

# Immanuel Journaling: How To

Immanuel Journaling is a simple writing exercise, or practice, that helps us connect to, and with, our good Father, Immanuel (God with us). When we Immanuel Journal, we are inviting God to “have coffee with us” - to speak into and explore with us, our pain, joy, life events, and especially our interior life including our thoughts, physical awareness and emotions - and to teach us what it looks like to “Love the Lord your God with every passion of your heart, with all the energy of your being, and with every thought that is within you.” (Matthew 22:37 TPT) This process will help you develop a deeper relationship with God by engaging in His thoughts, compassion, and love for you through interactive conversation with Him. You will begin to see yourself as He does, through the eyes of heaven.

## Purposes of Immanuel Journaling

- Simple method to improve our awareness of God’s presence and understand his goodness and how He sees and knows us.
- Learn how to connect with God daily, moment by moment.
- Helps us to become securely attached to God - when conflicts and problems arise, we will know that our relationship is safe and that solutions can be found.

## Mutual Mind & Thought Rhyming

The steps for Immanuel Journaling provide a structure for us to slow down and receive God’s validation in the middle of our joy, excitement, curiosity, anxiety, pain, fear, shame, anger, and despair.

Immanuel Journaling carries us through God’s designed pathway in our brain for processing emotional pain. Once we go through the sequence with Him, our relational circuits are restored and we are once again able to recognize God’s goodness and tender presence in our lives.

One of the goals of Immanuel Journaling is developing a “mutual mind state” with God. Now this might sound a little odd - but have you ever noticed how you are able to finish your spouse’s, or a good friend’s, sentences? It’s because you share a mutual mind state with them. You develop an ability to know their thoughts, even before they are able to articulate them. Isn’t this the way we want to be in our relationship with God? What would life be like if we were easily able to share His thoughts about us, our spouse, our friends, our kids, our co-workers, and even strangers?

Romans 12:1-2 in the Message translation puts it this way: “So here’s what I want you to do, God helping you: Take your everyday, ordinary life - your sleeping, eating, going-to-work, and walking-around life - and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, and develops well-formed maturity in you.”



Mutual mind state with God helps us to naturally emulate His character. So it is important to regularly practice “tuning in” to his thoughts through scripture and in interactive conversation with Him.

An effective way to share a mutual thought with another person is to repeat back to them what they said to you. This is called “thought rhyming” and we actually see this all throughout the Psalms. Psalms is a book of poetry. But not poetry with rhyming words like: “Little Bo-Peep lost her sheep”, but with rhyming thoughts, like: “Great is the Lord, He is worthy to be praised.” The same thought/concept is said twice, just in a slightly different way.

Thus as God’s poetry (Eph 2:10 TPT), our thoughts can rhyme with His thoughts. The Holy Spirit in us can give us thoughts that we may say in our own words or in our own way, yet they originate from Him.

### **Immanuel Journaling Steps**

The steps for Immanuel Journaling were based out of God’s interaction with Moses at the burning bush.

Notice the bolded words below from Exodus 3:7-12:

The Lord said, “I have indeed **seen** the misery of my people in Egypt. I have **heard** them crying out because of their slave drivers, and **I am concerned about their suffering**. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey... And now **the cry of the Israelites has reached me**, and I have seen the way the Egyptians are oppressing them. So now, go. **I am sending you** to Pharaoh to bring my people the Israelites out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?” And God said, “**I will be with you.....**”

The 5 steps of Immanuel Journaling (**after interactive appreciation**) are:

- I see you
- I hear you
- I understand how big (hard) this is for you
- I am glad to be with you
- I will do something about what you are going through

The Immanuel Journal we provide, will walk you through all of these steps with writing prompts, but if you can commit these steps to memory, you can actually “Immanuel Journal” on a walk or while doing the dishes or driving to work. Because, as Psalm 139 reminds us, the real question in life is not: “Is God with us?”, it is: “Are we aware that He is with us?”. Learning to be aware of God’s presence and His present thoughts, shifts our entire daily human experience.

- **I see you...**
  - Tune into your body at this step. Feel the chair underneath you. Check the muscles in your shoulders - are they tight or relaxed? Can you feel your heart beating? How is your stomach? Are you feeling nervous or anxious?
  - We struggle to be “present” in everyday life because we spend most of our days completely disconnected from our actual bodies - which results in us being disconnected from our emotions as well.
  
- **I hear you...**
  - There may be a topic that God brings up in this step, or you may come ready to your Journaling time with something that you want to process with him.
  
- **I understand how big this is for you...**
  - God does not diminish or discredit our human experience. He weeps with us and celebrates with us. He understands, even better than you do, all of the factors that cause you to experience life in your own unique way.
  
- **I am glad to be with you...**
  - Remember, life is not about intellectually “knowing” God is with us, but being aware that He is present with us at all times and in the midst of all things. Though our experience in human relationships may have been different, God will never leave us or forsake us. He is always glad to be with us, even when we are angry, sad, afraid, ashamed and hopeless.
  
- **I can do something about what you are going through...**
  - Graham Cooke says that a great question to ask God in the midst of a new challenge is: “Who do you want to be me for me in this situation, that you couldn’t be in any other situation?”
  - He may give you a clear solution to a problem you are facing, or He may just remind you of who He is for you right now.
  
- **Share:**
  - You will notice at the end of our Journal template that we highly encourage you to read your journal aloud to someone else. Reading out loud redirects what you experienced in your journaling time with God to a different part of your brain and amplifies within your body the relational interaction you just had with God. Also, reading your entry to others allows them to hear from God through you, and joy is amplified for all.

**If you still would like more direction with Immanuel Journaling:**  
 Watch the Immanuel Journaling Recap video at [Immanuel Journaling Recap](#)



# Journaling Page *Title:* \_\_\_\_\_ *Date:* \_\_\_\_\_

Dear God,

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Dear child of mine,

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

I can see you...

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

I can hear you...

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# Journaling Page

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

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

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*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.*

I am glad to be with you...

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*What does God give you for this time?*

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

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*\* 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.*

