

Emma Turner's Prayer & Study Experiment

My Story: My inspiration for creating this experiment came through my own testimony. Throughout my life, I have always desired to have a relationship with God, but I always lacked the discipline to do so. I knew I needed to study the scriptures and pray more consistently, but I never did. Years would come and go by so fast, and I never improved with God. Thus, I suffered the consequences. My struggle against time and God was reflected in a recurring dream I had. In this dream, I am in the back seat of a self-driving car. While I am in this car, I feel helpless and anxious. I want so badly to take control but something is stopping me from doing so. In this dream, the speed of the car represents time. The car represents how I choose to control time. My refusal to take control of the car was my refusal to take control of my time. To have a relationship with God, we have to welcome him in with the right habits. To form the right habits means being accountable for our time.

In July of 2023, at 18 years old I decided to take accountability for my time so I could be closer to God. I made a plan to read my scriptures every day and to pray often. I started my day reading my scriptures and ended it with praying. I did this consistently for around a month to a month and a half, and these are the areas of my life that were affected:

Improvements in Physical Health

1. When I prayed for my workouts my muscle recovery was faster.
2. When I prayed before meals and before I took my vitamins I started having more energy.

Improvements in my spiritual life

1. I started to have more love and compassion for others
2. The spirit would randomly fill me with joy
3. Started to see God in everything because I was searching for him in everything.
4. It was easier to give up bad things that were in my life.

Improvements in my mental health

1. I was happier because I was on good terms with God
2. I had more peace
3. I didn't anger as easy

This experience, as you can read, changed my life, and I want to share that with as many people as possible. This desire inspired me to create an experiment. In this experiment participants will be required to do four simple things:

1. Read at least one chapter of the scriptures every day.
2. Set two alarms to pray about the selected topic everyday day (look down below for prayer guidelines)
3. On Sundays the participants will journal the differences they have seen in their lives by praying for their specific topic and reading their scriptures.
4. Handing in a written reflection/testimony at the end of month one

The purpose of this experiment is to test the effects of continued prayer and studying.

The opportunities for this experiment include: building a stronger connection with God, building good habits, and being able to share your experiences with others. My goal for this experiment is to collect testimonies of the saints and make a book that testifies what God can do when we invite him into our lives.

Prayer guidelines: The purpose of praying in this experiment is to invite God into a new aspect of your life where you can see measurable change. Inviting God into new aspects of our lives allows us to have our thoughts centered on him.

Examples:

1. Praying for patience, love, compassion, etc., to help you in your everyday life
2. Praying for understanding of the scriptures
3. Praying to strengthen your relationships

While it is great to pray for others constantly, that is not what this experiment is measuring. The prayer aspect of this experiment is to invite God into your daily activities and obstacles.

Choosing a topic: Participants will start with one prayer topic of their choice. After staying consistent for a month, they can choose an additional topic of concern without ditching the old one. The purpose is to invite God into more aspects of our lives so we can't ditch the old topics. We are habit stacking.

Disclaimer

- This experiment does not limit your overall prayer life. You can still pray about other things separately. If you do not understand the prayer guidelines my contact information is down below.
- It also does not limit how much you read your scriptures. If you already read 8 chapters a day, then keep it up and just make sure to read at least one chapter every day.
- This experiment is not meant to test God, but to prove that by changing our habits, God can bless us.

Warning

- It's important to remember that expecting God to change our lives and help us in our activities requires us to help ourselves too. For example, if we ask God to help us lose weight but continue to eat a bunch of donuts, it won't be effective. Praying that you may overcome the temptation for things that are not good for you and actively staying away from those foods will work. Corinthians 10:13 says that God will not allow us to be tempted beyond what we can bear. God will make away for whatever you choose, but it does not mean it will be easy- just that it will be possible.

How the scientific method works in this experiment

Ask a question: If the saints pray and read their scriptures will they notice a change?

Hypothesis: God blessed me, and in Matthew 10:34 it states God is no respecter of persons so I believe that he will bless them too.

Test: Have the saints pray and read the scriptures

Analyze Results: Did people find this experiment helpful? Does praying and studying help build a closer relationship to God, and if so what are the blessings of that?

Conclusion: How the saints were affected by praying and reading their scriptures

- Depending on how many people are joining the group I may be able to add control groups.

My contact information:

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I have a pretty messy schedule so it is best to text me with your name. We can schedule a call through text if calling would be better.

Weekly Journal Questions (answer on separate piece of paper)

1. How has God been in your life this week?
2. Have you noticed any positive changes through your praying and studying this week?

End of Month Feedback (answer on separate piece of paper)

1. Did you find this experiment helpful?
2. Has this experiment helped you get closer to God, if so how?
3. How has God blessed you through this experiment this month?
4. What did you struggle with?

Answer before you start

1. What have you chosen to pray about?
2. What book would you like to study from?
3. What do you think is going to be challenging about this experiment?
 - a. How will you overcome those challenges
4. What do you want to get out of this experiment?
5. Why are you doing this experiment?

Tips

1. I use a jar that I fill with a flower every time I complete my set of tasks for God. I find it helpful to keep track of my progress.
2. Planners
3. Pick a convenient time for your alarms to go off twice a day
4. Be patient
5. Talk to your accountability partner