

Explaining TPM to Others Who Want to Know

Identify the Problem

“We feel whatever we believe.”

The first step in explaining the whole mind renewal process is to clearly identify the problem. Without knowing the problem, there is little hope of being able to solve it, let alone know how. So, the first principle that must be understood is that "We feel whatever we believe." Whenever I find myself stuck in traffic, or questioned by my boss, or confronted by an angry spouse, my mind interprets the situation based upon my core belief. Whatever I experientially believe about my identity, my value, my purpose, my relationship to God, my current situation, or state of being, all contribute to this interpretation. These beliefs are my foundational or core-beliefs.

For example, if my boss reviews the paperwork that I submitted last week and approaches me with it after highlighting all the mistakes, my mind will interpret his actions and evoke the "predictable and proper" response. If my belief is that "I am a failure and can't do anything right because I am a defect," then I will feel disappointed, discouraged, beat-down, and depressed. To protect and defend myself against this exposure I may react with anger or run and hide and eat ice cream (fight or flight).

"When I know the truth, my emotions will match the truth."

However, if I experientially understood the truth, that I am capable, wonderfully made, and have a purpose, then I may interpret my boss' actions as an opportunity for growth and development and become encouraged, focused, and optimistic. The difference between these two scenarios can be found in my core belief- how I understand myself or state of being to be.

When life happens, my emotional response is not random. And they are not determined by my past, the people around me, or the circumstances that I find myself in. My emotions will match what I believe. I feel whatever I believe. So my core belief is how I understand and interpret the new life situation and my emotions are coming from this belief. If the situation was causing my emotions then there is no way to change what I feel unless the situation changes. Many people spend much time and energy trying to get people and circumstances to change with the hope that it will make them feel better. This vain and futile approach to finding freedom from emotional pain does not work.

Until I understand these principles, I will blame my circumstances, the people around me, my past, or even the Devil for what I feel. I may struggle to resolve these "issues," but I will likely end up denying my emotion, avoiding the triggers, medicating my pain, or blaming what I feel on those around me. However, if I can come to grips with the reality that my emotions are produced by my core belief, then I am able to purposefully address the root of the problem; my lie-based core belief. This is the first step toward freedom.

A lie produces pain, but truth produces peace.

The next logical step is to explain that when our minds interpret our circumstances with truth, we are able to maintain peace and have an appropriate response. However, if I interpret my circumstances with a lie-based belief, then my emotional state will match that belief (fear, anxiety, stress, etc.) and I will be driven to an inappropriate response.

For example, let's say you were laying in your bed one night and were abruptly woken up by an unusual noise in the next room. If you believed that the noise was caused by a burglar attempting to break into your house or a person with some other ill intent, what would you feel? Your heart would probably begin to pound in your chest. You may begin to feel anxious, afraid, nervous, or on alert. What would you then do, based upon that interpretation and the emotions you feel? Call 911? Grab a baseball bat and prepare for battle? Hide in your closet?

Let's then say that you sneak out of bed, creep up to your bedroom door with baseball bat in hand, and peek outside. With your heart pounding in your ears you discover that the noise wasn't from an intruder, but rather your mischievous dog looking for a nighttime snack rummaging through the kitchen trashcan. What would you then feel? Relieved? Calm? Peaceful? Thankful? Perhaps a little angry at the dog? Why did this shift in emotions occur? The circumstance didn't change, your interpretation did. You simply realized the truth experientially. Lies produce pain, but truth produces peace.

Transformation is the goal.

This transformation is what is sought after in a TPM session. The ministry recipient is encouraged to feel his pain, follow it to its lie-based core belief —the real root to the trouble- and receive the truth through a personal encounter with the presence of Christ. When you realize the truth of your identity, your value, your purpose, and your position in Christ, you will begin to interpret life through this truth. And where you once believed lies and felt deep pain, you will be able to have peace, security, and satisfaction.

Emotion is the Neurological Link

Because we understand that our core belief produces the emotions that we feel in any given circumstance, we are able to use Transformation Prayer Ministry to address the root of the problem. We are able to follow the emotion back to its root and clearly identify the core belief that is producing it. Emotion is the neurological link that connects the current situation with the experiential beliefs that we have accumulated in the past. It is seemingly impossible to simply "logic your way" to where the emotion is coming from.

My conscious mind would not likely make the connection between the worry and anxiety that is associated with my finances and the belief, "I am stupid and can't do anything right," that I developed in baseball practice as a child. This is precisely why emotion is so important. My emotion will lead me to the exact belief that needs to be replaced with truth. Think of emotion as a smoke trail that is being produced by our experiential core beliefs. If you are trying to find the fire, instead of ignoring, denying, or fighting the smoke trail, follow it!

It is important to know that the emotional pain we currently feel is not coming from the memory of what happened to us, but rather from the current belief we hold. We learned the belief we

currently hold during a specific moment in time, but the event ceased to exist the second it occurred. All that is left of the event is the recorded memory.

We believe things in at least two ways; intellectual and experiential.

We believe things in at least two ways; intellectual and experiential. My intellectual belief consists of the practical information — the "facts and figures"- I have learned through a sundry of means such as through study, education, watching documentaries, being taught how to tie my shoes, and brush my teeth I hold.

Intellectual belief also consists of the truths that we have memorized from the Bible that we give intellectual assent.

Whereas, experiential belief is that which I have come to believe through life experience that says something either about my SELF-IDENTITY —who I am- or describes my STATE OF BEING —in danger, out of control, powerless, hopeless, etc. where as we each hold a wealth of intellectual belief and understanding.

Intellectual belief is practical and though very useful for navigating through life, it is not a priority in TPM.

This is because while intellectual belief is practical and useful, is not the source of our emotional pain. For example, we acknowledge and understand that two plus two equals four. Elementary! That belief produces no emotion.

However, if when I was in school, learning basic arithmetic, I struggled and developed the belief that "I am

stupid and can't do anything right," this belief becomes charged with emotion and is potentially very impactful in my life. Learning the fact that two plus two equals four was intellectual, whereas, learning that I was stupid was experiential and emotional. This emotionally charged core-belief is an example of what we tend to address in a TPM session. The emotion that is produced by our core-belief is the smoke trail that we can follow so as to identify the belief. When we are able to identify and acknowledge what we believe we are in the position to receive God's perspective resulting in freedom.

Trouble arises when what we believe experientially is contrary to what we believe intellectually.

For example, when we intellectually believe the biblical truth that we are loved by God and that we are secure in Him, and yet feel abandoned, fearful and distant, something is amiss. The truth is, we can hold two opposing beliefs at the same time. We can believe that God loves us intellectually and yet not feel loved by

Him. We may intellectually agree and affirm that "God will supply every need of yours according to His riches in glory in Christ" (Philippians 4:19) and yet feel great anxiety over our finances. Remember, emotions, because they are produced by our core belief, are accurate indicators of what we experientially believe! This is not to say that our emotions are accurate indicators of what is true; they simply reveal what we believe at an experiential, core level. Not everything that we believe at the core level is true; much may be, but some is not.

When life happens in the present, we interpret the event from our current experiential core-belief. If our core belief reflects the truth, we will have a corresponding emotional response. If what we believe is lie-based then we will respond accordingly. This is also true when we remember a memory. If the memory feels painful, then it is being interpreted from our lie-based core belief. This is why the current situation feels like the memory and vice versa. The good news is this, when our lie-based core belief is replaced with the Lord's truth, how we feel in the current situation will change to match the truth and the way the memory feels will change accordingly.

If I feel worried and anxious about my finances because I do not have a job, this simply means that I have interpreted my unemployment through a lie and not from God's perspective. I can attempt to tell myself the truth, listen to wise counsel, and even memorize Philippians 4, but until the Holy

Spirit makes that truth experiential, so that my mind is renewed with that truth, I will continue feeling the emotional turmoil. This is because experiential, lie-based core belief can only be renewed by and replaced with experiential truth delivered by the Holy Spirit. Unless the Spirit of

Truth illuminates my thinking and brings it to life I only possess knowledge. Knowledge is no guarantee of freedom, but "where the Spirit of the Lord is, there is freedom." (2 Cor. 3:17). And it is this working of the Holy Spirit that TPM focuses upon.

We must identify, own, and admit what we believe

Once you understand that your negative emotions reflect your lie-based core belief and your core belief can be transformed with truth from the Holy Spirit, you will likely want to know what you need to do to "fix the problem." You can then explain that instead of fighting our emotions and denying our motives, we need to be honest about what we feel. As long as I deny my feelings, I can never really be free because I am ignoring the smoke while attempting to locate the fire. On the other hand, if I acknowledge my emotions, connect with them, follow them to the belief that is producing them, and ask the Lord for His truth, I can be free indeed. I will then be able to automatically and effortlessly interpret the circumstances that previously evoked negative emotions with truth and experience the peace of Christ.

Mind renewal produces lasting transformation that requires no effort to maintain.

This is always an exciting, yet hard-to-believe truth for new people. When I follow my emotion back to the memory context, identify the lie-based belief that is producing the pain, offer it to God for His truth and perspective, and His Spirit supplies His truth that replaces the lie we

previously believed, I will experience peace and lasting transformation. As life happens around me, and I revert back to my experiential core belief for interpretation, (which is now based in the truth, not a lie) my emotional state will naturally and automatically be produced by that truth. I will have peace where I once had pain. And the best part is that this transformation is permanent! It is not something that I have to maintain since it is God sustained.

I like to use the analogy of light and darkness to illustrate this point. If you walk into a room and find that it is pitch black, what are the odds of you being able to navigate through the room successfully? You would be walking without any visual references and would likely trip over something and hurt yourself. However, what if the lights were turned on? What happens to the darkness? It leaves. Darkness, by definition, is simply the absence of light. Once the light is present, the darkness becomes non-existent. Because you are now able to see clearly, your chances of moving through the room without hurting yourself become very good! And even if you were to try to bring the darkness back into the room, you would be unsuccessful. Darkness cannot exist where there is light.

Finally, by your offering examples from your own life, such as how there has been a change in how you respond in a particular manner, where you once felt pain, but no longer do, or a lie-based belief that once plagued you, but of which you are now free, gives a new person tangible evidence of

Christ's work. "Now may the Lord of peace Himself give you peace at all times in every way.
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Lord be with you all" (2 Thessalonians 3:16).