



# Immanuel Journaling



*Immanuel Journaling is an interactive means of prayer where you interact with Jesus about your real life and ask Him to show you His heart for you and the situation you're in. As you do this God lets you know that He sees you, He hears you, and He cares about you, and He can do something about what you're going through to help you (cf. Exodus 3:1-9). You can learn more in [Joyful Journey: Listening to Immanuel](#) by Wilder, Kang, Loppnow.*

## Part 1: Interactive Gratitude

Begin with telling God something you are thankful for:

***Lord, I am thankful for...***

Write down what you sense as God's response to your gratitude

Here we pause and open our hearts, asking God to show us His response, writing down our impressions of His answers. Try not to filter, but rather trust that He is leading you to sense His response toward you as His child. There will be time to test it later; for now, simply trust that you can sense His heart when you ask Him to share it and write down what comes to mind.

***Dear child of mine...***

*[NOTE: It's important to recognize that you are not necessarily writing down the exact words of God. Rather, you are opening your heart to connect with God's heart, and putting words to what you sense from God (cf. 1 Cor. 13:9; Hab. 2:1-2; John 10:27)].*

## Part 2: Attunement by Jesus

- Write down what you believe God sees when He is looking at you in this moment focusing on your physical sensations. Write this down in first-person voice from God. E.g., *"I can see you sitting in the chair, your shoulders tight, feet achy, mind racing..."* Or, *"I see you smiling, ready to start your day..."*

***I can see you...***

- Write down what you believe God hears you have going on in your mind/heart. E.g., *"I can hear you wondering how you are going to handle this big challenge with your boss..."*

***I can hear you...***

- God perceives your emotions and truly "gets" how you are feeling. Write down what you sense God would say to you about this. E.g., *"I know you feel intimidated to talk to him about this. It feels scary for you to..."*

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

- Write down what you perceive God might be saying to you in a kind, gentle, tender and loving way. E.g., *“I am with you in this. You are not alone. I am gently leading you forward...”*

***I am glad to be with you in this, and I am tender toward your weakness...***

- Write about what God might be saying as to how he'll be with you and help you at this time. E.g., *“I have been growing your courage and confidence, and I will guide you in how to speak with him about this...”*

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

### **Part 3: Shalom Check & Share**

- **Shalom Check:** ‘Shalom’ means ‘peace’. The ‘peace of Christ’ is to be the referee in all that we do (Col. 3:15). What we sense God saying should bring peace to us *and* to those we trust.
- **Truth Check:** We also check our interaction against the Word and character of God. Does this line up with:
  - The truth of God’s Word? ○ The fruit of the Spirit (Gal. 5:23)? ○ The love of God (1 Cor. 13)?
  - The righteousness, peace and joy of the Kingdom (Rom. 14:17)?
- **Share with another:** Reading aloud your interaction with God blends the words of the left brain with the emotions of the right brain, leading to a more relational and integrative experience. Sharing with one or more people what you wrote anchors the experience for you, making it more ‘real’ to you, and will almost always bless the other person(s) as well!