Table S1. Mean comparisons between pretest participants included in the present study and those not included: *t*-tests (*n* = 1,046)

Variable	Included cases (*n* = 158)			Not included cases (*n* = 888)			T-test
	n	Mean	S.D.	*n*	Mean	S.D.	*p*-value
Male	125	.696	.462	578	.637	.481	.198
Age	126	49.880	13.701	571	46.150	14.668	.009
White	125	.816	.389	581	.680	.467	< .001*
Black	125	.032	.177	581	.121	.326	< .001*
Hispanic	125	.088	.284	581	.084	.278	.894
Other race	125	.064	.246	581	.115	.320	.047
Mixed race	125	.032	.177	581	.040	.195	.689
Education	126	4.746	1.332	580	4.283	1.420	< .001*
Family income	120	8.467	3.095	537	7.518	3.528	.003
Married	126	.825	.381	581	.678	.468	< .001*
Divorced	126	.048	.214	581	.100	.300	.023
Separated	126	.056	.230	581	.024	.153	.145
Widowed	126	.008	.089	581	.031	.173	.032
Cohabiting	126	.024	.153	581	.017	.130	.618
Never married	126	.040	.196	581	.150	.357	< .001*
Military base	125	.168	.375	571	.144	.351	.487
Rural area	125	.080	.272	571	.103	.305	.430
Small city	125	.312	.465	571	.279	.449	.452
Medium city	125	.232	.424	571	.163	.370	.093
Suburb	125	.128	.335	571	.177	.382	.152
Large city	125	.080	.272	571	.135	.342	.053
South	126	.484	.502	582	.431	.496	.279
Northeast	126	.151	.359	582	.144	.352	.852
Midwest	126	.135	.343	582	.220	.415	.016
West	126	.191	.394	582	.165	.371	.489
Foreign country	126	.040	.196	582	.040	.195	.993
Religious services	157	6.390	1.720	871	6.040	2.079	.025
Pray privately	156	7.100	1.607	856	6.840	1.719	.068
Beliefs about God	152	5.671	.867	840	5.751	.691	.282
Bible use T1	133	7.951	1.521	706	7.401	2.130	< .001*
Bible use T2	145	7.941	1.534	107	7.383	2.210	.026
Bible use T3	147	8.003	1.532	74	7.723	1.887	.237
Spiritual engagement T1	133	4.323	.664	703	4.187	.789	.061
Spiritual engagement T1	143	4.254	.678	107	4.119	.800	.152
Spiritual engagement T1	147	4.235	.798	74	4.191	.866	.712
Pos. beliefs about the Bible T1	133	5.331	.901	686	5.203	1.013	.143
Pos. beliefs about the Bible T2	142	5.234	.975	105	5.187	1.018	.718
Pos. beliefs about the Bible T3	147	5.274	1.002	76	5.189	1.099	.558
Beh. Influence of the Bible T1	133	4.377	1.260	679	4.079	1.411	.024
Beh. Influence of the Bible T2	142	4.385	1.211	105	4.159	1.254	.154
Beh. Influence of the Bible T3	147	4.442	1.304	74	4.351	1.419	.636
Human flourishing T1	137	7.372	1.654	691	7.195	1.852	.300
Human flourishing T2	147	7.442	1.630	105	7.394	1.735	.824
Human flourishing T3	150	7.344	1.623	75	7.533	1.788	.425

* *p* < .001 (Bonferroni-corrected thresh

Table S2. Descriptive statistics of variables used in analysis ($n = 158$)

Variable	Time 1			Time 2			Time 3			Min	Max
	n	Mean	S.D.	n	Mean	S.D.	n	Mean	S.D.		
Male	125	.696	.462							0	1
Age	126	49.880	13.701							18	82
Black	125	.032	.177							0	1
Hispanic	125	.088	.284							0	1
Other race	125	.064	.246							0	1
Mixed race	125	.032	.177							0	1
Education	126	4.746	1.332							1	6
Family income	120	8.467	3.095							1	13
Divorced	126	.048	.214							0	1
Separated	126	.056	.230							0	1
Widowed	126	.008	.089							0	1
Cohabiting	126	.024	.153							0	1
Never married	126	.040	.196							0	1
Rural area	125	.080	.272							0	1
Small city	125	.312	.465							0	1
Medium city	125	.232	.424							0	1
Suburb	125	.128	.335							0	1
Large city	125	.080	.272							0	1
Northeast	126	.151	.359							0	1
Midwest	126	.135	.343							0	1
West	126	.191	.394							0	1
Foreign country	126	.040	.196							0	1
Religious services	157	6.390	1.720							1	8
Pray privately	156	7.100	1.607							1	8
Beliefs about God	152	5.671	.867							1	6
Bible use											
a. Overall how often do you use the Bible?	133	8.100	1.375	145	8.080	1.397	147	8.100	1.393	1	9
b. … not including ... when you are at a ... church service or Mass?	133	7.800	1.773	145	7.800	1.884	147	7.900	1.761	1	9
Spiritual engagement											
a. A sense of connection to God	133	4.310	.809	143	4.240	.762	147	4.220	.925	1	5
b. Curiosity to know God better	133	4.520	.703	143	4.530	.626	147	4.480	.725	1	5
c. Awareness of how much I need God	133	4.610	.672	142	4.560	.700	147	4.490	.855	1	5
d. Feel more willing to engage in my faith	131	4.328	.863	143	4.203	.860	147	4.184	1.014	1	5
e. Am more generous with my time, energy, or financial resources	131	3.931	1.017	143	3.909	1.054	147	3.891	1.117	1	5
f. Show more loving behavior towards others	131	4.206	.892	143	4.077	.986	147	4.150	.989	1	5
Positive beliefs about the Bible											
a. A rulebook or guide on how to live my best life	133	5.240	1.074	142	5.060	1.178	147	5.240	1.125	1	6
b. A letter from God expressing his love and salvation for me	133	5.410	1.008	141	5.320	1.058	147	5.310	1.102	1	6
c. A way of knowing what God expects from me	133	5.350	1.008	142	5.320	1.049	147	5.280	1.065	1	6

Variable	Time 1			Time 2			Time 3				
	n	Mean	S.D.	n	Mean	S.D.	n	Mean	S.D.	Min	Max
Behavioral influence of the Bible											
a. What I buy	133	3.980	1.535	142	4.040	1.477	146	4.140	1.549	1	6
b. The movies and television I choose to watch	133	4.290	1.379	142	4.290	1.345	147	4.250	1.494	1	6
c. The decisions I make at work or school	132	4.890	1.252	142	4.820	1.157	147	4.930	1.180	1	6
Human flourishing											
a. Overall, how satisfied are you with life as a whole these days?	135	7.560	1.863	146	7.726	1.995	149	7.591	1.924	0	10
b. In general, how happy or unhappy do you usually feel?	132	7.260	2.006	146	7.425	1.845	147	7.320	1.869	0	10
c. In general, how would you rate your physical health?	134	6.940	2.206	144	6.979	2.022	149	6.920	1.975	0	10
d. How would you rate your overall mental health?	132	7.310	2.123	146	7.377	2.091	150	7.273	2.130	0	10
e. ... do you feel the things you do in your life are worthwhile?	132	7.920	1.995	143	7.888	2.073	150	7.800	2.053	0	10
f. I understand my purpose in life.	132	7.680	2.642	145	7.635	2.576	149	7.564	2.521	0	10
g. I always act to promote good in all circumstances, …	134	8.090	1.647	145	7.986	1.629	150	8.000	1.768	0	10
h. ... give up some happiness now for greater happiness later.	132	7.610	1.670	145	7.559	1.795	149	7.530	1.894	0	10
i. I am content with my friendships and relationships.	132	7.300	2.244	145	7.117	2.268	150	6.960	2.170	0	10
j. My relationships are as satisfying as I would want them to be.	132	6.540	2.313	146	6.699	2.365	150	6.473	2.514	0	10

Variable	f	Percent	Variable	f	Percent
Race/Ethnicity			Family income (continues)		
White, not Hispanic	102	81.6%	$30,000 to $39,999	1	0.8%
Black/African American	4	3.2%	$40,000 to $49,999	11	9.2%
Hispanic	11	8.8%	$50,000 to $59,999	10	8.3%
Asian	3	2.4%	$60,000 to $69,999	13	10.8%
Pacific Islander	0	0.0%	$70,000 to $79,999	14	11.7%
Native American	1	0.8%	$80,000 to $89,999	14	11.7%
Interracial/Mixed race	4	3.2%	$90,000 to $99,999	7	5.8%
Other race	0	0.0%	$100,000 to $124,999	16	13.3%
Total	125	100.0%	$125,000 to $149,999	13	10.8%
Education			$150,000 or more	11	9.2%
Less than high school	1	0.8%	Total	120	100.0%
High school or GED	7	5.6%	Military base		
Some college/trade school	23	18.3%	On a military installation in the United States	14	11.2%
Two-year college degree (A.A., A.S.)	10	7.9%	On a military installation in another country outside of the U.S.	7	5.6%
Four-year college degree (B.A., B.S.)	36	28.6%	Off base in open country but not a farm	7	5.6%
Graduate degree (M.A., M.S., Ph.D., M.D., J.D., etc.)	49	38.9%	Off base on a farm	3	2.4%
Total	126	100.0%	Off base in a small city or town (under 50,000)	39	31.2%
Family income			Off base in a medium-sized city (50,000-250,000)	29	23.2%
$0 to $9,999	1	0.8%	Off base in a suburb near a large city	16	12.8%
$10,000 to $19,999	5	4.2%	Off base in a large city (over 250,000)	10	8.0%
$20,000 to $29,999	4	3.3%	Total	125	100.0%

Note. Time 1 = pretest, Time 2 = posttest, Time 3 = follow-up, n = observations, f = frequency, S.D. = standard deviation.