



## THE POWER OF PRAYER

Note: This study has non-scientific elements; however, this declaration does not disprove the conclusion of this study. Furthermore, I posit that this study aims, as best it can, to test the hypothesis of the Power of Prayer in a conclusive manner given the experiment design.

Though a more formal study with proper controls may not be possible, but is plausible, the design of this study, though less perfect in high-standard scientific methodology, does test the power of prayer in an extremely acute manner so that the conclusions (whether positive or negative) cannot be ignored.

Scientific Method Applied To Subject:

Observation

I prayed with a homeless man, and he was observably happier afterward. This begs the question, does the act of praying have power?

Background Research:

The effects of prayer have been studied in various scientific fields, including psychology, medicine, and sociology. These studies often focus on whether and how prayer can influence health and well-being. However, the results are mixed and often controversial due to the complexities involved in measuring spiritual and intercessory practices scientifically.

Here are some key findings:

**Health Outcomes:** Some research suggests that prayer can benefit the psychological, spiritual, and physical health of individuals who pray. These benefits are often attributed to the meditative aspects of prayer, which can help reduce stress and promote a positive mental state. For example, a review by Harold G. Koenig and colleagues discusses the relationship between spirituality, including prayer, and health outcomes, noting potential positive effects.



Source: Koenig, Harold G., et al. "Religion, spirituality, and health: the research and clinical implications." *ISRN psychiatry* vol. 2012 (2012): 278730. Full link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3671693/>

**Intercessory Prayer:** The scientific investigation into intercessory prayer (praying for others) has yielded mixed results. Some studies claim slight health improvements in the subjects being prayed for, while others find no significant effects. A notable study is the STEP project, which examined the effects of intercessory prayer on cardiac bypass surgery patients. The study found no significant effect of intercessory prayer on recovery outcomes, and interestingly, patients who knew they were being prayed for experienced slightly more complications.

Source: Benson, Herbert, et al. "Study of the Therapeutic Effects of Intercessory Prayer (STEP) in cardiac bypass patients: a multicenter randomized trial of uncertainty and certainty of receiving intercessory prayer." *American Heart Journal*, April 2006. Full link: <https://pubmed.ncbi.nlm.nih.gov/16569567/>

**Placebo Effect:** It is challenging to distinguish between the possible placebo effects of knowing one is being prayed for and the actual spiritual or divine intervention, which adds another layer of complexity to studying the efficacy of prayer scientifically.

These studies highlight the complex interplay between spirituality, health, and the challenges of applying scientific methods to spiritual practices. The results vary significantly based on study design, the type of prayer studied, and the outcomes measured, indicating that more research is needed to draw definitive conclusions.

**Question:**

The researched consensus shows that some studies have been done on prayer, yet show inclusive evidence. However, thorough studies have been



done on the placebo effect, the phenomenon of incurring side effects related to one's perception of their medical treatment, and have been found to be evidently real. But this leads to another question... isn't the term placebo effect nothing more than wordplay? Isn't the appropriate terminology: faith-based-effect? And if it is a faith-based effect, would prayer not have power?

### Hypothesis:

The power of prayer is a real, scientific occurrence and will act according to the laws of God and physics; meaning the act of prayer has a positive real-world effect on the individual and can be magnified by collective action.

### Experiment Design

Objective: To assess whether individual and collective prayer sessions have a measurable impact on the emotional well-being of participants across different locations in the US.

### Participants

Recruitment: Volunteers from various backgrounds and regions across the US, ensuring a diverse sample in terms of age, socioeconomic status, religious belief, and current emotional state.

Groups: Participants are randomly assigned to one of three groups:

Individual Prayer Group: Participants pray alone.

Collective Prayer Group: Participants engage in group prayer sessions.

Control Group: Participants engage in a non-spiritual but meditative activity, such as mindfulness or quiet reading.

### Methods

Duration: The study lasts for the journey of a trip on a motorcycle across all 50 states, with participants engaging in the act of prayer multiple times a day.



### Tools for Measurement:

**Pre- and Post-Experiment Surveys:** Utilize a simple well-being survey relying on the participant to inform on their own changes in emotional state.

**Daily Mood Logs:** Participants log their mood and emotional state daily.

**Real World Effects:** Prayer will be magnified on social media, and observable effects should be measured both by the individual conducting the study (me) and in self-reporting of prayer outcomes online.

### Data Collection

**Quantitative Data:** Collected from surveys, mood logs, and journaling.

### Analysis

**Statistical Tests:** Compare pre- and post-study results within and between groups using professional statistical methods to identify significant changes in well-being or mood and prayer effect.

**Thematic Analysis:** Analyze interview transcripts and diaries for common themes related to participants' perceptions of prayer and its effects.

### Ethical Considerations

**Informed Consent:** All participants must give informed consent, understanding the nature of the study and that they can withdraw at any time.

### Expected Outcomes

The hypothesis predicts that both individual and collective prayer will improve participants' emotional well-being and bring the belief that the prayers have caused real-world effects by the participants and observers.



This experiment aims to provide empirical evidence concerning both the psychological and material effects of prayer by comparing emotional states of participants in the prayer study and real-world effects of the prayers said. By conducting this study across diverse U.S. locations and incorporating both individual and collective dimensions of prayer, the research could offer comprehensive insights into the psychological and possibly spiritual impacts of prayer practices as well as provide evidence for the power of prayer itself.

### **1. Test The Hypothesis (Experiment)**

Study ongoing.

### **2. Conclusion**

Study ongoing.

### **3. Report Your Results**

Study ongoing.

### **4. Replication**

Any organization is welcome to replicate the study, and any replicates would be more than welcome to be cited here at that time.

## **2. Define Target Participants (Subgroups):**

**Primary Focus:** All willing people who do not appear too violent to engage with.

## **3. Sampling Criteria:**

- **Geographic Diversity:** We aim to stop in a variety of locations that differ socioeconomically and culturally within each state to capture a wide range of perspectives.



- **Demographic Representation:** Within each location, we specifically seek out respondents who represent different demographics, particularly focusing on ensuring a balanced representation of target participants.

#### **4. Approach Strategy:**

- When we stop in public areas, we actively look for and approach target participants who appear to be willing to engage in a brief discussion. This could be indicated by those who are not in a hurry or those already engaged in leisure activities in public spaces.
- We use a friendly and non-intrusive approach to explain your research purpose briefly and ask if they would be willing to answer a quick question about your topic.

#### **5. Data Collection Consistency:**

- We use a standard set of questions that are straightforward and respectful, ensuring that the same questions are posed to all participants to maintain consistency across the data.
- We document responses immediately and systematically to ensure accuracy and reliability in data collection.

#### **6. Ethical Considerations:**

- We ensure that all participants are approached respectfully and are fully informed about the purpose of the survey and how their data will be used. Respect participants' right to decline and thank them for their time regardless of their willingness to participate.

#### **7. Adjustments Based on Feedback:**



- Prepared to make adjustments to your approach based on the responses and interactions you have early in the survey process. If a particular approach does not seem to be effective or well-received, adapt your strategy to be more engaging or less intrusive.



## **THE HOMELESS SURVEY QUESTIONS**

### Introduction:

1. Sexual Orientation:

- A. Male
- B. Female
- C. Non-Traditional

2. Age of Participant:

- A. < 18
- B. 18 - 30
- C. 30 - 40
- D. 50 - 65
- E. 60 +

3. Observable Race

- A. White
- B. Arabic
- C. Jewish
- D. Black
- E. Hispanic
- F. Asian

4. Country

- A. US
- B. Canada

6. State / Province

Answer Options

- 1. Alabama
- 2. Alaska
- 3. Arizona
- 4. Arkansas





5. California
6. Colorado
7. Connecticut
8. Delaware
9. Florida
10. Georgia
11. Hawaii
12. Idaho
13. Illinois
14. Indiana
15. Iowa
16. Kansas
17. Kentucky
18. Louisiana
19. Maine
20. Maryland
21. Massachusetts
22. Michigan
23. Minnesota
24. Mississippi
25. Missouri
26. Montana
27. Nebraska
28. Nevada
29. New Hampshire
30. New Jersey
31. New Mexico
32. New York
33. North Carolina
34. North Dakota
35. Ohio
36. Oklahoma
37. Oregon
38. Pennsylvania



- 39. Rhode Island
- 40. South Carolina
- 41. South Dakota
- 42. Tennessee
- 43. Texas
- 44. Utah
- 45. Vermont
- 46. Virginia
- 47. Washington
- 48. West Virginia
- 49. Wisconsin
- 50. Wyoming

7. Religion

Answer Options

- A. Christian
- B. Jewish
- C. Muslim
- D. Hindu
- E. Other
- F. Prefer Not to Answer

8. If religious, do you attend church services?

Answer Option

- A. Yes
- B. No

9. Do you feel better after praying?

Answer Options:

- A. Yes
- B. No