

IMMANUEL JOURNALING PROCESS

bookmark



IMMANUEL *journaling process*

STEP ONE

GRATITUDE:

Write anything I appreciate and then write what I think God's response is to my gratitude.

STEP TWO

I can see you.

I can hear you.

I understand how big this is for you.

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

I can do something about what you are going through.

STEP THREE

Read it out loud.

.....
This exercise is slightly adapted from *Joyful Journey: Listening to Immanuel* by E. James Wilder, Anna Kang, John and Sungshim Loppnow ©2015. Used with permission from Life Model Works.

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