

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.
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