



Transformation Prayer Ministry: TPM for Yourself

Note:

If you feel anger, mad, irritation, frustration, or hatred, stop the process and go to Anger Release Process below.

Find a quiet spot where you won't be interrupted for about 45 minutes. Think about the situation that triggers pain and how it makes you feel. Close your eyes to help focus. Notice the emotion you feel most strongly; allow yourself to feel it. Your body may also feel pain.

I FEEL: _____

When you feel the emotion or sensation, let go of the present situation and let your mind connect with an earlier time you felt the same. Ask yourself: "What comes to mind as I feel this?" You don't have to look for a memory. God created your mind to connect naturally. The emotion is the bridge. Follow whatever memory comes up, even if it doesn't make sense or seem related.

I'M REMEMBERING: _____

Now, look at everything you remember. What is happening, what do you hear, what do you smell, what are people saying and especially, what emotion do you feel?

I FEEL: _____

Look for what is causing the painful emotion in the memory. Ask yourself: Why do I feel that? The pain comes from something you believe.

I BELIEVE: _____

The painful belief that feels true in the memory is a lie. Invite the Lord to show you his perspective. Ask: "Lord, what do you want me to know about this?" Wait. The Lord communicates in different ways - thoughts - pictures - words - sensations - peace.

I SENSE THE LORD TELLING ME: _____

After you receive truth from the Lord, ask yourself, using the same belief from above,

DOES IT STILL FEEL TRUE THAT: _____

If it doesn't feel true anymore, you should feel peace. If you don't feel peaceful, keep searching for the lies you believe and asking the Lord for help.

The goal is for you to have truth in the memory, even if it was horrible. The memory should feel neutral or peaceful. If you still have pain after the Lord brings truth, look and see what else you believe in the memory that is causing pain, and ask the Lord to bring truth. Go to other memories whenever they come up.

If you get stuck in any of these steps, ask for help from a TPM Mentor.

ANGER RELEASE PROCESS

Anger blocks healing and makes us hard-hearted. God wants us to be soft hearted and loving. We may ask ourselves. Why can't I forgive, even when I really try? We may be surprised to learn that we actually hold onto anger toward other people, ourselves, and perhaps God. This is because we believe the anger is actually serving a purpose or helping us, so it's unlikely we will willingly let it go. The goal is to discover your reasons for holding onto anger. Some typical reasons are:

- I need my anger to protect myself from them.
- I need my anger to keep them from doing it again.
- I need my anger so justice will be done, it was wrong.
- I need anger at myself to motivate myself to do the right thing or keep going.

Each of these reasons, and any other we have for using or keeping anger, feels completely true, but God wants us to know that these reasons are not true. To clear a path for emotional, spiritual and even physical healing, do the following:

Get in touch with the anger/bitterness feel toward a person or yourself. Allow yourself to feel it, even if mildly.

I FEEL ANGRY (MAD, FRUSTRATED, IRRITATION, HATE) TOWARD: _____

Identify what purpose the anger serves. Ask yourself "What would happen if I didn't have it - that makes me need to hold onto it?" Take your time and listen to your inner thoughts.

IF I'M NOT ANGRY AT THEM, THIS NEGATIVE THING WOULD HAPPEN: _____

Next ask "What is the anger doing for me?" or "What purpose is it serving?" "How is it helping me?"

I NEED MY ANGER TOWARD THEM FOR: _____

ASK THE LORD "WHAT DO YOU WANT ME TO KNOW ABOUT THAT?"

Check for Transformation. Does it still feel true you need your anger for the reason above? When you perceive the truth from the Lord, the anger will usually leave without struggle. Often compassion takes its place, and you are free in that area.

TYPICAL LIES THAT PEOPLE BELIEVE IN PAINFUL MEMORIES

If these feel true in a memory, ask Jesus for truth.

1. **FEAR:** "I'm going to die. S/he is going to hurt me. Something bad is going to happen. If I tell, they will hurt me again. If I trust I will die. It's just a matter of time before it happens again. If I let them into my life, they will hurt me. Something bad will happen if I tell/stop it/confront it. They are going to get me." (What was true then still feels true, even though it's not logical - still causes pain)
2. **ABANDONMENT:** "I am all alone. I have been overlooked, left behind. I will always be alone. There is no one to protect me. God has forsaken me. S/he abandoned me. I cannot trust anyone
3. **SHAME:** "I am stupid, ignorant, an idiot, dumb. I am bad, dirty shameful, sick nasty. I'm cheap. I was paid for services rendered. I should have done something to stop it. I allowed it. I was a participant. I should have known better. It was my fault. I should have told someone. I knew it was going to happen and

stayed anyway. I felt pleasure so I must have wanted it. It happened because of my look, gender, body, etc. I should have run away. I deserved it.”

4. **TAINTED:** “I am dirty, shameful evil, perverted because of what happened to me. My life is ruined. I will never feel clean again. Everyone can see my shame, filth, dirtiness, etc. I will always be hurt, damaged, broken because of what happened. I can never be happy. I will always be dirty, filthy. God could never want me after what happened to me. No one will ever really be able to love me.”
5. **HOPELESS:** “It’s never going to get any better. There is no way out. It will happen again and again. There is nothing good for me. There is no reason to live. There are no options for me. Nothing good will ever come of this.” (What was true then still feels true, even though it’s not logical)
6. **POWERLESSNESS:** “I cannot stop this. S/he is too strong to resist. I can see the way out, but I can’t get there. I cannot get away, even though I need to. I am going to die and there is nothing I can do about it. I can’t control this. I am too small to do anything.” (What was true then still feels true, even though it’s not logical)
7. **INVALIDATION:** “I have no value. I am unimportant. I was a mistake. I am in the way. I am a burden. I am not acceptable. I should never have been born. I am not loved, needed, or wanted. God could never love me or accept me. I could never be ___ as s/he was. I could never please them, no matter how hard I tried.”
8. **CONFUSION:** (usually found in very early memories) “I don’t know what is happening to me. I don’t understand why this happened. This does not make any sense.”