

IMMANUEL JOURNALING

Healing is found not in the absence of pain, but in the presence of Immanuel. Immanuel journaling is designed to help you intimately interact with God, who is glad to be with you and capable of helping you.

Take a moment to...

*Take a few deep breaths
to slow yourself down...*

*Be fully present to the
presence of Immanuel.*

*Ask the Holy Spirit to ground
your Spirit in the love of God.*

Interactive Appreciation

Think of something you are grateful for then write your gratitude in a conversational manner with God.

1. Dear God,

Take a moment to listen to God's response then begin writing, but do not filter your thoughts at this time. Once you start evaluating your thoughts you have stopped listening.

2. Dear child of mine,

Title: _____ Date: _____

Read your entry to someone else if possible, or read it outloud to yourself. Reading out loud redirects what you experienced with the Lord to a different part of the brain and amplifies the interaction between you and God. Reading your entry to others also allows them to hear from the Lord through you, and joy is amplified for all.

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Thought Rhyming

Write from God's perspective what He observes in you right now, including your physical sensations.

1. I can see you...

Example: I can see you pacing back and forth in your living room with the lights off. I can see you breathing heavily, scrunching your shoulders up. I can see your eyes beginning to fill with tears. I can see knots in your stomach.

Write from God's perspective what He hears you saying to yourself.

2. I can hear you...

Example: You are wondering if I will speak to you and how would you ever know. You are discouraged and tired. I hear your self-condemning voices saying, "Why do I keep messing up like this?" OR: You woke up full of energy this morning. You are ready to take on the world. Your mind is buzzing...

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How does God see your dreams, blessings or upsets and troubles?

3. I understand how big this is for you / I understand how you feel...

Example: I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure.
OR: I understand how intimidated you feel. This situation feels all-consuming to you, as if you are about to sink...

How does God express his desire to participate in your life? Can you hear Him speaking to you in a kind, tender and loving way? Take a moment to enjoy his loving presence.

4. I am glad to be with you...

Example: I see your weakness tenderly, I am always glad to be with you anytime including this moment of frustration, pain or sadness. Your dreams are precious to me. I fill you with life each day and really enjoy your desire to... OR: I see your discouragement after yelling again. Times when you are frustrated and tired are when I want to be closer to you...

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What does God give you for this time?

5. I can do something about what you are going through...

Example: I am with you and for you. I will strengthen you with my grace. Remember how your friend encouraged you last week? With me you are never alone. Remember the ways that I have been with you and will continue to be with you and for your good.

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