



The Hidden Struggles of American Christians

A survey of 1,358 American Christians; 95% confidence level, $\pm 2.7\%$ margin of error
(conducted via SurveyMonkey Audience in 2026)



KEY FINDINGS



Loneliness

1 in 2

Christians suffer from loneliness every week (54%)

1 in 4

Christians suffer from loneliness nearly every day (28%)

n = 1358

Outdated Church Systems

3 in 4

Church leaders say the tools and systems their churches currently use overwhelm them “Almost Every Service”, “Frequently”, or “Often Enough” (75%).

n = 702

Hidden Struggles

2 in 5

Christians regularly avoid asking even friends & family important questions that could meaningfully shape their lives (42%)

n = 1358

What's Inside

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The White House's U.S. Surgeon General Officially Declared a Loneliness Epidemic

1 in 2

U.S. adults suffer from loneliness

The danger is similar to smoking up to

15 cigarettes a day

Loneliness isn't just a national crisis—it's a challenge within the Church as well.

Letter from the Surgeon General



Dr. Vivek H. Murthy
19th and 21st Surgeon General
of the United States

When I first took office as Surgeon General in 2014, I didn't view loneliness as a public health concern. But that was before I embarked on a cross-country listening tour, where I heard stories from my fellow Americans that surprised me.

People began to tell me they felt isolated, invisible, and insignificant. Even when they couldn't put their finger on the word "lonely," time and time again, people of all ages and socioeconomic backgrounds, from every corner of the country, would tell me, "I have to shoulder all of life's burdens by myself," or "if I disappear tomorrow, no one will even notice."

It was a lightbulb moment for me: social disconnection was far more common than I had realized.

In the scientific literature, I found confirmation of what I was hearing. In recent years, about one-in-two adults in America reported experiencing loneliness.^{3,9} And that was before the COVID-19 pandemic cut off so many of us from friends, loved ones, and support systems, exacerbating

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day,⁴ and even greater than that associated with obesity and physical inactivity. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished.

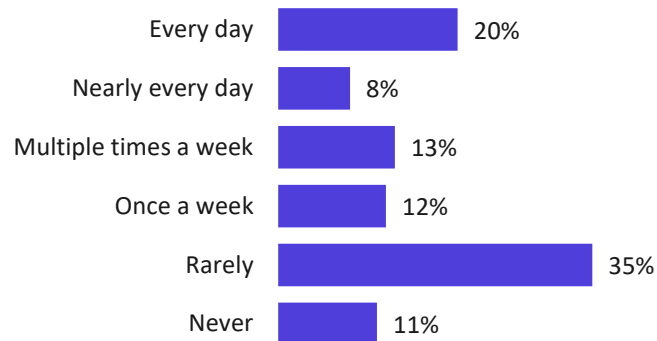
1 in 2 Christians suffer from loneliness every week (54%).

1 in 4 Christians suffer from loneliness nearly every day (28%).

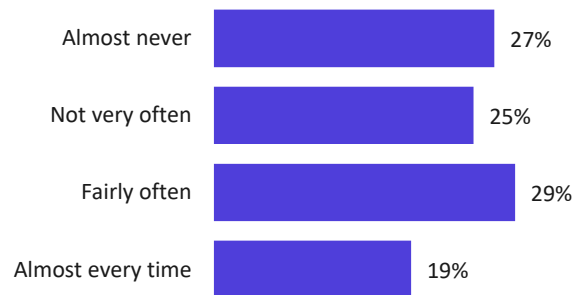
Many Christians experience loneliness regularly, yet just as many struggle to reach out when they need it. Closing that gap may be one of the greatest opportunities to strengthen community.

1 in 2 struggle to reach out to friends when they feel lonely (52%)

How often would you say you get lonely?



How often do you reach out to your friends when you feel lonely?

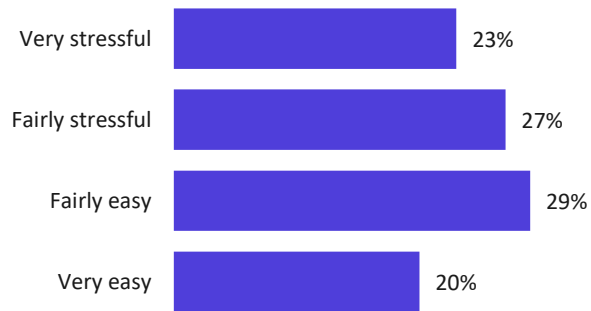


1 in 2 Christians said finding new friends is fairly stressful *and* difficult (~50%)

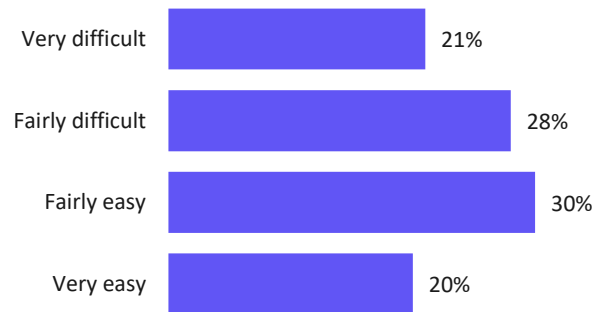
Finding new friends isn't easy for many Christians. Half say it's stressful and difficult, suggesting that the challenge isn't simply wanting more friendships—it's knowing how to start them.

Recommendation: Reduce the friction of meeting compatible people by making the first step toward friendship feel safer, simpler, and more natural.

How stressful is finding new friends?



How difficult is finding new friends?



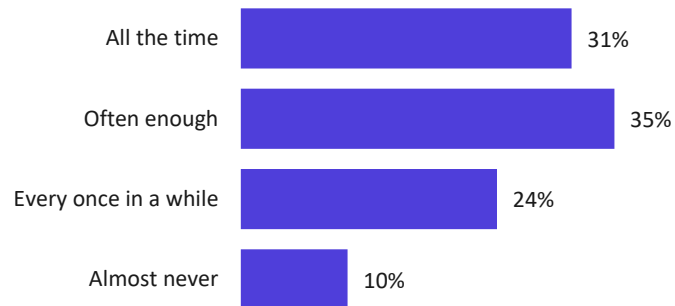
2 in 3 Christians say it often takes someone else asking just the right questions before they'll open up about a struggle (66%)

Most Christians won't share a struggle unless someone intentionally asks the questions that dig it out of them. Yet...many aren't confident recognizing that someone is even waiting to be asked.

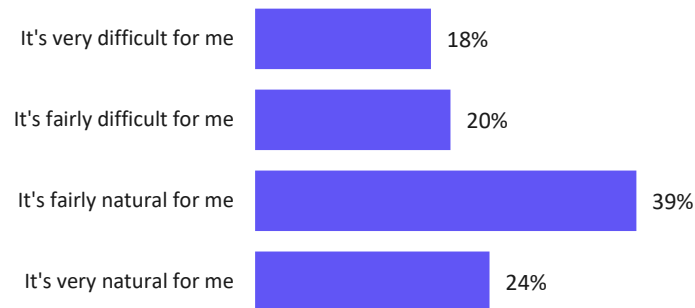
2 in 5

Christians struggle a lot to recognize when someone needs prayer and to pray for them (38%).

When you're struggling with something, how often do you keep it in unless someone intentionally asks the right questions?



How confident do you feel in your ability to notice when someone needs prayer and take the initiative to pray for them?



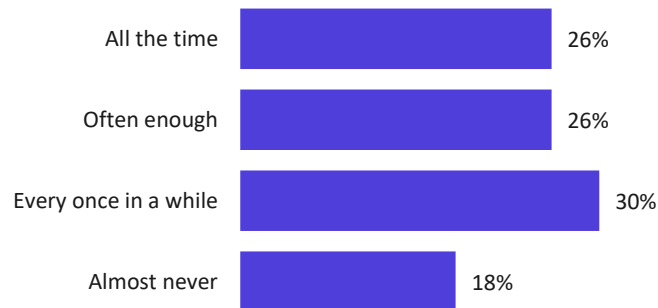
2 in 5 Christians regularly avoid asking even friends & family important questions that could meaningfully shape their lives (42%)

If many Christians aren't asking trusted friends or family these important questions, they're likely turning to search engines, AI, social media, or other online sources for answers.

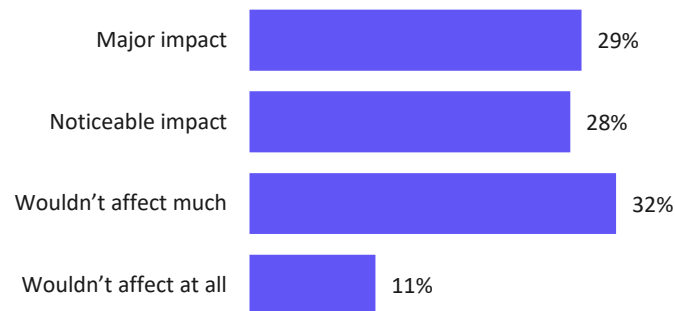
**2 in 5
(42%)**

Of the 54% that said these questions happen “All the time” or “Often Enough”, 80% said the avoided questions could have a “Major” or “Noticeable” impact on their lives.

How often do you have questions you wish you could ask someone, but feel awkward bringing up with friends or family?



How impactful do you think the questions you avoid asking could be for your life?



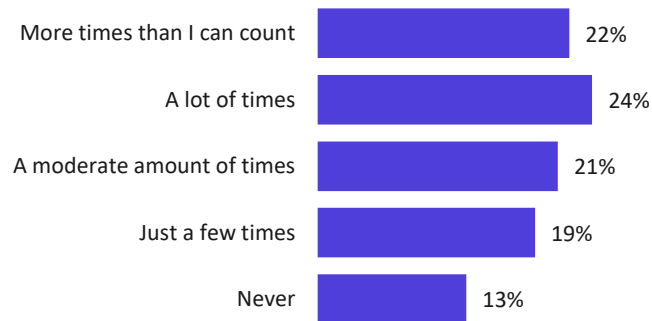
1 in 2 Christians have repeatedly gone through practical struggles alone that friends or their church likely could have helped with (47%)

When practical needs aren't shared—and responding to those needs is difficult to coordinate—help that could have been given is often never received.

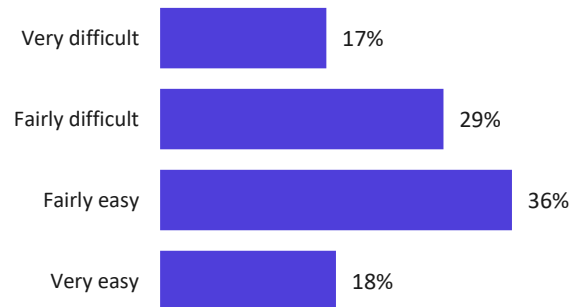
1 in 2

Christians say it's "very difficult" or "fairly difficult" to coordinate a response for the practical needs of people around them (46%).

About how many moments in your life have you gone through a practical struggle (like moving, meals, errands, finances, childcare, rides, etc.) where friends or your church community probably could've helped if they knew — but you didn't say anything?



How difficult is it for you to notice and coordinate a response for the practical needs of the people in your community (in real time)?

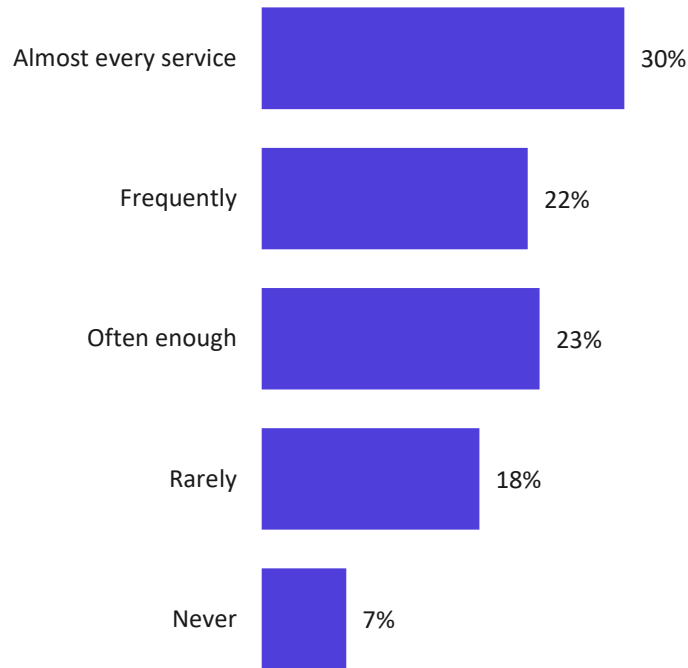


3 in 4

church leaders say the **tools and systems** their churches currently use **overwhelm them** “Almost Every Service”, “Frequently”, or “Often Enough” (75%).

Recommendation: Reduce the administrative burden on church leaders by simplifying communication, coordination, and ministry into a unified experience.

How often does coordinating your role for church services become overwhelming because of the tools and systems you currently use?

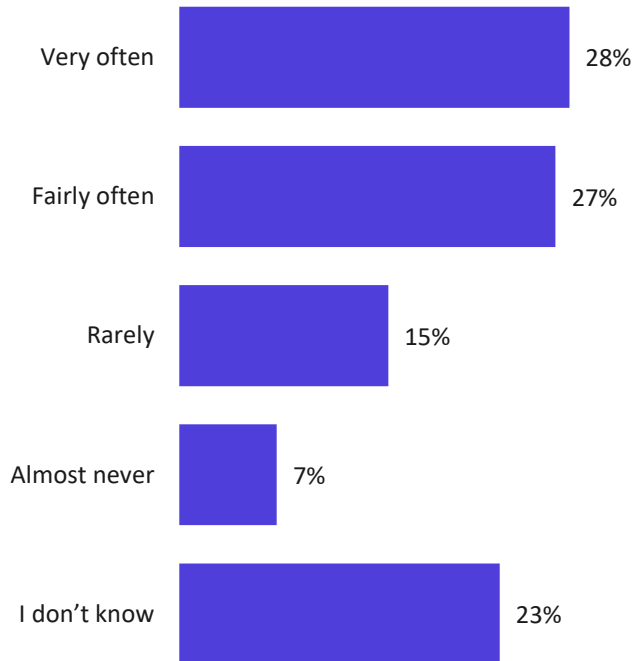


1 in 2

church leaders say people in their church struggle silently without leadership realizing it “Very Often” or “Fairly Often” (55%)

If you're a church leader and tempted to think any of the findings in this study couldn't apply to your church, consider that even those you know well may be carrying struggles you can't see.

How often do you feel like people in your church are struggling silently without leadership realizing it in time?



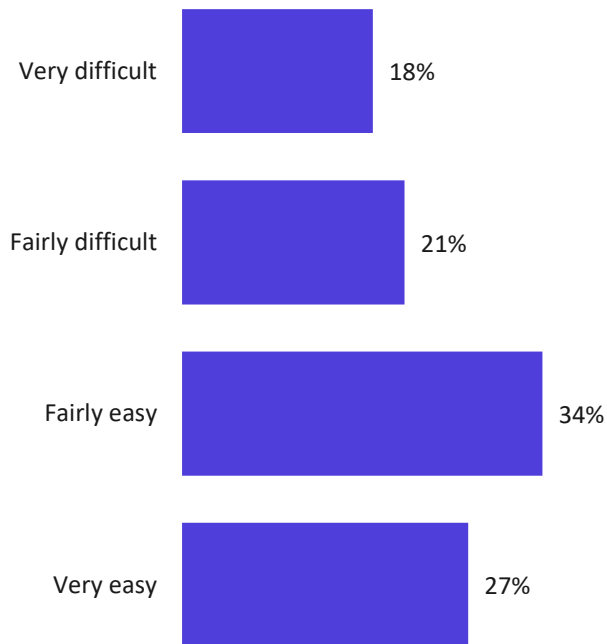
2 in 5 Christians said it is “Very Difficult” or “Fairly Difficult” to coordinate their small groups (39%)

Key Insight

1 in 2

Christians say a tool that could help them preserve, share, and reuse strong small-group curriculum would be “extremely valuable” or “very valuable” (51%; n = 1358)

In your most recently involved small group, how difficult was it usually to coordinate schedules, communication, and participation?



“Do you feel like you’ll personally need to use AI in the future to keep up with work, school, or society?”

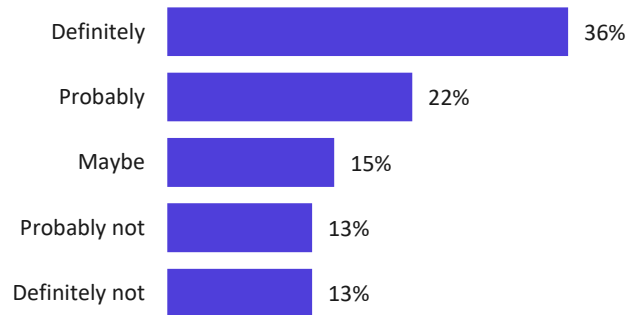
3 in 5 Christians said “Definitely” or “Probably” (58%)

Most Christians expect AI to become a necessary part of everyday life. AI is already shaping believers—the question is whether the Church will help shape AI's influence.

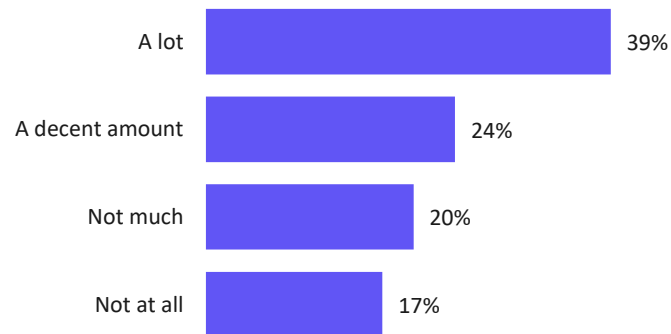
2 in 3

Christians are concerned that AI systems aren’t rooted in Christian morals or beliefs (64%).

Do you feel like you’ll personally need to use AI in the future to keep up with work, school, or society?



How much does it concern you that almost none of the AI systems are rooted in Christian morals or beliefs?



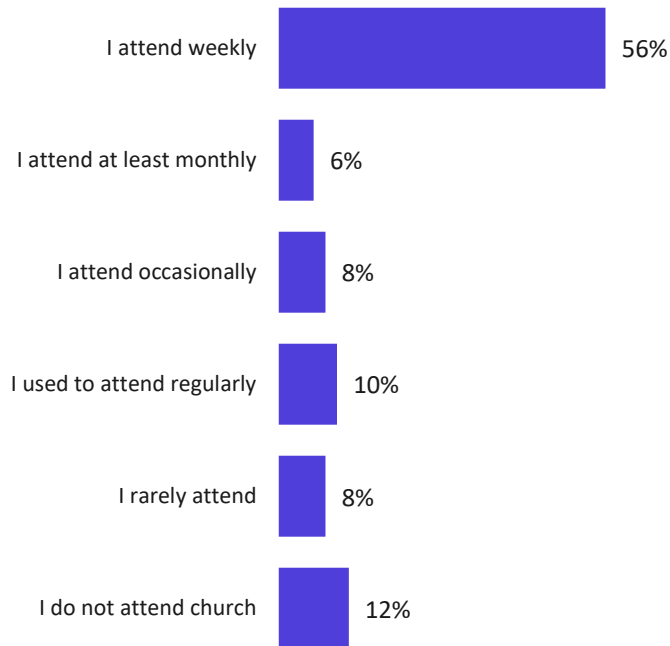
3 in 5 respondents attend church weekly or monthly (62%)

Only 12% of respondents don't attend church at all

57%

of respondents serve as a volunteer or
Leader in their church (n = 1314)

Current church involvement



A statistically representative sample

Respondents were balanced by age, geographic region, gender, and income level to match the demographics of the U.S. Census.

52% / 48%

female / male

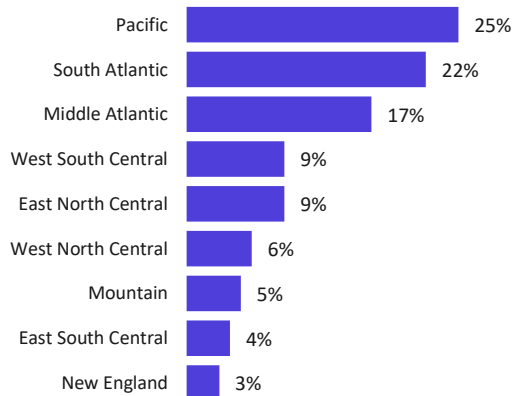
57%

aged 45+

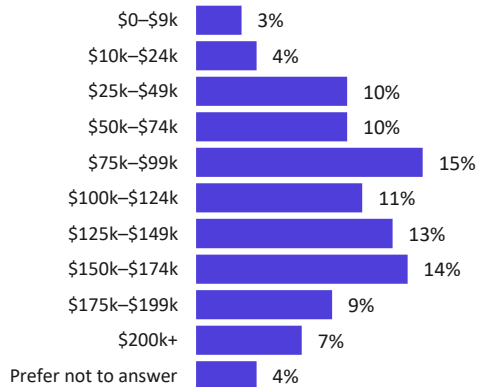
86%

responded on a phone or tablet

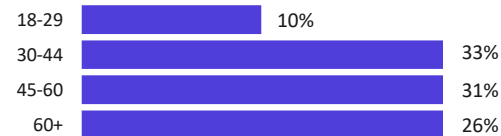
Major U.S. region



Household income



Age



What This Means for Churches and Leaders

The patterns in this survey suggest a few practical, modest starting points:

1 Make it easier for people to signal a need before they have to ask.

Many people won't share a struggle unless someone intentionally asks. Create safe, low-effort ways for members to privately indicate they need support before a crisis develops.

2 Lower the social friction of building new friendships.

Many Christians want deeper relationships but find it difficult to meet people they genuinely connect with. Create intentional pathways that make new friendships easier to begin.

3 Simplify how leaders coordinate care and ministry.

Church leaders often feel overwhelmed by disconnected systems. Streamlining communication and coordination frees leaders to spend more time with people and less time managing logistics.

4 Build systems that help hidden needs become visible sooner.

Many members believe struggles remain unnoticed until they're well underway. Equip your church to identify needs earlier so care can begin before problems grow.

A Quiet, Widespread Struggle

Whether it's loneliness, prayer, friendship, practical needs, or difficult questions, the same pattern appears again and again: people often wait for someone else to take the first step.

Until that gap is closed, many needs will remain unseen. You can be the one to take that first step in your surroundings. That's what Edenly is designed to help with.

Methodology

This report summarizes findings from an independent survey of American Christians, commissioned to understand the everyday struggles people carry; and how often those struggles go unspoken.

Responses were collected using SurveyMonkey Audience, an online survey panel. Eligibility was limited to U.S. adults who identified as Christian. Participants completed the survey online through SurveyMonkey's recruitment platform in 2026. SurveyMonkey balanced the sample by age, geographic region, gender, and income level. The final sample included 1358 respondents. Results are reported at the 95% confidence level with an approximate $\pm 2.7\%$ margin of error, assuming a simple random sample.



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