



It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult.  
- Seneca

We cannot become what we need to be by remaining what we are.  
- Max DePree

Courage is the power to let go of the familiar.  
- Raymond Lindquist

### Further Action Steps You Can Take

During or after your **21 Day Experiment**, you are welcome to ask questions or tell us what you are thinking. You can:

- [Download the 21 Faith Experiment Workbook](#) (a 50 page workbook of the book of John with helpful users guide) from the [lifehelp.org](http://lifehelp.org) website.
- [Visit the lifehelp.org website](#) at your leisure and explore other ways you can grow in your faith.
- [Ask us questions by E-mail](#) about your 21 Day Faith Experiment. ([impact@lifehelp.org](mailto:impact@lifehelp.org))
- [Request additional faith strengthening resources](#) from Life Help using the coupon below.
- [Ask the person or organization](#) you received this from to let you know of additional resources, discussion groups, workshops or seminars that are available to you.

# The 21 Day Faith Experiment



An Opportunity to Explore the Things of Faith for Yourself

**Clip and Mail or Copy and Mail** [21day]

[  ] I would like to get more information about growing spiritually.

Name \_\_\_\_\_

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Your information will only be used to provide you with the resources you have requested and will not be shared with others. Send this coupon or a copy to:  
LIFE HELP - 4318 Plainfield NE - Box G - Grand Rapids, MI - 49501

For more on personal growth and development visit:  
[www.lifehelp.org](http://www.lifehelp.org) [impact@lifehelp.org](mailto:impact@lifehelp.org) [www.ipriority.com](http://www.ipriority.com)



## Why the 21 Day Faith Experiment?

**People** today come from all different kinds of faith perspectives and some from no faith background at all. So why the 21 Day Faith Experiment?

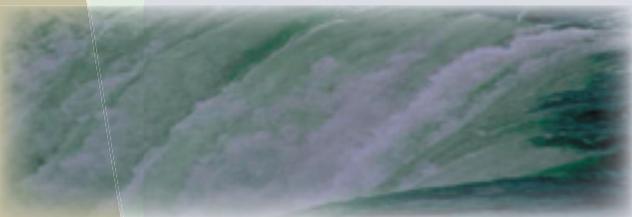
## Growing Hunger of the Heart

There is a growing desire for things that are eternal. It seems there is a vacuum in every heart, that no matter how hard we try, it cannot be filled with the things of this world— money, sex, fame, power, relationships, busyness—you name it.

All these things seem to satisfy our desires, but then we find that the satisfaction is temporary, so we strive all the harder for a greater fix ..... and the cycle only continues.

## Hole Filler

Many have found the hole in their hearts can only be filled by something outside of themselves. **The 21 Day Faith Experiment** has helped many jump-start this process in their lives. They find the deepest needs of their hearts are actually beginning to be filled.



## What is involved?

**T**he 21 Day Faith Experiment is a 5 -10 minute daily experiment with the Bible that lasts for 21 days.

## Why Use the Bible?

The question is sometimes asked; "Why use the Bible instead of other religious books?" Well, the Bible seems to be a good starting place for this experiment because of its wide use and its unique and distinguishing characteristics. (see right panel)



## The Action Plan

**T**he Bible is actually one book made up of 66 smaller books. One of these books is the book of John. John was one of Jesus' most intimate friends. The book opens up with 18 verses of poetry in the first chapter and then begins the history of John's friendship and observations of Jesus. It contains much of the core essence of what the Bible is all about.

You can find this book in the table of contents. It is 21 chapters long. The Faith Experiment simply involves reading one chapter a day for 5 - 10 minutes for 21 days.

The awesome thing about this experiment is that you will be reading it for yourself. Many people have formed their opinions about the Bible on what other people have said about it. You will, however, gain first hand knowledge of what it says directly from your own reading and observation.

## Uniqueness of the Bible

The Bible has several distinguishing characteristics:

- Best Seller - It is the all time New York Times best seller. It is not on the list because it would always be number 1.
- Unmatched Prophecy Record -There is no other book with prophecies made hundreds of years earlier than their fulfillment that have systematically come true.
- Historical Accuracy - Archeology continues to uncover new findings that prove the Bible's authenticity.
- Survivor - There have been almost 20 concerted efforts to rid the world of the Bible, but it has survived them all.
- Transformational - Those that take the time to read it find that it speaks to issues of the heart.

## Tips to Maximize Your Faith Experiment

- Download the 21 Faith Experiment Workbook (Book of John with users guide) - go to [www.lifehelp.org](http://www.lifehelp.org).
- Say a prayer - "God if this is true help me to understand it". You may feel funny saying this, but give it a try.
- Read with an open mind -Think about what the text is actually saying, not what others have said it means.
- You will not understand everything- Don't worry about it. You will be surprised at how much you do understand.
- Apply any truth you discover - If something strikes you as a personal application point, it is possible that God is prompting your heart or guiding you to something He wants you to understand. Apply what you learn and see if it works.
- Obtain an understandable translation - If you want to get a more understandable translation of the Bible at a local bookstore (NIV, NAS, TLB, are accurate and clear), a sales associate can help you.
- Look forward to what you might discover - You will find out exciting things about yourself and about life. Write down what you learn or what you feel God is showing you.
- More tips on the back

