

HEART TRANSFORMATION FOR EMOTIONAL HEALING

I. RECOGNIZE the emotion—TWO OPTIONS [Prayee closes eyes throughout steps]

Option A.

If the cause of the condition is identified, ask or tell the prayee . . .

- *Describe what happened and identify your feelings as a result of that situation*
(Describe as many feelings as possible, i.e., sad, discouraged, failure . . .)
- *Are you ready to let go of your feelings?* If yes, prayee places hands on heart
(If no, talk about the situation/feelings until they feel emotion or are ready to let go).
Picture Jesus with you. (Go to RELEASE)

Option B.

- *If there is no clear cause for the condition, ask the prayee . . .*
- *Describe the feelings as a result of living with this condition.*
(Describe as many feelings as possible i.e., sad, discouraged, stuck, useless . . .)
- *Where do you feel this emotion in your body?* i.e., stomach, heart, head, legs, arms . . .
When the prayee identifies where the emotion is felt in the body, pray the following...
- *Holy Spirit take (prayee name) in their past to where they first felt this way in their life.*
When the prayee reveals earlier memory/emotion, ask or tell the prayee . . .
- *Describe what happened and identify your feelings during that time in your life.*
- *Do you feel those feelings now and where do you feel them?*
(If no, talk about situation until they feel emotions.)
- *Are you ready to let go of the feelings?* If yes, prayee places hands on their heart.
(If no, talk about the situation/feelings until they feel emotion or are ready to let go).
Picture Jesus with you. (Go to RELEASE)

II. RELEASE [Ask prayee to repeat the following]

In Jesus name . . .

- *I see this emotion as a spirit; I will not allow this spirit to be a part of me anymore.*
- *I release this spirit to Jesus and command it go* (Imagine giving the spirit to Jesus).
And in its place I receive from my heavenly Father, His Spirit of _____ (i.e., love, peace, truth, healing, etc.), *And I put these into my heart. Thank you Jesus for my healing.*
[Optional] *Jesus, is there anything you want (prayee's name) to see or hear about this situation?*

III. REPENT and forgive [Ask prayee to repeat the following]

- *I repent for allowing (name emotion) to be a part of my life. I forgive (offender's name) for what they said/did to me. In Jesus name I will not allow (offender's name) to control me through this feeling.*

[Optional] *God, forgive me for believing You _____* (...didn't protect me, let it happen..., etc.)

- *What are you feeling and seeing now?* (If the emotion/condition is still present repeat steps I thru III)

IV. REFILL the heart [Ask or tell the prayee the following]

- *As you see yourself with Jesus in your mind, can Jesus give you a hug?*
Picture Jesus giving you a hug (Ask prayee to cross arms across chest or hold a pillow)

Pray the following with the prayee: *Father in heaven, thank you for giving (prayee's name) your love. Fill them with Your love from the top of their head to the bottom of their feet. Fill (prayee's name) with (give positive feelings). In Jesus name.*

Ask, *What do you feel or see now?* (Continue steps for each condition or past event or if emotions from condition or past events continue to be present.)

If feelings cannot be identified or resolved, seek assistance with a Christian counselor experienced in uncovering past hurts, releasing suppressed emotion, and revealing God's truth.

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