



The Presbyterian Panel

Listening to Presbyterians



REPORT

SABBATH KEEPING—THE MAY 1999 SURVEY

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HIGHLIGHTS

- ✓ Almost all panelists associate the words “going to church” and “worship” with the word “Sunday.” Majorities of panelists associate the term “Sabbath” with “a particular day of the week” and with “worship.”
- ✓ Few panelists associate “Sabbath” with “rules and restrictions.”
- ✓ More panelists think of “Sabbath” as a “Christian practice” than think of it as “a Jewish custom,” although many think of it as both.
- ✓ Majorities of pastors and large minorities of members, elders, and specialized clergy rate as *excellent* a definition of Sabbath keeping as “resting from our work so God can do God’s work in us” through such practices as “corporate worship, private devotions, and deep enjoyment of other persons and the world around us.”
- ✓ Most pastors and specialized clergy are either *very comfortable* or *generally comfortable* with the idea of separating “Sabbath keeping” from Sunday or any specific day of the week. Laity is more divided on this issue.
- ✓ Majorities or large minorities of panelists attended a morning worship service, read a newspaper, watched television, visited with friends or relatives, participated in church activities, relaxed/took a nap, and/or read a book or magazine on the Sunday prior to completing the survey.
- ✓ A large majority of pastors worked at least 40 Sundays over the last year.
- ✓ Almost all panelists can remember a time when “most stores were closed on Sunday.”
- ✓ Majorities of the panelists’ families attended worship at church on Sunday morning *every week* when they were children.
- ✓ More than eight in ten panelists *agree* that “Presbyterians a generation or two back took observance of the Sabbath more seriously than we do today.”
- ✓ Panelists believe that a variety of factors are responsible for shifts in recent decades in the way time is spent on Sundays in the United States, not the least of which are: (1) people themselves seeking more individual freedom; and (2) a culture of materialism and consumption.
- ✓ Majorities of the panelists *disagree* that “the idea of keeping or practicing the Sabbath is out of date” and that “I don’t feel a need for Sabbath keeping in my life.”
- ✓ Majorities report setting aside time for Sabbath keeping at least couple of days per week.
- ✓ For most, Sabbath keeping time *always* or *usually* includes prayer, and, to a lesser extent, meditation, and being quiet, listening for God.
- ✓ Majorities are interested in increasing the amount of time they set aside for Sabbath keeping.
- ✓ Majorities of pastors and specialized clergy and large minorities of the laity strongly favor “the church’s encouraging people of faith to spend more time in the practice of Sabbath keeping.”

OVERVIEW

The Presbyterian Panel consists of three nationally-representative samples of groups affiliated with the Presbyterian Church (U.S.A.): members, elders (lay leaders), and ordained ministers (for analysis, split into two groups based on current call: *pastors*, serving in a congregation, and *specialized clergy*, serving elsewhere). New samples are drawn every three years.

These pages summarize major findings from the eleventh survey completed by the 1997-1999 Panel, mailed in May 1999 (with returns accepted through early July 1999). The first half uses text and graphics to highlight important and useful findings. An appendix follows with comparative tables that display the percentage distribution of responses to every question for each of the four Panel groups.

Response rates for this survey are: members, 62%; elders, 64%; pastors, 71%. Results are subject to sampling and other errors. As a general rule, differences of less than 6% are not statistically meaningful.

In this report, the term *median* refers to the middle number in an ordered distribution. For example, the median age for a group of people aged 12, 21, 28, 35, and 64 years would be 28 years. The term *mean* refers to the mathematical average of values in a distribution; in the example, the mean age would be calculated as: $(12+21+28+35+64)/5$, or 32 years.

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Panel on the Web:

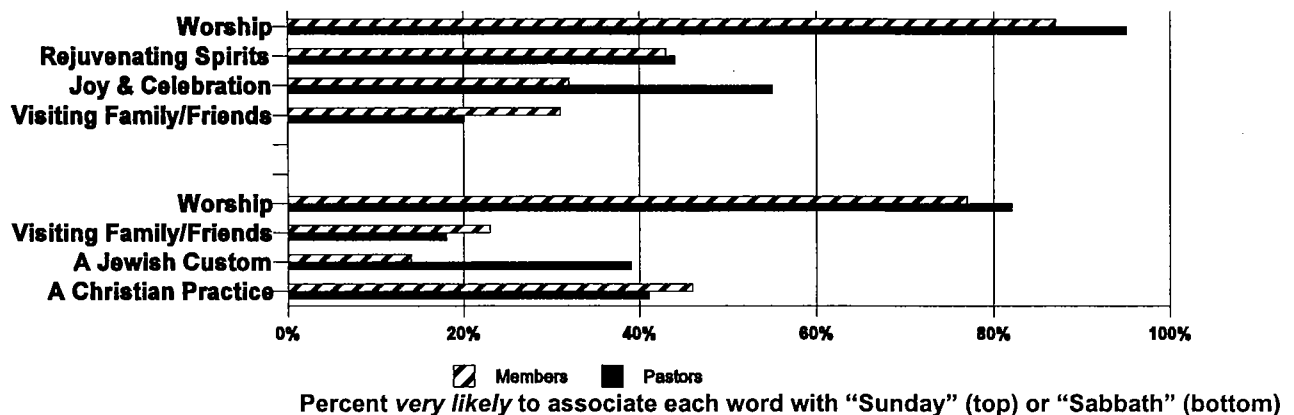
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Views of “Sunday” and “Sabbath”

- ✓ Extremely large majorities (86% to 100%) of all four Panel groups associate the word “Sunday” with “worship,” “going to church,” and “rejuvenating your spirits.” On the other hand, few in any group associate the phrase “rules and regulations” with “Sunday.”
- ✓ Very large majorities (79% to 99%) of the panelists associate the word “Sabbath” with “worship,” “a particular day of the week,” “rest and restoration,” and “a Christian practice.” Few panelists are likely to associate “Sabbath” with “rules and regulations,” “social and economic justice,” and “jubilee.” No more than 3% in any sample are *very likely* to view Sabbath as a day of “rules and restrictions.”

**Figure 1
Images of Sunday and Sabbath**



- ✓ More clerical than lay panelists think of “Sabbath” as a “Jewish custom” (29% of pastors and 14% of members are *very likely* to associate the two terms), but in all samples more panelists think of “Sabbath” as “a Christian practice” than think of it as “a Jewish custom” (although many think of it as both).

What is Sabbath Keeping?

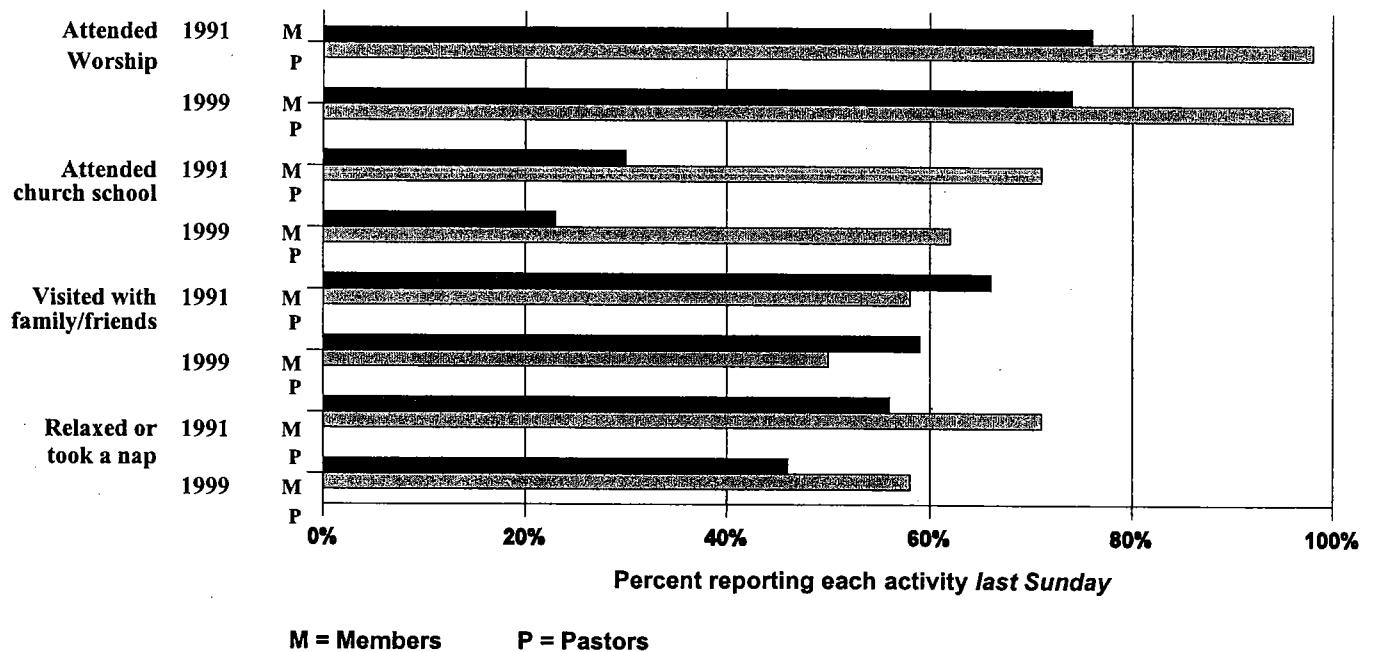
- ✓ The great majority of respondents were either *very familiar* or *generally familiar* with the term “Sabbath keeping” before receiving the survey (members, 74%; elders, 81%; pastors, 97%; and specialized clergy, 92%).
- ✓ Members in the West (78%), South (77%), and Midwest (73%) are more familiar with the term “Sabbath keeping” than members in the Northeast (62%).
- ✓ When asked their opinion of a definition of Sabbath keeping as “resting from our work so that God can do God’s work in us” (John Calvin) through such practices as “corporate worship, private devotions, and deep enjoyment of other persons and the world around us,” the vast majority of panelists thought this was either an *excellent* or *good* definition (members, 96%; elders, 94%; pastors, 96%; and specialized clergy, 92%).
- ✓ Panelists were divided on the idea of separating the concept of Sabbath keeping from Sunday or a particular day of the week with pastors and specialized clergy tending to be much more supportive of such a conceptual shift (63% and 59%, respectively) than members and elders (29% and 24%, respectively).
- ✓ More female pastors (76%) than male pastors (59%) are comfortable separating the concept of Sabbath keeping from Sunday or a particular day of the week.

SUNDAY ACTIVITIES

Last Sunday

- ✓ When asked how they spent the Sunday before completing the survey (with a list of 33 items to choose from), most members (74%), elders (86%), pastors (97%), and specialized clergy (83%) reported that they had attended a morning worship service. Other frequently-mentioned activities include: reading a newspaper, watching television, visiting with family and friends, and relaxing or taking a nap (ranging from 46% to 74% across the four groups). These results are similar to those from the January 1991 Presbyterian Panel Study on "Spirituality" where majorities in all four samples reported attending a morning worship service, relaxing or taking a nap, and visiting with friends or relatives on the prior Sunday.

Figure 2
How Sundays are Spent:
Comparing 1991 and 1999



- ✓ On the Sunday before the survey, less than 10% of any in the four samples report: traveling on business; traveling on vacation; spending time at home due to illness or injury; washing a car; mowing the lawn; doing volunteer work in the community; participating in sports; attending a sporting event; or attending a movie, play, concert, or exhibit.
- ✓ A quarter of members (26%) and elders (28%), 97% of pastors, and 81% of specialized clergy report "working for pay in a job or call" on Sunday in the past year. This compares with one-fifth of members and elders, six in ten pastors, and half of specialized clergy who responded similarly in the 1991 Presbyterian Panel Study.
- ✓ Of those who worked at least one Sunday in the previous year, a large majority of pastors (95%) worked at least 40 Sundays over the year. Only 5% of members and 7% of elders worked for pay on that many Sundays. About half of members (48%) and elders (57%) who had worked on one or more Sundays during the year had worked on fewer than 10 Sundays.
- ✓ Very large majorities (78% to 93%) of those panelists who report working on Sunday for pay work no more than eight hours on a typical Sunday when they work.

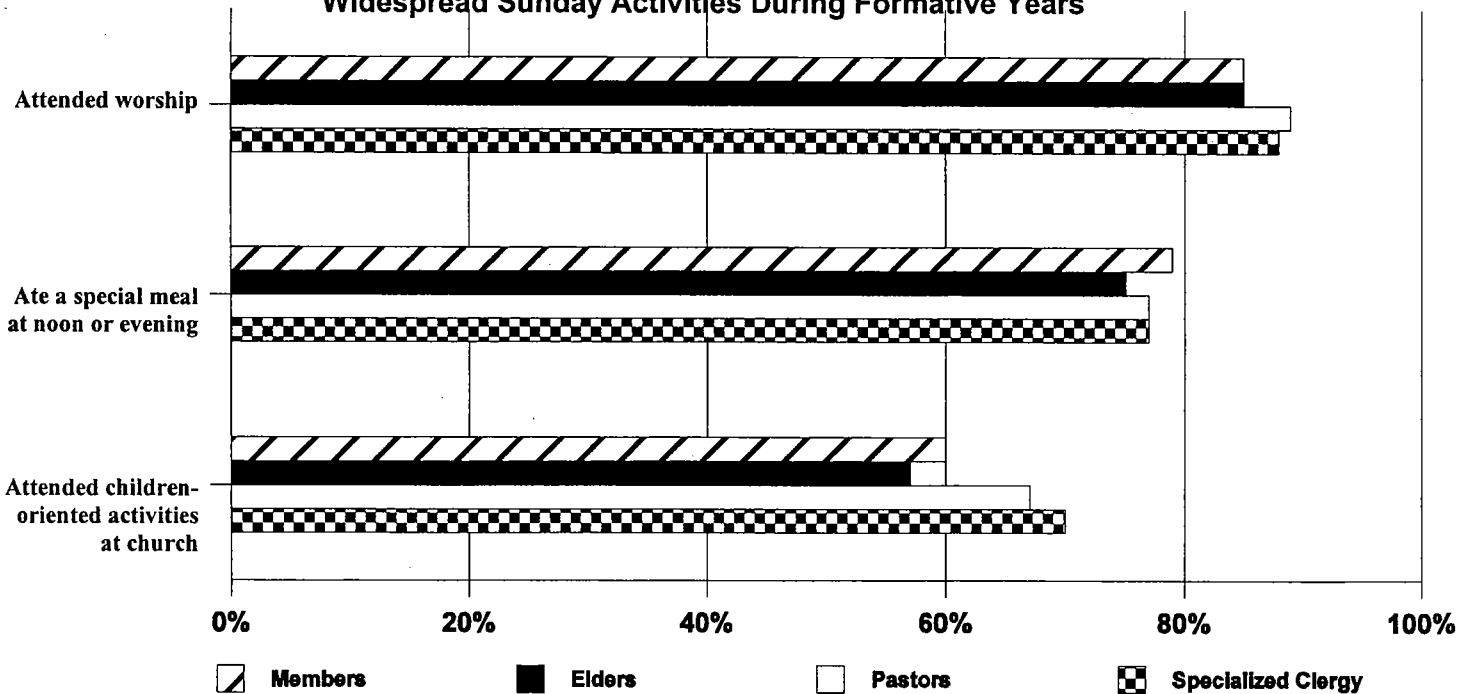
SUNDAY ACTIVITIES

- ✓ More than half of the members (51%) and elders (59%) who work on Sundays perform their work duties at an office away from home. All pastors and most specialized clergy (87%) perform their Sunday work duties at a church.
- ✓ Most pastors (71%) who work on Sunday report that they set aside time on another day of the week for rest or Sabbath keeping. Less than half of specialized clergy (45%) do so, and even fewer members (17%) and elders (20%) do.

Sundays in the Past

- ✓ A large majority of members (87%), elders (90%), pastors (90%), and specialized clergy (92%) recall a time at some point in their lives when most stores were closed on Sunday. Only half remember a time when “movie theaters were closed on Sunday.”
- ✓ Older panelists are especially likely to recall stores and theaters closing on Sundays. For example, 95% of pastors over the age of 60 remember living where stores were closed on Sundays, compared to 78% of pastors less than 40 years of age.
- ✓ Respondents were asked about their Sunday activities when they were growing up (from a list of 33 activities). Large majorities of participants in all four groups (members, 85%; elders, 85%; pastors, 89%; and specialized clergy, 88%) attended morning worship services either *every week* or *most weeks* during their formative years (ages 6 to 10). Only a few panelists (ranging from 2% of both clergy groups to 4% of elders) *never* attended church as children. Other frequent childhood Sunday activities include eating a special meal at noon or evening and attending children-oriented activities at church.

Figure 3
Widespread Sunday Activities During Formative Years



% reporting every week or most weeks

SUNDAY ACTIVITIES

- ✓ Most panelists (46% to 74%) *rarely or never* engaged in the following activities on Sundays when growing up: going shopping, attending sporting events or playing sports, holding family devotions, mowing the yard or doing other kinds of yard work, visiting shut-ins, and attending worship at church on Sunday evenings.
- ✓ When queried about activities that were to be avoided on Sundays when they were growing up, panelists report that their families *always or usually* avoided shopping for clothing (members, 73%; elders, 74%; pastors, 70%; and specialized clergy, 72%). Other activities avoided by many were other household shopping and grocery shopping.
- ✓ Generally permissible activities on Sunday when panelists were growing up include:
 - cooking meals (*never avoided* by 89% of elders and 90% of pastors)
 - listening to the radio (*never avoided* by 82% of elders and 84% of pastors)
 - playing games (*never avoided* by 78% and 85%, respectively)
 - playing recorded music (*never avoided* by 74% and 85%)
 - doing school work (*never avoided* by 74% and 81%)
 - traveling (*never avoided* by 72% and 79%)
 - performing/practicing a musical instrument (*never avoided* by 70% and 80%)
 - watching television (*never avoided* by 60% and 69%)

Sabbath Keeping: A Look Back

In the 1982 Academy Award-winning film "Chariots of Fire," Christian missionary and soon-to-be Olympic champion Eric Liddell of Scotland made headlines when he refused to run preliminary heats of the 100 meter dash on Sunday, citing God's command to "remember the Sabbath Day and keep it holy." Perhaps this incident depicted on the silver screen and other remembrances from their own formative years prompted some of the responses to the survey question concerning how seriously the Sabbath is taken in contemporary society compared to earlier in the twentieth century. The central finding was that very large majorities (82% to 87%) believe that "Presbyterians a generation or two back took the Sabbath more seriously than people do today."

In general, Presbyterians feel that their progenitors took the Sabbath more seriously than they do today. Could you imagine an amateur or professional athlete today refusing to play or participate on a Sunday?

Explaining Changes in Sunday

- ✓ A variety of factors are viewed by panelists as responsible for changing Sunday practices. The most important of these appear to be (ranked here by elders' responses):
 - people themselves, seeking more individual freedom (rated as responsible to a *very great extent* or *great extent* by 77% of elders and 79% of pastors)
 - a culture of materialism (rated as responsible to a *very great extent* or a *great extent* by 71% of elders and 84% of pastors)
 - increased participation of women in the workforce (70% and 51%, respectively)
 - lack of church participation (69% and 66%)
 - shift toward being a more secular nation (66% and 75%)
 - growth of television and other communication technologies (66% and 67%)
 - changing economy that makes it harder for one person to support a family (65% and 60%)
 - cultural overemphasis on achievement (63% and 71%)

- ✓ Of least importance in explaining changes in Sunday practices in the U.S. were these possible factors:
 - increasing levels of education (viewed as responsible to a *very great extent* or a *great extent* by 20% of elders and 12% of pastors)
 - the social upheavals of the 1960s (45% and 43%, respectively)

- ✓ Among the largest differences between clergy and laity in their understanding of why Sunday practices have changed are:
 - more laity than clergy see the government as responsible, through repeal of "Sunday closing" laws
 - more laity than clergy see the increasing participation of women in the workforce as responsible
 - more clergy than laity see the church as responsible for its failure to articulate the need for a day of rest
 - more clergy than laity see the growth of amateur and community sports leagues with games on Sunday as responsible

- ✓ Age and gender differences in opinions on the causes for changing Sunday practices include:
 - older clergy are more inclined than younger clergy to see the increase in women in the workforce as responsible
 - female laity are more inclined than male laity to see the increase in women in the workforce as responsible
 - pastors over age 40 are more inclined than younger ones to see people's search for individual freedom as responsible
 - female pastors are more inclined than male pastors to see the cultural overemphasis on achievement as responsible
 - female elders are more inclined than male elders to see both a culture of materialism and a lack of church participation as responsible

Pinning Down the Causes, Or: Where is the Kitchen Sink?

Why is Sunday treated differently today in the United States than it was a few decades ago? The survey suggested several possible explanations, asking panelists their opinions on the extent to which each factor might be responsible. While it is easy enough, as we have just done, to select some of the response differences and highlight them, an alternative approach also may be useful. If we step back and look at the results from a broader perspective, it is also possible to see a remarkable *lack* of differentiation. Consider that:

- no factor is cited as being responsible to a *very great extent* for Sunday changes by a majority in any sample. Indeed, only one factor surpasses 40%: 44% of pastors believe that “a culture of materialism and consumption” is responsible to a *very great extent*.
- *every* factor (with one exception) is cited by a majority in each sample as being responsible to at least *some extent* for changing Sunday practices. The exception, at 49% (pastors’ responses), is for increasing education.
- very different types of explanations rank similarly in importance. For instance, around three in four elders put the onus on individuals—that is, 77% respond *very great extent* or *great extent* to the explanation “people themselves, seeking to have more individual freedom . . .”—while a similar percentage (73%) blames the social context (“a culture of materialism”).
- very similar types of explanations rank very differently in importance. For instance, growing secularization ranks fairly high as an explanation (75% of pastors see it as being responsible to a *very great extent* or a *great extent*), but increasing education does not (12%).

In short, it’s possible to argue that *most* of the proffered explanations make sense to *most* of the panelists. One interpretation is that panelists couldn’t distinguish among the various possible explanations—they all looked good, in effect. Perhaps in this light the safest general conclusion is that panelists agree that understanding the changing societal practices regarding Sunday is multifaceted and complex. No one can accuse the Panel of the “single factor fallacy.”

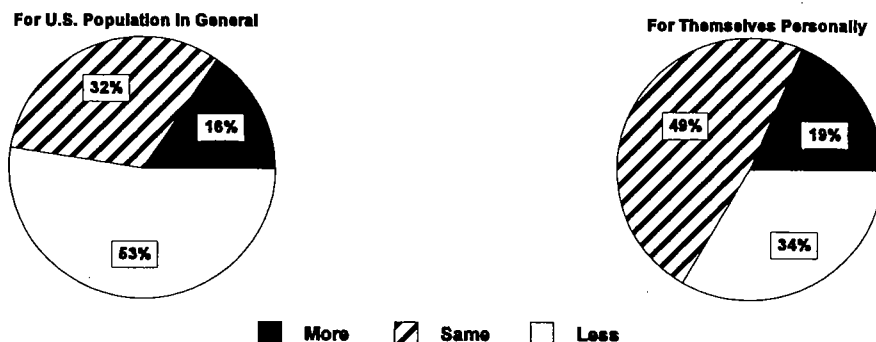
Preferences for Society

- ✓ A third of elders, four in ten members, 56% of pastors, and 62% of specialized clergy *favor* (either *definitely* or *generally*) an “increase in the minimum wage so that fewer people would need to work over 40 hours a week solely out of economic necessity.”
- ✓ Fewer specialized clergy (39%) than members (56%), elders (52%), or pastors (51%) *favor* a law that would limit retail activity before noon on Sundays.
- ✓ Slight majorities of all four groups (members, 51%; elders, 58%; pastors, 56%; and specialized clergy, 61%) *generally do not favor* a law which would require every retail business to be closed one day each week.
- ✓ Majorities of pastors (63%) and four in ten members and elders *favor* laws that would “require employers to allow people to take a particular day off each week for religious reasons.”

Leisure

- ✓ Slightly more than half of the panelists (53% to 55%) believe that the amount of free time each of them individually has available for discretionary purposes has not changed appreciably over the last year.
- ✓ Many respondents believe that people in the U.S. generally have *less* free time than they did five years ago (members, 47%; elders, 46%; pastors, 52%; and specialized clergy, 42%). About a third in each sample believe people have *about the same* amount of free time.

Figure 4
Pastors' Perceptions of Available Free Time
Compared with Five Years Ago



- ✓ Many panelists believe that they personally have *less* free time than they did 25 years ago (members, 45%; elders, 46%; pastors, 69%; specialized clergy, 52%).
- ✓ Majorities in each sample (members, 52%; elders, 53%; pastors, 55%; and specialized clergy, 60%) *strongly disagree* or *disagree* with the idea that "I wish there were more than 24 hours in the day."

How Would You Spend an Extra Hour in the Day?

Even though panelists are not excited about the possibility of adding another hour to the day, when asked to imagine they had an extra hour each day, they were able to tell us how they would spend their extra seven hours each week. Many are *very likely* or *likely* to pursue self-enriching or self-engaging activities:

- read for pleasure (members, 85%; pastors, 82%)
- spend quiet time alone (members, 75%; pastors, 74%)
- visit with family and friends (members, 77%; pastors, 70%)
- do household chores (members, 67%; pastors, 60%)
- participate in church (members, 59%; pastors, 62%)
- listen to music (members, 62%; pastors, 57%)
- exercise (members, 57%; pastors, 60%)
- sleep, nap, rest (members, 57%; pastors, 63%)
- take up or pursue a hobby/personal enrichment (members, 52%; pastors, 54%)

On the other hand, majorities indicate that they are *not too likely* or *not at all likely* to use an extra hour in the day to:

- work for pay (members, 85%; pastors, 78%)
- take part in sports (members, 84%; pastors, 78%)
- watch television (members, 73; pastors, 79%)
- attend plays, concerts, or other cultural events (members, 62%; pastors, 60%)
- spend time with people in need (members, 58%; pastors, 57%)
- volunteer in the community (members, 56%; pastors, 59%)

Thus, it appears that panelists are inclined not toward continuing their labors during a hypothetical extra hour in the day, either for pay, for sport, or in a voluntary capacity, but toward recharging their own batteries.

SABBATH-KEEPING PRACTICES

Commitment to Sabbath Keeping

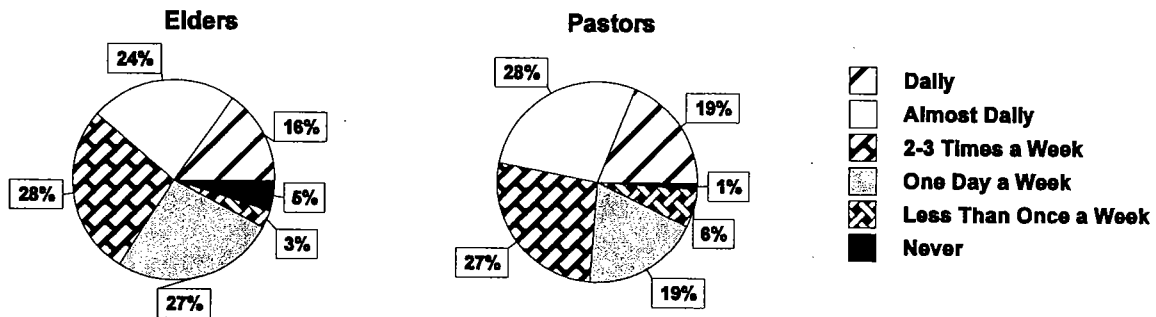
- ✓ In terms of their own commitment to Sabbath keeping, large majorities of respondents report that they set aside from one to nine hours over the last seven days to spend in Sabbath-keeping activities (members, 81%; elders, 82%; pastors, 85%; and specialized clergy, 80%). Less than 10% in each sample spent more than 20 hours in Sabbath-keeping activities.

Table 1
Hours Spent Per Week on Sabbath-Keeping Activities

	Members	Elders	Pastors	Specialized Clergy
None	4%	2%	1%	2%
1 - 4 Hours	57%	51%	31%	39%
5 - 9 Hours	24%	31%	37%	39%
10 or More Hours	11%	14%	30%	25%

- ✓ Slight majorities (members, 50%; elders, 53%; pastors, 63%; and specialized clergy, 69%) report setting aside time for Sabbath keeping several days a week or more often.

Figure 5
Sabbath Keeping Patterns

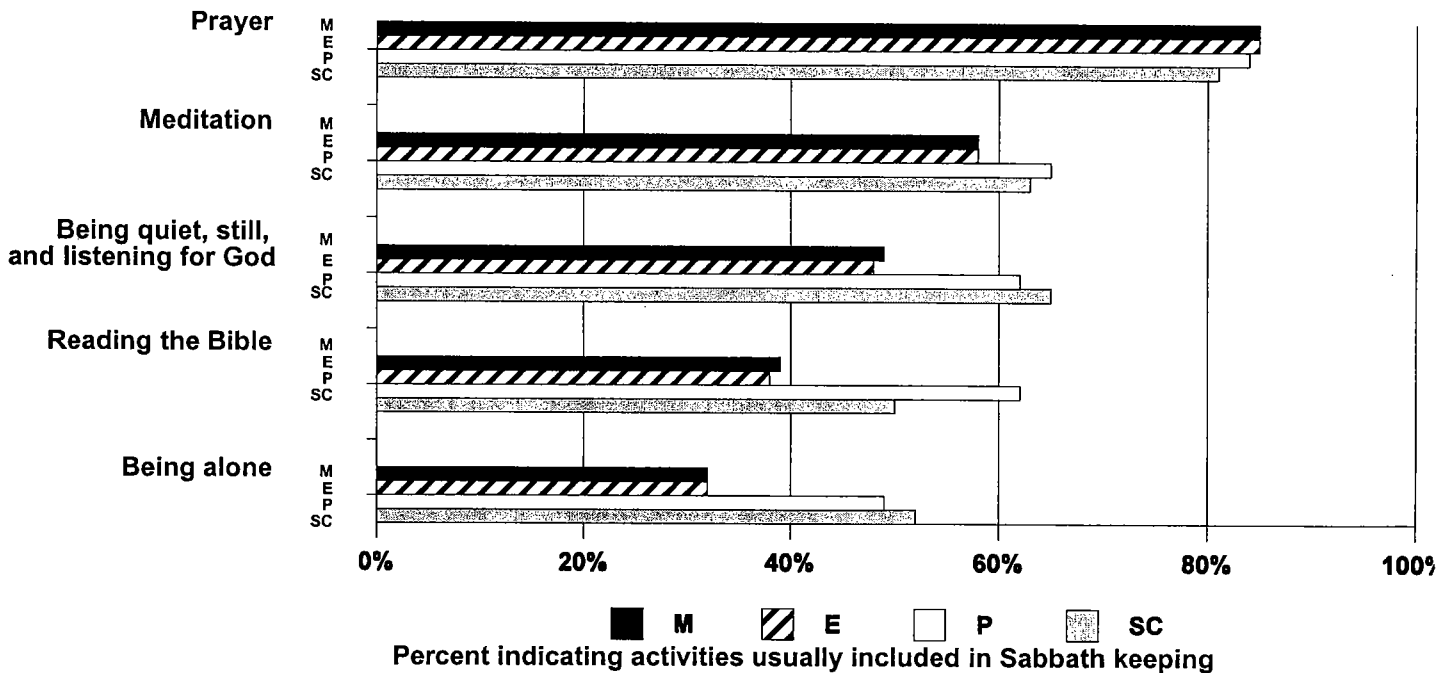


Sabbath-Keeping Activities

- ✓ Many panelists indicate that their Sabbath-keeping activities *always* or *usually* include: prayer; meditation; being quiet, still, and listening for God; reading the Bible; and being alone.
- ✓ For an overwhelming majority of panelists, fasting is *rarely* or *never* part of their Sabbath-keeping activities (members, 92%; elders, 90%; pastors, 86%; and specialized clergy, 88%). Majorities of members (60%) and elders (54%), and about half of pastors (48%), *rarely* or *never* feast as part of Sabbath-keeping activities.
- ✓ Napping is *never* or *rarely* a Sabbath-keeping activity for majorities of members (56%) and elders (54%), and 40% of pastors.

SABBATH-KEEPING PRACTICES

Figure 6
Common Sabbath-keeping Activities



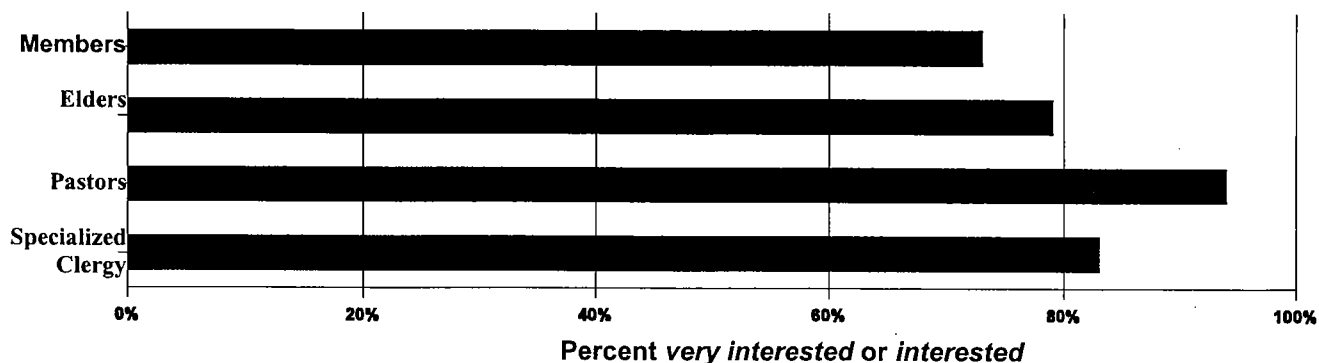
- ✓ A slight majority of members (53%), and one-third of pastors (34%), *rarely or never* play as part of Sabbath-keeping activities.
- ✓ Many respondents report that prayer is particularly helpful in incorporating the Sabbath into their lives, (members, 76%; elders, 81%; pastors, 67%).

Importance of Sabbath Keeping

- ✓ Majorities in all four groups report that they are *very interested* or *generally interested* in increasing the amount of time they set aside for practicing Sabbath keeping (see Figure 7).
- ✓ Pastors and specialized clergy under the age of 50 (81% and 76%, respectively) are more interested in increasing the amount of time they set aside for Sabbath keeping than are pastors and specialized clergy over the age of 50 (70% and 57%, respectively).
- ✓ Female members (63%), elders (70%), pastors (84%) and specialized clergy (82%) are more interested in increasing the amount of time they set aside for Sabbath keeping than are male members (47%), elders (52%), pastors (74%) and specialized clergy (57%).

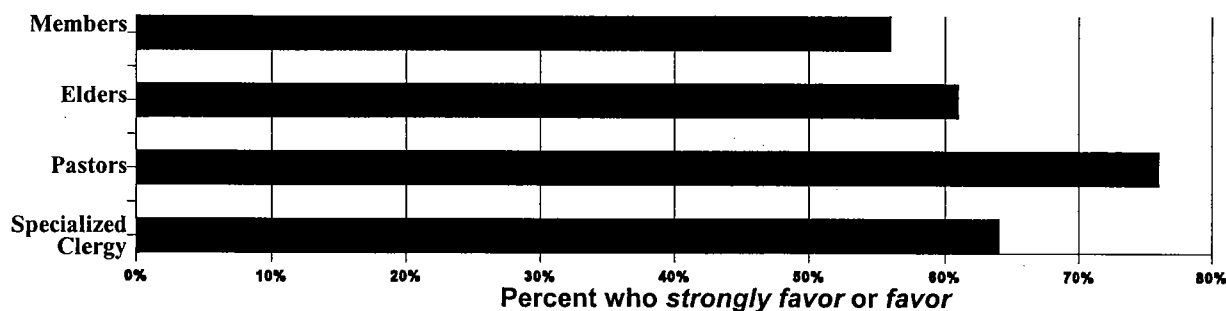
SABBATH-KEEPING PRACTICES

Figure 7
Interest in Increasing Time for Sabbath Keeping



- ✓ There is broad consensus among panelists that regularly practicing Sabbath keeping is *very important* or *important* for Christians, ranging from 93% of specialized clergy to 98% of pastors.
- ✓ Large majorities (members, 73%; pastors, 94%) also *strongly favor* or *favor* the church's encouraging people of faith to spend more time in the practice of Sabbath keeping.

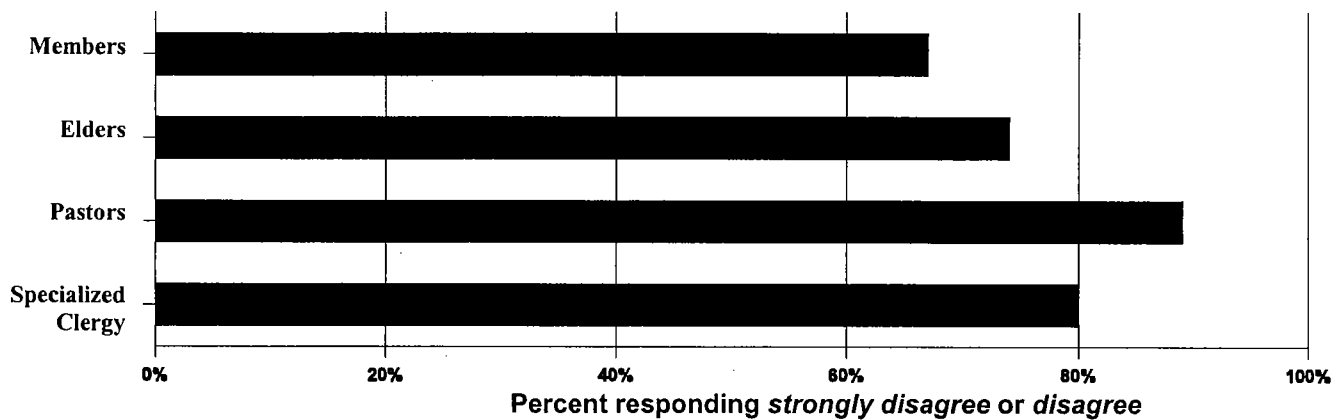
Figure 8
Support for the Church Encouraging the Faithful to Spend More Time in Sabbath Keeping



- ✓ Most panelists *strongly agree* or *agree* that “God intends the Sabbath as a gift to enjoy” (members, 85%; pastors, 97%), that “we should observe the Sabbath because God has commanded it” (members, 76%; pastors, 80%), and that “failure to keep the Sabbath contributes to the commercialism of our society” (members, 73%; pastors, 77%).
- ✓ Panelists in all four samples *strongly disagree* or *disagree* with the idea that “I don't feel a need for Sabbath keeping in my life” (members, 86%; pastors, 94%) and that “the idea of keeping the Sabbath is out of date in our post-modern society” (members, 67%; pastors, 89%).
- ✓ Few in any sample *agree* that “the only way to observe the Sabbath is by setting aside a whole day each week,” (ranging from 19% of specialized clergy to 32% of members).
- ✓ Majorities of pastors (71%) and specialized clergy (66%), but less than half of members (46%) and elders (45%) believe that “failure to keep the Sabbath leads to the exploitation of some people.”
- ✓ Majorities of members (58%), elders (60%), and specialized clergy (57%), and almost half of pastors (42%) *strongly disagree* or *disagree* that “I'd be more likely to practice Sabbath keeping regularly if I knew others at my church were doing so, too.”

SABBATH-KEEPING PRACTICES

Figure 9
Disagreement with the Statement
“The Idea of Keeping the Sabbath is Out-of-Date in our Post-Modern Society”



- ✓ Majorities of members (61%), elders (60%), and specialized clergy (58%), and half of pastors (47%) *strongly agree* or *agree* that “Sabbath keeping is less what we do and more our state of mind as we do things.”
- ✓ Majorities of members (55%) and elders (57%) *strongly agree* or *agree* that “my congregation encourages people to set aside time for Sabbath keeping.” One-half of pastors respond similarly.
- ✓ Only among pastors does a majority (51%) *strongly agree* or *agree* that “it’s difficult for me to find time for Sabbath keeping” (51%). Older pastors (over the age of 60) seem to find it to be less of a problem—only 2% *agree* with the statement.

Opinions on the Future of Sabbath Keeping

- ✓ Respondents believe that 25 years from now Sunday will be *less* a time of Sabbath keeping in the U.S. generally (members, 49%; elders, 50%; pastors, 63%; and specialized clergy, 60%).
- ✓ Respondents are split on the extent to which Sunday will be a time of Sabbath keeping for Christians in the U.S. generally in the next 25 years. Among members, for example, 29% believe it will be *less* a time of Sabbath keeping, 22% believe it will be *more* a time of Sabbath keeping, and 26% predict *no change*.
- ✓ Large minorities of pastors (43%) and specialized clergy (42%) believe that 25 years from now Sunday will be *less* a time of Sabbath keeping by Presbyterians in the U.S. generally.
- ✓ The largest groups of pastors (48%) and specialized clergy (37%) believe that 25 years from now Sunday will be *more* a time of Sabbath keeping by them and their families. Among members and elders, the largest groups foresee *no change* (40% and 37%, respectively).

THE PRESBYTERIAN PANEL

Sabbath-Keeping—May 1999

Appendix

	Members	Elders	Ministers
Number of questionnaires mailed	913	1042	1584
Number of questionnaires returned	565	664	1132 *
Percent returned	62%	64%	71%

* 764 pastors; 359 specialized clergy

Q-1. When you think of the word "Sunday," what else comes to mind? Specifically, how likely are you to associate "Sunday" in your own mind with:

	Members	Elders	Pastors	Specialized Clergy
a. joy and celebration?				
very likely	32%	32%	55%	38%
likely	48%	50%	38%	48%
not too likely	20%	16%	7%	13%
not at all likely	1%	2%	1%	1%
b. worship?				
very likely	87%	92%	95%	86%
likely	12%	8%	4%	13%
not too likely	1%	1%	*	1%
not at all likely	*	—	—	*
c. rules and restrictions?				
very likely	3%	2%	1%	2%
likely	14%	9%	6%	8%
not too likely	47%	50%	52%	46%
not at all likely	36%	38%	41%	44%
d. obligations?				
very likely	16%	13%	12%	10%
likely	36%	39%	39%	33%
not too likely	33%	33%	34%	33%
not at all likely	14%	15%	16%	24%
e. recreation/fun?				
very likely	13%	11%	9%	13%
likely	55%	54%	57%	53%
not too likely	27%	31%	30%	30%
not at all likely	5%	4%	4%	3%
f. going to church?				
very likely	85%	91%	96%	84%
likely	13%	8%	4%	13%
not too likely	2%	1%	—	3%
not at all likely	1%	—	*	*

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Q-1. When you think of the word "Sunday," what else comes to mind? Specifically, how likely are you to associate "Sunday" in your own mind with:

g. acts of compassion?				
very likely	18%	17%	20%	16%
likely	48%	45%	48%	45%
not too likely	31%	34%	29%	34%
not at all likely	3%	4%	2%	4%
h. honoring the Sabbath?				
very likely	46%	47%	44%	34%
likely	38%	37%	38%	37%
not too likely	15%	14%	16%	21%
not at all likely	2%	2%	3%	8%
i. rest?				
very likely	28%	26%	27%	39%
likely	49%	51%	40%	41%
not too likely	19%	20%	25%	17%
not at all likely	4%	3%	8%	3%
j. rejuvenating your spirits?				
very likely	43%	45%	44%	46%
likely	45%	45%	42%	43%
not too likely	10%	9%	12%	9%
not at all likely	2%	1%	1%	2%
k. retreating from the bustle of the world?				
very likely	26%	28%	24%	32%
likely	43%	44%	34%	40%
not too likely	27%	26%	34%	23%
not at all likely	5%	3%	8%	5%
l. visiting with family/friends?				
very likely	31%	32%	20%	26%
likely	52%	54%	47%	47%
not too likely	16%	14%	28%	22%
not at all likely	1%	1%	5%	4%

Q-2. When you think of the word "Sabbath," what else comes to mind? Specifically, how likely are you to associate "Sabbath" in your own mind with:

a. a particular day of the week?				
very likely	78%	78%	60%	64%
likely	19%	18%	28%	28%
not too likely	2%	3%	11%	6%
not at all likely	1%	*	2%	2%

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Q-2. When you think of the word "Sabbath," what else comes to mind? Specifically, how likely are you to associate "Sabbath" in your own mind with:

b. a Jewish custom?				
very likely	14%	19%	29%	28%
likely	21%	23%	41%	39%
not too likely	35%	32%	24%	24%
not at all likely	30%	25%	6%	9%
c. a Christian practice?				
very likely	46%	50%	41%	41%
likely	41%	37%	44%	41%
not too likely	12%	11%	13%	15%
not at all likely	1%	2%	2%	3%
d. rules and restrictions?				
very likely	6%	5%	4%	5%
likely	20%	17%	16%	18%
not too likely	48%	51%	52%	46%
not at all likely	26%	28%	29%	31%
e. one of the Ten Commandments?				
very likely	30%	32%	36%	25%
likely	38%	36%	39%	40%
not too likely	26%	25%	20%	26%
not at all likely	6%	7%	5%	8%
f. obligations?				
very likely	12%	12%	10%	9%
likely	40%	36%	35%	32%
not too likely	38%	41%	42%	42%
not at all likely	11%	12%	13%	17%
g. something that needs to be restored?				
very likely	22%	21%	35%	20%
likely	35%	35%	40%	42%
not too likely	33%	35%	20%	26%
not at all likely	10%	9%	5%	13%
h. showing the Kingdom of God to the world?				
very likely	18%	21%	25%	15%
likely	37%	33%	38%	32%
not too likely	36%	38%	30%	43%
not at all likely	9%	7%	7%	11%
other	—	—	—	*
i. rest and restoration?				
very likely	28%	26%	42%	46%
likely	51%	57%	47%	46%
not too likely	18%	14%	9%	7%
not at all likely	3%	2%	2%	1%

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Q-2. When you think of the word "Sabbath," what else comes to mind? Specifically, how likely are you to associate
(Cont.) "Sabbath" in your own mind with:

j. social and economic justice?				
very likely	2%	2%	9%	10%
likely	15%	15%	24%	28%
not too likely	55%	54%	48%	48%
not at all likely	29%	29%	19%	14%
other	—	—	—	*
k. shalom?				
very likely	6%	8%	25%	21%
likely	18%	16%	41%	39%
not too likely	38%	42%	26%	32%
not at all likely	38%	34%	8%	8%
l. jubilee?				
very likely	6%	7%	15%	14%
likely	20%	18%	25%	22%
not too likely	44%	44%	44%	47%
not at all likely	30%	32%	16%	17%
m. recreation/fun?				
very likely	11%	9%	11%	15%
likely	41%	43%	50%	45%
not too likely	38%	39%	33%	31%
not at all likely	10%	9%	6%	9%
n. visiting with family or friends?				
very likely	23%	20%	18%	20%
likely	50%	56%	47%	46%
not too likely	22%	19%	30%	28%
not at all likely	4%	4%	5%	6%
o. worship?				
very likely	77%	84%	82%	73%
likely	20%	15%	15%	22%
not too likely	2%	1%	2%	4%
not at all likely	1%	1%	1%	2%

Q-3. At any time in your life have you lived where:

a. most stores were closed on Sunday?				
yes	87%	90%	90%	92%
no	12%	10%	10%	8%
don't know	*	*	*	*
b. movie theaters were closed on Sunday?				
yes	45%	46%	53%	59%
no	44%	46%	39%	34%
don't know	12%	9%	8%	7%

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Q-4. How did you spend *last Sunday*? Answer by putting a ✓ in the □ beside each activity you took part in at any time last Sunday.

	◆	◆	◆	◆
attended a morning worship service	74%	86%	97%	83%
attended a movie, play, concert, or exhibit	7%	6%	8%	9%
attended a sporting event	3%	3%	3%	2%
attended church school	23%	38%	62%	28%
participated in church activities	38%	54%	84%	45%
relaxed/took a nap	46%	49%	58%	57%
spent time on a hobby	21%	20%	20%	24%
participated in sports	7%	6%	8%	7%
visited with friends or relatives	59%	61%	50%	46%
went shopping	13%	12%	9%	18%
worked for pay/spent time on employment-related work	7%	6%	40%	24%
read a newspaper	69%	74%	68%	72%
read a book or magazine	46%	43%	43%	49%
did laundry, cleaning, other household chores	29%	25%	24%	28%
traveled on business	1%	1%	6%	7%
traveled on vacation or for personal reasons	8%	8%	4%	7%
did volunteer work in the community	2%	3%	6%	3%
took care of a sick or disabled family member or friend	6%	9%	10%	5%
watched television	70%	68%	65%	64%
spent time in bed or at home because of an illness or injury	4%	2%	2%	3%
went for a drive	15%	13%	14%	12%
worked in the yard/garden	28%	31%	21%	26%
took a walk/hike	20%	18%	19%	23%
exercised/ran/jogged	10%	10%	9%	13%
took care of children/grandchildren	18%	16%	20%	15%
mowed the lawn	6%	5%	6%	4%
washed a car	3%	3%	3%	3%
surfing the Internet	8%	11%	15%	13%
spent time in personal prayer or devotions	34%	38%	46%	35%
visited shut-ins or the sick	4%	5%	15%	7%
ate a "special" meal (e.g., with extended family or with friends)	30%	35%	31%	26%
ate a meal at a restaurant or cafeteria	27%	24%	28%	25%
did home chores/personal business (e.g., home repairs, bill paying)	22%	24%	21%	27%
other (specify): _____	5%	5%	6%	5%

Q-5. On Sundays when you were growing up (say, around ages 6-10), how often did you or your family:

a. attend worship at church on Sunday morning?

every week	58%	58%	71%	69%
most weeks	27%	27%	18%	19%
occasionally	8%	8%	5%	6%
rarely	4%	4%	4%	4%
never	3%	4%	2%	2%

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Q-5. On Sundays when you were growing up (say, around ages 6-10), how often did you or your family:
(Cont.)

b. attend worship at church on Sunday evening?				
every week	14%	11%	17%	19%
most weeks	12%	11%	8%	9%
occasionally	16%	17%	12%	16%
rarely	22%	25%	21%	22%
never	36%	36%	42%	33%
c. attend children-oriented activities at church?				
every week	32%	29%	43%	46%
most weeks	28%	28%	24%	24%
occasionally	22%	23%	19%	17%
rarely	11%	12%	7%	7%
never	8%	8%	6%	6%
d. take part in fun activities as a family?				
every week	19%	15%	15%	12%
most weeks	36%	37%	34%	30%
occasionally	35%	34%	38%	43%
rarely	8%	10%	12%	12%
never	2%	4%	2%	3%
e. visit shut-ins?				
every week	2%	2%	1%	1%
most weeks	7%	3%	5%	2%
occasionally	31%	32%	29%	30%
rarely	33%	38%	33%	37%
never	28%	25%	32%	29%
f. eat a special meal at noon or evening?				
every week	43%	39%	41%	43%
most weeks	36%	36%	36%	34%
occasionally	13%	14%	14%	11%
rarely	4%	6%	6%	10%
never	4%	5%	4%	3%
g. visit other family and friends?				
every week	13%	11%	8%	11%
most weeks	36%	34%	29%	27%
occasionally	41%	46%	48%	49%
rarely	8%	8%	11%	11%
never	2%	1%	3%	3%
h. go shopping?				
every week	1%	1%	*	1%
most weeks	2%	2%	1%	1%
occasionally	15%	13%	14%	12%
rarely	31%	37%	43%	41%
never	51%	47%	42%	46%

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Q-5. On Sundays when you were growing up (say, around ages 6-10), how often did you or your family:
(Cont.)

i. mow the yard/do other yard work?				
every week	3%	2%	1%	1%
most weeks	10%	9%	8%	9%
occasionally	24%	27%	28%	22%
rarely	28%	29%	26%	32%
never	35%	33%	36%	37%
j. hold family devotions (e.g., say prayers, read the Bible, sing hymns)?				
every week	6%	5%	7%	9%
most weeks	6%	7%	8%	7%
occasionally	19%	15%	18%	16%
rarely	26%	34%	27%	30%
never	42%	39%	39%	38%
k. attend sporting events or play sports?				
every week	1%	*	*	1%
most weeks	4%	5%	4%	6%
occasionally	25%	28%	27%	22%
rarely	29%	32%	33%	29%
never	40%	35%	36%	42%
l. other (specify): _____	8%	8%	8%	14%

Q-6. When you were growing up (say, ages 6-10), did your family seek *to avoid* certain types of activities on Sundays, such as:

a. grocery shopping?				
always avoided	42%	39%	29%	34%
usually avoided	29%	31%	37%	35%
sometimes avoided	4%	7%	7%	6%
never avoided	21%	18%	22%	20%
not sure	4%	4%	5%	5%
b. shopping for clothing?				
always avoided	52%	52%	42%	46%
usually avoided	21%	22%	28%	26%
sometimes avoided	4%	4%	5%	5%
never avoided	19%	17%	21%	18%
not sure	3%	5%	5%	4%

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Q-6. When you were growing up (say, ages 6-10), did your family seek *to avoid* certain types of activities on Sundays, (Cont.) such as:

c. other household shopping?				
always avoided	49%	46%	36%	42%
usually avoided	24%	27%	32%	29%
sometimes avoided	4%	6%	6%	6%
never avoided	20%	18%	21%	19%
not sure	3%	4%	5%	4%
d. playing competitive sports?				
always avoided	31%	32%	24%	27%
usually avoided	18%	18%	21%	21%
sometimes avoided	12%	11%	14%	12%
never avoided	31%	33%	34%	34%
not sure	8%	6%	6%	6%
e. watching television?				
	+	+		+
always avoided	25%	23%	10%	16%
usually avoided	3%	3%	5%	4%
sometimes avoided	10%	11%	12%	14%
never avoided	58%	60%	69%	61%
not sure	4%	3%	3%	4%
f. going to the movies?				
always avoided	30%	26%	26%	32%
usually avoided	18%	19%	16%	16%
sometimes avoided	12%	14%	16%	12%
never avoided	36%	38%	40%	38%
not sure	4%	3%	4%	3%
g. listening to the radio?				
always avoided	3%	2%	2%	1%
usually avoided	4%	4%	2%	3%
sometimes avoided	10%	11%	9%	8%
never avoided	79%	82%	84%	85%
not sure	3%	2%	4%	3%
h. playing recorded music?				
	+	+		
always avoided	7%	7%	2%	4%
usually avoided	5%	3%	3%	4%
sometimes avoided	7%	10%	7%	6%
never avoided	75%	74%	85%	82%
not sure	6%	7%	4%	4%
i. performing/practicing a musical instrument?				
	+	+		
always avoided	9%	9%	4%	4%
usually avoided	6%	7%	3%	4%
sometimes avoided	8%	6%	6%	6%
never avoided	68%	70%	80%	80%
not sure	8%	8%	8%	5%

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Q-6. When you were growing up (say, ages 6-10), did your family seek *to avoid* certain types of activities on Sundays, (Cont.) such as:

j. mowing the lawn or other yard work?				
always avoided	35%	29%	27%	30%
usually avoided	18%	18%	19%	20%
sometimes avoided	11%	14%	15%	12%
never avoided	33%	35%	35%	35%
not sure	4%	5%	4%	4%
k. eating at a restaurant/cafeteria?				
always avoided	19%	17%	8%	9%
usually avoided	16%	17%	14%	20%
sometimes avoided	14%	12%	17%	12%
never avoided	46%	49%	58%	56%
not sure	4%	5%	3%	4%
l. doing schoolwork?				
always avoided	3%	2%	3%	3%
usually avoided	6%	7%	5%	8%
sometimes avoided	12%	13%	10%	9%
never avoided	76%	74%	81%	79%
not sure	3%	3%	1%	2%
m. cooking meals?				
always avoided	2%	2%	1%	*
usually avoided	2%	3%	2%	2%
sometimes avoided	6%	6%	6%	6%
never avoided	89%	89%	90%	91%
not sure	1%	1%	1%	1%
n. playing games?				
always avoided	2%	2%	1%	2%
usually avoided	4%	6%	2%	3%
sometimes avoided	12%	10%	10%	14%
never avoided	80%	78%	85%	78%
not sure	3%	4%	2%	2%
o. traveling?				
always avoided	4%	2%	1%	3%
usually avoided	7%	8%	5%	6%
sometimes avoided	13%	15%	13%	12%
never avoided	72%	72%	79%	76%
not sure	4%	3%	2%	3%
p. other (specify): _____	+	+	+	+
always avoided	13%	9%	6%	5%
usually avoided	4%	2%	2%	7%
sometimes avoided	4%	2%	—	—
never avoided	67%	69%	82%	76%
not sure	13%	19%	11%	12%

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Q-7. Do you believe that people in the U.S. generally have more free (discretionary) time, less free time, or about the same amount of free time as they did 5 years ago?

more	17%	15%	16%	20%
less	47%	46%	52%	42%
about the same	32%	35%	31%	36%
no opinion	4%	3%	2%	2%

Q-8. Do you believe that you personally have more free (discretionary) time, less free time, or about the same amount of free time as you did:

a. one year ago?

more	22%	19%	14%	23%
less	22%	26%	32%	23%
about the same	55%	55%	54%	53%
no opinion	1%	1%	*	1%
not applicable	1%	—	*	—

b. 5 years ago?

more	28%	28%	19%	36%
less	34%	36%	48%	33%
about the same	37%	36%	33%	30%
no opinion	1%	1%	1%	1%
not applicable	1%	—	*	—

c. 25 years ago?

more	39%	42%	19%	36%
less	45%	46%	69%	52%
about the same	9%	9%	9%	11%
no opinion	3%	2%	1%	1%
not applicable	4%	1%	2%	—

Q-9. How people in the U.S. spend their time on Sundays has changed over the last several decades. To what extent do you think this change is due to:

a. a shift from the U.S. being a religious nation toward being a more secular nation

very great extent	27%	28%	38%	32%
great extent	39%	36%	37%	34%
some extent	26%	29%	20%	25%
a little	7%	5%	3%	4%
none at all	2%	3%	2%	5%

b. a rejection of what were experienced as unnecessarily restrictive practices on Sunday

very great extent	12%	14%	16%	14%
great extent	33%	32%	36%	34%
some extent	38%	37%	35%	39%
a little	12%	11%	10%	10%
none at all	5%	5%	3%	3%

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Q-9. How people in the U.S. spend their time on Sundays has changed over the last several decades. To what extent do you think this change is due to:

c. growing sense that restrictive practices were obsolete				
very great extent	14%	14%	14%	14%
great extent	33%	35%	36%	37%
some extent	39%	36%	34%	34%
a little	9%	10%	13%	12%
none at all	5%	6%	3%	3%
d. the social and cultural upheavals of the 1960s and their aftermath				
very great extent	15%	15%	14%	12%
great extent	30%	30%	29%	30%
some extent	36%	38%	39%	36%
a little	13%	12%	13%	14%
none at all	6%	6%	4%	7%
e. failure of the church to articulate the need for (and meaning of) a day of rest				
very great extent	12%	9%	27%	19%
great extent	23%	25%	30%	31%
some extent	41%	45%	32%	35%
a little	14%	14%	9%	11%
none at all	10%	6%	2%	4%
f. people themselves, seeking to have more individual freedom to do what they want to do when they want to do it				
very great extent	36%	31%	38%	36%
great extent	41%	46%	41%	41%
some extent	19%	19%	18%	19%
a little	3%	4%	3%	3%
none at all	1%	1%	*	1%
g. cultural overemphasis on achievement/productivity				
very great extent	22%	24%	32%	27%
great extent	41%	36%	39%	35%
some extent	28%	29%	23%	28%
a little	6%	9%	6%	7%
none at all	2%	2%	1%	3%
h. governments, by such things as weakening or eliminating "Sunday closing" laws				
very great extent	26%	24%	15%	14%
great extent	34%	32%	24%	28%
some extent	28%	31%	44%	42%
a little	8%	10%	13%	11%
none at all	5%	4%	3%	6%
i. increased participation of mothers and other women in the workforce				
very great extent	24%	24%	13%	13%
great extent	46%	44%	38%	38%
some extent	23%	24%	35%	36%
a little	5%	5%	11%	8%
none at all	2%	2%	4%	6%

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Q-9. How people in the U.S. spend their time on Sundays has changed over the last several decades. To what extent do you think this change is due to:

j. increasing levels of education across the population				
very great extent	4%	3%	2%	3%
great extent	16%	16%	10%	17%
some extent	41%	38%	37%	36%
a little	21%	24%	30%	27%
none at all	18%	18%	20%	17%
k. a culture of materialism and consumption				
very great extent	32%	33%	44%	38%
great extent	39%	40%	40%	41%
some extent	25%	22%	14%	17%
a little	4%	4%	2%	3%
none at all	*	1%	*	1%
l. changing economic conditions that make it more difficult for one adult to support an entire family				
very great extent	24%	23%	24%	21%
great extent	41%	39%	36%	38%
some extent	26%	28%	29%	31%
a little	7%	8%	8%	8%
none at all	3%	2%	3%	3%
m. lack of participation in church				
very great extent	29%	29%	26%	19%
great extent	40%	39%	40%	40%
some extent	24%	27%	29%	32%
a little	5%	4%	5%	6%
none at all	1%	1%	1%	2%
n. the growth and expansion of television and other communication technology				
very great extent	22%	23%	19%	20%
great extent	44%	36%	38%	38%
some extent	24%	30%	32%	30%
a little	8%	9%	10%	9%
none at all	2%	2%	2%	2%
o. professional/college sports played on Sunday				
very great extent	22%	19%	18%	16%
great extent	32%	33%	30%	31%
some extent	32%	33%	37%	38%
a little	10%	12%	12%	12%
none at all	4%	4%	2%	3%
p. increase in amateur, school, and community sports leagues/games on Sunday				
very great extent	18%	20%	28%	22%
great extent	30%	29%	41%	32%
some extent	35%	33%	26%	34%
a little	14%	15%	4%	10%
none at all	4%	3%	1%	2%

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Q-9. How people in the U.S. spend their time on Sundays has changed over the last several decades. To what extent do you think this change is due to:

q. other (specify): _____ 4% 5% 4% 7%

Q-10. All of us are limited by the number of hours in the day. Suppose, as a thought exercise, that the day were suddenly extended by one hour, to 25 hours, so that, in turn, each of us had an additional 7 hours per week to use as we saw fit. How would you use the extra 7 hours? To answer, indicate how likely it is that you would use a significant portion of that additional time to:

a. volunteer in the community				
very likely	9%	9%	6%	7%
likely	35%	40%	35%	34%
not too likely	49%	43%	52%	52%
not at all likely	7%	7%	7%	6%
b. watch television				
very likely	2%	1%	1%	1%
likely	25%	26%	20%	20%
not too likely	49%	48%	55%	49%
not at all likely	24%	24%	24%	30%
c. work for pay				
very likely	2%	1%	3%	2%
likely	12%	10%	18%	16%
not too likely	44%	46%	53%	50%
not at all likely	41%	43%	25%	31%
d. take part in sports				
very likely	1%	1%	1%	2%
likely	15%	16%	21%	20%
not too likely	38%	43%	52%	42%
not at all likely	46%	41%	26%	35%
e. do household chores				
very likely	8%	6%	6%	5%
likely	59%	54%	54%	54%
not too likely	25%	34%	33%	33%
not at all likely	8%	6%	7%	9%
f. participate in church				
very likely	14%	13%	16%	11%
likely	45%	55%	46%	43%
not too likely	37%	30%	32%	41%
not at all likely	4%	3%	6%	5%

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Q-10. All of us are limited by the number of hours in the day. Suppose, as a thought exercise, that the day were suddenly extended by one hour, to 25 hours, so that, in turn, each of us had an additional 7 hours per week to use as we saw fit. How would you use the extra 7 hours? To answer, indicate how likely it is that you would use a significant portion of that additional time to:

g. pray or meditate				
very likely	9%	8%	15%	12%
likely	40%	42%	48%	40%
not too likely	44%	45%	33%	42%
not at all likely	7%	5%	3%	6%
h. read the Bible or devotional literature				
very likely	9%	9%	14%	11%
likely	41%	40%	47%	37%
not too likely	43%	46%	35%	46%
not at all likely	7%	6%	4%	6%
i. visit with family/friends				
very likely	14%	12%	12%	10%
likely	63%	64%	58%	64%
not too likely	22%	22%	28%	22%
not at all likely	2%	2%	2%	4%
j. spend quiet time alone				
very likely	17%	13%	18%	21%
likely	58%	59%	56%	56%
not too likely	21%	24%	23%	19%
not at all likely	4%	4%	3%	3%
k. listen to music				
very likely	12%	8%	10%	15%
likely	50%	50%	47%	48%
not too likely	31%	35%	37%	31%
not at all likely	6%	7%	6%	6%
l. sleep/nap/rest				
very likely	13%	11%	17%	17%
likely	44%	42%	46%	41%
not too likely	33%	38%	32%	36%
not at all likely	10%	10%	5%	6%
m. take up or pursue a hobby/personal enrichment				
very likely	8%	6%	10%	13%
likely	44%	43%	44%	46%
not too likely	38%	41%	39%	34%
not at all likely	10%	10%	8%	7%

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Q-10. All of us are limited by the number of hours in the day. Suppose, as a thought exercise, that the day were suddenly extended by one hour, to 25 hours, so that, in turn, each of us had an additional 7 hours per week to use as we saw fit. How would you use the extra 7 hours? To answer, indicate how likely it is that you would use a significant portion of that additional time to:

n. attend plays, concerts, or other cultural events				
very likely	6%	4%	6%	8%
likely	33%	35%	34%	42%
not too likely	50%	49%	49%	43%
not at all likely	12%	12%	11%	8%
o. read for pleasure				
very likely	23%	20%	25%	27%
likely	62%	63%	57%	57%
not too likely	12%	13%	15%	13%
not at all likely	2%	3%	3%	3%
p. spend time with people in need				
very likely	5%	5%	4%	6%
likely	36%	36%	38%	33%
not too likely	52%	56%	51%	56%
not at all likely	6%	4%	6%	5%
q. exercise				
very likely	8%	9%	12%	14%
likely	49%	48%	48%	50%
not too likely	36%	36%	35%	32%
not at all likely	7%	7%	5%	4%
r. other (specify): _____	+	+	+	+
very likely	19%	18%	40%	32%
likely	33%	36%	10%	21%
not too likely	14%	27%	31%	21%
not at all likely	33%	18%	19%	26%

Q-11. Would you favor or oppose laws that would:

a. Require employers to allow people to take a particular day off each week for religious reasons				
yes, definitely favor	16%	17%	33%	24%
yes, generally favor	24%	22%	30%	23%
yes, somewhat favor	14%	17%	12%	17%
no, generally not favor	40%	40%	22%	33%
not sure	6%	4%	3%	4%
b. Increase the minimum wage so that fewer people would need to work over 40 hours a week solely out of economic necessity				
yes, definitely favor	14%	12%	27%	35%
yes, generally favor	23%	22%	29%	27%
yes, somewhat favor	22%	19%	18%	16%
no, generally not favor	35%	43%	23%	17%
not sure	5%	4%	2%	4%

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Q-11. Would you favor or oppose laws that would:
(Cont.)

c. Require every retail business to be closed one day each week				
yes, definitely favor	9%	10%	11%	12%
yes, generally favor	14%	15%	16%	10%
yes, somewhat favor	19%	14%	15%	15%
no, generally not favor	51%	58%	56%	61%
not sure	6%	4%	2%	2%
d. Limit retail activity before noon on Sundays				
yes, definitely favor	30%	30%	28%	22%
yes, generally favor	26%	22%	23%	17%
yes, somewhat favor	14%	18%	15%	17%
no, generally not favor	27%	28%	33%	42%
not sure	3%	3%	2%	2%

Q-12. Before receiving this survey, how familiar were you with the term, "Sabbath-keeping"?

very familiar	38%	39%	75%	68%
generally familiar	36%	42%	22%	24%
a little familiar	12%	10%	2%	4%
not very familiar	8%	5%	1%	2%
not at all familiar	6%	3%	*	2%

The PC(USA) Workgroup on Sabbath-Keeping defines Sabbath-keeping as "resting from our work so God can do God's work in us" (John Calvin). It involves those practices through which we provide God the time and space necessary to restore our souls. These include corporate worship, private devotions, and deep enjoyment of other persons and the world around us."

Q-13. What's your opinion of this definition?

excellent	48%	47%	62%	49%
good	48%	47%	34%	43%
mediocre	4%	4%	3%	6%
poor	1%	1%	*	2%

Q-14. While historically a particular day of the week was set aside for Sabbath, in this definition the concept of "Sabbath-keeping" is used more generally to refer to any time set aside to rest in God, whenever that time may be found. How comfortable are you with the idea of separating the concept of Sabbath-keeping from Sunday or any other particular day of the week?

very comfortable	13%	11%	29%	33%
generally comfortable	16%	23%	34%	26%
neither comfortable nor uncomfortable	26%	22%	14%	17%
generally uncomfortable	25%	26%	16%	17%
very uncomfortable	16%	16%	7%	5%
no opinion	4%	3%	1%	2%
other	—	*	—	—

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Q-15. Based on the definition of Sabbath-keeping, above (i.e., a time of rest in God involving corporate worship, private devotions, and deep enjoyment of others and the world), how much time have you set aside over the last 7 days to spend in Sabbath-keeping activities?

none	4%	2%	1%	2%
1 hour or less	14%	6%	4%	6%
2 hours	17%	20%	8%	9%
3-4 hours	26%	25%	19%	24%
5-6 hours	14%	18%	18%	15%
7-9 hours	10%	13%	19%	14%
10-14 hours	5%	8%	17%	12%
15-19 hours	2%	2%	5%	4%
20-24 hours	2%	2%	5%	6%
25 or more hours	2%	2%	3%	3%
don't know	4%	2%	3%	5%
other	*	—	—	—

Q-16. In general, how frequently/regularly do you set aside time for Sabbath-keeping activities?

every day	16%	16%	19%	21%
almost every day	22%	24%	28%	30%
several days a week	12%	13%	16%	18%
about 2 days a week	10%	15%	11%	8%
one day a week—Sunday	27%	26%	10%	12%
one day a week—other (specify): _____	2%	1%	9%	3%
less than once a week	6%	3%	6%	6%
never → → → <i>Skip to Q-20</i>	5%	1%	1%	2%

Q-17. When you take part in Sabbath-keeping activities, does that time ever include:

a. prayer	n=539	n=655	n=759	n=351
yes, always	51%	50%	48%	43%
yes, usually	34%	35%	36%	38%
yes, sometimes	12%	12%	14%	14%
yes, rarely	3%	3%	2%	4%
no, never	1%	1%	*	1%
not sure	—	—	—	1%
b. meditation	n=539	n=655	n=759	n=351
yes, always	27%	24%	29%	27%
yes, usually	31%	34%	36%	36%
yes, sometimes	27%	26%	24%	27%
yes, rarely	8%	12%	9%	6%
no, never	6%	4%	2%	4%
not sure	1%	1%	*	1%

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	Members	Elders	Pastors	Specialized Clergy
Q-17. When you take part in Sabbath-keeping activities, does that time ever include:				
(Cont.)				
c. being quiet, still; listening for God	n=539	n=655	n=759	n=351
yes, always	21%	17%	28%	25%
yes, usually	28%	31%	34%	40%
yes, sometimes	32%	33%	30%	27%
yes, rarely	12%	15%	7%	7%
no, never	4%	3%	2%	1%
not sure	1%	1%	*	*
d. just doing nothing	n=539	n=655	n=759	n=351
+				
yes, always	4%	5%	9%	8%
yes, usually	12%	10%	16%	15%
yes, sometimes	33%	36%	38%	37%
yes, rarely	26%	24%	22%	22%
no, never	22%	22%	14%	16%
not sure	3%	3%	2%	1%
e. a nap or extra sleeping	n=539	n=655	n=759	n=351
+				
yes, always	3%	2%	5%	6%
yes, usually	10%	9%	15%	10%
yes, sometimes	30%	34%	40%	37%
yes, rarely	22%	21%	21%	26%
no, never	34%	33%	19%	20%
not sure	1%	*	1%	—
f. visiting others	n=539	n=655	n=759	n=351
+				
yes, always	4%	3%	2%	4%
yes, usually	16%	19%	16%	15%
yes, sometimes	52%	54%	49%	49%
yes, rarely	19%	19%	21%	24%
no, never	9%	6%	11%	8%
not sure	*	—	1%	*
g. reading the Bible	n=539	n=655	n=759	n=351
yes, always	16%	14%	25%	17%
yes, usually	23%	24%	37%	33%
yes, sometimes	30%	35%	26%	32%
yes, rarely	23%	19%	9%	12%
no, never	8%	7%	2%	6%
not sure	*	1%	*	—

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	Members	Elders	Pastors	Specialized Clergy
Q-17. When you take part in Sabbath-keeping activities, does that time ever include:				
(Cont.)				
h. reading other faith-related materials	n=539	n=655	n=759	n=351
yes, always	10%	8%	13%	8%
yes, usually	21%	20%	35%	31%
yes, sometimes	34%	40%	37%	35%
yes, rarely	22%	23%	11%	17%
no, never	13%	8%	4%	8%
not sure	*	1%	*	—
i. reading in general	n=539	n=655	n=759	n=351
yes, always	9%	8%	9%	11%
yes, usually	28%	31%	29%	34%
yes, sometimes	40%	38%	40%	36%
yes, rarely	15%	15%	15%	13%
no, never	8%	7%	6%	5%
not sure	*	1%	1%	*
j. being alone	n=539 +	n=655	n=759	n=351
yes, always	8%	7%	14%	14%
yes, usually	24%	25%	35%	38%
yes, sometimes	41%	42%	36%	38%
yes, rarely	20%	18%	12%	8%
no, never	7%	7%	4%	3%
not sure	*	1%	*	—
k. being with other people	n=539	n=655	n=759	n=351
yes, always	7%	6%	5%	6%
yes, usually	28%	32%	26%	28%
yes, sometimes	51%	51%	50%	48%
yes, rarely	11%	9%	16%	14%
no, never	3%	2%	4%	3%
not sure	*	*	—	—
l. enjoying nature	n=539	n=655	n=759	n=351
yes, always	12%	8%	6%	9%
yes, usually	26%	27%	24%	31%
yes, sometimes	46%	52%	52%	47%
yes, rarely	13%	10%	16%	12%
no, never	3%	3%	2%	1%
not sure	*	*	*	—
m. playing	n=539 +	n=655	n=759	n=351
yes, always	3%	1%	4%	4%
yes, usually	7%	9%	16%	17%
yes, sometimes	35%	41%	45%	46%
yes, rarely	31%	27%	24%	22%
no, never	22%	18%	10%	12%
not sure	2%	3%	1%	—

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	Members	Elders	Pastors	Specialized Clergy
Q-17. When you take part in Sabbath-keeping activities, does that time ever include:				
(Cont.)	n=539	n=655	n=759	n=351
n. fasting	+			
yes, always	*	*	—	—
yes, usually	*	1%	1%	1%
yes, sometimes	3%	6%	11%	9%
yes, rarely	16%	16%	33%	30%
no, never	76%	74%	53%	58%
not sure	4%	3%	2%	2%
	n=539	n=655	n=759	n=351
o. feasting	+			
yes, always	1%	1%	2%	1%
yes, usually	5%	5%	9%	9%
yes, sometimes	29%	37%	40%	39%
yes, rarely	24%	23%	27%	29%
no, never	36%	31%	21%	22%
not sure	4%	3%	2%	*
Q-18. Are there other activities in your life that you think of as Sabbath-keeping?				
	n=539	n=655	n=759	n=351
	+			
yes	26%	25%	34%	38%
no	38%	40%	41%	36%
not sure	36%	34%	25%	27%

Q-18a. [If "yes,"] What are some of these activities? Please list them in the space below:

	n=130	n=153	n=241	n=125
	◆	◆	◆	◆
worship	10%	12%	13%	13%
small church groups	10%	11%	5%	6%
church visitation	—	4%	2%	2%
other church activities/meetings	8%	19%	4%	8%
volunteer or charitable activities/helping others	20%	26%	4%	8%
prayer/meditation/talking or listening to God	16%	8%	9%	7%
planning for future activities: church	3%	5%	3%	2%
planning for future activities: general or nothing specified	1%	1%	—	1%
learning/education/study/self-improvement/self-development/thinking/reflecting/reading	5%	7%	3%	4%
writing/journaling	4%	5%	11%	8%
music listening/participation/performance; art/sketching	9%	15%	17%	18%
watching television/listening to radio/other entertainment/ performance	3%	2%	2%	3%
participating in sports/exercising	4%	2%	9%	8%
riding in, driving car	1%	*	2%	2%
other outdoor activities (gardening, walking, hiking, fishing, etc.)	14%	5%	21%	16%
recreation/vacation/traveling (no other specified)	2%	1%	6%	2%

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**Specialized
Clergy**

Members Elders Pastors

Q-18a. [If "yes,"] What are some of these activities? Please list them in the space below:
(Cont.)

	n=130	n=153	n=241	n=125
time spent with family	16% ◆	15% ◆	13% ◆	19% ◆
visiting others/talking with others (phone)/writing to others/ listening	16%	5%	3%	4%
just experiencing life/enjoying the moment/playing	8%	5%	5%	11%
sex	—	1%	2%	3%
doing something different/breaking routine/no routine	3%	5%	13%	6%
household chores/repairs/cleaning	3%	1%	4%	3%
all other	2%	—	—	—

Q-19. What sorts of practices do you find particularly helpful in your own efforts to incorporate Sabbath in your life?
(✓ up to 3 practices that are *most* helpful for you personally.)

	n=539	n=655	n=759	n=351
prayer	76% ◆	81% ◆	67% ◆	60% ◆
meditation	41%	38%	34%	40%
being quiet, still; listening for God	38%	38%	50%	52%
just doing nothing	5%	5%	9%	7%
a nap or extra sleeping	6%	6%	10%	8%
visiting others	13%	12%	6%	5%
reading the Bible	32%	38%	39%	35%
reading other faith-related materials	18%	17%	16%	14%
reading in general	11%	10%	11%	14%
being alone	8%	8%	18%	18%
being with other people	19%	18%	11%	15%
enjoying nature	26%	22%	18%	22%
playing	1%	1%	6%	5%
fasting	*	—	1%	—
feasting	*	1%	2%	2%
other	—	—	—	*

Q-20. How interested are you in increasing the amount of time you set aside for the practice of Sabbath-keeping?

very interested	20%	21%	38%	23%
generally interested	36%	40%	38%	41%
a little interested	24%	25%	15%	18%
not too interested	13%	10%	6%	13%
not at all interested	3%	2%	2%	4%
don't know	2%	2%	1%	1%

Q-21. How important do you think it is for Christians to regularly practice Sabbath-keeping?

very important	53%	60%	74%	61%
important	41%	35%	24%	32%
not too important	3%	4%	1%	4%
not at all important	1%	*	*	1%
not sure	2%	1%	1%	1%

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Q-22. Would you favor or oppose the church's encouraging people of faith to spend more time in the practice of Sabbath-keeping?

strongly favor	40%	45%	71%	52%
favor	33%	34%	23%	31%
tend to favor	17%	14%	4%	10%
neither favor nor oppose	9%	5%	2%	4%
tend to oppose	1%	1%	*	1%
oppose	—	1%	—	1%
strongly oppose	*	—	*	1%

Q-23. In the last year, did you ever work for pay in a job or call (including at a church) on a Sunday?

yes	26%	28%	97%	81%
no → → <i>Skip to Q-28</i>	74%	72%	3%	19%

Q-24. [If "yes,"] On approximately how many Sundays did you work for pay? Write the number (between 1 and 52) on the line. _____ approximate number of Sundays worked

	n=142	n=178	n=734	n=285
1 - 4 Sundays worked for pay	25%	35%	1%	11%
5 - 9 Sundays worked for pay	23%	22%	1%	15%
10 - 14 Sundays worked for pay	17%	11%	1%	16%
15 - 19 Sundays worked for pay	5%	5%	1%	7%
20 - 29 Sundays worked for pay	19%	14%	2%	10%
30 - 39 Sundays worked for pay	6%	5%	*	7%
40 - 49 Sundays worked for pay	2%	5%	69%	23%
50 or more Sundays worked for pay	3%	2%	26%	11%

Q-25. On a typical working Sunday, how many hours did you spend at your job/call? _____ hours per Sunday

	n=142	n=178	n=734	n=285
none	—	1%	—	1%
1 - 2 hours per Sunday at job/call	17%	20%	1%	14%
3 - 4 hours per Sunday at job/call	30%	37%	14%	43%
5 - 6 hours per Sunday at job/call	21%	17%	37%	22%
7 - 8 hours per Sunday at job/call	17%	16%	26%	14%
9 - 10 hours per Sunday at job/call	8%	5%	16%	3%
more than 10 hours per Sunday at job/call	7%	5%	6%	3%

Q-26. Where did you perform your work duties? (✓ the for *all* that apply.)

	n=142	n=178	n=734	n=285
	◆	◆	◆	◆
at a church	5%	11%	100%	87%
at a retail business	10%	10%	*	1%
at a factory/manufacturing facility	8%	3%	*	—
at an office away from home	51%	59%	10%	29%
at home/home office	34%	33%	18%	20%
other (specify): _____	14%	12%	4%	8%

* = less than 0.5%; rounds to zero
 — = zero (0.0); no cases in this category
 + = non-responses of 10% or more on this question (reported percentages for all questions omit non-responses)
 n = number of respondents eligible to answer this question
 ◆ = percentages add to more than 100 because respondents could make more than one response

Q-27. When you worked for pay on Sunday over the last year, how often did you set aside time on another day of the week for rest or Sabbath-keeping?

	n=142	n=178	n=734	n=285
always	4%	7%	22%	13%
usually	13%	13%	49%	32%
occasionally	20%	17%	19%	18%
rarely	29%	30%	8%	23%
never	34%	33%	3%	14%

Q-28. To what extent do you agree or disagree with each statement below?

a. The only way to observe Sabbath is by setting aside a whole day each week				
strongly agree	10%	7%	7%	5%
agree	22%	22%	22%	14%
neither agree nor disagree	25%	21%	22%	20%
disagree	33%	40%	40%	45%
strongly disagree	9%	8%	9%	15%
no opinion	1%	1%	*	1%
b. The idea of keeping or practicing Sabbath is out of date in our post-modern society				
strongly agree	2%	1%	1%	3%
agree	12%	10%	4%	8%
neither agree nor disagree	18%	15%	6%	8%
disagree	47%	51%	48%	45%
strongly disagree	20%	23%	41%	35%
no opinion	1%	1%	*	1%
c. Presbyterians a generation or two back took observance of the Sabbath more seriously than we do today				
strongly agree	27%	26%	29%	28%
agree	55%	59%	58%	56%
neither agree nor disagree	8%	8%	7%	7%
disagree	3%	4%	3%	4%
strongly disagree	1%	*	*	2%
no opinion	6%	3%	3%	3%
d. It's difficult for me to find time for Sabbath-keeping				
strongly agree	2%	2%	7%	6%
agree	26%	23%	44%	33%
neither agree nor disagree	15%	15%	11%	16%
disagree	44%	48%	30%	34%
strongly disagree	12%	12%	7%	8%
no opinion	1%	1%	*	2%
e. I don't feel a need for Sabbath-keeping in my life				
strongly agree	1%	1%	1%	1%
agree	3%	3%	2%	4%
neither agree nor disagree	9%	5%	2%	4%
disagree	52%	56%	38%	43%
strongly disagree	34%	34%	56%	47%
no opinion	1%	*	*	1%

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	Members	Elders	Pastors	Specialized Clergy
Q-28. To what extent do you agree or disagree with each statement below?				
(Cont.)				
f. I wish there were more than 24 hours in the day				
strongly agree	9%	10%	11%	7%
agree	15%	17%	15%	15%
neither agree nor disagree	18%	16%	15%	13%
disagree	37%	35%	33%	37%
strongly disagree	15%	18%	22%	23%
no opinion	6%	5%	4%	5%
g. I'm frequently so busy I don't have time to stop and think				
strongly agree	5%	5%	6%	5%
agree	28%	31%	35%	26%
neither agree nor disagree	14%	13%	15%	15%
disagree	40%	39%	36%	44%
strongly disagree	10%	11%	7%	10%
no opinion	1%	2%	*	*
h. For me, the practice of Sabbath-keeping has grown easier over the years				
strongly agree	6%	7%	4%	3%
agree	37%	38%	32%	37%
neither agree nor disagree	23%	26%	21%	24%
disagree	25%	24%	35%	27%
strongly disagree	6%	4%	6%	6%
no opinion	3%	1%	1%	2%
i. I don't usually get enough sleep				
strongly agree	7%	5%	9%	6%
agree	26%	31%	36%	27%
neither agree nor disagree	14%	12%	15%	15%
disagree	42%	42%	35%	43%
strongly disagree	10%	9%	4%	7%
no opinion	1%	1%	1%	2%
j. The failure to keep Sabbath leads to the exploitation of some people				
strongly agree	8%	6%	15%	15%
agree	38%	39%	56%	51%
neither agree nor disagree	28%	31%	18%	20%
disagree	12%	13%	5%	8%
strongly disagree	2%	2%	3%	2%
no opinion	12%	8%	3%	4%
k. We should observe the Sabbath because God has commanded it				
strongly agree	26%	24%	27%	16%
agree	50%	53%	53%	44%
neither agree nor disagree	16%	15%	13%	24%
disagree	6%	6%	4%	10%
strongly disagree	1%	1%	2%	4%
no opinion	1%	1%	*	*

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Q-28. To what extent do you agree or disagree with each statement below?

(Cont.)

l. My congregation encourages people to set aside time for Sabbath-keeping				
strongly agree	10%	8%	8%	5%
agree	45%	49%	42%	36%
neither agree nor disagree	23%	23%	23%	25%
disagree	13%	15%	24%	23%
strongly disagree	2%	2%	2%	3%
no opinion	8%	4%	1%	9%
 m. I have developed my own Sabbath-keeping practices without much help from my church				
strongly agree	5%	3%	6%	10%
agree	31%	28%	41%	44%
neither agree nor disagree	26%	27%	20%	17%
disagree	30%	35%	28%	23%
strongly disagree	6%	5%	5%	3%
no opinion	3%	2%	2%	2%
 n. God intends Sabbath as a gift for us to enjoy				
strongly agree	29%	28%	58%	46%
agree	56%	58%	39%	49%
neither agree nor disagree	10%	9%	1%	4%
disagree	2%	3%	*	1%
strongly disagree	1%	*	*	*
no opinion	2%	1%	1%	1%
 o. Sabbath-keeping is less <i>what we do</i> and more <i>our state of mind as we do things</i>				
strongly agree	13%	9%	10%	16%
agree	48%	51%	37%	42%
neither agree nor disagree	20%	23%	23%	21%
disagree	12%	14%	25%	17%
strongly disagree	3%	2%	4%	3%
no opinion	3%	2%	1%	1%
 p. I'd be more likely to practice Sabbath-keeping regularly if I knew others at my church were doing so, too				
strongly agree	1%	*	2%	1%
agree	8%	8%	23%	14%
neither agree nor disagree	28%	27%	26%	24%
disagree	43%	44%	36%	41%
strongly disagree	15%	16%	11%	16%
no opinion	6%	4%	1%	3%
 q. The failure to keep the Sabbath contributes to the commercialism of our society				
strongly agree	24%	24%	23%	21%
agree	49%	50%	54%	46%
neither agree nor disagree	16%	15%	13%	19%
disagree	8%	8%	7%	10%
strongly disagree	2%	1%	2%	2%
no opinion	2%	1%	1%	2%

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Q-29. Compared to today, do you believe that 25 years from now *Sunday* will be: (1) *more* a time of Sabbath-keeping, (2) *less* a time of Sabbath-keeping, (3) that there will be *no significant change* in Sabbath-keeping on Sunday, or (4) you're *not sure*.

a. in the United States generally

more	10%	11%	9%	7%
less	49%	50%	63%	60%
no change	17%	15%	11%	13%
not sure	24%	23%	16%	20%
other	—	—	—	*

b. by Christians in the U.S., generally

more	22%	22%	30%	21%
less	29%	31%	40%	39%
no change	26%	25%	15%	20%
not sure	23%	22%	15%	19%
other	—	—	—	*

c. by Presbyterians in the U.S., generally

more	18%	18%	24%	18%
less	30%	32%	43%	42%
no change	27%	26%	16%	21%
not sure	26%	24%	18%	20%
other	—	—	—	*

a. by members of your congregation

more	18%	21%	28%	16%
less	24%	24%	31%	30%
no change	31%	30%	22%	24%
not sure	27%	25%	19%	30%
other	—	—	—	*

b. by you and your family

more	29%	32%	48%	37%
less	11%	11%	11%	14%
no change	40%	37%	27%	31%
not sure	21%	21%	15%	18%
other	—	—	—	*

Q-30. Please use the space below to write any additional comments on Sabbath-keeping.

[not tabulated]