



INTRODUCING THE *immanuel journaling process*

Immanuel means “God with us.” Immanuel Journaling literally means “journaling with God.” Immanuel Journaling can help us become more aware of God’s presence in our daily lives. It can help us experience how he cares and how he wants to help. Engaging in this process can strengthen our connection with God’s heart and help us cultivate a genuine love relationship with Jesus.

1. Biblical references about relationally interacting with the Father, Son, & Holy Spirit. The Trinity desires to relate with and communicate to us.
 - a. What do the following passages reveal about this?
 - John 17:1-3
 - John 10:1-16
 - John 14:12-27
 - Genesis 16 and 21 (*stories of God relating with Hagar*)
 - 1 Samuel 3:1-10

b. As we, like Samuel, learn to discern the voice of God, here are some words of wisdom:

- God's voice is only a voice of love, it will never bring shame; though it may bring conviction.
- God will only speak in ways consistent with His Word. We can check his word to help us feel more confident about what we believe the Holy Spirit is saying to us. Is it consistent with what He wrote in the Bible?
- Like Samuel, it is helpful to have other mature believers (who are familiar with the voice of God) with whom we can share what we believe the Lord is saying. This also leads us to meaningful connections with fellow brothers and sisters in Christ.
- Don't "over-think" things. If what you think God is saying seems like something a loving Father would say, embrace it with joy.
- Some people say they have actually heard the audible voice of God, for most others it comes in the form of "impressions" of thoughts upon the mind, pictures, or dreams.

c. It is often helpful to begin a process of interacting with the Lord by quieting ourselves with breathing or by thinking of things for which we are truly thankful. Both of these practices help calm our nervous system, quiet our hearts, and turn on the relational parts of our brains.

2. As you lead others through the Immanuel Journaling process, explain:

- I will lead you through each section by reading what that section entails and giving you time to respond. When you are finished with each section, please take a deep breath, rest a few seconds, then look up at me to let me know you are ready to proceed. If leading a group through this process, let them know you will lead through a new question every 5 minutes. They can move with you or proceed at their own pace.
- Instruct participants that as they record responses, they should write from God's perspective; write what they think He is saying to them.
- Have fun. Say, "Let's just give this a try...."
- When finished, invite them to read aloud what they have written to you, others around them, or another person.

To learn more, type *Immanuel Journaling* into a search engine or visit:

- lifemodelworks.org
- thrivetoday.org
- presenceandpractice.com
- 3lifeessentials.com/post/immanuel-journaling-part-2