

EXPERIENCE OF INNER PEACE

Impact indicator

Indicator Phrasing

INDICATOR PHRASING: % of people professing a faith who experience a sense of inner peace

What is its purpose?

This gives an indication of the role that faith is having on the wider community. It explores whether faith in God (whether Christian, Hindu, Buddhist, Muslim or any other expression of faith) is important to people in this community and if it is bringing a sense of peace to everyday situations.

How to Collect and Analyse the Required Data

Collect the following data by conducting individual/household interviews with a representative sample of the target group members: For best practice, a wide variety of respondents should be randomly selected from the wider community and not just church members.

This indicator was developed as part of the Light Wheel household survey. Questions 72-86 of the survey asks questions around the Living faith area of holistic wellbeing.

The household survey can be used to provide a more objective perspective on the situation within a community and, if used in conjunction with a group discussion, can help provide a reference point for the discussion. Using the survey at the start of any engagement with a community will therefore provide a baseline measurement of the indicators; repeating the survey will then provide updates to the indicator status. This can be triangulated alongside direct observation, transect walks and gathering of secondary data.

It is recommended that this indicator is measured alongside other qualitative outcome indicators found in the Light Wheel under 'Living faith' as well as indicators for the other eight spokes of the Light Wheel. The Light Wheel was designed specifically to demonstrate the whole-life transformation, by considering each spoke, a holistic view can be taken that brings together physical, social, economic and spiritual well-being the lives of people.

The Living Faith indicators give a wider understanding of: the attitudes towards faith in general within the community, the extent to which Christians are growing in their faith, the extent to which Christians are balancing their inward spiritual development with the external outworking of their faith and how this is influencing the environment in which they are living.

More specifically this indicator can be monitored using the following questions:

78. I experience a sense of peace on a regular basis even if I have a bad day

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Prefer not to answer

Disaggregate by

Gender, age group and location as standard but depending on the context other social identity markers such as faith group, denomination, level of education etc. can also be added.

Important Comments

For more guidance see the [Light Wheel](#)