



KYLE LAURIANO

REAL TESTIMONIES.  
RADICAL TRANSFORMATIONS.

BELIEVER


# TEST GOD: A 7- DAY SPIRITUAL EXPERIMENT

*Real Testimonies. Radical Transformations.*

KYLE LAURIANO MINISTRY



# TEST GOD: A 7-DAY SPIRITUAL EXPERIMENT



# **A SCIENTIFICALLY-DESIGNED CHALLENGE FOR SKEPTICS TO INVESTIGATE GOD'S EXISTENCE THROUGH PERSONAL EXPERIENCE**

**Daily Practical Exercises | Journal Prompts | Evidence-Based  
Investigation For Skeptics, Agnostics, and Honest Seekers Who  
Demand Real Answers**

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# INTRODUCTION

## WHAT IF YOU COULD TEST GOD?

You're skeptical. You've heard Christian claims. You've probably dismissed them as irrational, emotionally driven, or scientifically implausible.

What if you could test those claims yourself?

Not through abstract arguments or appeals to faith. But through direct, personal investigation. Like a genuine scientific experiment where you document results, evaluate evidence, and follow where the data leads.

**That's what this 7-day challenge offers.**

## THE SCIENTIFIC METHOD APPLIED TO SPIRITUALITY

Scientists don't accept claims without testing. They form hypotheses. They conduct experiments. They document results. They follow evidence wherever it leads—even when it contradicts their initial assumptions.

**This experiment applies that same rigorous methodology to God's existence.**

Your hypothesis: **Does God exist and respond to those who genuinely seek Him?**

You'll test this hypothesis across seven days using structured daily practices, journaling, and honest reflection.

## WHY THIS MATTERS

The stakes are high. If God exists and is who Christians claim He is, then faith in Jesus Christ is the most important decision you could ever make. If God doesn't exist, you deserve to know that too.

You owe it to yourself to investigate thoroughly rather than dismissing based on preconceptions.

As the biblical text urges: *"Prove all things; hold fast that which is good."* (1 Thessalonians 5:21, KJV)

**This experiment is your opportunity to prove whether Christianity is true.**

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# BEFORE YOU BEGIN: ESSENTIAL INFORMATION

## WHAT THIS EXPERIMENT ACTUALLY IS

**This is:** ✓ A genuine spiritual investigation ✓ A practical test of God's existence ✓ A personal experiment with documented results ✓ An evidence-based exploration of faith ✓ A fair challenge to God's existence claim

**This is NOT:** ✗ Manipulation or coercion ✗ A pressure to join a religion ✗ An abandonment of intellect ✗ Asking you to fake belief ✗ Requiring you to visit a church

## GROUND RULES FOR HONEST EXPERIMENTATION

### Rule 1: Approach with Genuine Openness

You don't need to BELIEVE going in. You need to be WILLING to test. There's a difference.

Genuine openness means:

- You're willing to be wrong
- You'll acknowledge results you can't easily explain away
- You won't dismiss evidence prematurely
- You'll give the experiment a fair chance

### Rule 2: Document Everything Carefully

Keep a journal throughout these seven days. Write your:

- Prayers (exactly what you said)
- Observations (what happened)
- Feelings (how you felt)
- Thoughts (what you were thinking)
- Questions (what this raises for you)
- Skepticism (your doubts about what happened)

This documentation is crucial. Scientists document everything. You should too.

### **Rule 3: Complete All Seven Days**

Don't quit on Day 2 because "nothing happened." Scientists don't abandon experiments halfway through. You shouldn't either.

Completion is essential for honest evaluation.

### **Rule 4: Suspend Final Judgment Until Day 7**

This is critical. Don't decide on Day 1 that "this is stupid." Don't conclude on Day 4 that "nothing's working." Wait until you have all the data before drawing conclusions.

### **Rule 5: Be Brutally Honest About Results**

If nothing happened, admit it. If something did happen, acknowledge it. If you can't explain something, say so. If you're skeptical about your own experience, write that down.

Intellectual honesty is the foundation of this experiment.

## WHAT YOU'LL NEED

### Practically:

- **Journal** (notebook, Google Doc, Notes app—any way to write)
- **10-15 minutes of quiet time** each day
- **Private space** where you won't be interrupted
- **Willingness** to pray even if you don't believe

### Intellectually:

- **Open mind** (but not so open your brain falls out)
- **Critical thinking** (evaluate evidence carefully)
- **Intellectual honesty** (don't dismiss what you can't explain)

### Spiritually:

- **Permission to be honest** (God can handle your doubts)
  - **Willingness to be surprised** (maybe your assumptions are wrong)
- 

# PART 1: THE FOUNDATION

# THE HYPOTHESIS

## WHAT WE'RE TESTING

**Null Hypothesis ( $H_0$ ):** God does not exist. Prayer is talking to yourself. Any results are coincidence, psychology, or self-delusion.

**Alternative Hypothesis ( $H_1$ ):** God exists and responds to genuine seekers. Prayer is real communication. Results will exceed what random chance or psychology can explain.

**Your Task:** Conduct the experiment and see which hypothesis the evidence supports.

## WHY THIS HYPOTHESIS MATTERS

This isn't abstract theology. It's testable. Seven days of genuine seeking should produce evidence pointing toward one hypothesis or the other.

### If $H_0$ is true (no God):

- You'll experience nothing unusual
- Results will match normal psychology
- Coincidences will seem coincidental
- Prayer will feel like talking to yourself
- Your journal will document this clearly

### If $H_1$ is true (God exists):

- You'll experience something you can't easily explain

- Results will exceed psychological expectations
- Coincidences will seem too frequent/precise
- Prayer will feel like communication
- Your journal will document this clearly

Either way, you'll have evidence. Your job is to follow it honestly.

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# SETTING UP FOR SUCCESS

## CREATING YOUR PRIVATE SPACE

Choose a location where:

- You won't be interrupted (phone off, close the door)
- You feel safe and comfortable
- You can speak out loud without self-consciousness
- You can return to each day (consistency helps)

## PREPARING YOUR JOURNAL

Use any format that works for you:

- **Physical notebook** (recommended—analog creates stronger memory)
- **Google Doc** (easy to access anywhere)
- **Notes app** (convenient, but easy to avoid)
- **Voice memo** (record thoughts immediately)

**What to include:**

- Date and time
- Prayer content (word-for-word if possible)
- Observations (what happened, what you noticed)
- Feelings (emotional state before, during, after)
- Thoughts (intellectual reactions)

- Questions (what emerged for you)
- Skepticism (doubts about what you're experiencing)

## MENTAL PREPARATION

Before starting, acknowledge:

*"I'm about to spend seven days genuinely investigating whether God exists. I'm approaching this with intellectual honesty. I won't dismiss evidence, but I also won't believe beyond what evidence supports. I'm committed to following wherever the truth leads me."*

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## PART 2: THE SEVEN-DAY EXPERIMENT

# DAY 1: BREAKING THE SILENCE – THE FIRST PRAYER

## TODAY'S CHALLENGE: PRAY OUT LOUD TO A GOD YOU'RE NOT SURE EXISTS

**Time Required:** 10-15 minutes **Difficulty Level:** Easy **What You'll Do:** Speak a prayer acknowledging your skepticism

### WHY THIS MATTERS

Prayer is an act. It's tangible. Speaking words out loud to God (or to yourself, if no God exists) creates a clear starting point for your experiment.

Many skeptics have NEVER actually prayed. They've mocked prayer from the outside without ever genuinely attempting it. Today, you'll actually try.

### THE EXERCISE: STEP-BY-STEP

#### Step 1: Find a Private Space

- Go somewhere you won't be interrupted
- Close the door
- Turn off phone notifications
- Sit comfortably (you don't have to kneel; sitting normally is fine)

#### Step 2: Acknowledge Your Honest Position

Before praying, speak out loud where you're at:

- "I don't know if God is real"
- "I'm not even sure this will work"
- "This feels awkward"
- "But I'm willing to try"

**This honesty matters.** If God is real, He already knows what you're thinking anyway.

### **Step 3: Speak Your Prayer Out Loud**

Yes, audibly. Not just mentally. Here's why:

- It makes the prayer feel more real
- It's harder to dismiss later
- It creates a clear documented moment

**Pray this (or something genuinely similar):**

*"God, if you're real, I want to know. I'm not sure I believe in you. I'm not even sure how this is supposed to work. I'm skeptical. I think you probably don't exist. But I'm willing to investigate.*

*If you're real, show me. Give me some kind of evidence—a sign, an experience, something I can't easily explain away.*

*I don't know what else to say. This feels strange. But here I am, genuinely asking.*

*If you're listening, I'm listening too. Show me if you're real.*

*Amen."*

#### **Step 4: Sit in Silence for 2-3 Minutes**

After praying, don't rush away. Sit quietly. Notice:

- How do you feel?
- What are you thinking?
- Do you feel different than before?
- Is there any sense of anything beyond yourself?

**Don't expect lightning bolts.** Scientists don't expect obvious immediate results. Just notice what you notice.

## **JOURNAL PROMPTS FOR DAY 1**

### **Before Prayer:**

1. How do I feel about this experiment? (nervous, skeptical, curious, annoyed, desperate?)

2. What do I expect to happen? (probably nothing, maybe something, definitely nothing?)
3. Why am I doing this? (curiosity, challenge, boredom, genuine seeking?)
4. What would convince me that God is real?
5. What am I afraid might happen?
6. What would I want from God if He existed?

**During Prayer:** 7. What was it like saying those words out loud? 8. Did I feel awkward, peaceful, nothing, something else? 9. What thoughts went through my mind? 10. Did I feel like I was talking to something, or just to myself? 11. Any unexpected emotions? 12. What was my body doing? (tense, relaxed, etc.)

**After Prayer:** 13. How do I feel now? (same as before, lighter, more peaceful, more skeptical, something else?) 14. Did anything unexpected happen? 15. What am I noticing about my own mind/heart right now? 16. Am I willing to continue for 6 more days? 17. What surprised me most? 18. If nothing else happens, is this experiment worth my time?

**Honesty Checkpoint:** Write down your EXACT honest thoughts, not what you think you should write.

## RESPONSE TEMPLATE FOR DAY 1

If you're struggling with journaling format, use this template:

DAY 1 JOURNAL - [Your Name] - [Date/Time]

BEFORE PRAYER

My current belief about God: \_\_\_\_\_

My expectation for this experiment: \_\_\_\_\_

My biggest doubt: \_\_\_\_\_

My biggest hope: \_\_\_\_\_

THE PRAYER (word-for-word):

[Write exactly what you said]

AFTER PRAYER (Rate 1-10)

How peaceful did I feel during/after: \_\_\_/10

How open did I feel: \_\_\_/10

How skeptical did I feel: \_\_\_/10

What I noticed: \_\_\_\_\_

What surprised me: \_\_\_\_\_

What felt odd: \_\_\_\_\_

Will I continue tomorrow? Yes / No / Undecided

## KEY PRINCIPLE

**Prayer is a beginning, not proof.** Day 1 establishes your baseline and starting point. If God is real and responding, evidence should accumulate across all seven days.

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# DAY 2: EXAMINING THE SOURCE – READING BIBLICAL EVIDENCE

## TODAY'S CHALLENGE: EXAMINE A KEY BIBLICAL TEXT OBJECTIVELY

**Time Required:** 15 minutes **Difficulty Level:** Easy **What You'll Do:**  
Read a biblical passage and respond to it honestly

## WHY THIS MATTERS

You can debate theology. You can argue about Christianity. But to investigate fairly, you should actually READ what Christians claim the source material says.

Today, you'll engage directly with biblical text and evaluate it honestly.

## THE EXERCISE: STEP-BY-STEP

**Step 1: Read This Passage (Gospel of John 1:1-14)**

*"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not any thing made that was made. In him was life; and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.*

*There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the Light, that all men through him might believe. He was not that Light, but was sent to bear witness of that Light. That was the true Light, which lighteth every man that cometh into the world.*

*He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.*

*And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth." (KJV)*

## **Step 2: Read It Again Slowly**

On your second reading:

- Pause at claims that stand out
- Notice what it's actually asserting
- Consider the logic

- Imagine if it's true
- Imagine if it's false

### **Step 3: Evaluate Honestly**

What is this passage claiming? In your own words:

Is the claim plausible, implausible, or something else? Why?

What would need to be true for this passage to be accurate?

What would need to be false for this passage to be inaccurate?

### **Step 4: Notice Beauty**

At some point today, notice something beautiful:

- A sunset
- Starry sky
- Baby's laughter
- Music that moves you
- Act of unexpected kindness

Ask yourself: "If there's a Creator, what would this tell me about His character?"

### **Step 5: Pray After Reading**

After reflecting on the passage, pray out loud:

*"God, I just read this passage claiming you became human in Jesus. I don't know if that's true. It sounds impossible. But if it IS true, help me understand it. Give me clarity.*

*If Jesus is real and is who this passage says, reveal him to me in a way I can recognize.*

*Amen."*

Sit in silence for 2 minutes afterward.

## JOURNAL PROMPTS FOR DAY 2

### **Intellectual Response:**

1. What is this passage claiming? (Summarize in your own words)
2. Does the claim seem plausible? Why or why not?
3. What would be the implications if this were true?
4. What questions does this raise?
5. Is there internal logic to the claim?
6. What's the strongest part of this passage?
7. What's the weakest part?

**Emotional Response:** 8. How do I feel reading this? (annoyed, intrigued, moved, skeptical?) 9. Does anything resonate with me? 10. What bothers me about this passage (if anything)? 11. What moves me about it (if anything)?

**Experiential Response:** 12. What beauty did I notice today? 13. If there's a Creator, what does that beauty suggest about God's character? 14. Did the prayer feel different today than yesterday? 15. Any sense of connection?

**Critical Analysis:** 16. Can I find alternative explanations for what John is claiming? 17. Are those explanations sufficient, or is something unexplained? 18. If this were true, how would it change everything?

## RESPONSE TEMPLATE FOR DAY 2

DAY 2 JOURNAL - Reading Biblical Evidence

### PASSAGE SUMMARY

What John is claiming: \_\_\_\_\_

The main idea in one sentence: \_\_\_\_\_

### MY INITIAL REACTION

Does it seem true? Yes / No / Unsure

Does it seem plausible? Yes / No / Unsure

Does it matter to me? Yes / No / Unsure

### BEAUTY I NOTICED

What beautiful thing did I see? \_\_\_\_\_

If God made it, what does it say about Him? \_\_\_\_\_

### HONEST ASSESSMENT

What's the strongest part of this passage? \_\_\_\_\_

What's the weakest part? \_\_\_\_\_

What do I still question? \_\_\_\_\_

## KEY PRINCIPLE

**Don't dismiss what you don't immediately understand.**

Scientific investigation requires careful examination of evidence before drawing conclusions.

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# DAY 3: SHIFTING PERSPECTIVE – THE GRATITUDE EXPERIMENT

## TODAY'S CHALLENGE: PRACTICE GRATITUDE AS A FORM OF PRAYER

**Time Required:** 10-15 minutes **Difficulty Level:** Easy **What You'll Do:** Redirect your gratitude toward God

### WHY THIS MATTERS

Research shows gratitude has measurable psychological benefits—improved mood, better sleep, stronger relationships, greater well-being.

But here's the question: **If you're grateful, who are you grateful TO?**

Today, you're going to direct your gratitude deliberately and observe what happens.

### THE EXERCISE: STEP-BY-STEP

#### **Step 1: Make a Gratitude List**

Write down 10 things you're genuinely grateful for. Be specific:

- Not just "family" but "my mother called yesterday just to check on me"
- Not just "health" but "I woke up without pain"

- Not just "job" but "my coworker made me laugh at work today"

These should be real things you actually value.

### **Step 2: Ask the Deeper Question**

For each item, ask yourself: "If there's a God who created this and gave it to me, what would that mean?"

You're not deciding this is true. You're just considering the question.

### **Step 3: Pray Your Gratitude**

Instead of just FEELING grateful, SPEAK your gratitude:

*"God, if you're real and gave these things to me, I want to thank you for them.*

*Thank you for [specific item 1 from your list]. I don't take it for granted. It genuinely matters to me.*

*Thank you for [specific item 2]. I recognize it's a gift.*

*[Continue through your list]*

*If there's a Creator who cares enough to give good things, I want to know that Creator. I want relationship with someone who would care this much.*

*Amen."*

### **Step 4: Notice the Difference**

After expressing gratitude directly, check in with yourself:

- Do you feel any different?
- Is there a sense of connection to something beyond yourself?
- Does gratitude feel different when directed versus just felt internally?

## JOURNAL PROMPTS FOR DAY 3

### **Preparation:**

1. What am I genuinely grateful for? (List 10 specific things)
2. How often do I actually express gratitude?
3. Who do I typically express it to?
4. Do I ever express gratitude to God?
5. What keeps me from doing that?

**During Exercise:** 6. What was it like thanking God for specific things? 7. Did it feel different than just "being grateful" generally? 8. Which item on my list felt most meaningful to acknowledge? 9. Did my tone change as I went through the list? 10. What was hardest to thank God for?

**After Exercise:** 11. Do I feel differently now? 12. Any sense of connection to something beyond myself? 13. If these gifts came from a loving Creator, how would that change my view of the universe? 14. If they're just random, does gratitude still matter? Why? 15. What would change if I believed God gave me these things?

**Today's Challenge:** 16. Throughout today, pay attention to "coincidences" 17. If something good happens at just the right time, note it 18. Ask: "Could this be an answer to yesterday's or today's prayer?"

## RESPONSE TEMPLATE FOR DAY 3

DAY 3 JOURNAL - Gratitude Experiment

MY GRATITUDE LIST

1. \_\_\_\_\_

2. \_\_\_\_\_

[Continue to 10...]

MOST MEANINGFUL ITEM: \_\_\_\_\_

Why it matters most to me: \_\_\_\_\_

AFTER PRAYING GRATITUDE

Do I feel different? Yes / No / Slightly

Any sense of connection? Yes / No / Slightly

Different from normal gratitude? Yes / No / Slightly

COINCIDENCES TODAY

Unexpected good thing: \_\_\_\_\_

Could this be an answer to prayer? Yes / No / Maybe

How often are these coincidences happening? \_\_\_\_\_

## KEY PRINCIPLE

**Gratitude shifts perspective.** Whether it's psychological or spiritual, gratitude changes how we perceive reality. Notice if your perception shifts during these seven days.

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# DAY 4: CONFRONTING DOUBT – THE HONEST QUESTION

## TODAY'S CHALLENGE: ASK GOD YOUR HARDEST QUESTION

**Time Required:** 15-20 minutes **Difficulty Level:** Moderate **What You'll Do:** Bring your biggest objection directly to God

### WHY THIS MATTERS

You probably have objections to Christianity. Questions you think disprove God. Problems with Christian theology.

Today, you're going to voice them directly to God (or to the possibility of God) and see if there's adequate response.

**Permission to Be Honest:** If God is real, He already knows what you're thinking. You might as well say it out loud.

### THE EXERCISE: STEP-BY-STEP

#### Step 1: Identify Your Biggest Objection

What's the #1 reason you don't believe in God? Write it down clearly. Examples:

- *"If God is good and powerful, why do innocent children suffer?"*
- *"Science explains everything. We don't need God."*

- *"The Bible is full of contradictions. How can it be God's word?"*
- *"Christians are hypocrites. If God made them, He did a bad job."*
- *"If God is loving, why would He send people to hell?"*
- *"I've never seen any real evidence for God."*

## **Step 2: Pray It Out Loud**

Speak your objection directly to God:

*"God, here's my biggest problem with believing in you: [state your objection clearly].*

*This is what keeps me from believing. This is what doesn't make sense. I don't see how this is consistent with a good, all-powerful God.*

*If you're real and want me to believe, I need an answer to this. Not some cliché religious answer—a real answer I can actually understand.*

*I'm not trying to be disrespectful. I'm trying to be honest. If you want my faith, help me understand this.*

*Amen."*

## **Step 3: Research the Answer**

Go to [kylelauriano.com](http://kylelauriano.com) or consult apologetics resources addressing your specific question:

- **Evil & Suffering:** "The Problem of Evil" resource

- **Science Vs. Faith:** "Science & Faith: Are They Compatible?"  
resource
- **Bible Reliability:** "The Evidence for Christianity: A Skeptic's Checklist"
- **Bible Contradictions:** "Does the Bible Contradict Itself?"  
resource
- **Other Objections:** "30 Most Common Objections to Christianity"

Spend 15-20 minutes reading thoughtful responses to your specific question.

#### **Step 4: Reflect Honestly**

Did the answer help? Did it raise more questions? Is the response intellectually adequate?

Write down your honest assessment.

## **JOURNAL PROMPTS FOR DAY 4**

### **Your Core Objection:**

1. What's my biggest objection to Christianity?
2. Why does this objection matter so much to me?
3. What would a satisfying answer to this objection look like?
4. How long have I held this objection?
5. Is it based on personal experience, logic, emotion, or something else?

**During Prayer:** 6. What was it like to voice my objection directly to God? 7. Did it feel confrontational, honest, freeing, or something else? 8. Did I hold anything back? 9. What surprised me about speaking it aloud?

**Research Response:** 10. What answer did I find? 11. Was it satisfying, partially helpful, or unconvincing? 12. Do I have follow-up questions? 13. Am I genuinely looking for answers, or looking for reasons to dismiss? 14. If my objection were answered adequately, would I be willing to believe?

**Critical Honesty:** 15. What would it take for me to address this objection? 16. Are there deeper reasons I'm resistant to faith? 17. What would real faith require of me? 18. Am I afraid of what might change if I believed?

## RESPONSE TEMPLATE FOR DAY 4

DAY 4 JOURNAL - Confronting Doubt

MY BIGGEST OBJECTION

State it clearly: \_\_\_\_\_

Why it bothers me: \_\_\_\_\_

How long I've had it: \_\_\_\_\_

WHAT I ASKED GOD

[Write the prayer out]: \_\_\_\_\_

RESPONSE I FOUND

Main answer: \_\_\_\_\_

How helpful was it? 1-10: \_\_\_/10

Did it address my concern? Yes / No / Partially

New questions it raised: \_\_\_\_\_

HONEST ASSESSMENT

If this objection were fully answered, would I believe? \

What deeper fear might be present? \_\_\_\_\_

## KEY PRINCIPLE

**Intellectual objections deserve intellectual responses.** Don't accept evasions. If God is real, the toughest questions should have the best answers.

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# DAY 5: ACTING AS IF – THE GENEROSITY EXPERIMENT

## TODAY'S CHALLENGE: PERFORM AN ANONYMOUS ACT OF KINDNESS

**Time Required:** 10 minutes prep + action throughout the day

**Difficulty Level:** Moderate **What You'll Do:** Act as if God is watching

## WHY THIS MATTERS

Here's a profound question: **If you believed God was watching, would you behave differently?**

Today, you're going to act as if God IS watching and document what happens.

## THE EXERCISE: STEP-BY-STEP

### Step 1: Choose One Act of Anonymous Generosity

Pick something you can do today that costs you something:

- Pay for the person behind you in a coffee line
- Leave a generous tip with an encouraging note for a server
- Buy coffee for a coworker
- Anonymously help someone with a chore
- Give money to someone in genuine need
- Secretly do a task for a family member

- Leave a generous gift for a cleaning person
- Pay off someone's grocery bill
- Leave coins in parking meters

**Requirements:**

- It must cost you (time, money, or effort)
- It should be anonymous if possible (don't expect credit)
- It must be genuinely kind, not manipulative

**Step 2: Pray Before You Do It**

*"God, I'm going to do something kind today. If you're real, you'll see it even though no one else will. I'm doing this as an experiment—to see if acting like you're watching changes how I behave and feel.*

*If you're real, use this act for good. Bless the person who receives it.*

*Amen."*

**Step 3: Perform the Act of Kindness**

Pay careful attention to:

- How you feel while doing it
- Whether it feels different because you prayed first
- The other person's reaction (if you see it)
- Any unexpected results
- Your internal state

#### **Step 4: Reflect Afterward**

Journal about the entire experience immediately after it happens (while it's fresh).

## **JOURNAL PROMPTS FOR DAY 5**

#### **Before the Act:**

1. What act of kindness am I choosing?
2. How do I feel about this? (excited, skeptical, nervous?)
3. Why did I choose this particular act?
4. How much does this cost me?
5. What am I hoping will happen?
6. What am I afraid might happen?

**During the Act:** 7. How did I feel while doing it? 8. Did it feel different than usual acts of kindness? How? 9. Did praying beforehand change my mindset? 10. What did I notice about the other person's reaction? 11. Was anyone watching? How did I feel about that? 12. Any unexpected emotion or connection?

**After the Act:** 13. How do I feel now? 14. Was there any unexpected result? 15. If God IS real and saw what I just did, what would He think? 16. Does the act feel meaningful? 17. Would I do this regularly if I believed God was always watching?

**Deeper Questions:** 18. If there IS a God who cares about kindness, how does that change the meaning of what I just did? 19. If there's NOT a God, does kindness still matter? Why or why not? 20. Would I behave this way consistently if I genuinely believed

God was always watching? 21. What does this say about how moral I believe I am? 22. Would I be the same person publicly and privately if I knew God was always watching?

## RESPONSE TEMPLATE FOR DAY 5

DAY 5 JOURNAL - Generosity Experiment

THE ACT I CHOSE

What: \_\_\_\_\_

Why I chose it: \_\_\_\_\_

How much it costs me: \_\_\_\_\_

HOW I FELT

Before: \_\_\_\_\_

During: \_\_\_\_\_

After: \_\_\_\_\_

THE PERSON'S REACTION

[Describe if applicable]: \_\_\_\_\_

IMPACT ON ME

Did it feel meaningful? Yes / No / Somewhat

Did it change how I see myself? Yes / No / Somewhat

Would I do it again? Yes / No / Maybe

If God was watching, does that change anything? Yes / No

## KEY PRINCIPLE

**Action shapes belief.** Sometimes we don't believe our way into new behaviors. Sometimes we behave our way into new beliefs. Notice if acting generously shifts your perspective on God or morality.

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# DAY 6: LISTENING TO OTHERS – THE TESTIMONY TEST

## TODAY'S CHALLENGE: EXAMINE SOMEONE ELSE'S TRANSFORMATION

**Time Required:** 20-30 minutes **Difficulty Level:** Easy **What You'll Do:** Watch or read a testimony of atheist-to-Christian conversion

## WHY THIS MATTERS

You can debate theology. You can argue about evidence. But you can't argue with someone's personal experience.

Today, you'll examine someone who was where you are—skeptical, doubtful, perhaps atheistic—who encountered God and had their life transformed.

## THE EXERCISE: STEP-BY-STEP

### Step 1: Choose One Testimony

Go to [kylelauriano.com](http://kylelauriano.com) and engage with ONE of these testimonies:

**Lee Strobel** - Investigative journalist from Chicago Tribune who set out to disprove Christianity and ended up believing

**Francis Collins** - Geneticist who directed the Human Genome Project while maintaining his atheism, then became a Christian

**J. Warner Wallace** - Cold-case homicide detective who applied forensic investigation to the Gospels

**Kyle Lauriano** - Hardcore atheist who prayed at 2 AM and experienced God's presence

Or watch an episode of The King Is Coming Show featuring someone's transformation story.

### **Step 2: Pay Careful Attention**

As you watch or read, notice:

- What was their original objection to Christianity?
- What evidence convinced them?
- How specifically did their life change?
- Do they seem genuine or performing?
- What surprised you about their story?
- Are there elements of their experience that resonate with your own questions?

### **Step 3: Evaluate for Authenticity**

Could this person be:

- Genuinely describing a real experience? (Yes/No/Maybe)
- Exaggerating for effect? (Yes/No/Maybe)
- Experiencing self-delusion? (Yes/No/Maybe)
- Describing something real that transcends natural explanation? (Yes/No/Maybe)

### **Step 4: Pray Afterward**

*"God, I just heard [person's name]'s story. If what they experienced is real, I want to experience it too. If you changed their life like they describe, you could change mine.*

*I don't want to be deceived or deluded. If this is real, show me clearly. If it's not, protect me from believing lies.*

*But if it IS real... I want to know.*

*Amen."*

## JOURNAL PROMPTS FOR DAY 6

### **Before Listening:**

1. What do I expect from this testimony? (probably exaggerated, maybe genuine, definitely false?)
2. What would convince me that it's authentic?
3. What would it take for me to have a similar experience?
4. Do I trust testimonies as evidence?

**During Testimony:** 5. What stood out to me? 6. Did anything resonate with my own experience or questions? 7. What evidence did they mention? 8. Did they seem genuine? 9. What surprised me most? 10. Did I feel skeptical, intrigued, or something else?

**After Testimony:** 11. Do I believe their story? Why or why not? 12. If their story is true, what does that mean for me? 13. What would it take for me to have a similar experience? 14. How much would my life need to change for me to claim transformation?

**Critical Analysis:** 15. What alternative explanations could account for their transformation? (Psychology, placebo, social pressure, self-delusion, etc.) 16. Are those explanations SUFFICIENT to fully explain what they described? 17. Or is something left unexplained by natural causes? 18. Could their experience be real even if I don't fully understand it? 19. Am I LOOKING for reasons to dismiss their testimony, or LOOKING for reasons to consider it?

**Honesty Checkpoint:** 20. If I'm being intellectually honest, how credible is their account? 21. If multiple people with different backgrounds tell similar stories, does that change the weight of the evidence? 22. What would I need to experience to have a similar testimony?

## RESPONSE TEMPLATE FOR DAY 6

DAY 6 JOURNAL - Testimony Test

PERSON'S NAME: \_\_\_\_\_

KEY FACTS ABOUT THEM: \_\_\_\_\_

THEIR CONVERSION STORY (summary):

\_\_\_\_\_

KEY EVIDENCE THEY MENTIONED:

\_\_\_\_\_

MY CREDIBILITY ASSESSMENT

Does their story seem genuine? Yes / No / Mostly

Could this be explained psychologically? Yes / No / Maybe

Could it be real? Yes / No / Maybe

How likely is their testimony to be true? 1-10: \_\_\_/10

IF THEIR STORY IS TRUE

What would that mean for God? \_\_\_\_\_

What would that mean for me? \_\_\_\_\_

Would I want similar transformation? Yes / No / Unsure

## KEY PRINCIPLE

**Personal testimony is a form of evidence.** While not proof by itself, consistent testimonies across centuries, cultures, and education levels constitute evidence worth examining carefully.

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# DAY 7: FINAL DECISION – THE ULTIMATE TEST

## TODAY'S CHALLENGE: EVALUATE THE EXPERIMENT AND MAKE YOUR CALL

**Time Required:** 30-40 minutes **Difficulty Level:** Challenging

**What You'll Do:** Review all data and decide what you believe

## WHY THIS MATTERS

This is it. Seven days of investigation. Seven days of prayer. Seven days of evidence-gathering.

Now it's time to evaluate the results and make a decision about what the evidence suggests.

## THE EXERCISE: STEP-BY-STEP

### Step 1: Review Your Journal

Read through everything you've written over six days:

- What changed?
- What stayed the same?
- Did you notice anything unexpected?
- Are you more open or more closed than when you started?
- What patterns do you see?

Make notes on:

- Recurring themes
- Moments of genuine connection (or lack thereof)
- Answered prayers (or silence)
- Coincidences or meaningful timing
- Emotional shifts
- Intellectual developments

### **Step 2: Evaluate the Hypothesis**

Based on your seven-day experience, which hypothesis does the evidence support?

**Null Hypothesis (H<sub>0</sub>):** Nothing happened. Prayer is talking to yourself. God doesn't exist.

- Evidence for this: [List what you observed that supports this]
- Evidence against this: [List what you observed that contradicts this]

**Alternative Hypothesis (H<sub>1</sub>):** Something happened. I can't fully explain it. God might be real.

- Evidence for this: [List what you observed that supports this]
- Evidence against this: [List what you observed that contradicts this]

### **Which hypothesis does YOUR evidence support?**

Be honest. Don't choose the answer you think you should choose. Choose the answer the evidence actually suggests.

### **Step 3: Make Your Final Prayer**

This is your last prayer of the experiment (unless you choose to continue). Make it count.

**If Nothing Happened:**

*"God, I completed this seven-day experiment. I genuinely tried. But I didn't experience anything that convinced me you're real. If you exist, I'm still open. But I need more evidence. I need something I can't explain away.*

*If you're really there, don't give up on me. Keep pursuing me. Show yourself in a way I can't miss.*

*But until then, I can't honestly claim to believe.*

*Amen."*

**If Something Small Happened:**

*"God, something felt different over these seven days. I can't fully explain it. Maybe it was just my mind. But maybe it was you.*

*I'm still skeptical. I still have questions. But I'm more open than I was a week ago. If you're real, keep revealing yourself to me. Don't let me go back to comfortable unbelief. Push me toward truth.*

*I want to know if you're real. Keep showing me.*

*Amen."*

**If You're Ready to Believe:**

*"God, over these seven days, I encountered something real. I can't fully explain it, but I believe you might actually be real. I believe Jesus might actually be who he said he was.*

*I'm scared. I have doubts. But I'm ready to take the next step. I'm ready to move from skepticism to faith.*

*If you're real, forgive me for doubting. Bring me fully into your family. Show me what comes next.*

*Amen."*

## JOURNAL PROMPTS FOR DAY 7

### **Evaluation:**

1. What happened over these seven days?
2. Did anything change in me?
3. What evidence did I gather?
4. What hypothesis does my evidence support?
5. Am I more open or more skeptical than Day 1?
6. What surprised me most?
7. What disappointed me?
8. What intrigued me most?

**Intellectual Honesty:** 9. Am I being intellectually honest about what I experienced? 10. Am I dismissing things I shouldn't dismiss? 11. Am I believing things without sufficient evidence? 12. What's the most rational conclusion based on MY experience? 13. If I presented this evidence to a scientist, what would they

conclude? 14. If I presented this evidence to an atheist, what would they say? 15. If I presented this evidence to a Christian, what would they say?

**Deeper Questions:** 16. What comes next for me? 17. Am I willing to keep investigating? 18. What would it take for me to fully believe? 19. Am I open to that happening? 20. If God exists, what would I want my relationship with Him to be? 21. If God doesn't exist, how does that change my life? 22. Which outcome do I secretly hope is true? 23. Which outcome am I secretly afraid is true?

**Final Decision:** 24. Based purely on the evidence, what do I believe about God? 25. Am I willing to act on that belief? 26. What's my next step?

# RESPONSE TEMPLATE FOR DAY 7

## DAY 7 JOURNAL - FINAL DECISION

### SEVEN-DAY SUMMARY

Most significant moment: \_\_\_\_\_

Biggest surprise: \_\_\_\_\_

Biggest disappointment: \_\_\_\_\_

### THE DATA

Evidence God exists: \_\_\_\_\_

Evidence God doesn't exist: \_\_\_\_\_

### MY CONCLUSION

Which hypothesis does evidence support?  $H_0$  /  $H_1$  / Unclear

My belief about God: \_\_\_\_\_

My confidence level: 1-10: \_\_\_/10

### MY COMMITMENT

I will:

- Continue investigating
- Stop this experiment
- Become a Christian
- Keep praying
- Visit a church
- Read more about Christianity
- Dismiss Christianity
- Remain open but uncertain

MY NEXT STEP: \_\_\_\_\_

### IF I BELIEVE

Prayer of commitment: \_\_\_\_\_

### IF I DON'T BELIEVE

What would change my mind? \_\_\_\_\_

IF I'M UNCERTAIN

What would help me decide? \_\_\_\_\_

## KEY PRINCIPLE

Your conclusion should follow your evidence, not your preferences. If the evidence points toward God, trust it. If it points away from God, admit it. If it's unclear, stay open and continue investigating.

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# PART 3: INTERPRETING YOUR RESULTS

# IF NOTHING HAPPENED: WHAT NOW?

**This is valid data.** It's possible that:

1. **You need more time** - Many atheist-to-Christian conversions took years, not seven days
2. **You approached with too much skepticism** - Genuine openness differs from hardened doubt
3. **God operates differently than expected** - He might pursue you through other means
4. **Your assumptions are correct** - Maybe God really doesn't exist

## **What to do:**

- Don't conclude definitively after seven days. Extend to 30 days.
  - Read more apologetics resources. Let your mind engage with the evidence.
  - Talk to genuine Christians about their experiences.
  - Keep praying, even without certainty.
  - Stay intellectually honest. If evidence emerges, acknowledge it.
-

# IF SOMETHING SMALL HAPPENED: KEEP GOING

**This is significant.** You've encountered something your current worldview struggles to explain.

This could be:

- God's genuine presence (most likely if prayer seemed to work)
- Psychological placebo effect (possible but less likely given careful documentation)
- Coincidence (unlikely given frequency and timing)
- Self-delusion (you'd know this if you're being honest)

## **What to do:**

→ Don't dismiss what you experienced just because you can't fully explain it.

→ Give yourself permission to believe tentatively. Faith often grows gradually.

→ Start reading the Gospel of John. Let Jesus speak for Himself.

→ Visit [kylelauriano.com](http://kylelauriano.com) for Seeker resources.

→ Visit a church (just to listen; no commitment required).

→ Connect with a mature Christian who can answer questions.

→ Pray daily, even briefly. Keep the conversation with God going.



# IF YOU BELIEVE: WELCOME HOME

**You're now a Christian.** Here's what happened:

✓ Your sins are forgiven ✓ You have eternal life ✓ The Holy Spirit now indwells you ✓ You're adopted into God's family ✓ Angels are celebrating in heaven

## **Immediate next steps:**

1. **Tell someone** - Text a Christian friend: "I just gave my life to Christ"
2. **Get connected** - Visit [kylelauriano.com](http://kylelauriano.com) for resources for new believers
3. **Start reading** - Open the Bible to the Gospel of John
4. **Find a church** - This weekend, visit a Bible-believing church
5. **Get baptized** - This is your public declaration of faith

**Also understand:** You'll still have doubts. You'll still have questions. That's normal. Even the disciples doubted Jesus. Christianity isn't about achieving perfect certainty; it's about trusting Jesus despite uncertainty.

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# COMMON QUESTIONS ABOUT RESULTS

## "WHAT IF I DIDN'T EXPERIENCE ANYTHING?"

This is valid. It doesn't necessarily mean God doesn't exist. Consider:

### **Alternative Explanations:**

- You may need more time
- God may answer differently than you expect
- You may have approached with barriers you don't recognize
- God may be testing whether you'll keep seeking without immediate proof

**What NOT to conclude:** "I prayed for seven days and nothing happened, therefore God definitely doesn't exist."

That's not how investigation works. Scientists repeat experiments. They adjust variables. They give phenomena time to develop.

**Recommendation:** Extend your experiment to 30 days. Read more resources. Stay open.

## "WHAT IF I EXPERIENCED SOMETHING BUT FEAR IT WAS IMAGINATION?"

This is common and understandable. Test it:

**Test 1:** Was the experience consistent with biblical descriptions of God's work? (Peace, conviction of sin, desire for truth—these align with biblical accounts)

**Test 2:** Did the experience produce good fruit? (Became more kind, honest, humble, loving?)

**Test 3:** Can you explain it ENTIRELY through psychology, or is something left unexplained?

**Test 4:** Are you hoping it was real, or afraid it was real? (Often our fear indicates something authentic occurred)

**Recommendation:** Keep praying. If real, God will confirm it with more evidence. If imagination, it will fade and won't be reproducible.

## "WHY SHOULD I BELIEVE CHRISTIANITY OVER OTHER RELIGIONS?"

Fair question. Key differences:

### **Other religions emphasize:**

- Following rules to earn salvation
- Achieving enlightenment through effort
- Reincarnation/karma
- Works-based righteousness

### **Christianity uniquely emphasizes:**

- Salvation as a FREE GIFT (Ephesians 2:8-9)
- God pursuing us rather than us reaching up to God

- Historical evidence (Jesus really lived, died, rose)
- Relationship with God, not just religious duty
- Grace rather than karma

**Test competing truth claims through evidence:**

- Islam: Did Muhammad rise from the dead? No. Jesus? Historically attested.
- Buddhism: Did Buddha claim to be God? No. Jesus? Yes, with evidence.
- Hinduism: Historical founder and verification? Unclear. Jesus? Historically documented.

**Follow the evidence.** Christianity has the strongest historical foundation.

## "CAN I BE CHRISTIAN AND STILL HAVE DOUBTS?"

Absolutely. Biblical examples:

- **John the Baptist** sent disciples to ask Jesus "Are you really the Messiah?"
- **Thomas** refused to believe without physical proof
- **The father in Mark 9** said "I believe; help thou mine unbelief"

**Doubt is not the opposite of faith. Indifference is.**

If you're doubting, you're engaged. You're seeking. That's good. Christian faith is trusting Jesus DESPITE doubts, not having perfect certainty.

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# **PART 4: MOVING FORWARD**

# YOUR NEXT STEPS BASED ON YOUR RESULT

## OUTCOME 1: NOTHING HAPPENED

You prayed sincerely for seven days but experienced nothing you'd consider evidence for God.

### Action items:

- Don't conclude the experiment failed; maybe it needs more time
- Extend to 30 days if you're genuinely interested
- Read more apologetics resources
- Talk with thoughtful Christians about their faith
- Stay honest about evidence that does emerge
- Keep seeking truth wherever it leads

### Recommended resources:

- *The Case for Christ* by Lee Strobel
- *Mere Christianity* by C.S. Lewis
- Visit [kylelauriano.com](http://kylelauriano.com) for deeper resources

## OUTCOME 2: SOMETHING SMALL HAPPENED

You experienced something—peace during prayer, unexpected coincidences, shifts in perspective—but aren't ready to commit fully yet.

### Action items:

- Don't dismiss what you experienced
- Give yourself permission to believe tentatively
- Read the Gospel of John
- Visit [kylelauriano.com](http://kylelauriano.com) for Seeker resources
- Visit a church (just listen; no pressure)
- Talk to Christians about their experiences
- Pray daily, keeping dialogue with God open
- Journal your continuing experiences

### Recommended resources:

- Gospel of John (Bible)
- *Basic Christianity* by John Stott
- The King Is Coming Show

## OUTCOME 3: YOU BELIEVE

Over these seven days, something undeniable happened. You believe God is real and Jesus is who He claimed to be.

### Prayer of Commitment:

*"God, I believe you're real. I believe Jesus is your Son who died for my sins and rose from the dead. I've been living for myself, but I want to live for you now.*

*I'm sorry for my sins. Forgive me. Come into my life. Change me. Make me new.*

*I don't have everything figured out. I still have questions. But I'm trusting you to guide me.*

*Thank you for loving me enough to pursue me. Thank you for not giving up on this skeptic.*

*I'm yours now. Show me what comes next.*

*In Jesus' name, Amen."*

### **If you prayed that: CONGRATULATIONS! You're now a Christian!**

**What just happened:** ✓ Your sins are forgiven (1 John 1:9) ✓ You have eternal life (John 3:16) ✓ The Holy Spirit now lives in you (Ephesians 1:13) ✓ You're a child of God (John 1:12) ✓ Angels are celebrating in heaven (Luke 15:10)

### **Immediate next steps:**

1. Tell someone (text a Christian: "I just committed my life to Christ")
2. Go to [kylelauriano.com](http://kylelauriano.com) for "Just Got Saved?" resources
3. Start reading the Gospel of John
4. Find a Bible-believing church this Sunday
5. Get baptized ASAP



# RESOURCES FOR CONTINUED GROWTH

## AT [KYLELAURIANO.COM](https://www.kylelauriano.com)

### **For Skeptics (Still Investigating):**

- [30 Questions Skeptics Ask About Christianity](#)
- [The Evidence for Christianity: A Skeptic's Checklist](#)
- [Former Atheist Testimonies](#)
- [Science & Faith: Are They Compatible?](#)

### **For Seekers (Open but Not Committed):**

- [How to Become a Christian](#)
- [What Happens When You Die?](#)
- [Is the Bible Reliable?](#)
- [Did Jesus Really Rise from the Dead?](#)

### **For New Believers (Just Committed):**

- [30-Day New Believer Pathway](#)
- [First Steps After Salvation](#)
- [How to Read the Bible](#)
- [How to Pray](#)

## RECOMMENDED READING

### **For Skeptics:**

- *The Case for Christ* by Lee Strobel
- *Mere Christianity* by C.S. Lewis
- *The Reason for God* by Timothy Keller
- *I Don't Have Enough Faith to Be an Atheist* by Norman Geisler

**For New Believers:**

- The Gospel of John (Bible)
  - *The Purpose Driven Life* by Rick Warren
  - *Basic Christianity* by John Stott
-

# FINAL WORDS

You've read through this entire experiment guide. You understand what's being asked.

Now comes the choice: Will you actually DO it?

Most won't. Most will read, dismiss it as interesting but unnecessary, and move on.

But some will actually try. Some will complete all seven days. Some will document everything honestly. Some will let the evidence speak.

**If you're in that second group, I'm proud of you.**

You're doing what most people refuse to do: you're investigating honestly rather than dismissing based on assumptions.

I was where you are. Hardcore atheist. Certain God didn't exist. Convinced Christians were delusional.

Then I prayed that desperate prayer at 2 AM: "God, if you're real, show me."

What happened next wasn't magical. It wasn't immediate. But it was undeniable.

Not lightning bolts or audible voices. Just... evidence. Accumulating evidence that pointed toward a God who loves skeptics, who meets genuine seekers, who transforms lives.

**That same God is pursuing you.**

Not to trick you. Not to manipulate you into belief you can't justify.  
But to reveal Himself to anyone genuinely seeking.

Jesus promised: *"Seek, and ye shall find; knock, and it shall be opened unto you."* (Matthew 7:7, KJV)

Test it. Seek honestly. Knock earnestly.

Then document what you find.

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**The truth is out there. These seven days are your chance to find it.**

**Will you take the challenge?**

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*For questions, support, or to share your experience:*

**Email:** [contact@kylelauriano.com](mailto:contact@kylelauriano.com) **Website:** [kylelauriano.com](http://kylelauriano.com) **The King Is Coming Show:** Available on all platforms

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