

*"Prayer is governed by the same laws that control the flow of a stream, the art of a game, the life of a bee. A man who learns and practices these laws correctly should be able to do business better, love better, serve better; for to learn how to pray is to learn how to live."*

*GLENN CLARK*



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*Prayer  
Laboratory Guide  
& Experiments*

*Camps Farthest Out*

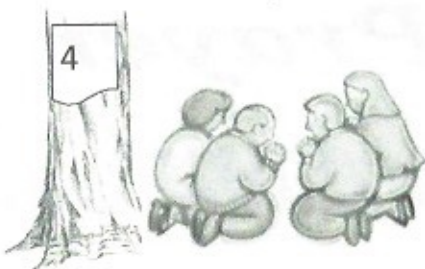
## GLENN CLARK...

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.



The ideas in this booklet have come through many sources. Many were reworded or combined to fit into this format It is in no means, complete... Please use the blank pages to add your *prayer experiments*.

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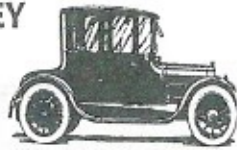
## A LABORATORY LOOK AT YOUR SPIRITUAL JOURNEY

### WE ARE EACH ON A SPIRITUAL JOURNEY

Invite members to call out as many modes of transportation as they can think of.

(Example: car, bus, truck, airplane, cruise ship.)

Stimulate creativity by suggesting ways such as a trapeze, roller coaster, flying saucer, hot air balloon, rickshaw, etc. After 12-15 have been mentioned, have folks close their eyes and reflect on their personal spiritual life and choose a mode of transportation that matches the way they are currently experiencing that journey. After a period of silence, ask if anyone needs more time. When all are ready, invite each person to share for a minute or two.



### WALKING IN SOMEONE ELSE'S SHOES

Have everyone turn their chairs so the backs of the chairs are toward the center of a circle. With everyone now facing outward, ask them to remove their right shoe and pass it to the person on the right. Have them do this 3 or 4 times, stopping when the shoes have traveled about halfway around the circle. Invite members to meditate on the shoe they are holding and ask God how to pray for the person who has walked in that shoe. Be in prayer for several minutes. Listen. Let one person at a time then rise and find the owner of the shoe he/she is holding. While gently putting the shoe on the owner's foot, say a brief prayer of blessing. Continue around the circle until everyone has had his/her shoe replaced and has been blessed.

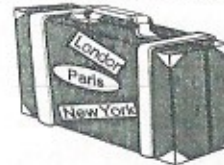


## EXPERIMENTS

### YOU'RE TAKING A TRIP WHAT WILL YOU PACK?

Provide pencil and paper for each person.

Imagine you have arrived at a way-station on your spiritual journey. Picture a lovely, relaxing place where you can become spiritually refreshed. See yourself resting there with Jesus. Let His peace fill you. (pause) When the time comes to continue the journey, everyone ponders these questions. 1) What do I need to pack for the rest of my journey? (Allow time for people to ponder and write down their answer 2) What shall I leave behind? (pause & write) 3) What do I need to acquire so I can complete my journey?



After a time of silence, check to see if anyone needs more time. Let each person share his/her answer to all three questions. It seems best if no one discusses what is shared.



### TAKE A WALK ~ FIND A ROCK

Become still and think about the things you have been worrying about. (If you have no worries, think of concerns.) Which of your worries is your biggest worry? After all have chosen something, send the group outside for a walk with the instruction to find a rock to represent their worry. (The time you allow may be determined by how far people have to go to find a special rock.) While all are out of the room or area, set up an altar. This can be a table, a log, a box or bench. Perhaps you could place a cross or large rock in the center to represent Jesus. When all have returned, remind them that Jesus wants us to give him our burdens (cast our cares upon him). Invite members (one at a time) to place their rock on the altar, explaining why they chose that particular rock. Let them know it's okay to stack them. Close the time with prayer -asking Jesus to carry our burdens and pray that we will leave them with Him.

