



# Transformation Prayer Ministry Introduction



## PURPOSE OF TRANSFORMATION PRAYER MINISTRY (TPM)

God desires that we fully know who He is and who we are in Him and then walk in those truths. We can fill our minds with truth (and we should) but it is His job to convince our hearts that it is true. TPM is a practical and systematic means to cooperate with what God is already doing in our lives to refine our faith by renewing our minds which results in transformation. (Taken from *The Principles, Purpose, and Process of Transformation Prayer Ministry* by Ed Smith & Joshua Smith)

*Romans 12:2 "Be transformed by the renewing of your mind."*

## ROLES OF PARTICIPANTS IN A SESSION

**Mentor**—Asking you questions and coaching you with what you need to know so that you can successfully navigate the process and accomplish your objectives.

**Intercessor**—Praying silently throughout the session.

**Mentee**—It may surprise you but you are the one doing the process as your mentor asks you questions and equips you on your objectives so you can be successful in positioning yourself to hear from the Lord.

**The Holy Spirit**—The only One who can make anything happen in the session. He is always ready to persuade your heart of His truth when you position yourself and are willing to receive what He has for you.

## WHAT TPM IS AND IS NOT

TPM is not counseling. The Mentor and Intercessor will NOT do anything to you. The Mentor does not dispense anything— words of knowledge, spiritual direction, answers, opinions, counsel, biblical truth, diagnosis or steps to take. Instead, the goal of the Mentor is to equip you with the principles, process, and purpose of TPM so you can effectively position yourself at the feet of Jesus to gain His perspective.

## FOUNDATIONAL PRINCIPLE—WE FEEL WHATEVER WE BELIEVE

It may be surprising to discover that no one or nothing is causing you to feel what you are feeling. It seems natural to assume “I feel bad because of what has happened to me or because of my situation”, but this is just not so. Our perceptions, emotions, and actions/behaviors are not random. The way we perceive, feel, and act are all driven by our beliefs.

From the moment we are born, we have life experiences. All along the way, we come to believe things based on these experiences. This is how we view and interpret life. Often, we feel painful emotions based on a belief we have held for years, such as “I’m not good enough” or “I’m all alone.” We do life as if those beliefs are really true. The good news is, if our belief changes, then our emotions will effortlessly change as well, even if our situation remains the same. Feeling emotional pain is part of the indicator system, much like the warning light on a car dashboard, that God created to get your attention and motivate you to go to Him for truth, for His perspective.

## TPM SESSION OVERVIEW

Your mentor will be using a tool we refer to as a Map. Unlike a GPS tool, a TPM Map is more like a mall map with a red dot that says, “You are here.” The seven “boxes” on the Map let you and the Mentor know where you are in the process. Your Mentor will explain your objectives in each box, but here is an overview so that you’ll have familiarity with the terms.

## EMOTION BOX

You’ll begin sharing anything that doesn’t feel peaceful. Your job is to get in touch with how that makes you feel and allow your mind to naturally connect to where you have felt that before. Your Mentor will explain about association and when you move to the Memory Box.

## MEMORY BOX

The two questions, “How does that make you feel?” and “Why do you feel that way?” will help you stay connected to your emotions while uncovering why you feel the way you do. Ultimately, you’ll discover what you came to believe in the memory you landed in about the way you see yourself/your identity or your situation and the way you see God.

## BELIEF BOX

Your only job in this box is to determine if what you uncovered in the Memory Box FEELS true to you, not what you know to be true intellectually. This belief becomes the baseline that you will use to test for transformation later.

## TRUTH BOX

Your role here is to invite the Holy Spirit to persuade you of His truth and to be willing to receive whatever the Lord has for you.

## TRANSFORMATION BOX

The baseline question will be asked again here. Your job is to notice any shift at all in the belief you offered up to the Lord. If there is no shift, you will continue with the process, if time allows. If there is a shift, that is evidence of mind-renewal and transformation.

## ANGER BOX

Anger will likely cause us difficulty in moving forward in a session. It tends to drown out other negative emotions because it is like a clog in the drainpipe. As long as you are holding onto anger, it will likely make it difficult or impossible to hear God’s truth. During your session, you may notice that what you are feeling is being directed outwardly towards someone or something. This is a unique characteristic of anything in the anger family (e.g. irritation, ticked off, frustration, hate, rage). It can be directed towards yourself, someone else, God or a situation.

## SOLUTION BOX

Your mentor will equip you with what you need to know in this box. It will be helpful for you to know that it should never be a chore to accomplish any of your objectives during the session. If it is hard to do, it may be because you don’t understand what you are supposed to do or are hesitant at doing what you are being asked to. Your Mentor will coach you through the Solution Box questions to see if that is the case.