

Immanuel Journaling

Healing is found not in the absence of pain, but in the presence of Immanuel. Immanuel journaling¹ 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.

A. Interactive Gratitude

Think of something you are grateful for and begin sharing your heart with God.

1. Dear God,

Take a moment to listen to God's response and write down your impression of how God would respond to you.

2. Dear child of mine,

¹ Immanuel Journaling (IJ) process © was developed by Sungshim Loppnow. Please refer to Joyful Journey: listening to Immanuel © 2015, E. James Wilder, Anna Kang, John Loppnow and Sungshim Loppnow for a fuller understanding of IJ process and theory. Used by permission. All rights reserved. Please visit www.presenceandpractice.com for more resources and to stay connected with the IJ community.

B. Thought Rhyming

Imagine God seeing your situation, environment, movement and inner experiences, etc.

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 tummy. I can see that all of your limbs have lost energy.

Imagine God hearing all your thoughts that are spoken and unspoken.

2. I can hear you...

Example: I can hear you saying to yourself, “how will I ever get everything done?” “Why isn’t my partner helping me and concerned about this as much as I am about it?” I also hear your self-condemning voices saying, “Why do I keep messing up like this?” “I’m so frustrated with myself.”

Imagine God who knows you well, validating your experience with compassion.

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

Example: I understand how big this is for you. I can see this is a pretty big deal for you. It feels all-consuming for you. It looks like this is about to overtake you. This is as big of a deal as when your parents announced their divorce. I understand how angry you are, it makes sense to me.

Imagine God calling your name lovingly and simply enjoying being with you. How do you perceive God might be with you and 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 and I see your weakness tenderly...

Example: I am glad to be with you. And I see your weakness tenderly, (Your name), I am always glad to interact with you anytime including this moment of frustration, pain or sadness.

Imagine God assuring you that He has the power to help you and give you everything you need.

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, I will continue in that way. Remember the ways that I've been with you I will continue to be with you and for your good.

C. Read your interaction with God out loud to someone you trust.

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