

# THE 30 DAY PRAYER EXPERIMENT

EXPERIMENTING  
WITH GOD?

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THE PITTSBURGH  
EXPERIMENT

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Sort of like having wild animals for pets, using nuclear power, taking hallucinogenic drugs? Yet for many decades, men and women from all walks of life have been doing just that, experimenting with God, and often with surprising results. The experiments they engaged in were not capricious or whimsical, but borne out of a deep heartfelt search for answers in the painful hard places of life. They were also rooted in the Judeo-Christian tradition that encourages us to "Taste and see that the Lord is good..." Psalm 34:8.

The stories of those individuals have been recorded in other publications, but they contain a common element... the Prayer Experiment. The purpose of this brochure is to put the Prayer Experiment into your hands. It's our prayer that you will meet God in unexpected ways as you experiment with Him.

*Sincerely,*

*Your friends at The Pittsburgh Experiment*



# HOW TO DO A 30-DAY EXPERIMENT:

## 1 DECIDE WHAT TO PRAY FOR.

Right now what is your relationship like with God, yourself, or with others?

Are there unresolved portions of your past or do you seek answers for the future?

What is the need in your life that concerns you the most right now? Be specific.

Focus on just one need at a time.

## 2 FIND A PRAYER PARTNER.

Find a partner who will also pray everyday about your problem. It is important to share your Prayer Experiment with another person to aid in your support and discernment. A prayer partner can also:

- Give support and encouragement when you're down.
- Bring objectivity to the situation.
- Talk over any insights you receive in the prayer time.
- Discuss any insights they might receive in their prayer time.

## 3 PRAY EVERY DAY.

Commit yourself to pray consistently about the matter every day for 30 days.

Setting a regular time each day is not necessary, but it can be helpful. Pray wherever you are.

Hold the situation up to God and ask Him to meet you at the point of your need.

Read the scriptures as a source of encouragement and guidance.

## 4 LISTEN.

Take time to be quiet in God's presence.

There might be things God wants to say to you.

There might be things in you that need to change before your situation is changed.

Any ideas, questions, convictions, or concerns that come to your mind as a result of the Prayer Experiment could be part of the answer. It may be helpful to write them down.

## 5 HAVE AN OPEN MIND.

Let go of preconceived ideas about its solution. For example, if you aren't getting along with your boss, pray for the relationship rather than a transfer.

Believe that God is at work, even if you can't see a difference.

## 6 REVIEW THE RESULTS.

At the end of 30-Days see where you are.

Look at where you started – the situation, your attitude, emotions, everything that went into making it a need. Look at where you are now.

What was the progress from day 1 to day 30?

What has changed? Situation, attitude, a relationship, have **you** changed?

Check your prayer partner's thoughts.

Answers may come in a variety of ways: Common sense, intellectual conclusions, circumstances, emotions, a decision of the will, other people, Scripture, sermons, direct inspiration. Answers might be "yes", "no", or "wait".



## VISION OF SAM SHOEMAKER . . .

The 30-Day Prayer Experiment began with the Rev. Sam Shoemaker in the 1950's. Shoemaker realized that many people felt that religion and the church did not relate to their lives. He got together with these disenchanted people in small groups and encouraged them to talk honestly about their doubts, unbelief, and daily struggles. Some had poor family or work relationships, financial troubles, or problems with anger or depression.

He said, "I want to challenge you to an experiment in prayer. **I want you to agree to pray every day for 30 days, for your particular need - in spite of your unbelief.** You wouldn't hesitate to experiment with a new mouthwash for several days to see if it might do a better job. Well, **I guarantee that within that time God will bring some kind of illumination to the thing that's troubling you.**"

## BIRTHPLACE IN PITTSBURGH . . .

The group met again a month later, and came together with unbelievable excitement. Each person had found a specific answer, though not always an expected one to his or her problem. That was in 1955. Today the Pittsburgh Experiment is an organization that grew out of that original group. It continues to use the 30-Day Prayer Experiment as one of the organization's basic tools.

The Prayer Experiment serves as an instrument of discovery for individuals with questions. It enables people to open their lives to God so He can make Himself known. It also serves as a tool of discipline and focus in seeking God's guidance and direction.

## MY 30-DAY PRAYER EXPERIMENT...

The more you practice expectant prayer, the more you will experience its amazing power. Contact our office for a companion 30-Day Devotional Guide and other materials to use for reflection during your Prayer Experiment. We are excited to support you in your seeking after the Lord.

**Start Date of Experiment:**

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**Subject/Focus:**

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**Partner(s) in Prayer:**

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**Insights/Reflections:**

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**Results:**

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