

Immanuel Journaling Tool

Take a Moment...

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.

SECTION A: Interactive Gratitude

Step 1. Think of and write something I am grateful for and begin sharing my heart with God.

Dear God...

Step 2. Take a moment to listen to God's response. Write my impression of how God would respond to me.

Dear Child of Mine...

SECTION B: Thought Rhyming

Step 1. Imagine God seeing my situation, environment, movement, and inner experiences, etc. Write from God's perspective of what he observes in me right now, including my physical sensations.

Ex. "I can see you sitting at your desk. Your shoulders are rigid and your pen is tapping on your desk."

I Can See You...

Step 2. From God's perspective, write what he hears me saying to myself. Imagine God hearing all my thoughts that are spoken and unspoken.

Ex. "You are wondering if I will speak to you and if you would ever know, You are discouraged and tired; Your mind is busy."

I Can Hear You...

Step 3. How does God see my dreams, blessings, upsets, and troubles? Imagine God who knows me well, validating my experience with compassion.

Ex. I want you to know that I care about what matters to you; Your desire to seek Me brings Me great pleasure; I understand how intimidated you feel.

I understand how big this is for you...

Step 4. How does God express His desire to participate in my life? Imagine God calling my name lovingly and simply enjoying being with me.

Ex. Your dreams are precious to Me; I fill you with new life each day and really enjoy your desire to...; I see your discouragement after yelling again; or, Times when you are frustrated and tired are when I want to be closer to you.

I am glad to be with you and treat your weakness tenderly...

Step 5. What does God give me for this time? Imagine God assuring me that He has the power to help me and give me everything I need.

Ex. Come away with me, I offer you ties of refreshing energy and new vision; I will strengthen you; Remember how your friend encouraged you last week? With me you are not alone

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

SECTION C: Read Your Interaction with God Aloud— preferable to someone you trust.