

30-Day Experiments



*“Please test us for ten days on a diet of vegetables and water,”
Daniel said. “At the end of the ten days, see how we look
compared to the other young men who are eating the king’s food.
Then make your decision in light of what you see.”
Daniel 1:12-13 (NLT)*

What challenge doesn't at first appear daunting?

I recall when I began to lap swim. I knew it would be beneficial, but swimming is a huge amount of work for me... I sink! I was tempted to bow out before starting; the feeling that I would be locked in for life intimidated me. Instead, allowing myself grace, I committed to try it for a month. I kept going...

Returning from an evening men's group, each man found himself committed to begin praying with his wife. Yikes! Sue and I had never prayed together before; would I be bound for life? I pushed myself to share the idea with Sue, posing it as a 30-Day Experiment. Leaving myself an out I said, "Let's see how it goes..." Convinced that this is our most powerful shared discipline, 25 years later we still pray together each night.

I shudder to think about what would have happened if unwarranted fear had kept me from broaching this uncharted ground. One courageous experiment dramatically transformed our lives!

Reflect: What opportunity am I not pursuing because it intimidates me?

I can attest to the validity of what happened in Daniel's case.

"At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food

assigned by the king.” (Daniel 1:15)

Eating only plants has yielded a more vibrant life for me. Though Daniel requested a 10-day trial, I committed to a 30-Day Experiment followed by a “check-in” point which included permission to drop everything if I was so inclined. Encouraged, I still wasn’t ready to commit to a lifetime of eating plants. I choose another 30-day period, then another and another... That was 13 years ago.

How might your life flourish if you repositioned challenges as opportunities for 30-Day Experiments?

Consider: 30-Day Experiments neutralize my misguided focus.

It’s one thing to apply 30-Day Experiments to your personal life, but the stakes swell when great Kingdom works lay before you.

“We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak!” (Numbers 27-28)

Twelve Israelite spies verified the bounty of the Promised Land. Taking it would indeed be a great Kingdom work, but what about those giants! The old saying, “What you focus on gets bigger,” proved true. Ten spies focused on the giants and the giants grew bigger, and bigger and

BIGGER.

"The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!" (Numbers 13:32-33)

Forgetting the almighty God who had just buried the entire Egyptian army under the Red Sea, misguided focus on the giants led these ten spies to see themselves as mere grasshoppers in comparison. Failing to trust God led to their immediate deaths and 40 years of meandering through the wilderness for everyone else. An entire generation would never see the Promised Land.

What might have happened had they stepped out in faith by committing to a 30-Day Experiment?

*Imagine: **Faith filled 30-Day Experiments opening the adventure of my life.***

Your Mission is a great Kingdom work, expect to run into intimidating giants... neutralize them! Simply shift your focus to making a 30-Day Experiment and take the first few faithful steps.

"Give this command to the priests who carry the Ark of the Covenant: 'When you reach the banks of the Jordan River, take a few steps into the river and stop there.'" The Lord (Joshua 3:8)

Occupation of the Promised Land (a big deal!) began with a few small, but faith filled steps. Had the Israelites focused on overcoming the entirety of the mighty nations occupying the land in one swoop would they have even started? Likewise, focusing on the fullest extent of your Mission will rivet you in place. Instead, map out a few small steps and simply conduct a...

30-Day Experiment.

Go off the grid and ask these questions:

Coach's Questions

- What opportunity for my Mission is being blocked by self-created giants?
- Define a 30-Day Experiment... What few small steps will I focus on to move forward?
- What's the worst that could happen?

Spirit Talk

Post this where you will see it regularly.

Courageously Try It!

"This is my command—be strong and courageous! Do not be afraid or discouraged.

For the Lord your God is with you wherever you go."

The Lord | Joshua 1:9 (NLT)



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