

Swift Hope, Inc

Transformation Prayer Demonstration Transcript

Many people wonder what exactly a Transformation Prayer session looks like. The following transcription provides a real-life example of a session. We strive to keep every session confidential, but in this case, the person granted us permission to use this example to help others understand what Transformation Prayer really is. For a far more in-depth explanation, visit www.transformationprayer.org

In the following are two people speaking in the transcript: the Transformation Prayer facilitator and the recipient, a pastor.

The contents have been edited to help smooth the flow of reading.

Facilitator: All right, let's begin. We'll start by looking at your emotions, with the understanding that all emotions are from God. There are no bad ones. God gave us all our emotions for a reason.

Pastor: Right, okay.

Facilitator: I tell people that your emotions are like the dashboard lights on your car. Some are good, some tell you there's a problem. When you see the oil light or tire pressure light pop on, you don't ignore them. They're telling you there's something going on under the hood you need to address. And that's what our emotions are like. Anger, anxiety, fear — they're all telling you there's something going on under the hood you need to deal with.

Pastor: Yeah, that makes sense.

Facilitator: So, by following our emotions to where they're coming from, we can find out what we need to work on. Ready to begin?

Pastor: Yeah. I know right where to start.

Facilitator: Okay, good. What are you feeling?

Pastor: Anger.

Facilitator: Who do you feel the anger toward?

Pastor: It's at God. I mean, I know I shouldn't be angry at God. But it is. I am.

Facilitator: That's okay. It's good to be honest. Why do you feel angry at God?

Pastor: Because everything's falling apart. Our house is old, a 1960's build. The basement is filling up with water constantly. The drains clog. We have to use a water vacuum to vacuum the carpet 4 or 5

times a day when the snow is melting. It feels like everything we're doing isn't enough and it's just getting worse.

Facilitator: Good. And why does this make you feel angry at God?

Pastor: Because it feels like God doesn't care. And again, I mean, I know God does care. I could preach a dozen sermons on how much God cares.

Facilitator: That's all right. When you find something that feels true, even when you know it isn't, it's a good sign we've found a lie-based belief that's affecting you.

Pastor: Yeah.

Facilitator: So let me ask a question to make sure we're where we need to be. I'm not saying that it is true, but does it feel true right now that God doesn't care?

Pastor: Yeah, it does. And again, I know He cares. But it feels like He doesn't.

Facilitator: Do you mind if we ask the Lord for His perspective on this?

Pastor: Go ahead.

Facilitator: Lord, what do you want [pastor] to know?

[Pause of a few seconds]

Pastor: He said "Son, I'm for you, not against you."

Facilitator: Good. Let's test this against the lie-based belief. Does it still feel true that God doesn't care?

Pastor: [small chuckle] No, it doesn't. It feels silly. It feels like all the anger is evaporating.

Facilitator: How are you feeling now?

Pastor: Good. I'm feeling good. It's like a light switch. Like someone just flipped a light switch and the anger turned off. It's gone.