

# Life Transformation among FCA Life Trainer Users

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For more than two years, the FCA Life Trainer app has helped young people connect with God through customized biblical content. Nearly 12,000 people have signed up and the majority (70%) are not engaging scripture regularly when they come into the app.

One unique feature of the app is that users may customize their content by completing a spiritual growth assessment. This assessment measures nine dimensions of spiritual growth (analogous to the Fruit of the Spirit) and 16 common temptations or struggles.

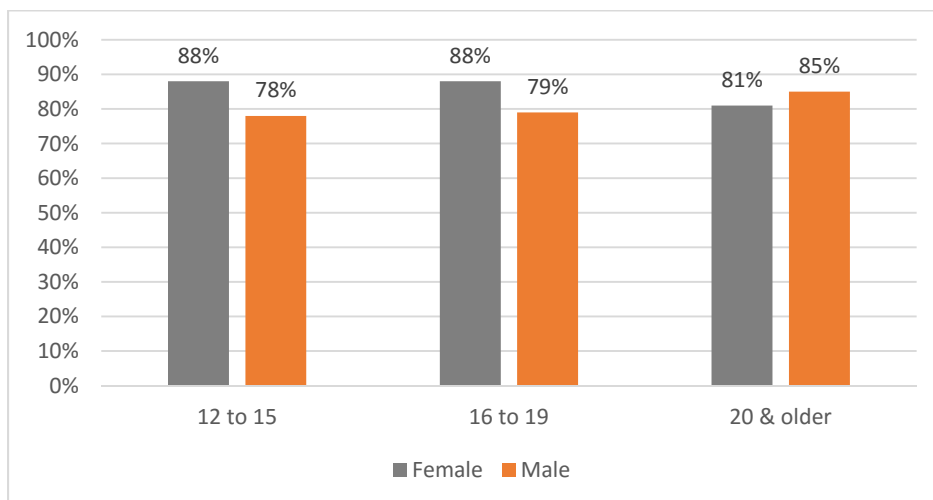
After engaging with the biblical content for a period of time, users are invited to retake the spiritual growth assessment. Doing so readjusts their content as well as allows them to see how they have grown through God's Word.

The following analyses compare initial and follow up assessments for 570 FCA Life Trainer users. To be included, the reassessment had to occur at least three weeks after the initial assessment.

## FCA Life Trainer helps young people grow in the Fruit of the Spirit.

As Figure 1 shows, the vast majority of FCA Trainer users experience growth in at least one of the Fruit of the Spirit. This is true for both male and females and regardless of age.

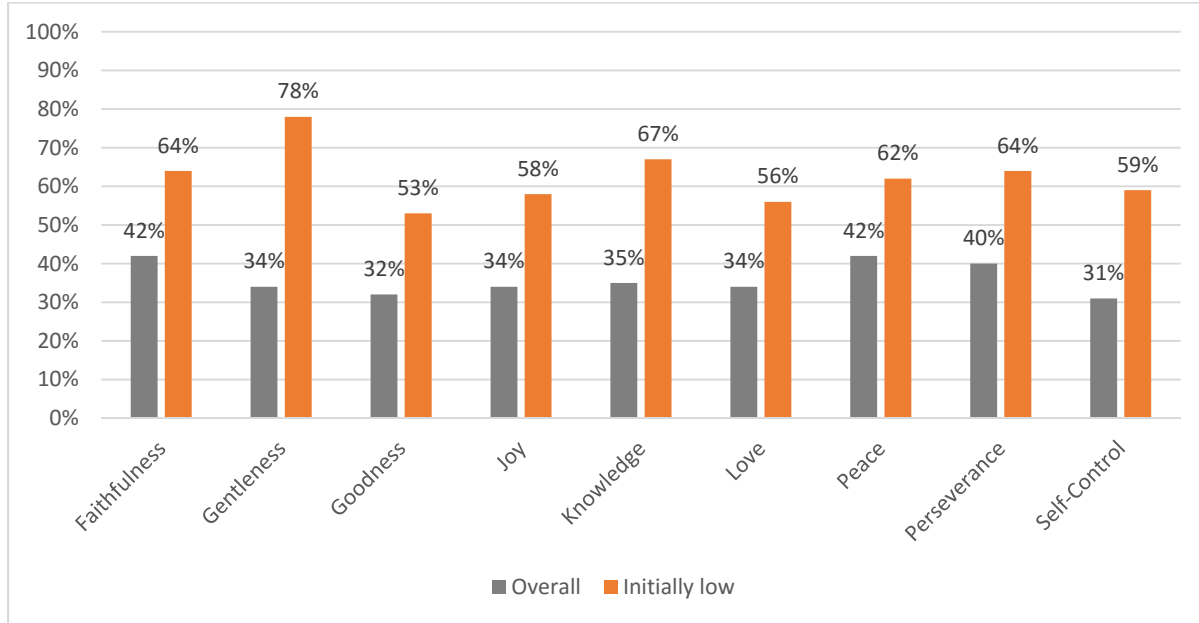
**Figure 1. Percent Experiencing an Increase in Fruit of the Spirit from Baseline to Reassessment.**



Growth in specific areas is displayed in Figure 2. For each area, one third to 42% of users experience growth, with Faithfulness and Peace having the highest rates.

Considering those who are initially low in a particular spiritual growth dimension, we find that half or more show growth after using the app. For example, among those who initially said that they show Gentleness half of the time or less, 78% saw an increase in how often they display Gentleness.

**Figure 2. Percent Experiencing an Increase in Specific Spiritual Growth Dimensions from Baseline to Reassessment.**



## FCA Life Trainer helps young people deal with temptations and struggles.

As shown in Figure 3, nearly all FCA Life Trainer users struggle less with temptation after engaging the Bible through the app. Nine out of ten indicate that one or more of the 16 temptations we assess is less frequent.

**Figure 3. Percent Experiencing a Decrease in One or More Temptations from Baseline to Reassessment.**

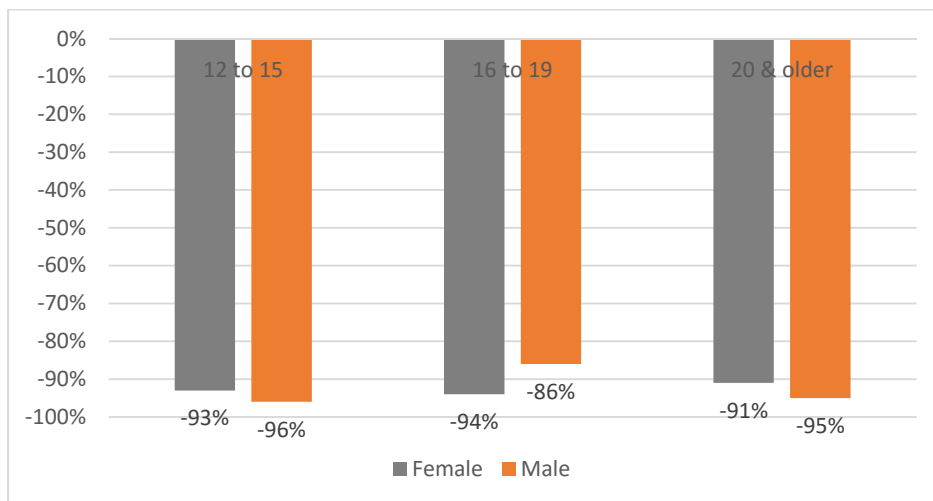
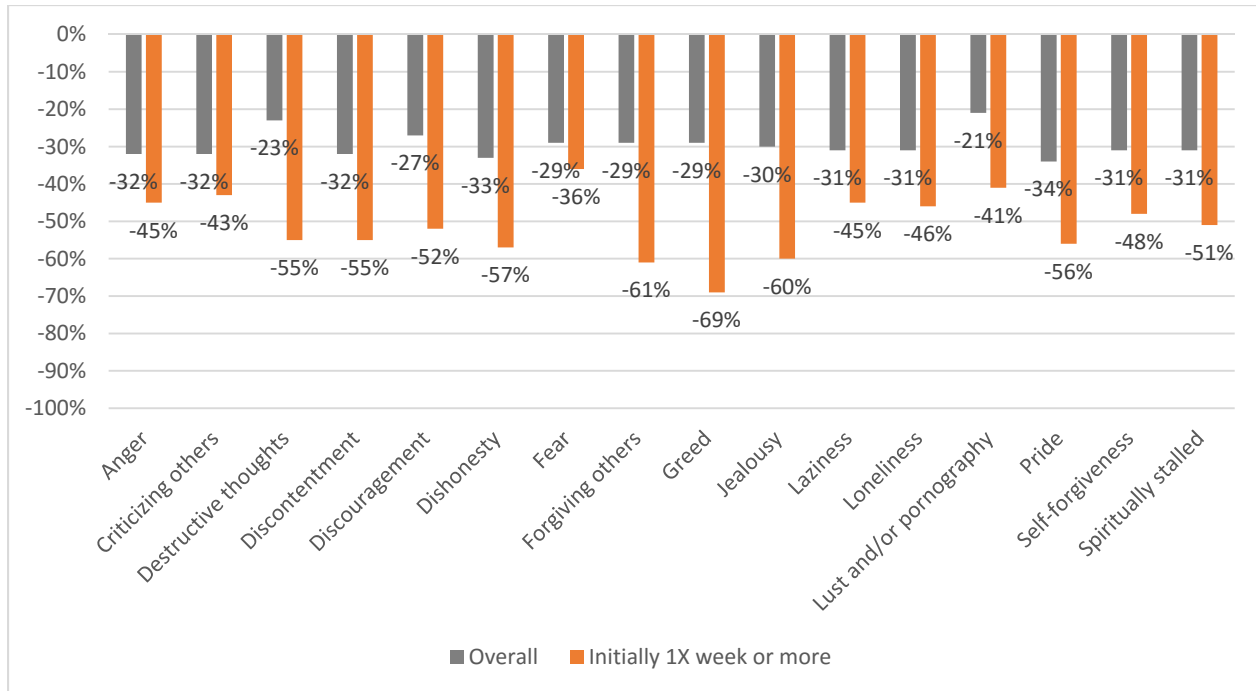


Figure 4 shows the impact of Bible engagement on specific temptations. For any specific temptation, 21% (lust and/or pornography) to 34% (feeling or acting prideful) of app users are struggling less often. When we consider those who were initially dealing with a temptation once a week or more, the Bible engagement effects are even more dramatic. For example, there are 61% fewer users struggling with “forgiving others”.

**Figure 4. Percent Experiencing a Decrease in Specific Struggles/Temptations from Baseline to Reassessment.**



## Conclusions

Most ministries today focus on measuring “outputs”. That is, rather than measuring the difference a particular ministry effort or strategy makes in people’s lives, they rely on measuring what they as a ministry have produced (e.g., number of Bibles distributed). FCA breaks this mold by utilizing an app that includes a baseline spiritual growth assessment and the opportunity to reassess at a later point. Moreover this app leverages the Power of 4 to transform people’s lives by helping them engage the Bible most days of the week.

The analyses presented here document how FCA Life Trainer users are growing spiritually. The vast majority are experiencing more Fruit of the Spirit in their lives and struggling less often with temptation. Moreover, those who are struggling most when they enter the app, also experience the greatest growth.