for Growth
None	"Not an area of strength"	"I do not need growth here"
Little	"I am doing okay in this area"	"I need a little bit of growth"
Medium	"This is an area of strength"	"I need a moderate amount of growth"
High	"This is an area of great strength"	"I need a great deal of growth"

Among the interior fruits, humility was seen as important area for growth. Many also noted they could do better avoiding the near occasions of sin.

Strength and Growth: Interior Fruits

	Level of Strength			1	Need fo	r Growth		
	None	Little	Medium	High	None	Little	Medium	High
Humility	16%	55%	24%	5%	5%	37%	37%	21%
Avoiding near occasions of sin	11%	51%	31%	6%	8%	47%	32%	13%
Putting my gifts/charisms to the service of the Lord	11%	34%	37%	18%	14%	42%	32%	13%
Peacemaking	9%	44%	36%	11%	13%	51%	28%	9%
Forgiveness	9%	41%	38%	12%	10%	47%	30%	13%
Practicing gratitude	5%	31%	43%	21%	15%	49%	27%	9%
Stewardship of and respect for God's creation	3%	33%	45%	19%	20%	54%	21%	5%
Work ethic	3%	21%	44%	32%	38%	42%	15%	6%



The top two areas of need in growing in the interior life were diverse: going on retreats and better taking up their crosses.

Strength and Growth: Interior Life

	Level of Strength				Need fo	or Growth		
	None	Little	Medium	High	None	Little	Medium	High
Going on retreat	56%	24%	14%	7%	16%	28%	26%	30%
Sacrifice: taking up my cross	15%	48%	29%	9%	7%	37%	38%	19%
Reading scripture	11%	33%	35%	22%	14%	43%	30%	13%
Receiving ongoing faith formation	9%	30%	38%	23%	15%	47%	28%	10%
Regularly examining my faith life	7%	35%	42%	16%	12%	48%	31%	9%
Having structure in my faith life	7%	30%	42%	22%	18%	48%	25%	10%
Contemplating God's presenc	6%	32%	39%	22%	13%	42%	32%	14%
Prayer life	5%	32%	41%	22%	10%	43%	34%	13%



Catholics also believe they can grow in making confession a more regular part of their lives.

Strength and Growth: Sacramental Life

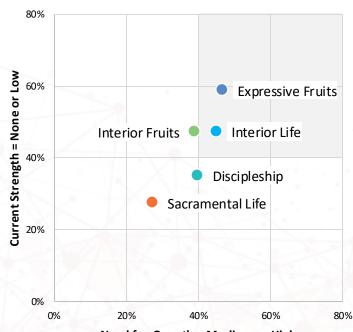
	Level of Strength				Needfo	r Growth		
	None	Little	Medium	High	None	Little	Medium	High
Regularly going to confession	23%	34%	26%	18%	19%	39%	25%	18%
Receiving the Eucharist at Holy Mass	2%	7%	28%	63%	58%	29%	9%	5%
Worship	1%	15%	42%	42%	30%	45%	20%	6%

Many indicate they can grow in performing spiritual works of mercy and, to a slightly lesser extent, corporal works of mercy.

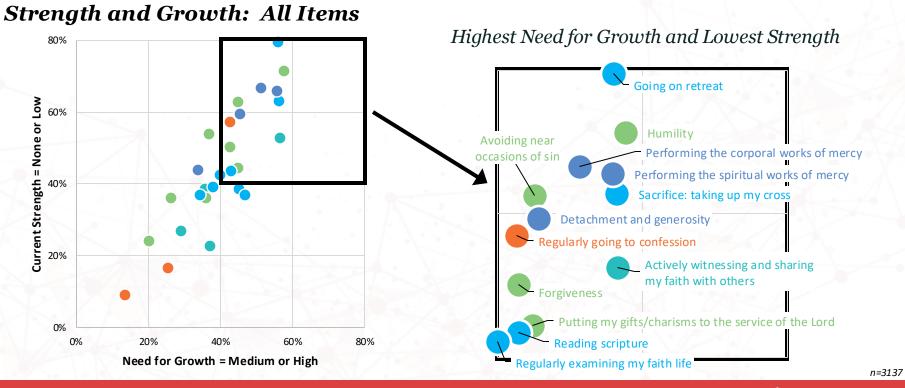
Strength and Growth: Expressive Fruits

	Level of Strength			197	Need fo	r Growth		
	None	Little	Medium	High	None	Little	Medium	High
Performing the spiritual works of mercy	25%	41%	26%	8%	7%	37%	37%	19%
Performing the corporal works of mercy	20%	46%	26%	8%	10%	39%	35%	16%
Detachment and generosity	11%	49%	34%	7%	9%	46%	33%	13%
Giving	6%	38%	43%	14%	18%	48%	26%	8%

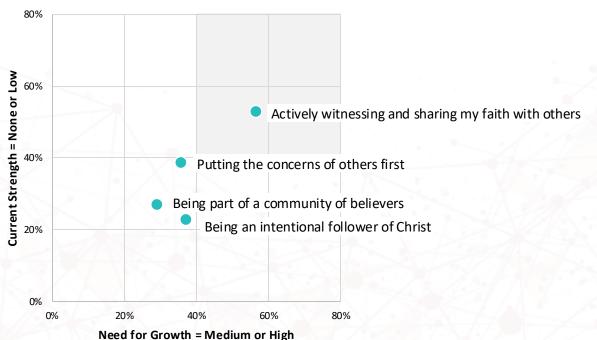
Strength and Growth: Category Averages



Need for Growth = Medium or High

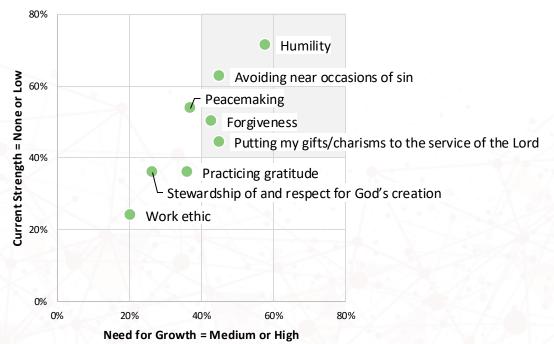


Strength and Growth: Discipleship





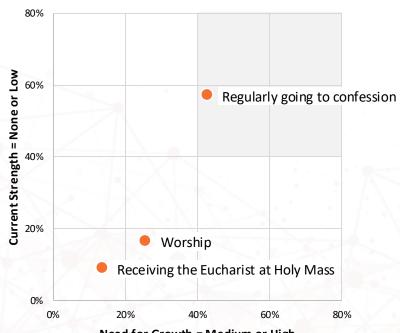
Strength and Growth: Interior Fruits



Strength and Growth: Interior Life

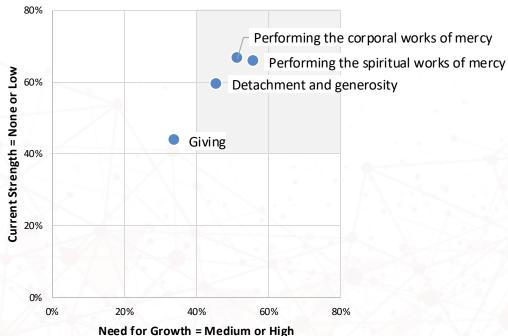


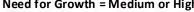
Strength and Growth: Sacramental Life



Need for Growth = Medium or High

Strength and Growth: Expressive Fruits

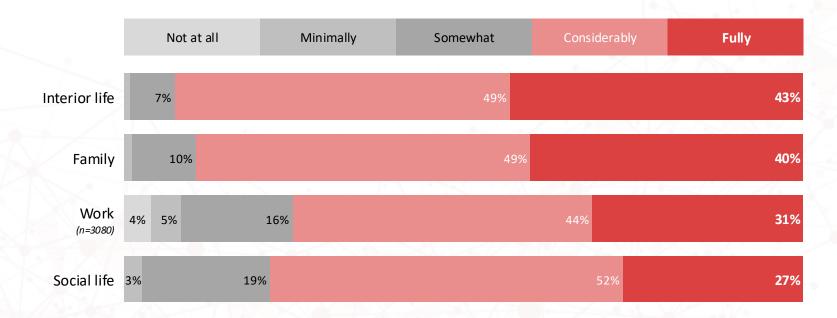






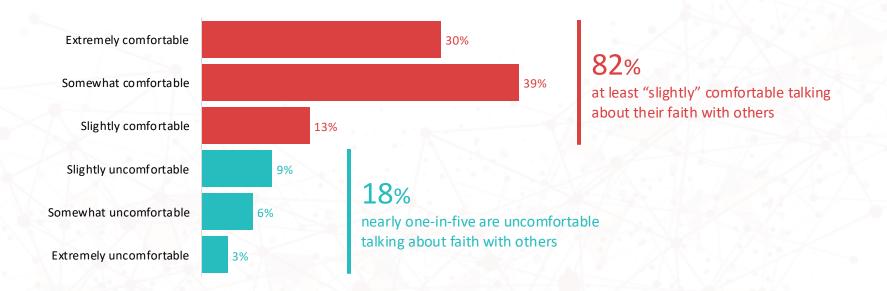
Faith in Christ impacts from the inside out: most of the impact is on their interior life followed by family, work, and social life.

Faith Impact on Decision-Making in Various Settings



Catholics in this sample are comfortable sharing their faith, but there is significant room for improvement.

Faith-Sharing Comfort Level

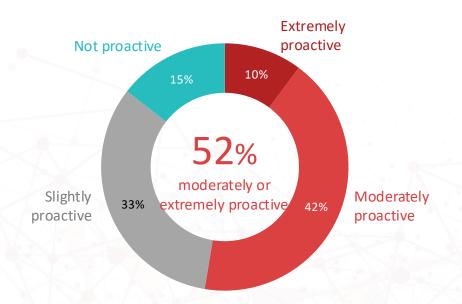






Respondents are split between those who do and those who do not consider themselves proactive at bringing up their faith with others.

Faith-Sharing Proactivity



Hispanic respondents are slightly more likely to select "Extremely proactive" or "Moderately proactive" than non-Hispanic respondents (66% vs 51%)

There are no significant differences when looking at age generationally

These Catholics know they should share the faith and are largely comfortable doing so. But most feel lacking in some skills.

Faith-Sharing Beliefs

"Religion should be kept private"

Very or Moderately
<u>UNTRUE</u>
of what I believe



"If I live my faith as a good example, it is not necessary to proclaim my faith with words"

Very or Moderately
<u>UNTRUE</u>
of what I believe

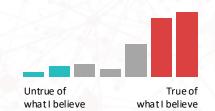
41%



"I am comfortable sharing my faith with others"

> Very or Moderately <u>TRUE</u> of what I believe

> > 63%



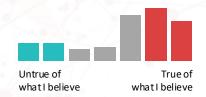
"I feel like I am lacking certain faith-sharing skills and hope to get better at sharing my faith with others"

Very or Moderately

<u>TRUE</u>

of what I believe

47%



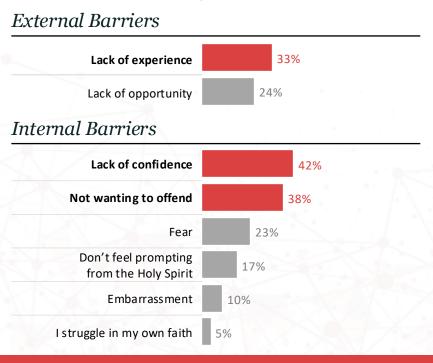
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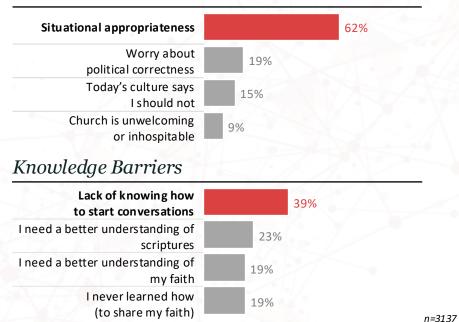


Situational appropriateness is most often cited as a barrier to evangelization. However, many also lack knowing how to start, confidence, and experience.

Barriers to Evangelization

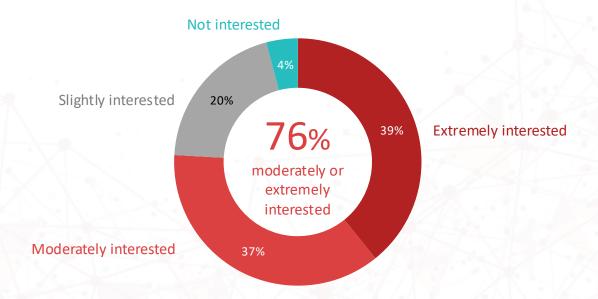


Cultural Barriers



There is great interest in developing evangelization skills.

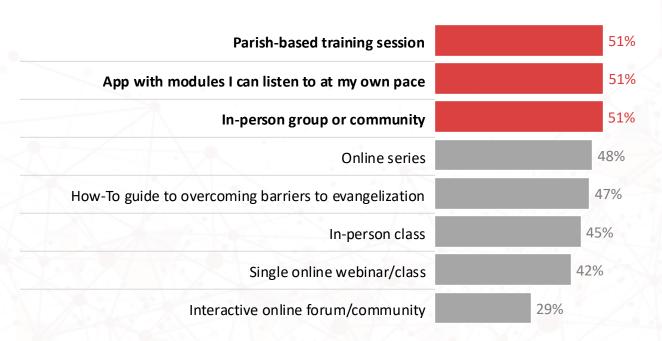
Interest in Developing Evangelization Skills





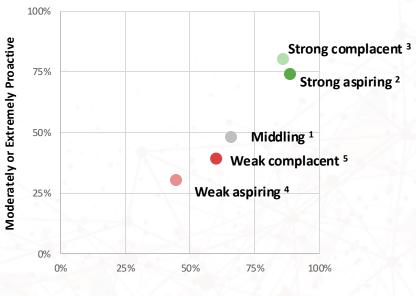
The formation formats evaluated were all equally appealing.

"Very" or "Moderately" Appealing Evangelization Formation Tools



The segments align well with comfort and proactivity in sharing the faith.

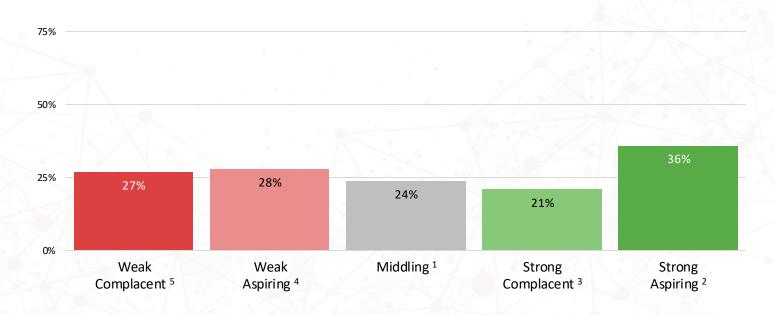
Comfort and Proactivity Sharing Faith



Somewhat or Extremely Comfortable

None of the segments identify a lack of opportunity as holding them back from evangelizing.

Barriers to Evangelization: lack of opportunity



The Weak Aspiring identify a number of barriers to evangelizing. Situational appropriateness is a barrier for all segments.

Barriers to Evangelization

			Segment		
Barrier	Weak Complacent ⁵	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²
Situational appropriateness	60%	64%	65%	56%	58%
Lack of confidence	42%	69%	48%	20%	34%
Lack of knowing how to start conversations	35%	60%	45%	22%	25%
Not wanting to offend	35%	48%	40%	27%	44%
Lack of experience	28%	60%	37%	16%	23%



All segments other than the Weak Complacent are interested in many of the evangelization formation tools presented.

"Very" or "Moderately" Appealing Evangelization Formation Tools

	Segment								
	Weak Complacent ⁵	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²				
In-person group or community	49%	59%	62%	60%	63%				
Parish-based training session	49%	59%	63%	58%	63%				
App with modules	53%	61%	58%	55%	51%				
How-to guide to overcoming barriers	43%	56%	58%	56%	56%				
Online series	52%	53%	54%	56%	54%				
In-person class	39%	57%	55%	52%	57%				



Segment summary: sharing the faith

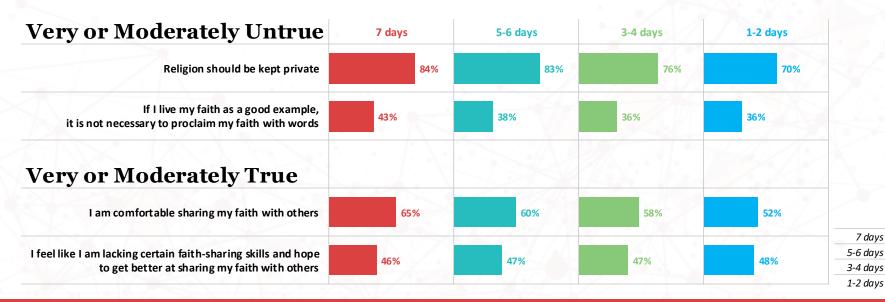
Attribute:	Weak Complacent ⁵	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²	
Comfort & proactivity	Lower	Mode	erate	Hi	gh	
Lacking in skills and hope to get better	Low agreement	High agreement	Moderate	Low agreement	Moderate	
Interest in developing skills	Low		High			
Lack of opportunity		Lo	w		Slightly higher	
Barriers	Average	Many	Average	Lowest	Average	
Appeal of evangelization tools	Lower		Hig	her		



A7: Prayer Days / Week

▶ B3: Faith Statements

How consistent are each of the following statements with your personal beliefs?







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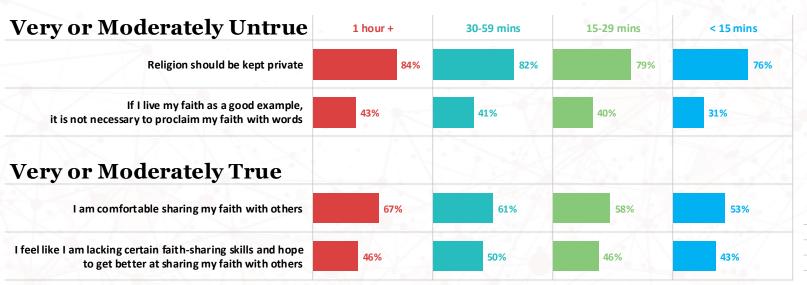
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116

A8: Prayer Time / Day

▶ B3: Faith Statements

How consistent are each of the following statements with your personal beliefs?



	n
1 hour +	1788
30-59 mins	674
15-29 mins	446
<15 mins	223

B2: Proactivity Faith-Sharing

▶ B3: Faith Statements

How consistent are each of the following statements with your personal beliefs?



	n
Proactive	1649
Not Proactive	1488



B2: Proactivity Faith-Sharing

▶ B5, D1, E2, E3, E5

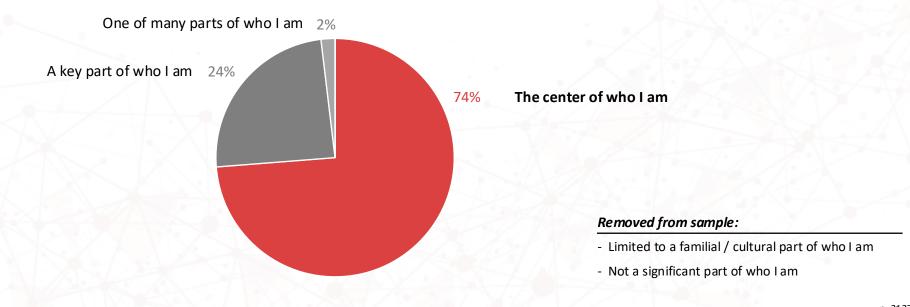
Other Differences

	Proactive	Not Proactive
Disciple Formation Interest (Extremely)	48%	30%
Group Involvement: Faith	69%	56%
Group Involvement: None	18%	26%
Mobile App: Spiritual	73%	64%
Regular Religious App Use	74%	69%
Statement: I usually introduce tech to others	29%	20%

	n
Proactive	1649
Not Proactive	1488

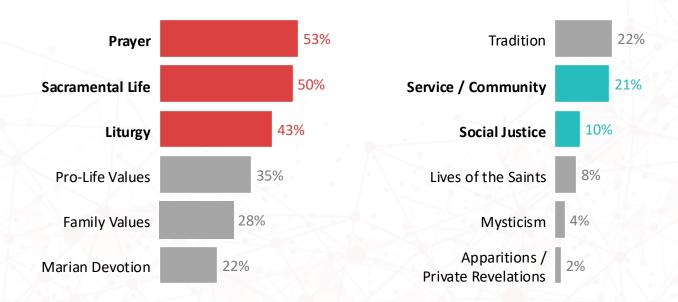
Nearly 3 in 4 respondents said that their Catholic faith is "the center" of their identity

Identity as a Catholic



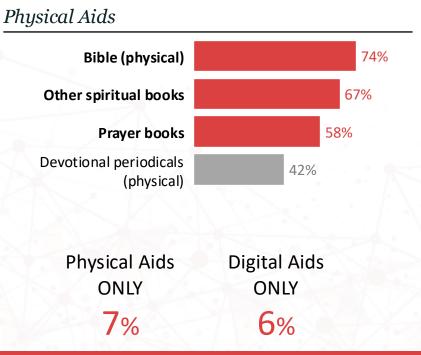
Prayer, Sacramental Life, and Liturgy are most frequent as the Top 3 aspects of Catholicism. Service (21%) and Social Justice (10%) seem surprisingly low.

Top 3 Aspects of Catholicism Most Closely Identified With Up to 3 selections allowed

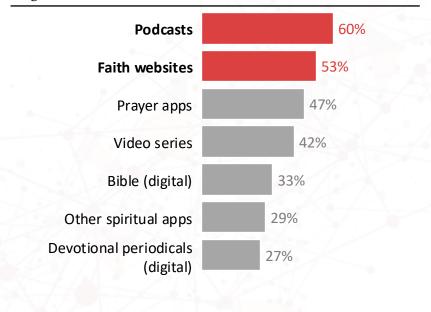


Catholics use a number of aids in living out their faith. While physical aids are key, digital aids are used a great deal.

Aids Used to Live Out Their Faith



Digital Aids



n=3137

The two "strong" segments report that they pray more consistently and for longer durations.

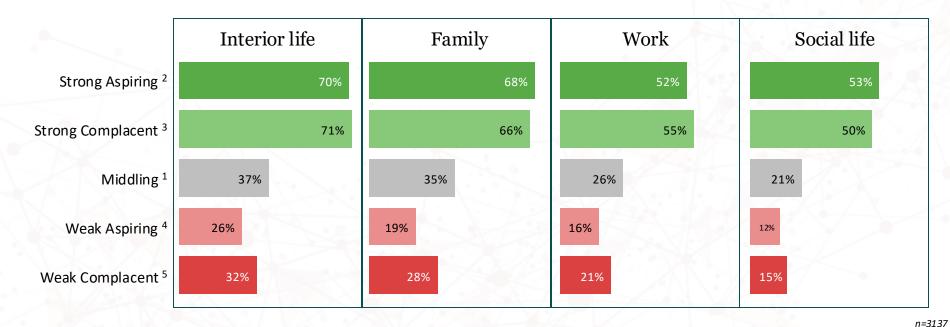
Prayer Life: Frequency and Duration

				Segment		
• <u>• </u>		Weak Complacent ⁵	Weak Aspiring ⁴	Middling ¹	Strong Complacent ³	Strong Aspiring ²
# Days	<5 days	12%	18%	14%	5%	7%
Pray per Week	5-6 days	21%	22%	21%	14%	7%
	7 days	67%	60%	64%	81%	86%
<u> </u>	AX A T		1.1	6/X 32/43		<u> </u>
# Minutes Pray per Day	<15 min.	11%	11%	8%	3%	1%
	15-29 min.	16%	18%	16%	8%	6%
	30-59 min.	23%	20%	23%	18%	18%
	60+ min.	50%	51%	53%	72%	76%



The two "strong" segments are also much more likely to indicate their faith "fully" impacts decision making in all areas measured.

Faith FULLY Impacts Decision-Making in Various Settings

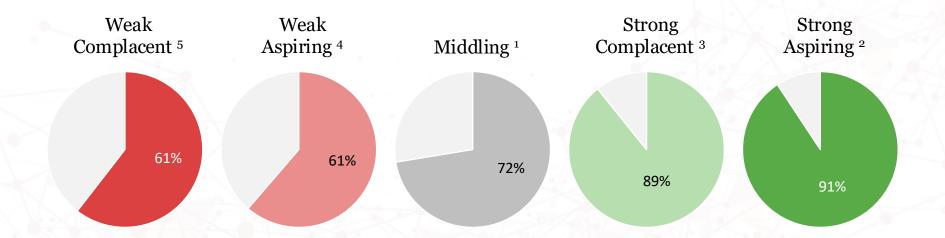


L'Vinea



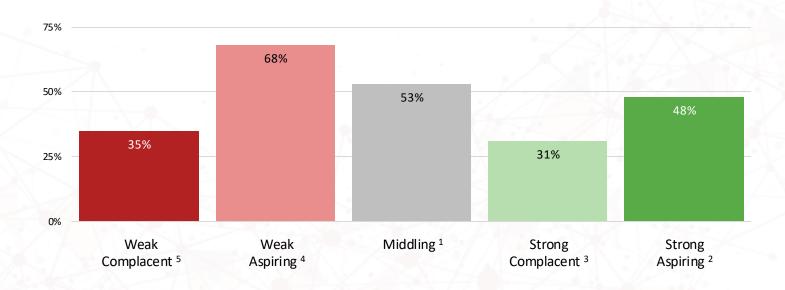
There is a clear relationship between segment and Catholic identity.

Catholic Identity: Catholic Faith is "The center of who I am"



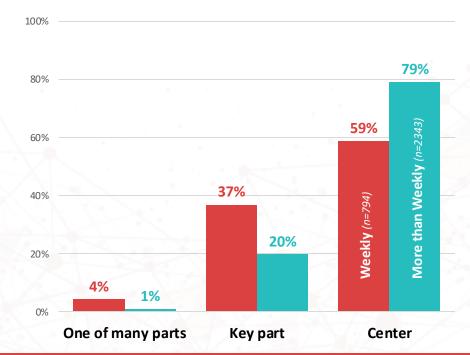
While the Weak Aspiring are looking to grow in faith-sharing skills, the two Complacent segments are the lowest on this measure.

I feel like I am lacking certain faith-sharing skills and hope to get better at sharing my faith with others: moderately or very true of what I believe



► A1: Center of Life

How close to the center of your life is your Catholic faith?



► A2: Meaningful Impact

Which of the following have had the most meaningful impact on your faith life?

	Weekly (n=794)	More than Weekly (n=2343)		
Sacrament	67%		79%	
Clergy / Religious	54%		67%	
Bible Study	43%		56%	
Lives of the saints	37%	* * *	47%	

Lower Difference

- Prayer
- Print / Digital Media
- Small group / Ministry / Community
- Friend
- Event / Encounter
- Class / Talk

No Difference

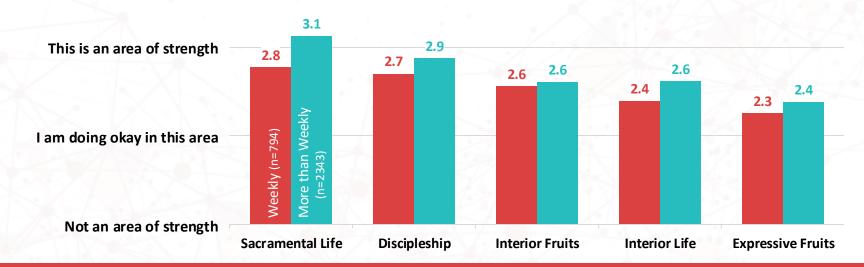
- Parent
- Non-parent family member
- Teacher



► A5: Strength

Understanding that there is always room for growth, how strong do you feel you are in each of the areas below? – Average scores for each category

This is an area of great strength

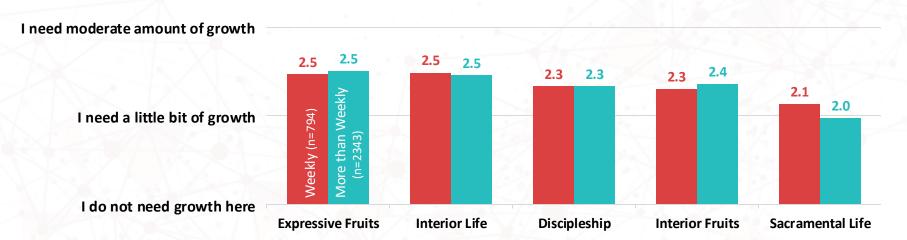




► A6: Growth

Please indicate how much growth you would like to see for yourself in each of the areas below: – Average scores for each category

I need a great deal of growth





B5: Disciple Formation Interest

▶ D9: Interest in Making Geographical Connections

How interested are you in connecting with others who share your faith beliefs in the following locations? – Grouped, Mean Scores

