



## Transformation Prayer Ministry Follow Up

Now that you have experienced a session, this statement about the purpose of TPM may make more sense to you:

“The purpose of TPM is to equip you to cooperate with God as He exposes your need for His perspective, then persuades you of the truth, and transforms your life through the inner work of His Spirit.” (p. 133 *Principles – Purpose – Process: Transformation Prayer Ministry* by Ed Smith & Joshua Smith.)

### WHAT JUST HAPPENED?

Any of these scenarios are totally normal since the questions you are asked may cause you to take an unfamiliar approach to examining what you feel and why as you search for the belief that FEELS or SEEMS true to you that is the cause for your negative emotions:

- ◆ It could be that you spent your entire session learning about the purpose, principles, and process of TPM. That is completely normal and very productive. Since you are the one doing the process, the more you understand about these three elements and your objectives, the better you'll be able to position yourself to gain God's perspective during the next session.
- ◆ It could be that you spent the entire session in the Anger Box and Solution Box. That is also very productive since anything on the anger spectrum will stop the session from moving forward.
- ◆ It could be that you ended up in the Solution Box for any number of reasons (e.g. You were unable to allow your mind to associate to a memory. Your emotions just went away. You were resistant to hearing from the Lord.) Gaining God's perspective on any solutions will help you be able to accomplish your objectives in a more fruitful way in subsequent sessions.
- ◆ It could be that you were able to naturally feel and associate. Once the same memory came up twice you moved to the Memory Box where you were able to dig down by answering the questions, “How does that make you feel? and “Why do you feel that way?” to uncover a belief that has been plaguing you for years. (e.g. I'm worthless. I'm not enough. I'm all alone. It's hopeless.). Once you positioned yourself and invited the Holy Spirit to persuade you of His truth, something happened. You experienced a shift of some sort in the belief you had just offered up because when you checked for transformation, the belief no longer felt true or as true.

Any of these outcomes are perfectly normal! Your next session will likely be totally different. By allowing yourself to remember the pain of your past, you may begin to remember other painful memories not addressed in the session. This can have the effect of making things feel “worse” at first. This is just an indicator that your truth journey has begun.

## ANGER

In your session, there is a good chance that anger came up. If it did you moved directly to the Anger Box. This is strategic because anything you feel on the anger spectrum will be like a clog in the drainpipe and keep you from moving forward in the session. Let's look at anger.

Where does it come from and why is it so hard to let go of? When you are confronted with a problem, such as a situation that you perceive to be unjust and are not yet convinced of "God's Solution" to it, you typically attempt to solve the problem yourself. One way to solve it is by being angry. If you continue to hold onto anything on the anger spectrum (ex. ticked off, irritated, frustrated, angry, rage) it is because you believe it is doing something for you. The truth is that your anger is always insufficient. But if you believe that your anger...

- keeps you safe/protects you,
- empowers you,
- holds others accountable (including God),
- motivates you to make better choices, or
- punishes poor behavior, etc.

then you will attempt to use your anger to accomplish the righteousness of God, which is something it simply cannot do (See James 1:20).

The questions in the Anger Box will help you identify who or what you are angry at—yourself, someone else, God, or the situation—and why. Then the questions in the Solution Box will help you discover what "perceived problem" you are trying to solve with your anger, and finally the reason you need to continue holding on to your frustration or anger. Finally, you are ready to ask God for His perspective. Your job, as always, is to be in a receptive posture.

## TRUTH-BASED PROBLEM AND PAIN

Not all of your beliefs are faulty that cause pain. If your pain is the result of experiencing a painful life event or becoming aware of a painful reality of life, then your belief already reflects the truth, but you might have a limited perspective because you can only see part of the picture. If this truth causes sadness, sorrow, grief or regret, you need to be aware that in addition to paying for your sins, the Lord is already carrying this sorrow as it says in Isaiah 53:4, "Surely he took up our pain and bore our suffering," With truth-based pain, finding freedom is not contingent on God granting truth when you have identified a lie, but rather on you "realizing something." God offers a greater perspective, a greater truth, that will allow you to continue believing the truth without having to feel the pain that it produces. Specifically, you need to be convinced that He is carrying these painful burdens on your behalf.

## WHAT'S NEXT?

Remember that your emotions are your friends because "We Feel What We Believe." Since emotions are like warning lights on the car dashboard, it is important to pay attention to them before your next session. You may even want to journal about situations that cause you to feel pain. You have just found another faulty belief or an area where you have a limited perspective. God desires to give you His full perspective by renewing your mind which will refine your faith and result in effortless transformation.