

# THE PRAYER OF TRANSFORMATION

by the Reverend Phillip Smedstad

## 1. I SURRENDER TO GOD'S WILL.

God's loving will for me is a life of peace, happiness, health, abundance, loving relationships, and joyous self-expression. I now ask that God's will be my experience.

## 2. I NOW AWAKEN TO WHO I AM.

I accept this life as I awaken to the eternal Truth about me. I am Spirit, a magnificent expression of all that God is — Love, Power, Wisdom, Aliveness, Joy, and Innocence. Everything I want is already within me.

## 3. GOD IS THE ONLY REAL POWER IN MY LIFE.

God is always creating my life through me, constantly giving me what I ask for through my most deeply -held beliefs and emotions. I am now open to see and receive the gift I want from each experience I create in my life.

(Pause for a moment and bring to mind something about your life or yourself that you haven't yet seen as your idea or learned to love. Now silently affirm, *"Thank you God for showing me how to receive the gift I want from this creation."*)

## 4. I NOW AWAKEN TO WHO I AM NOT.

Every problem in my life is the result of accepting a false sense of who I am. I have seen myself as lacking in God's qualities, and I have felt separate from God and other people. In this fearful state, I thought I needed to control myself, others, and the future.

## 5. I ASK GOD TO HEAL MY MIND AND HEART.

I want to see and release this mistaken identity, as well as the lack thoughts and emotional pain which are still inside me, so I, (name) now gladly ask God to be in charge of every part of my life, and I give all my relationships to the Holy Spirit.

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## 6. I AM COMMITTED TO LOVING MYSELF.

Love is the only real power. I want to reclaim and love any qualities in me which I have disowned, so I now practice seeing everyone in my life as my mirror, and I practice loving myself by loving my reflections.

(Pause for a moment, and let someone come to mind whom you have either inwardly criticized or admired. Now silently affirm, *"Thank you God for showing me how to see and love this quality in myself."*)

## 7. FORGIVENESS OFFERS EVERYTHING I WANT.

I accept God's gift of forgiveness as I forgive myself and all others for any mistakes we've made. Mistakes never call for punishment, only for correction.

## 8. I ASK FOR ONE OF MY DESIRES.

My willingness to be transformed means I am claiming my oneness with the Mind, Heart, and Spirit of Jesus Christ. Therefore, in the name of Jesus Christ, I now ask God in me for one of my desires.

## 9. EVERY PRAYER IS ANSWERED.

I completely release this desire to God, giving thanks that God is responding in the perfect way. I now practice receiving God's answers by opening myself to receive love from everyone in my life.

## 10. MY ENTIRE LIFE IS A PRAYER.

My most powerful prayers are my everyday actions. I now rededicate myself to extending God's love everywhere so I can know and feel God's love in me. I am at peace.