

The Four Dimensions

of Young People's Spiritual
and Religious Lives



—
Insights from a national survey
of almost 3,000 young people
on **belief, identity, practice**
and **community**.

The Four Dimensions of Young People’s Spiritual and Religious Lives

In 2025, Springtide Research Institute surveyed 2,977 young people, ages 13–25, from across the United States to learn about four key dimensions of their spiritual and religious lives: belief, identity, practice, and community. Their responses reveal that religion remains important to most young people and that many continue to identify with the religious tradition in which they were raised. While the majority of young people don’t regularly attend worship services, they are still connected in some capacity to religious communities.



We Are Springtide

Springtide Research Institute engages the power of social science to learn from, for, and about young people ages 13 to 25. We are a nonpartisan, nonprofit organization. Our empirical data amplify the voices of young people, inform those who know and serve them, and lead the way in showing what’s next.

To learn more about Springtide, and how we can help your organization better understand and serve young people, check out the [about us page on our website](#). Here you can also read more about our mission and approach to research.



Research solutions that move you forward

Springtide Custom Research turns our researchers into your in-house experts. Empirical data informs and inspires, guiding your next moves and strengthening your plans. Serving young people starts with knowing who and where they are.

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Belief

The majority of young people believe in a higher power to some degree. Over 40% of young people express an undoubting belief in a higher power, while about a third say they “believe more than they doubt.”

“Which statement comes closest to expressing what you believe about a higher power—whether it be God, gods, or some other divine source or universal energy?”

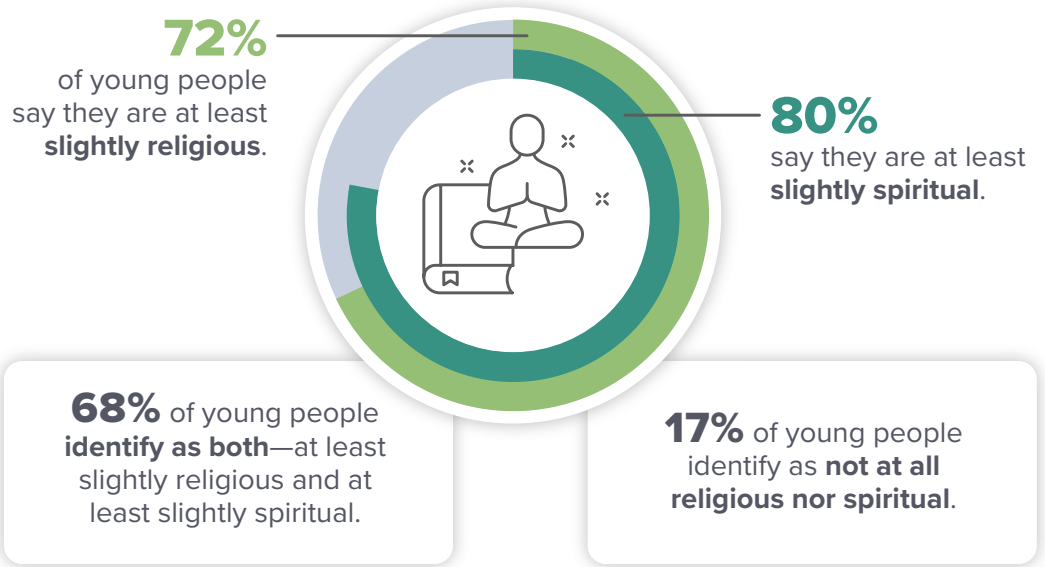
% of young people responding _____

- I know a higher power exists and I have no doubts about it.
- I believe in a higher power’s existence more than I doubt.
- I don’t know what I believe about the existence of a higher power.
- I doubt a higher power’s existence more than I believe.
- I don’t believe in a higher power.



Note: Percentages are approximate due to rounding.
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

The majority of young people say they are religious or spiritual or both. Almost half (46%) say they are “very” or “moderately” religious, and an additional 27% say they are “slightly” religious. When asked about spirituality, half (50%) say they are “very” or “moderately” spiritual, and 29% say they are “slightly” spiritual.



Note: Percentages are approximate due to rounding.
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.



Religion is important to many young people. When asked about how important religion is in their lives, almost half of respondents say that religion is “among the more important things” or “the most important thing” in their lives.

“How important is religion in your life?”

% of young people responding _____

- Religion is the most important thing in my life.
- Religion is among the more important things in my life.
- Religion is neither important nor unimportant in my life.
- Religion is among the less important things in my life.
- Religion is not at all important in my life.



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

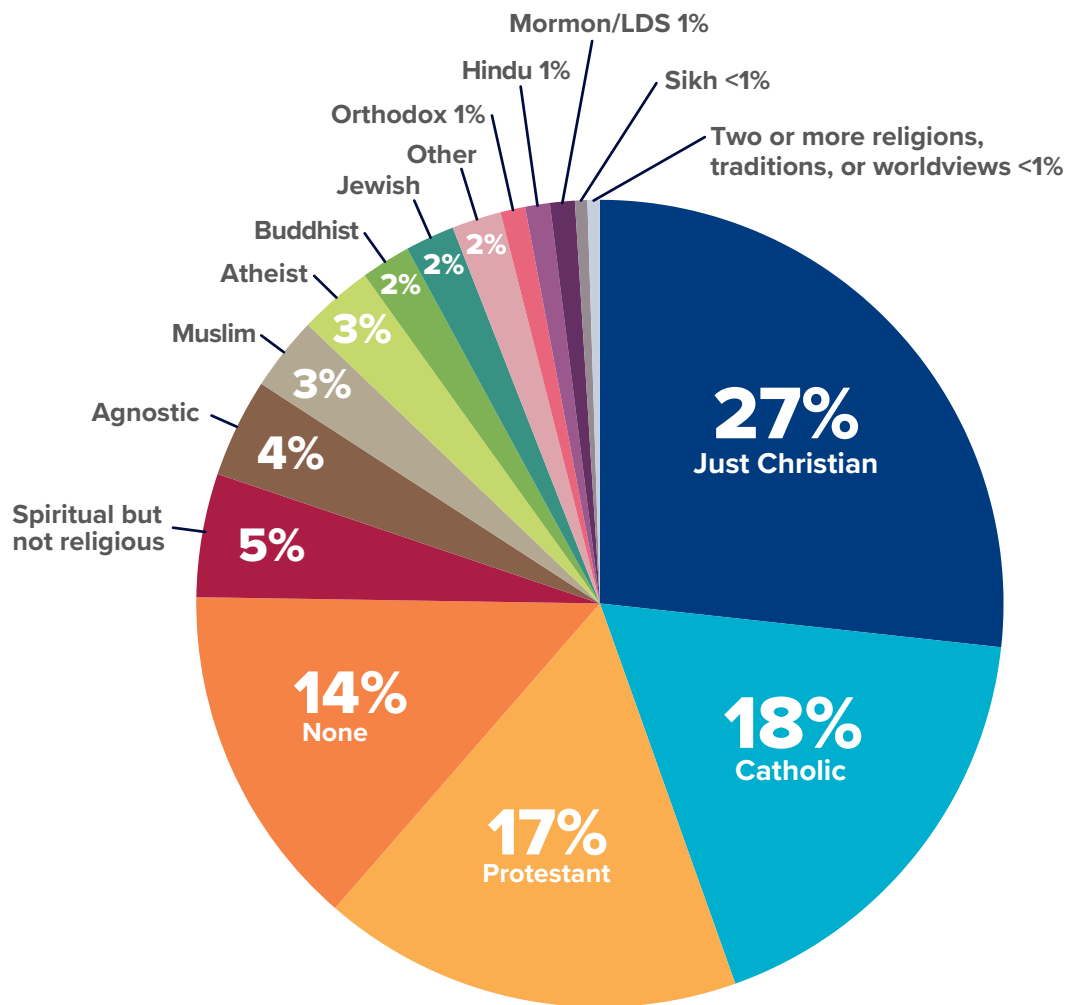


Identity

About three-quarters of young people claim a religious identity or affiliation. The remaining quarter are religiously unaffiliated, describing themselves as “spiritual but not religious,” “agnostic,” “atheist,” or “none.”

“Which of the following religions, traditions, or worldviews do you currently most identify with?”

% of young people responding _____



Note for charts on pages 6 and 7: In the survey, Protestant was defined as “Baptist, nondenominational, Methodist, Lutheran, Pentecostal, Episcopalian, Reformed, Church of Christ, etc.,” agnostic as “I’m not sure if God exists,” atheist as “I do not believe in God,” Orthodox as “Greek, Russian, or some other Orthodox Church,” and Mormon/LDS as “Church of Jesus Christ of Latter-day Saints.” Percentages are approximate due to rounding.

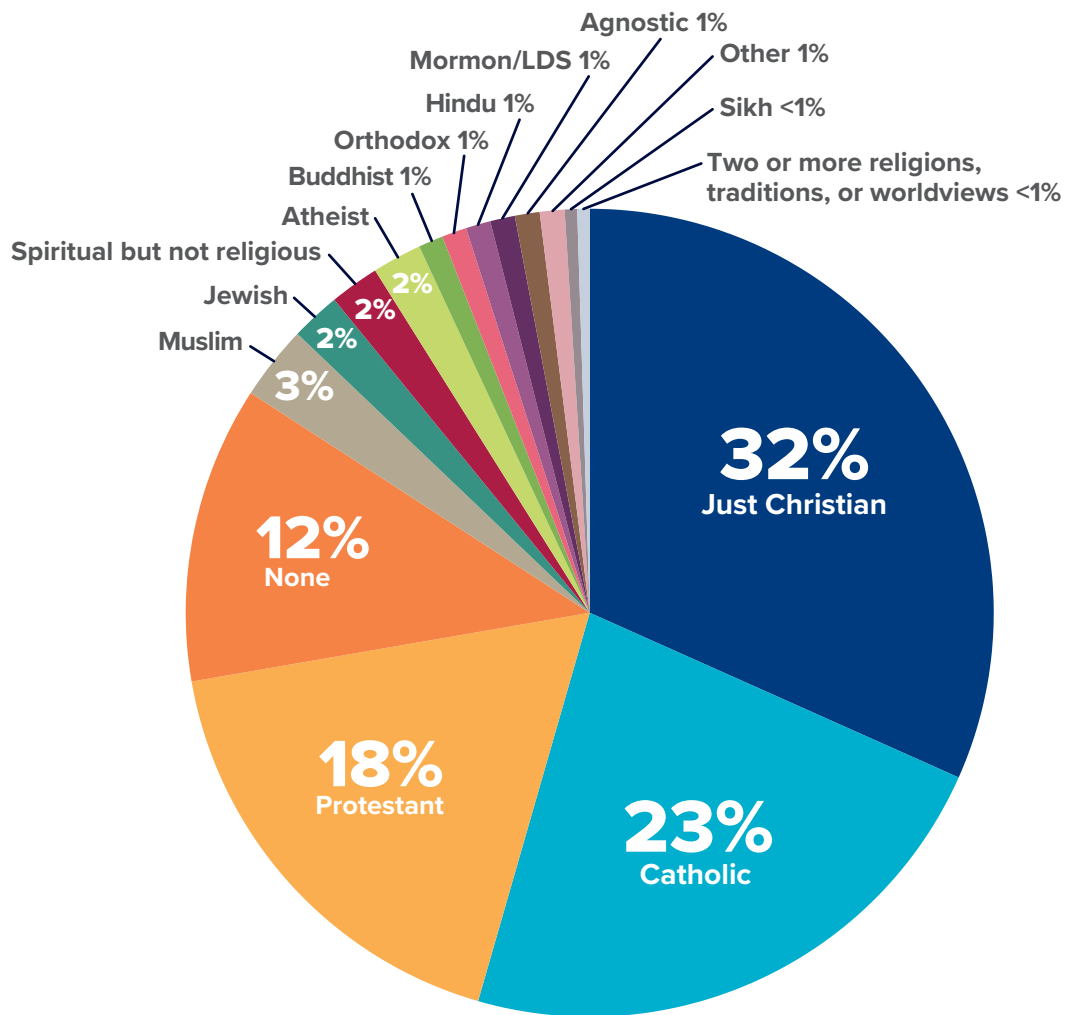
Source for charts on pages 6 and 7: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

Most young people continue to identify with the religion in which they were raised.

Shifts in identification over time are modest: Catholics and respondents who identify as “just Christian” each decrease by just 5 percentage points, while Protestants decrease by 1 percentage point. Among those raised without a religion, 86% remain unaffiliated—more consistent than any religious tradition—while 11% now identify with a Christian tradition.

“In which of the following religions, traditions, or worldviews were you raised?”

% of young people responding _____



These findings do not mean young people simply stay in the tradition in which they were raised. For example, almost three-quarters of respondents raised Catholic still identify as Catholic, 10% identify with another Christian tradition, 2% with a non-Christian tradition, and 15% are now unaffiliated. Patterns for smaller religious groups point in a similar direction, but small sample sizes limit broader generalizations.

Practice

The majority of young people do not regularly attend religious or spiritual services. About four in ten young people attend religious or spiritual services “rarely” or “never.”

“Aside from weddings and funerals, how often do you attend religious or spiritual services either in person or virtually?”

% of young people responding _____

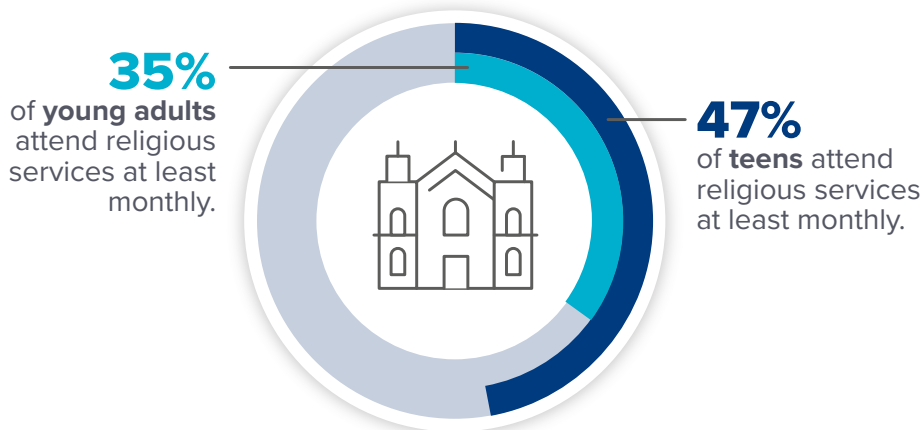
- More than once a week
- Once a week
- Once or twice a month
- A few times a year
- Rarely
- Never



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

Young adults attend religious services less often than teens. Nearly half of teens, ages 13 to 17, attend religious services at least monthly, compared with about one-third of young adults, ages 18 to 25. This pattern also holds true for teens’ and young adults’ involvement in non-religious communities—86% of teens say they are involved in at least one club, team, or group, compared with 67% of young adults.



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

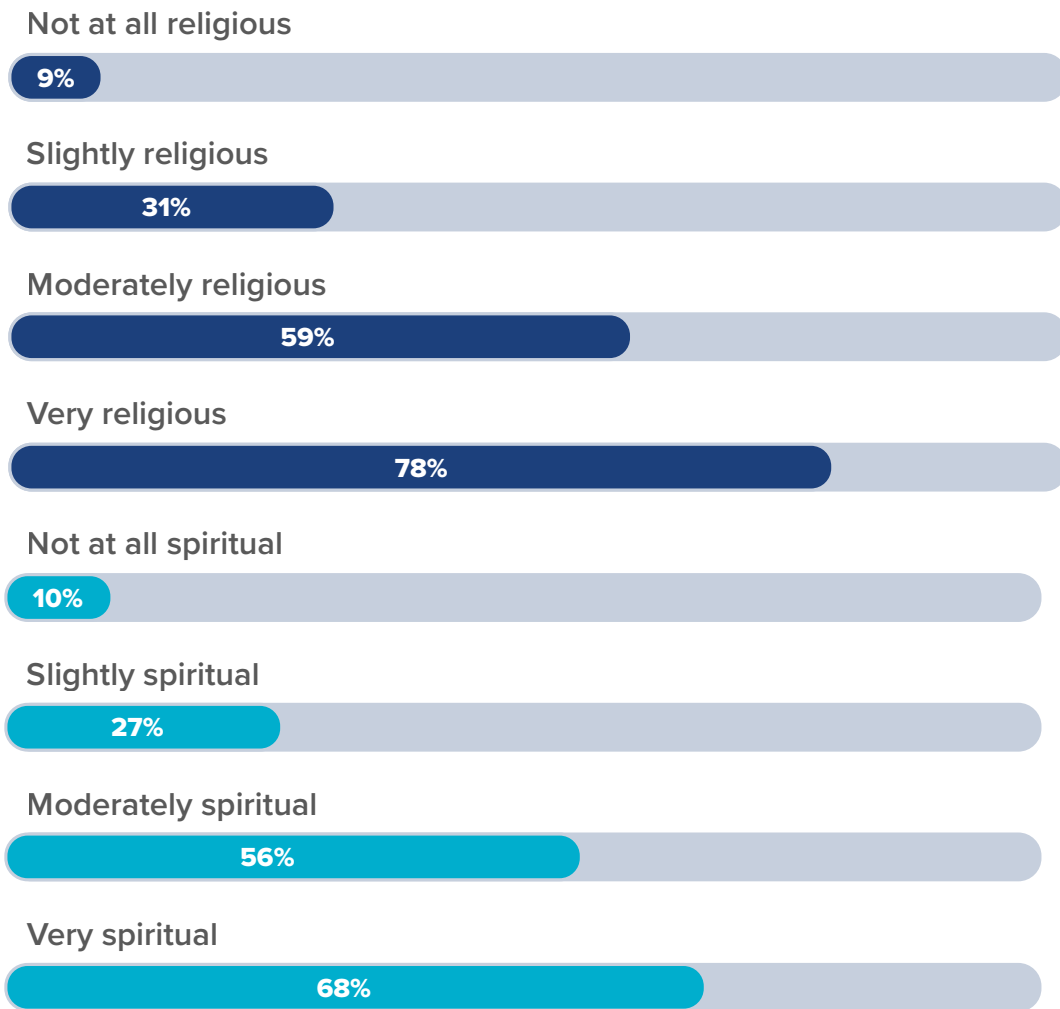


Self-reported religiousness and spirituality are strongly linked with attendance at services.

Young people who are very religious attend services more frequently than young people who are not religious. The same is true for very spiritual young people. It's possible that their religiousness or spirituality motivates them to attend, that participating in these communities makes them more religious or spiritual, or some combination of these effects.

“Aside from weddings and funerals, how often do you attend religious or spiritual services either in person or virtually?”

% of young people who attend services monthly or more



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

Community

Almost 40% of young people are currently part of a religious or spiritual community. Others have left their communities, while some have never taken part in one.

Young people that . . .

- have never been a part of a religious or spiritual community.
- are currently part of a religious or spiritual community.
- used to be part of a religious or spiritual community.



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

Young people seem to distinguish between attendance and involvement. While 41% of respondents say they *attend* religious services at least once a month, just 26% say they are *involved* in a faith-based organization or place of worship. Of those who report attending services at least once a month, 13% say they've never been part of a religious or spiritual community, and 20% say they used to be a part of a religious or spiritual community but currently are not. These differences reveal that young people may understand involvement in religious or spiritual communities as distinct from attending worship services.



33% of young people who **currently attend religious services** at least once a month say they **never have been or currently are not part of a religious community.**

Note: Percentages are approximate due to rounding.

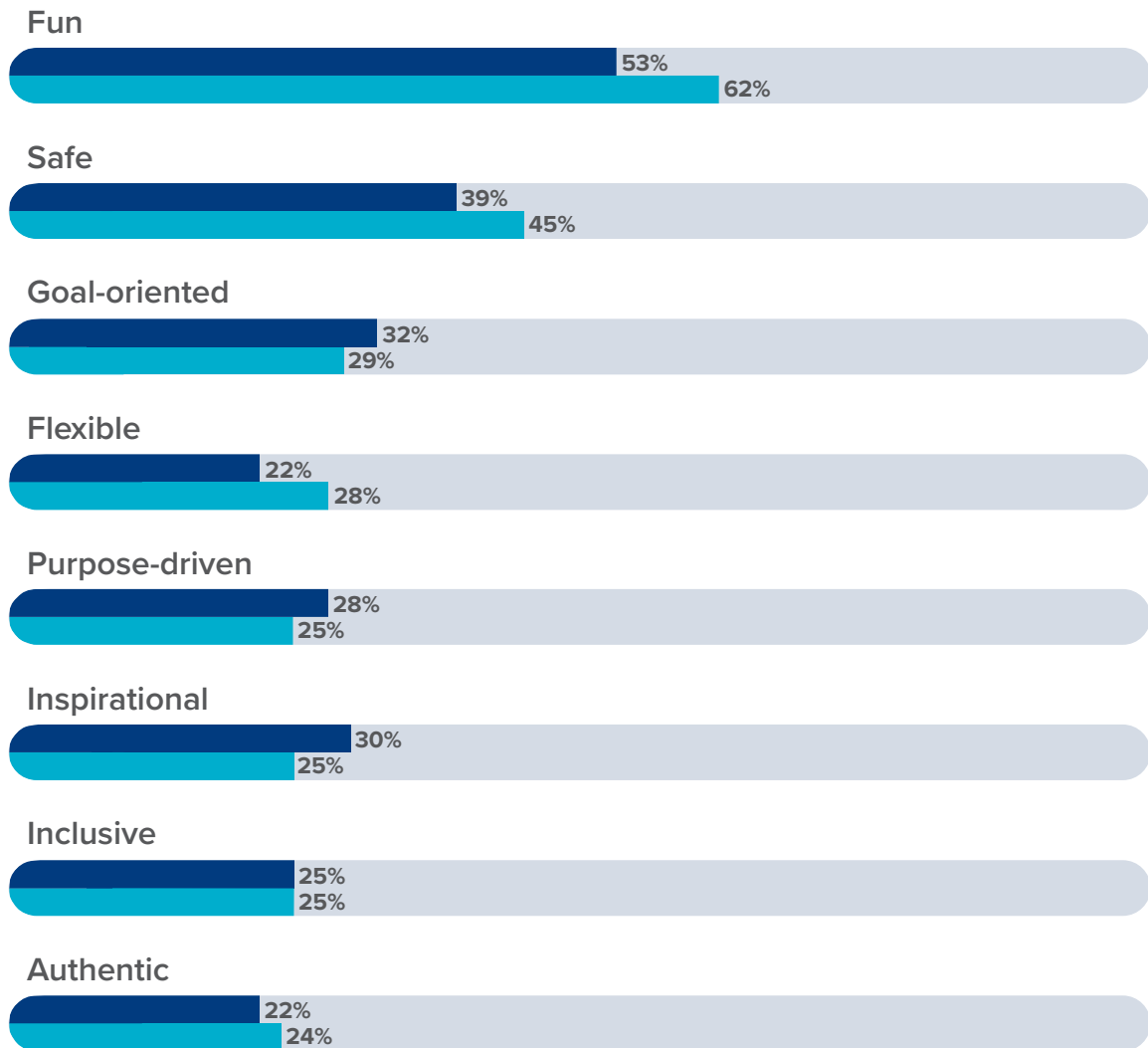
Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

The traits young people prioritize in a group, club, or team vary depending on whether they are involved in a religious group or not. These differences reflect distinctions in how young people in religious communities think about the purpose of community involvement generally.

“In your opinion, what are the top 5 most essential characteristics that a group/club/team should have?”

% of young people responding _____

● Involved in a religious group ● NOT involved in a religious group



Note: Percentages are approximate due to rounding.

Source: Springtide Research Institute survey of 2,977 young people in the US, ages 13-25, conducted from March to April 2025.

About This Study

The Study of Young People’s Organizational Involvement is a mixed-methods research study conducted by Springtide Research Institute between November 2024 and April 2025. The study explores young people’s organizational involvement using two primary data sources.

First, Springtide conducted in-depth interviews with 51 residents of the United States, ages 13 to 25. To recruit interviewees, Springtide sent a mailer to a randomly selected sample of 6,000 US households of teens and young adults. Second, Springtide surveyed a sample of 2,977 young people residing in the US between the ages of 13 and 25. The survey was administered by an online panel provider, Alchemer, using a recruitment strategy guided by quotas for age, gender, region, and race/ethnicity. To improve data quality from Alchemer’s opt-in sample, Springtide eliminated all identifiable phony and inattentive responses from the resulting dataset.

To see study methodology and full top-line results visit springtideresearch.org/organizational

Acknowledgments

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