

New Survey Proves Reality of Philippians 4:7

Christians are among the happiest people, according to a survey by England's Office for National Statistics.

The survey, released earlier this week, evaluated the happiness levels of people of faith vs. nonfaith adherents, and reported those who engage with religion—particularly Christians—are overall more satisfied with their lives.

“Religion usually comes (with) strong social support, which is a recognized protective factor against psychological trauma,” Dr. Paul McLaren tells *The Telegraph*.

For happiness levels, Christians reported the second-highest happiness levels of anyone. Hindus took the top spot, while Jews and “no-religion” considered themselves to be the least happy.

Beyond happiness, Christians overall reported the most people with the least amount of anxiety in their lives.

The survey also ranks Christians high for reporting what they do in life is worthwhile, second to the Jewish community.

The data echoes biblical truths like Philippians 4:7 and Nehemiah 8:10, which suggest believers have peace surpassing understanding and ensure the joy of the Lord is our strength.