

How a Simple Altar-Call Prayer Broke Off Intense Generational Depression

Ginny Marshall-Frye never let people she didn't know pray for her, so she always left the church service before the altar call. One day, though, Holy Spirit moved the pastor at her friend's church to invite people for prayer in the middle of the service. She felt compelled to go forward, and the prayer she received that day transformed her life.

"They prayed for me, and they hit everything that I was going through, and I got to be healed and delivered," she says on a *Charisma Connection* podcast interview. "They went through my bloodline, broke things off me."

Marshall-Frye had grown up in a strong Christian family but wasn't fully committed to following Christ. That Sunday, she figured out that God really was real and that prayer could be effective. But when she went for prayer, she bargained with God. Depression had taken hold in her life, and she was about to go on medication. She told God she would do whatever He asked her to do if He would only heal her.

"From that time forward, I became a changed person, wanting God in my life, wanting to tell other people about the goodness of who God was," she says. "And He just started working in my life, so that's what changed me."

God is leading her daily in her journey with Him. As a result, she has ministered on the street, in the county jail, in homeless camps and in healing rooms in Washington state. She has also written a book, *Going for a Ride: A Journey to the Heart's Calling*, which, she says, aims to encourage Christians to walk out God's purpose for their life and "make a mark while we are here."

Click [here](#) to listen to the *Charisma Connection* podcast and hear more of how God can transform anyone's life.