



*Prayer
Laboratory Guide
& Experiments*

Camps Farthest Out

GLENN CLARK...

CFO's founder offered **Prayer Laboratories** in the early camps. The Dictionary defines a laboratory as... a place For scientific experimentation or research, A place where theories, techniques, and Methods are tested, analyzed, demonstrated.



With that in mind, we propose this definition of a CFO Prayer Laboratory...

A time and place to gather as believers to experience the presence of God and the guidance of the Holy Spirit and to experiment with a variety of forms of prayer



- In a Prayer Laboratory **YOU** are an active ingredient.
- If you **participate** you will experience the results.
(If you do not, you might not)
- A Prayer Laboratory is a place of **action** and **discovery**.

The Prayer Laboratory is meant to expand One's present prayer relationship with God, not To be a substitute for it.



WORKING WITH GOD IN THE PRAYER LABORATORY

SEEK DIVINE GUIDANCE

To many people, *praying* implies "talking to God." This is a good half answer. Talking does not give us the divine guidance that comes through *listening* to God.



The airwaves where you gather are as full of divine messages as they are of television and radio waves. But like those electronic waves, without a receiver no message is communicated. We must be *turned on* and *tuned in* to God. We want to *receive* God's messages to us as well as send our messages to God.



CFO Laboratories offer the opportunity to *practice* tuning in and listening to God in creative ways. We want our *bodies/minds/spirits* to be tuned-in to God.

Our part in guidance is to be...

- in a receptive posture, open to God.
- willing to surrender our will to God's will.
- believing that God will give guidance.
- listening to God rather than telling God our wants.



*"Call to Me, and I will answer you,
and show you great and mighty things,
which you do not know."*

Jer. 33.3

LABORATORY SKILLS FOR GROUPS

GOING DEEPER AS A GROUP

A good way to begin is by helping group members get to know each other and feel comfortable together. Arrange chairs close so members can hear each other. The leader should always be on time and welcome people as they arrive.



BECOMING RELAXED IN BODY

To be a tuned-in receiver, it is important to be relaxed in body, mind and soul. Relaxation exercises can help relieve physical tension and have a unifying effect on the group.



BECOMING RELAXED IN MIND

A group will go deeper if members are mentally relaxed. This may mean answering any questions members may have and giving the group an overview of what to expect on a given day such as explaining the use of silence and reminding them of what a laboratory is, etc.



*"This is the true richness of a prayer laboratory:
that is, a place where I can release my inhibitions
and let the Spirit flow and be loved enough that
I can make a mistake and know that
He will redeem my mess."*

Stan Carter

EXPERIMENTS



GETTING ACQUAINTED

Some questions that can be used.

- What is your favorite name for God?
- What is your favorite hymn or inspirational song?
- When did you first become aware of God?
- Talk about your childhood idea of God.

(Questions of this nature seem to bring people closer together. Questions about family, career, or accomplishments sometimes may cause people to feel separate).

RELAXING THE BODY

- Deep Breathing. Taking deep breaths with the diaphragm muscle can focus our attention, cleanse our system, relieve tension, and rejuvenate our spirit.
- Relax. Focusing on one part of the body (arms, legs, neck, etc.) at a time helps us to be conscious of where we carry our tension and teaches us that we can consciously let it go.
- Stretching. Invite members to stretch their muscles. A song may help lessen self consciousness (Deep & Wide, Hokey Pokey, etc.)



RELAXING THE MIND

- Visualize being in the most peaceful place you can imagine. Notice the colors, smells, and other things in the environment. Dwell there and let a feeling of peace envelop you.
- Recall the story of Jesus calming the storm. Ask Jesus to calm any storms in your mind and observe what Jesus does. As Jesus brings calmness into the scene, receive His peace.
- If your mind is busy with thoughts, imagine that your thoughts are birds flying through the open windows of your "temple." Don't resist them or entertain them. Let them go.

FINE TUNING OUR 'GUIDANCE SYSTEMS' IN THE PRAYER LABORATORY

ASK YOURSELF THESE QUESTIONS:

- Does this idea conform to the principles of Scripture?
- Is the idea in accord with our common sense, our soul's sincere desire?
- Does the idea strike us strongly as an inward impression of the Holy Spirit on our minds?
- Does it appear to be a reasonable challenge to our faith?
- Does the idea fit in with surrounding circumstances as they change and develop?



When these five harmonize, you may feel assured that you may accept the idea as guidance and step out on it in faith. But keep examining the idea in light of changing circumstances and in renewed prayer and silence.

When someone suggests an idea which came in guidance, discuss it in light of the 5 tests given above and then in silence see if all members feel in harmony with the idea and are willing to do their part in carrying it out.

"Where else can we learn to apply the principles we are learning but in a "hands on" setting? Where else can we develop the gifts of knowledge, wisdom, discernment, prophecy, healing, etc., if we don't develop them by application – bringing the conceptual into the experiential?"

Stan Carter, 1998

