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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 6:

Generational Differences in Discipleship –

Same Goal, Different Roads

Agenda

Speakers

Findings

Q&A

Appendix

Speakers

Speakers

Rosie Chinea Shawver,
Executive Director, CCMA

Dr. Josh Packard
Co-Founder, Future of Faith

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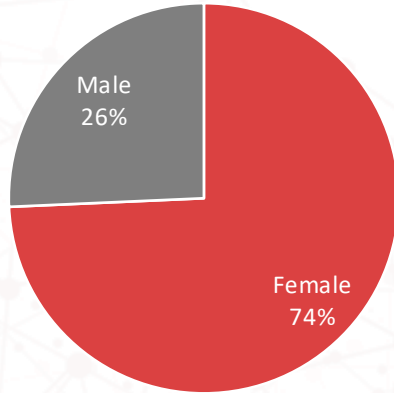Director of Curriculum, Sunday to Sunday

Dave Plisky
Director of Product &
Innovation, DeSales Media

Findings

The responses received were overwhelmingly from women, although age was more varied.

Basic Demographics: Gender and Age

Gender
(n=3096)

Male 26%

Female 74%

Age
(Grouped by Generation; n=3090)

2%	14%	25%	29%	23%	7%
Gen Z (<26)	Millennials (26-41)	Gen X (42-57)	Boomers II (58-67)	Boomers I (68-76)	Post-War (77-94)

F1: Are you male or female?
F2: What is your age?

RESEARCH Vinea   DeSales Media   8
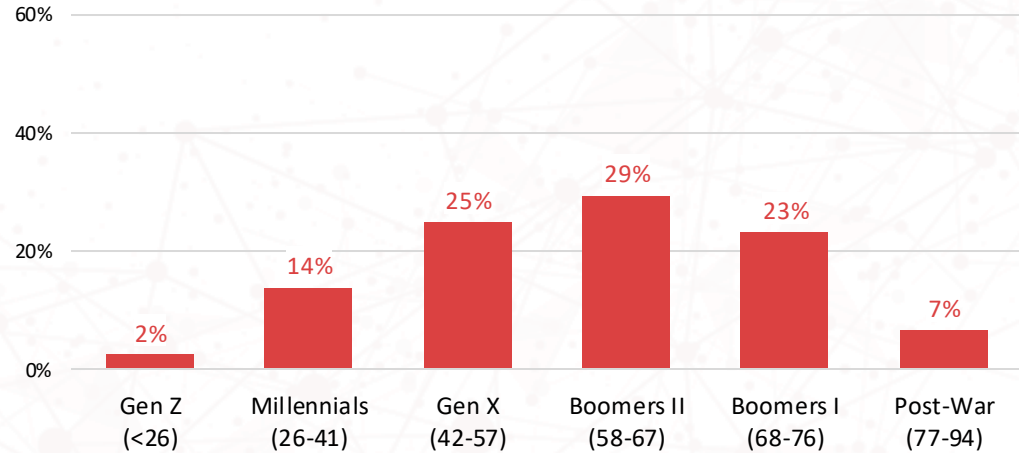
Five segments were identified using self-perceived strength and desired growth across a number of areas: discipleship, interior fruits of faith, interior life, sacramental life, and expressive fruits of faith

Respondent Segmentation
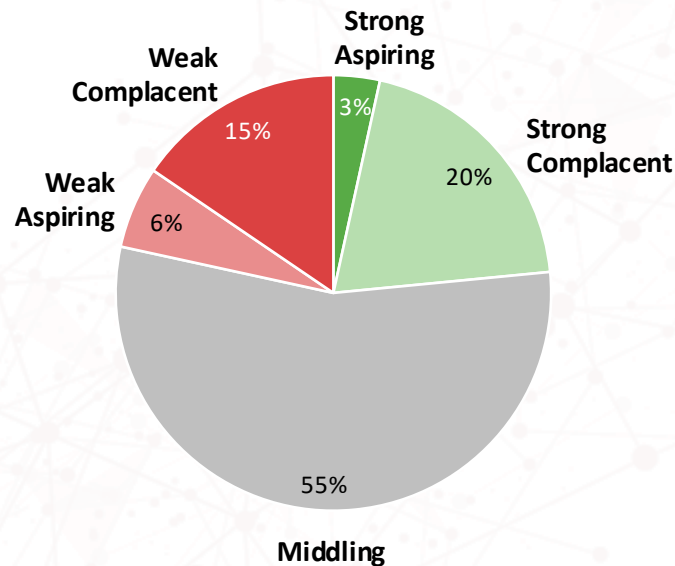

Scatter plot legend:
- Segment 2
- Segment 3
- Segment 1
- Segment 4
- Segment 5

Scatter plot axes: STRENGTH (vertical, -3.5 to 3.5), GROWTH (horizontal, -3.5 to 3.5)

Labels on plot: Segment 3, Segment 2, Segment 1, Segment 5, Segment 4

Pie chart:
- Strong Aspiring 3%
- Strong Complacent 20%
- Weak Complacent 15%
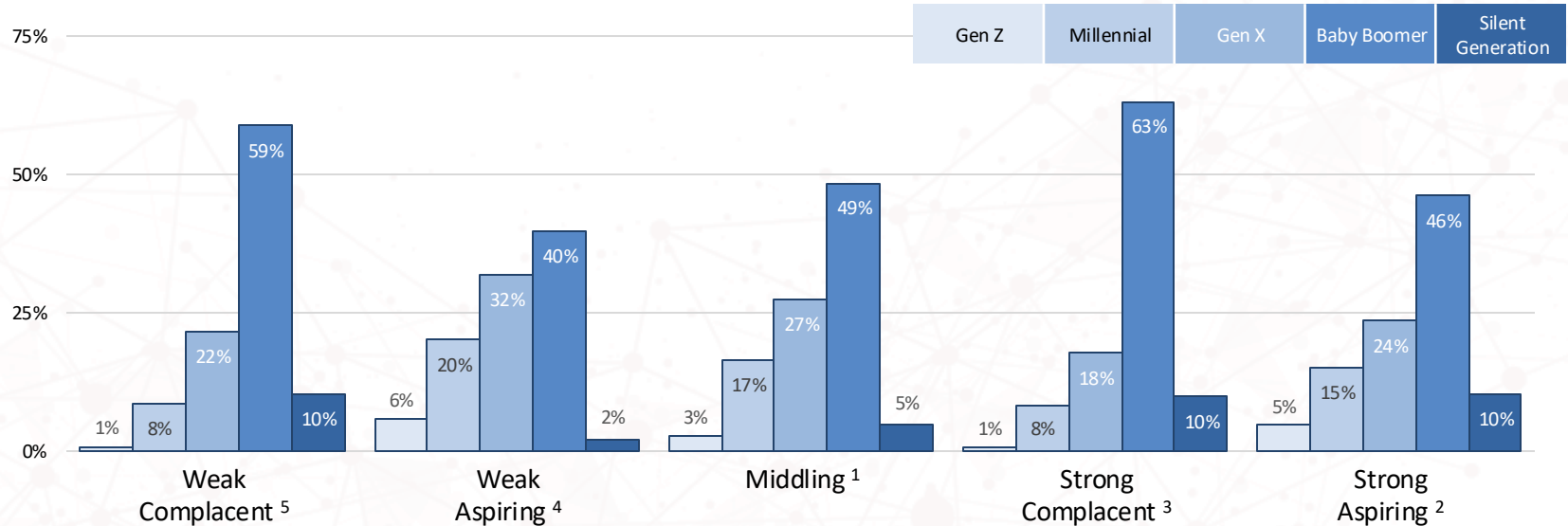- Weak Aspiring 6%
- Middling 55%

n=3137

A5: Understanding that there is always room for growth, how strong do you feel you are in each of the areas below?
A6: Please indicate how much growth you would like to see for yourself in each of the areas below?

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While Boomers are the largest group in each segment, the two Complacent segments skew older. The Weak Aspiring segment is the youngest.

Age, Generations

Legend: Gen Z | Millennial | Gen X | Baby Boomer | Silent Generation

Weak Complacent [5]: Gen Z 1%, Millennial 8%, Gen X 22%, Baby Boomer 59%, Silent Generation 10%

Weak Aspiring [4]: Gen Z 6%, Millennial 20%, Gen X 32%, Baby Boomer 40%, Silent Generation 2%

Middling [1]: Gen Z 3%, Millennial 17%, Gen X 27%, Baby Boomer 49%, Silent Generation 5%

Strong Complacent [3]: Gen Z 1%, Millennial 8%, Gen X 18%, Baby Boomer 63%, Silent Generation 10%

Strong Aspiring [2]: Gen Z 5%, Millennial 15%, Gen X 24%, Baby Boomer 46%, Silent Generation 10%

Understanding that there is always room for growth, how strong do you feel you are in each of the areas below? – Bottom 2 scores ("Not an area of strength" or "I am doing okay in this area") average for each category
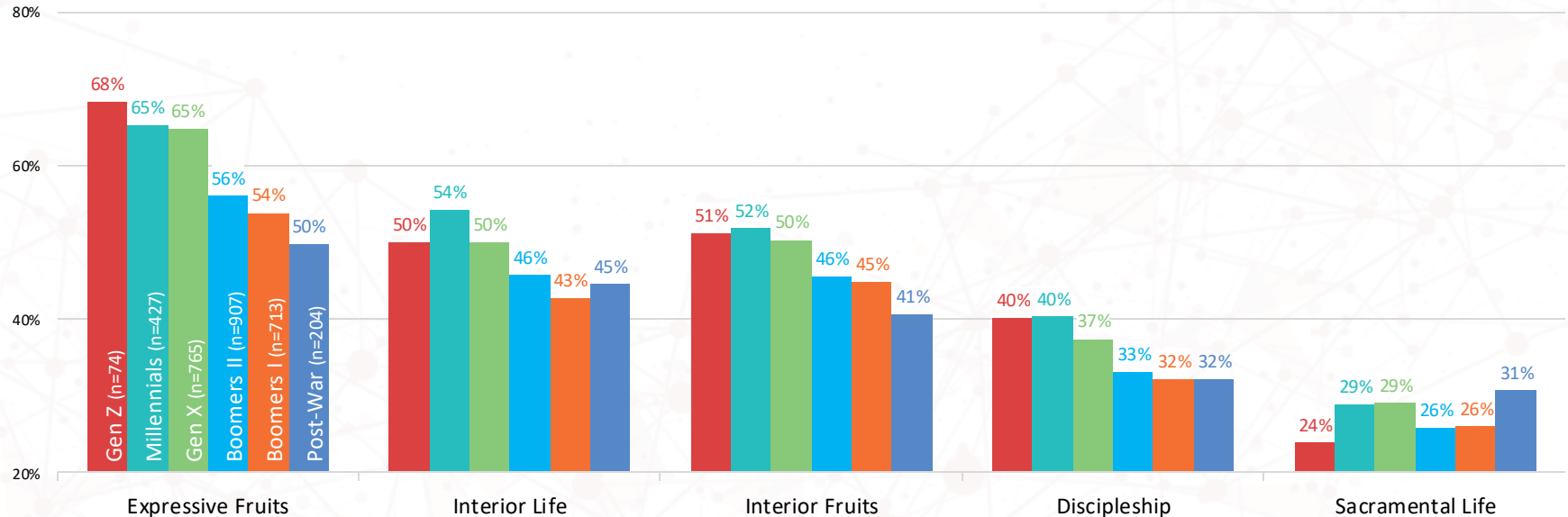
	Expressive Fruits	Interior Life	Interior Fruits	Discipleship	Sacramental Life
Gen Z (n=74)	68%	50%	51%	40%	24%
Millennials (n=427)	65%	54%	52%	40%	29%
Gen X (n=765)	65%	50%	50%	37%	29%
Boomers II (n=907)	56%	46%	46%	33%	26%
Boomers I (n=713)	54%	43%	45%	32%	26%
Post-War (n=204)	50%	45%	41%	32%	31%

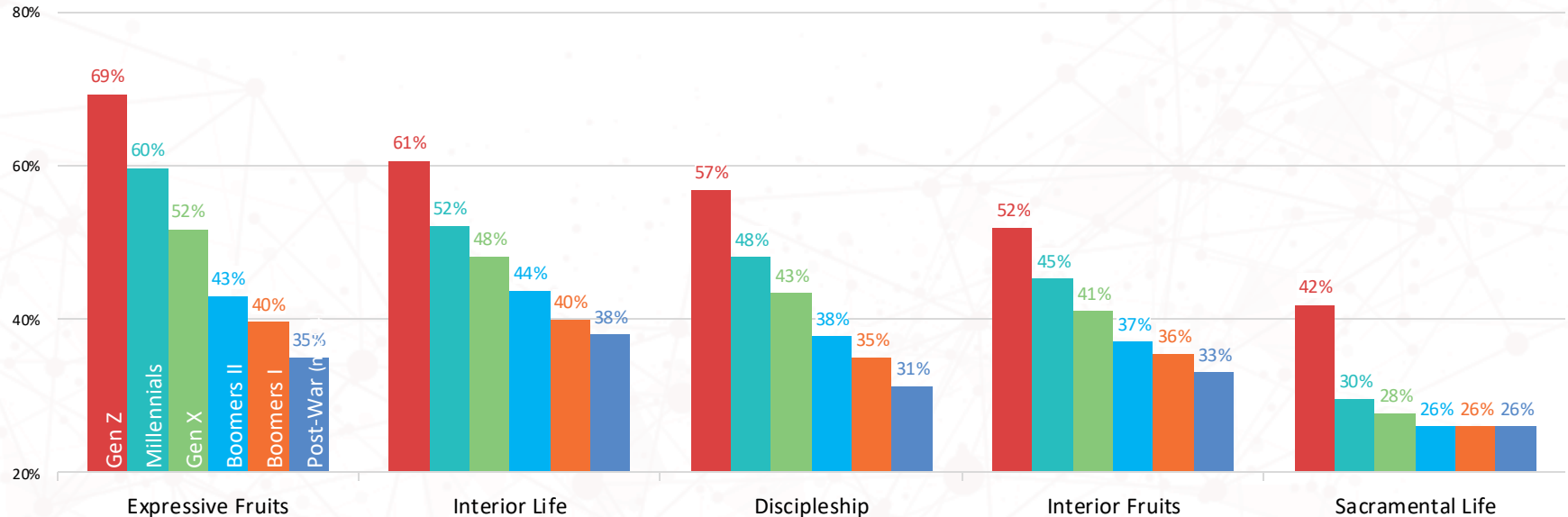F2: What is your age?
A5: Understanding that there is always room for growth, how strong do you feel you are in each of the areas below?
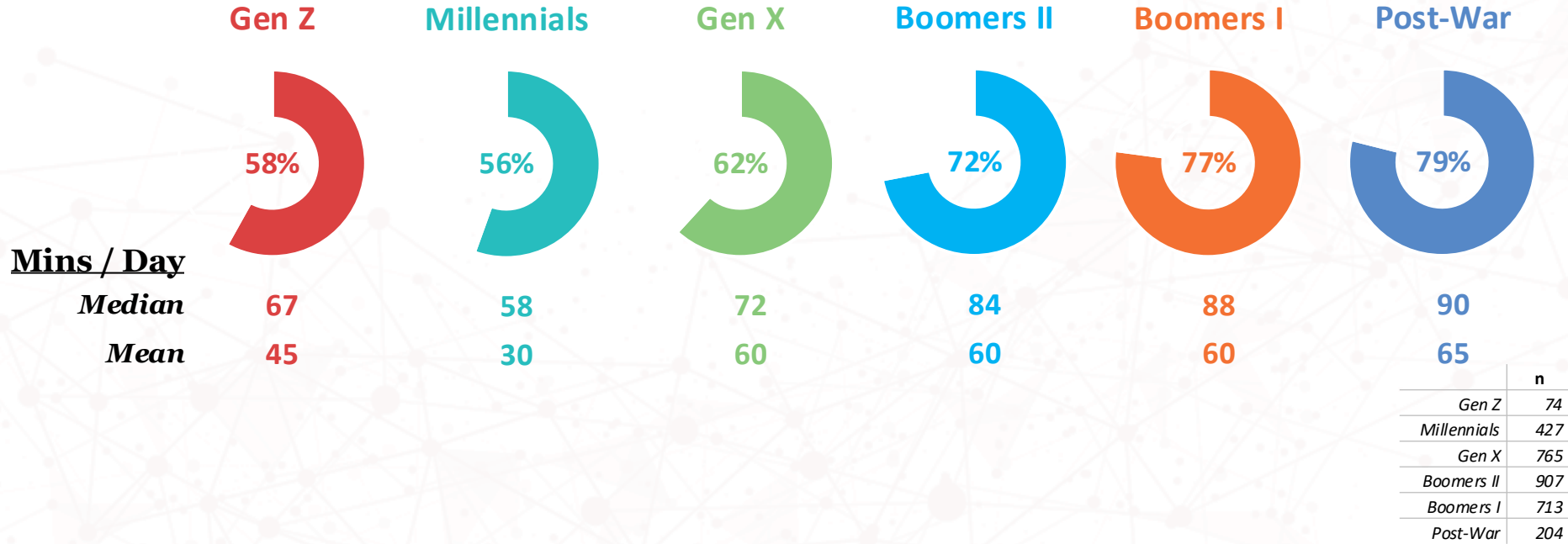
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Please indicate how much growth you would like to see for yourself in each of the areas below: – Top 2 scores ("I need **moderate** OR **great** amount of growth") average for each category

Chart legend (per category, left to right): Gen Z, Millennials, Gen X, Boomers II, Boomers I, Post-War

Category	Gen Z	Millennials	Gen X	Boomers II	Boomers I	Post-War
Expressive Fruits	69%	60%	52%	43%	40%	35%
Interior Life	61%	52%	48%	44%	40%	38%
Discipleship	57%	48%	43%	38%	35%	31%
Interior Fruits	52%	45%	41%	37%	36%	33%
Sacramental Life	42%	30%	28%	26%	26%	26%

F2: What is your age?
A6: Please indicate how much growth you would like to see for yourself in each of the areas below:

12

F2: Generations
► A7: Prayer Days / Week + A8: Prayer Mins / Day

Prayer Days a Week: 7 Days

	Gen Z	Millennials	Gen X	Boomers II	Boomers I	Post-War
	58%	56%	62%	72%	77%	79%

Mins / Day						
Median	67	58	72	84	88	90
Mean	45	30	60	60	60	65

|	n
Gen Z	74
Millennials	427
Gen X	765
Boomers II	907
Boomers I	713
Post-War	204

F2: What is your age?
A7: In the past 4 weeks: In an average week, on how many days did you have any dedicated prayer time outside of Mass?
A8: On an average day that you prayed, how much time did you spend in active, dedicated prayer?

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How interested are you in furthering your formation as a disciple to help you in sharing your faith?
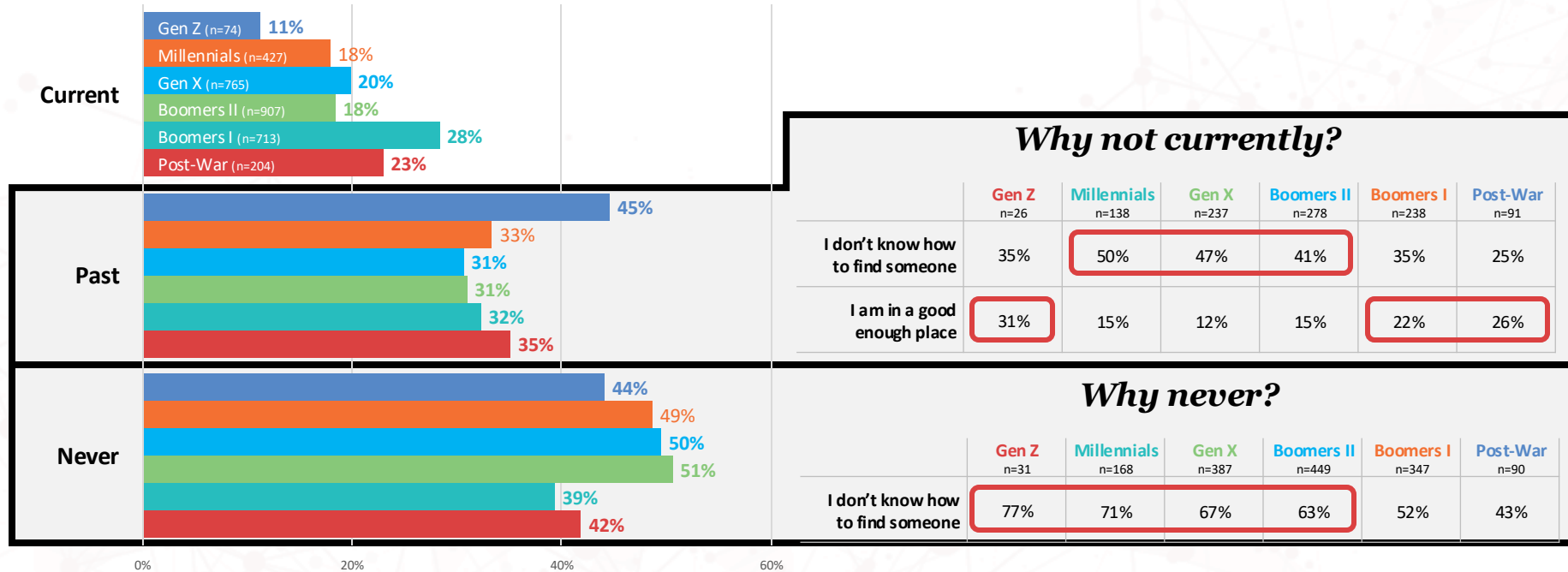
F2: What is your age?
B5: How interested are you in furthering your formation as a disciple to help you in sharing your faith?

14
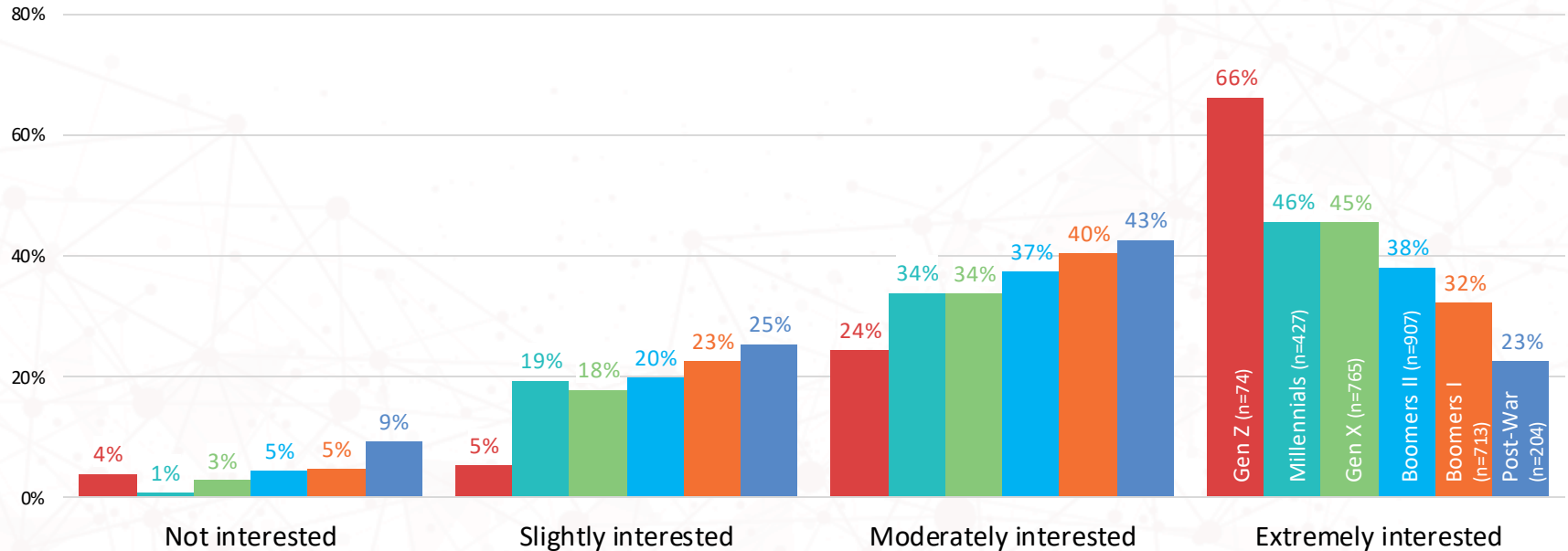
F2: Generations
## ▶ C1: Spiritual Direction + C3: Why Not SD?

Are you currently receiving, or have you ever received, Spiritual Direction?

Current
- Gen Z (n=74): 11%
- Millennials (n=427): 18%
- Gen X (n=765): 20%
- Boomers II (n=907): 18%
- Boomers I (n=713): 28%
- Post-War (n=204): 23%

Past
- Gen Z: 45%
- Millennials: 33%
- Gen X: 31%
- Boomers II: 31%
- Boomers I: 32%
- Post-War: 35%

Never
- Gen Z: 44%
- Millennials: 49%
- Gen X: 50%
- Boomers II: 51%
- Boomers I: 39%
- Post-War: 42%

Why not currently?

	Gen Z n=26	Millennials n=138	Gen X n=237	Boomers II n=278	Boomers I n=238	Post-War n=91
I don't know how to find someone	35%	50%	47%	41%	35%	25%
I am in a good enough place	31%	15%	12%	15%	22%	26%

Why never?

	Gen Z n=31	Millennials n=168	Gen X n=387	Boomers II n=449	Boomers I n=347	Post-War n=90
I don't know how to find someone	77%	71%	67%	63%	52%	43%

F2: What is your age?
C1: Are you currently receiving, or have you ever received, Spiritual Direction?
C3: Which of the following are reasons you are not currently receiving Spiritual Direction?
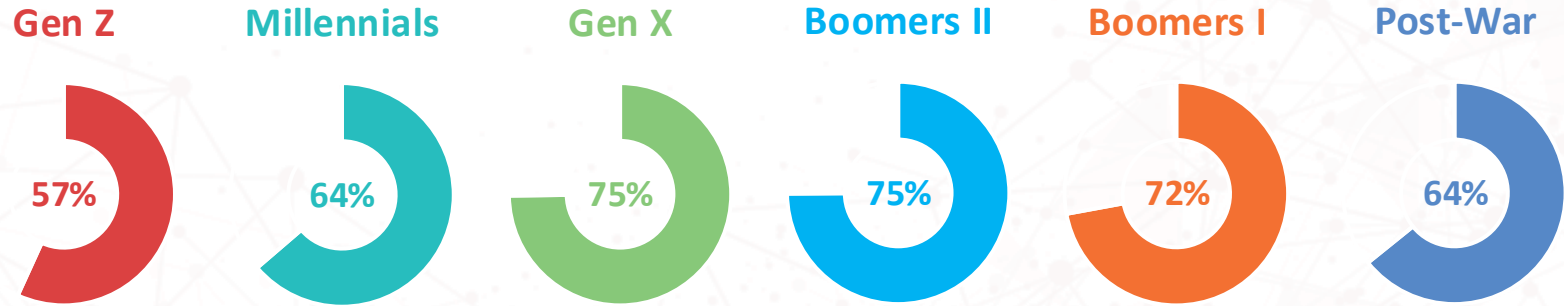
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How interested are you in connecting with others who share your faith beliefs in the following locations? – Moderately or Extremely Interested

F2: What is your age?
D9: How interested are you in connecting with others who share your faith beliefs in the following locations?

16
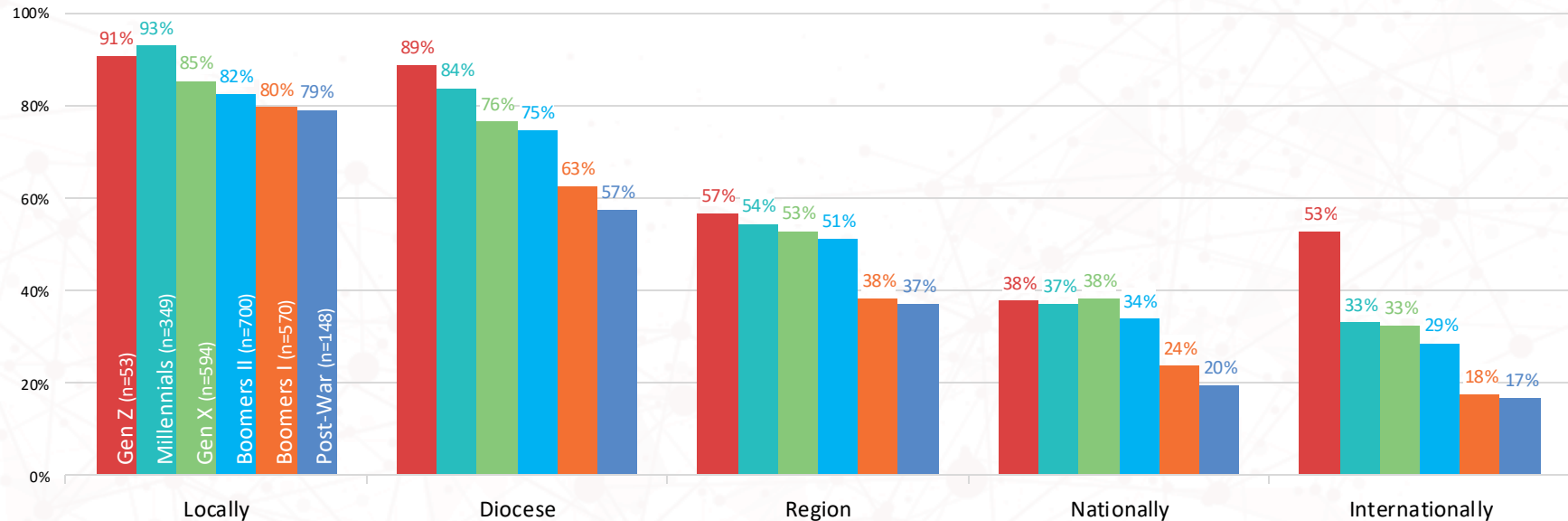
F2: Generations
▶ E3: Regular Faith App Use

Do you use any Catholic, spiritual, religious, or faith-focused apps regularly?

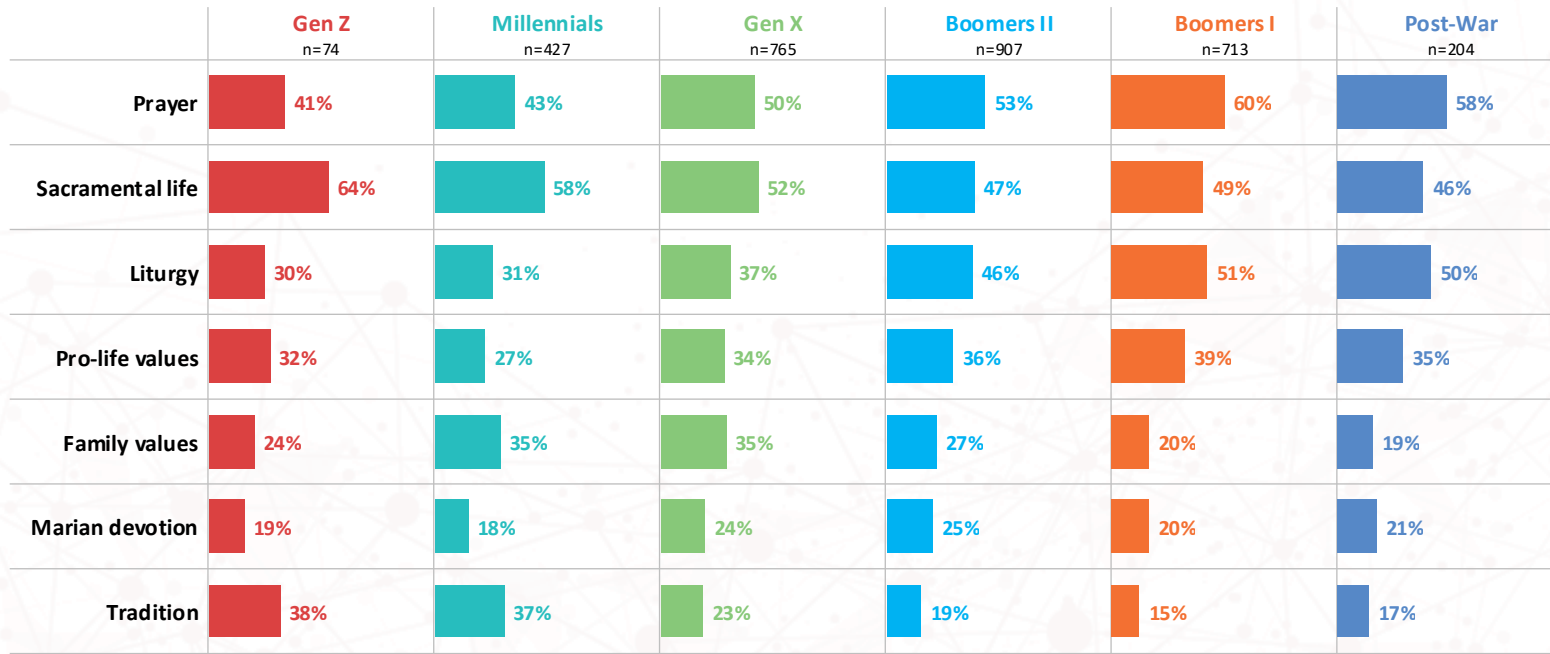| Gen Z	Millennials	Gen X	Boomers II	Boomers I	Post-War
57%	64%	75%	75%	72%	64%

	n
Gen Z	74
Millennials	427
Gen X	765
Boomers II	907
Boomers I	713
Post-War	204

F2: What is your age?
E3: Do you use any Catholic, spiritual, religious, or faith-focused apps regularly (at least 3 days a week)?

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▶ F13: Catholicism Aspects

Which of the following aspects of Catholicism do you most closely identify with?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
Prayer	41%	43%	50%	53%	60%	58%
Sacramental life	64%	58%	52%	47%	49%	46%
Liturgy	30%	31%	37%	46%	51%	50%
Pro-life values	32%	27%	34%	36%	39%	35%
Family values	24%	35%	35%	27%	20%	19%
Marian devotion	19%	18%	24%	25%	20%	21%
Tradition	38%	37%	23%	19%	15%	17%

F2: What is your age?
F13: Which of the following aspects of Catholicism do you most closely identify with?

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18

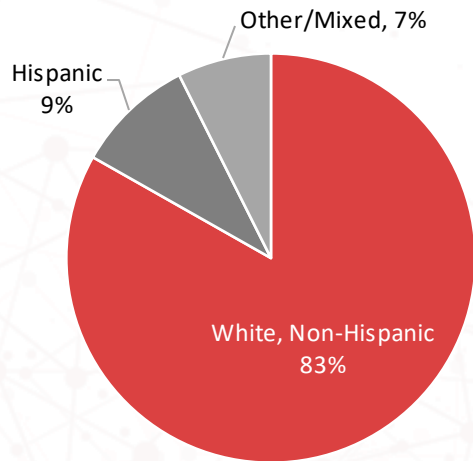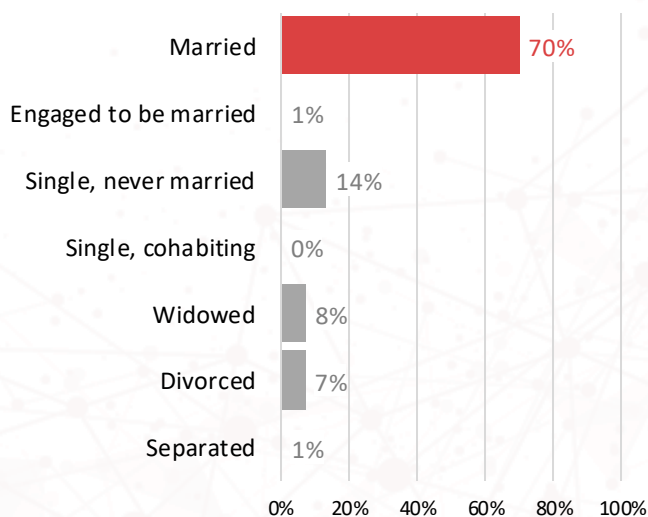**religiontoreality.org**

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Appendix

The majority of respondents are White (Non-Hispanic), Married, and have children.

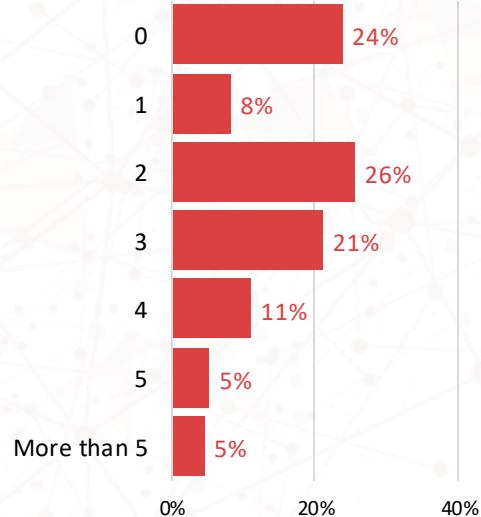## *Basic Demographics: Race/Ethnicity, Marital Status, Children*

Race / Ethnicity
(n=3092)

- Other/Mixed, 7%
- Hispanic 9%
- White, Non-Hispanic 83%

Marital Status
(n=3115)

Category	Value
Married	70%
Engaged to be married	1%
Single, never married	14%
Single, cohabiting	0%
Widowed	8%
Divorced	7%
Separated	1%

0%   20%   40%   60%   80%   100%

Number of Children
(n=3107)

Number	Value
0	24%
1	8%
2	26%
3	21%
4	11%
5	5%
More than 5	5%

0%   20%   40%

F3: Are you of Hispanic, Latino, or Spanish origin, such as Mexican, Puerto Rican, or Cuban? / F4: What is your race / ethnicity?
F7: What is your marital status?
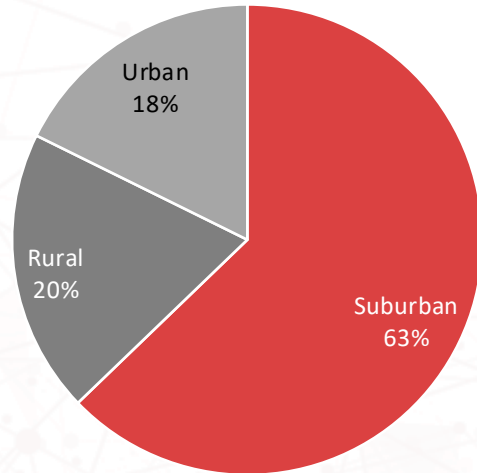F8: Do you have any children? How many?

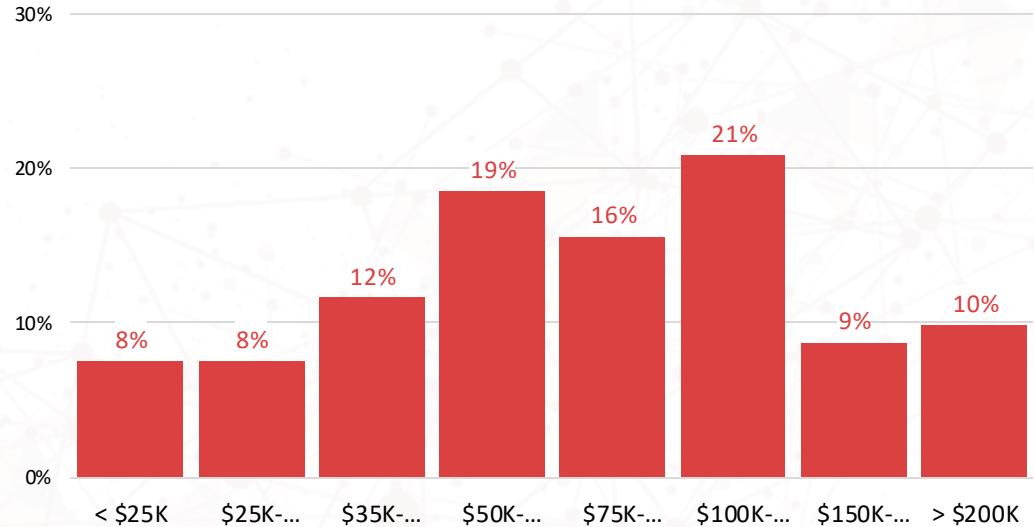Vinea RESEARCH   DeSales Media   21

Nearly two-thirds of respondents live in a suburban community.

Basic Demographics: Community Classification and Household Income
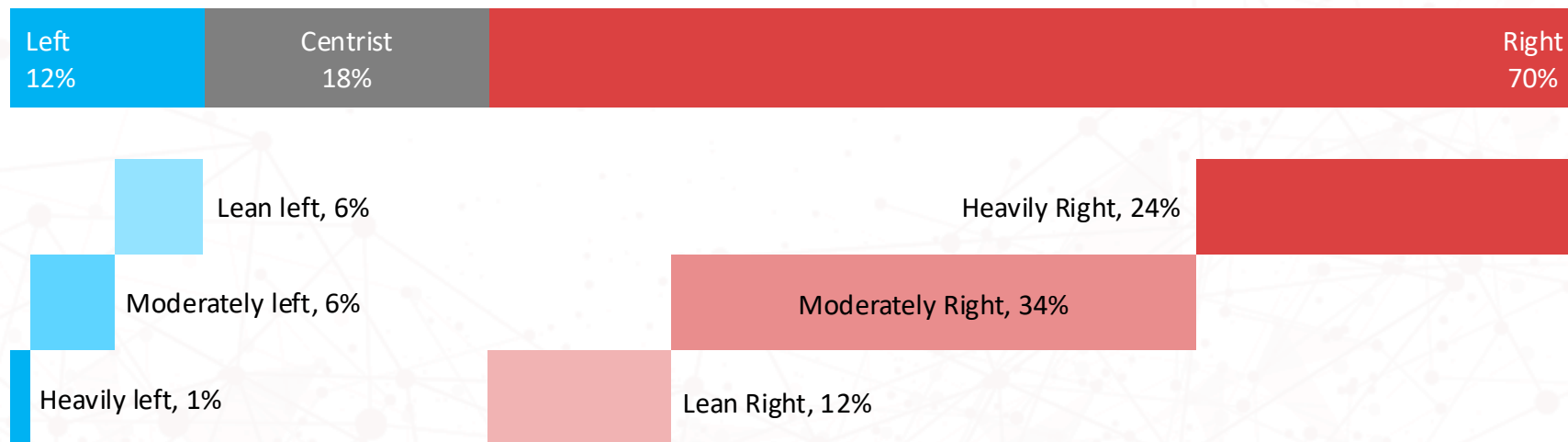

Community
(n=3121)

Urban 18%
Rural 20%
Suburban 63%

Household Income
(n=2692)

Income	Percent
< $25K	8%
$25K-...	8%
$35K-...	12%
$50K-...	19%
$75K-...	16%
$100K-...	21%
$150K-...	9%
> $200K	10%

F9: Do you live in an urban, suburban, or rural area?
F11: What is your household's current level of income?

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22

7 in 10 respondents indicated they are politically right-leaning.

Basic Demographics: Political Ideology

Left 12%	Centrist 18%	Right 70%

Lean left, 6%

Heavily Right, 24%

Moderately left, 6%

Moderately Right, 34%

Heavily left, 1%

Lean Right, 12%

n=3003

F12: From the following, how would you describe your approach to politics?

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1 in 4 employed respondents works in Non-Profit / Religious

Employment Status and Industry

Employment
(n=3028)

Retired / Disabled 9%

Unemployed 30%

Employed 61%

Industry
(Among Employed; n=1837)

Industry	%
Non-profit / religious work	25%
Educational services	17%
Health care or social assistance	12%
Stay-at-home parent or homemaker	12%
Professional, scientific, or technical services	6%
Finance or insurance	4%
Technology	3%
Government	3%
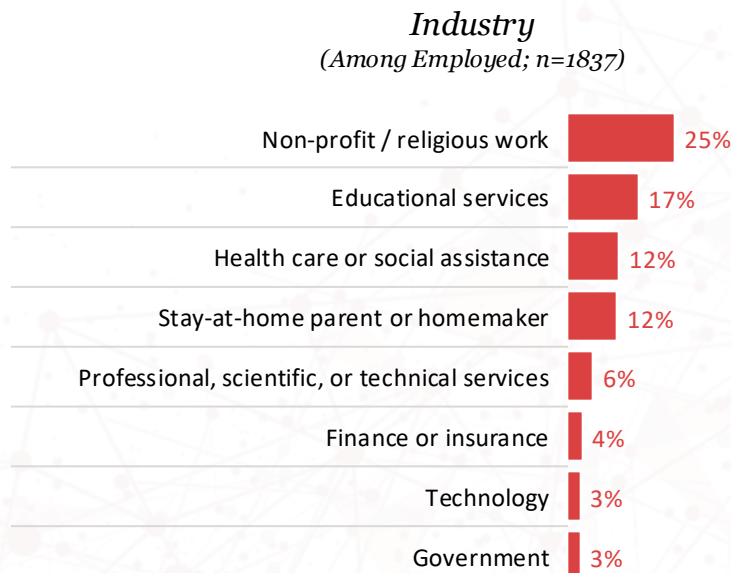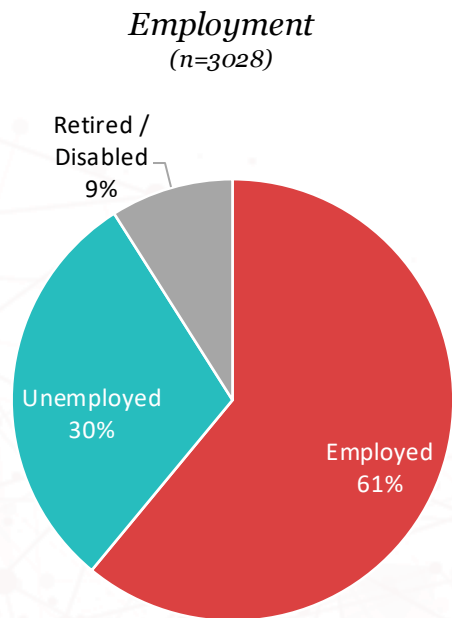
Less than 50 responses:

Arts/Entertainment, Manufacturing, Retail, Admin, Construction, Real Estate, Management, Food Service, Agriculture, Information, Communications, Utilities, Student, Police / Fire, Transportation, Legal, Trade, Mining

Other key demographics are similar across segment, though the Strong Aspiring have slightly fewer men and fewer with children.

Demographics

	Segment				
	Weak Complacent [5]	**Weak Aspiring** [4]	**Middling** [1]	**Strong Complacent** [3]	**Strong Aspiring** [2]
% Male / % Female	26% / 74%	25% / 75%	25% / 75%	27% / 73%	33% / 67%
% Married	71%*	68%	72%	66%*	64%
% with Children	81%	76%	76%	77%	69%
% Suburban**	61%	61%	63%	63%	62%

* 10-11% widowed
** Equal mix of urban and rural

n=3137

F1: Are you male or female?
F7: What is your marital status?
F8: Do you have any children?
F9: Do you live in an urban suburban, or rural area?

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All segments are predominantly white, but the Strong Aspiring are the most ethnically diverse.

Ethnicity

Weak Complacent [5]	Weak Aspiring [4]	Middling [1]	Strong Complacent [3]	Strong Aspiring [2]
86% White, 8% Hispanic, 6% Other	73% White, 10% Hispanic, 17% Other	85% White, 9% Hispanic, 6% Other	84% White, 9% Hispanic, 7% Other	62% White, 22% Hispanic, 16% Other
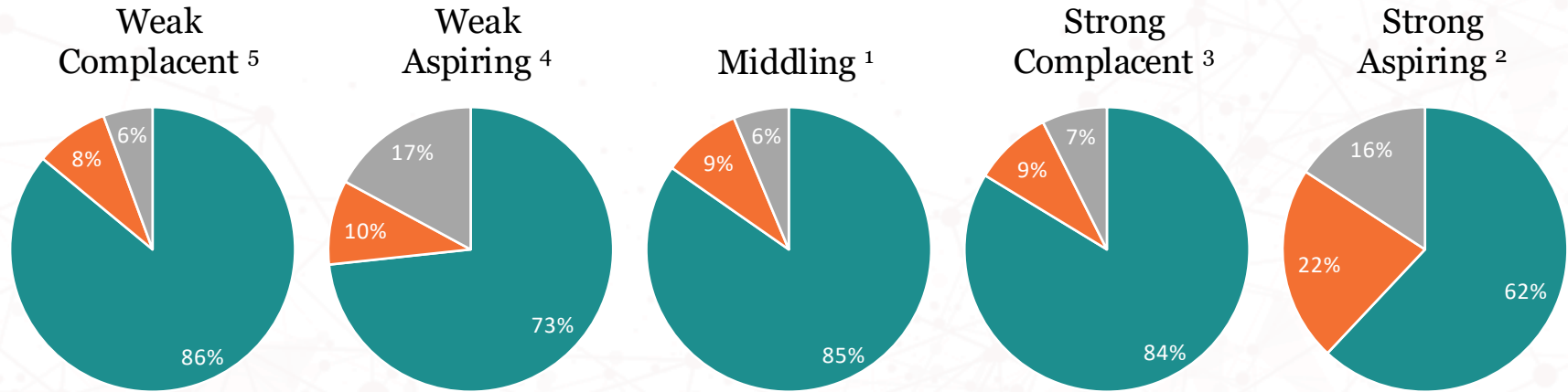
White, non-Hispanic
Hispanic
Other/mixed

n=3137

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While all predominantly identify as "right," the two Complacent segments are slightly less right dominated than the other segments.

Political affiliation

Weak Complacent [5]
- 18% (blue)
- 18% (grey)
- 64% (red)

Weak Aspiring [4]
- 9% (blue)
- 17% (grey)
- 74% (red)

Middling [1]
- 11% (blue)
- 17% (grey)
- 72% (red)

Strong Complacent [3]
- 14% (blue)
- 21% (grey)
- 64% (red)

Strong Aspiring [2]
- 9% (blue)
- 21% (grey)
- 70% (red)
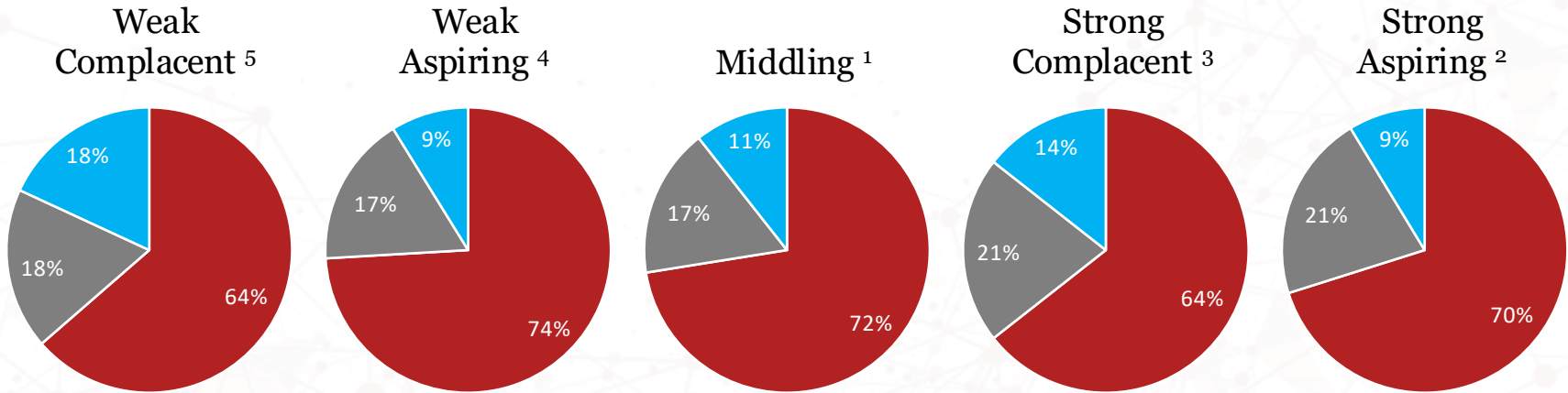
Lean, moderately, or heavy right
Centrist
Lean, moderately, or heavy left

n=3137

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Segment summary: demographics

Attribute:	Weak Complacent [5]	Weak Aspiring [4]	Middling [1]	Strong Complacent [3]	Strong Aspiring [2]
Sex	~3/4 women				~2/3 women
Age	Older	Youngest	Average	Older	Average
Have children	Most				Many
Ethnicity	Average	Somewhat diverse	Average		Most diverse
Political identity	Right dominant	Very right dominant		Right dominant	Very right dominant

n=3137

Which of the following do you use as aids in living out your faith?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
Bible (physical)	70%	70%	72%	78%	77%	69%
Other spiritual books	62%	66%	65%	68%	68%	70%
Podcasts	66%	67%	67%	61%	52%	45%
Prayer books	62%	49%	58%	60%	59%	65%
Faith websites	31%	41%	50%	58%	55%	60%
Prayer apps	43%	46%	54%	50%	41%	35%
Video series	35%	35%	42%	46%	44%	39%
Devotional periodicals (physical)	22%	27%	36%	48%	50%	43%
Bible (digital)	34%	33%	38%	35%	27%	24%
Other spiritual apps	16%	21%	35%	32%	28%	25%
Devotional periodicals (digital)	16%	17%	28%	32%	27%	29%

F2: What is your age?
A9: Which of the following do you use as aids in living out your faith? Select all that apply.

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29

F2: Generations
► B4: Barriers to Faith-Sharing

What most holds you back from sharing your faith with others?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
Situational appropriateness	66%	69%	65%	64%	57%	54%
Lack of confidence	50%	45%	45%	41%	42%	34%
Don't know how to start	49%	40%	40%	38%	40%	30%
Not wanting to offend	49%	47%	39%	35%	34%	32%
Lack of experience	42%	33%	33%	33%	33%	26%
Lack of opportunity	34%	27%	23%	21%	27%	31%
Understanding of scriptures	24%	20%	28%	24%	21%	18%
Fear	42%	37%	26%	20%	16%	10%
I never learned how	24%	17%	21%	21%	19%	15%
Understanding of Catholic faith	30%	19%	23%	19%	17%	12%
Worry about political correctness	31%	32%	21%	16%	12%	11%
Don't feel prompting from HS	19%	23%	15%	15%	15%	19%
Today's culture says I should not	26%	22%	17%	12%	12%	8%
Embarrassment	27%	15%	12%	7%	8%	6%
Church is unwelcoming	19%	14%	10%	9%	7%	4%
I struggle in my own faith	16%	8%	5%	3%	3%	3%

F2: What is your age?
B4: What most holds you back from sharing your faith with others?

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30

How appealing are each of the following as ways to help you further your formation as a disciple on mission? – Moderately or Very Appealing
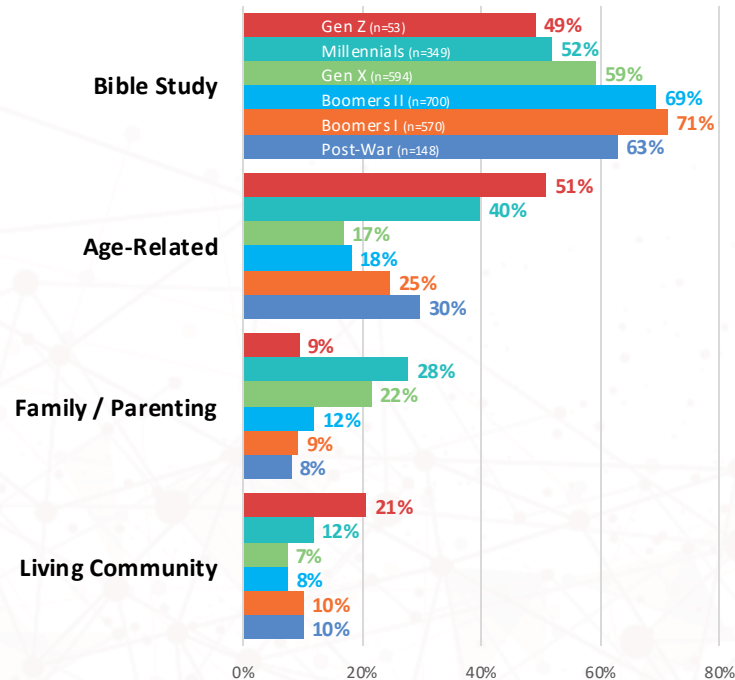
	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
An in-person group or community	66%	56%	55%	51%	46%	42%
An online series	46%	39%	53%	50%	48%	41%
A how-to guide to overcoming barriers to evangelization	55%	41%	54%	50%	44%	36%

Other Items	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
An app with modules I can listen to at my own pace	46%	47%	58%	54%	48%	37%
A parish-based training session	50%	47%	55%	53%	52%	39%
An in-person class	51%	42%	48%	45%	43%	35%
A single online webinar/class	39%	38%	47%	44%	39%	34%
An interactive online forum/community for open dialogue	35%	29%	33%	32%	24%	25%

F2: What is your age?
B6: How appealing are each of the following as ways to help you further your formation as a disciple on mission?

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▶ D7: Faith Communities + D8: Interest in Faith Communities

With which kinds of faith communities do you interact?

Bible Study
- Gen Z (n=53): 49%
- Millennials (n=349): 52%
- Gen X (n=594): 59%
- Boomers II (n=700): 69%
- Boomers I (n=570): 71%
- Post-War (n=148): 63%

Age-Related
- Gen Z: 51%
- Millennials: 40%
- Gen X: 17%
- Boomers II: 18%
- Boomers I: 25%
- Post-War: 30%

Family / Parenting
- Gen Z: 9%
- Millennials: 28%
- Gen X: 22%
- Boomers II: 12%
- Boomers I: 9%
- Post-War: 8%

Living Community
- Gen Z: 21%
- Millennials: 12%
- Gen X: 7%
- Boomers II: 8%
- Boomers I: 10%
- Post-War: 10%

How interested are you in each?

	Gen Z n=53	Millennials n=349	Gen X n=594	Boomers II n=700	Boomers I n=570	Post-War n=148
Bible Study	60%	53%	57%	62%	64%	54%
Education / Faith Formation	60%	52%	55%	53%	47%	36%
Prayer Group	53%	40%	46%	44%	41%	41%
Service / Outreach	60%	36%	36%	39%	36%	26%
Men's / Women's Group	57%	45%	36%	32%	33%	18%
Book Club	38%	31%	28%	20%	21%	17%
Age-Related	53%	37%	19%	19%	18%	19%
Choir / Musical Ensemble	25%	21%	14%	14%	12%	8%
Ecclesial Movement	25%	17%	13%	13%	12%	14%
Family / Parenting	19%	28%	16%	6%	5%	4%
Support / Recovery	17%	7%	9%	8%	7%	5%
Living Community / Co-op	28%	14%	5%	6%	6%	6%
Ethnic / Cultural Apostolate	15%	10%	6%	6%	5%	4%

F2: What is your age?
D7: With which kinds of faith communities do you interact?
D8: How interested are you in each of the following faith-based communities, even if you already interact with them?

RESEARCH Vinea   DeSales Media   32

F2: Generations
► E1: Owned Devices

Which of the following devices do you currently own?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
Smartphone	93%	96%	95%	90%	87%	74%
Laptop computer	93%	88%	82%	77%	68%	62%
Tablet	30%	51%	57%	60%	59%	52%
Smart TV	24%	47%	59%	55%	51%	45%
Desktop computer	14%	30%	48%	50%	49%	62%
eReader	18%	29%	30%	35%	34%	40%
Smart speaker	28%	31%	31%	25%	23%	22%
Smartwatch	23%	26%	27%	19%	17%	12%
Gaming console	26%	26%	20%	4%	1%	1%
None of these	-	<1%	-	<1%	<1%	-

F2: What is your age?
E1: Which of the following devices do you currently own?

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33

F2: Generations
► E2: Daily App Use

Which of the following types of mobile device apps do you use daily?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
Spiritual	49%	58%	69%	74%	71%	62%
Communications	78%	78%	70%	68%	62%	55%
Weather / News	41%	58%	63%	66%	67%	60%
Productivity	64%	75%	67%	59%	49%	47%
Social Media	54%	59%	53%	47%	37%	31%
Entertainment	53%	62%	47%	39%	28%	25%
Navigation	36%	35%	37%	34%	25%	23%
Shopping	9%	24%	26%	26%	24%	23%
Educational	16%	17%	20%	19%	20%	24%
Lifestyle	12%	19%	21%	19%	13%	9%
Business / Finance	7%	11%	12%	14%	13%	17%
Gaming	18%	12%	10%	11%	12%	11%
I do not use any apps daily	3%	3%	3%	5%	9%	17%

F2: What is your age?
E2: Which of the following types of mobile device apps do you use daily?

34

F2: Generations
► E6: Tech Statements

Please select how much you agree with each of the following statements: - Top 2 Agree

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
I could live without the apps I use every day	47%	44%	28%	27%	28%	31%
The apps I use are essential to keeping my life organized	26%	28%	28%	27%	27%	28%
I often lose track of time when using apps	38%	32%	26%	24%	25%	19%
I enjoy looking for new apps that can improve my life	26%	17%	17%	18%	17%	16%
The apps I use do not contribute much to my life satisfaction	34%	22%	11%	11%	12%	16%
I often feel overwhelmed by the apps I use	20%	17%	9%	10%	13%	12%
I constantly seek out new apps	9%	7%	7%	6%	8%	4%

F2: What is your age?
E6: Please select how much you agree with each of the following statements:

35

F2: Generations
► E7: Catholic App Features

If a new Catholic faith mobile app were to become available, which features would you find most helpful in your spiritual journey?

	Gen Z n=74	Millennials n=427	Gen X n=765	Boomers II n=907	Boomers I n=713	Post-War n=204
A reliable way to find nearby, upcoming Masses, adoration times, etc.	69%	51%	46%	37%	25%	16%
Upcoming Catholic events near me	61%	40%	41%	35%	23%	22%
Spiritual direction: connecting me to an in-person resource	55%	42%	40%	28%	19%	16%
Volunteer opportunities for doing works of mercy	57%	33%	29%	21%	12%	11%
Spiritual direction: In-App	39%	32%	28%	22%	13%	9%
A way to discover fulfilling ministries, small groups, etc.	47%	30%	26%	19%	10%	12%
A tool for overcoming whatever is holding me back from evangelizing more	42%	22%	25%	19%	13%	12%
A way to post prayer intentions and pray for others' intentions	31%	19%	21%	18%	14%	14%
A tool to assess and organize the structure of my faith life	46%	23%	21%	16%	10%	10%
A safe way to meet and connect with other Catholics online	46%	27%	19%	13%	8%	8%
A way to speak with clergy or religious about my vocation	35%	17%	13%	9%	4%	2%
A way to centrally manage my giving across parishes and other charities	26%	18%	11%	8%	5%	3%
A tool to discover other parents near me interested in classical education models	30%	23%	7%	3%	1%	1%

F2: What is your age?
E7: If a new Catholic faith mobile app were to become available, which features would you find most helpful in your spiritual journey?

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