

IMMANUEL JOURNALING

Immanuel Journaling is a process of interacting with God about your real life and asking Him to show you His heart for you and the situation you're currently experiencing. As you do this, God lets you know that He sees you, He hears you, He cares about you, and He can do something to help you with what you're going through. You can learn more in the book, **Joyful Journey: Listening to Immanuel**, by E. James Wilder, Anna Kang, John Loppnow, & Sungshim Loppnow, or at presenceandpractice.com.

Begin with Gratitude: **'Lord, I am thankful...** _____

Next, we pause and open our hearts asking God to show us His response, writing down our impressions of what we sense from Him. Try not to filter or overthink it, but rather trust that He is leading you to sense His response toward you as His child (Prov. 3:5). There will be time to test it later; for now, simply trust that you can sense His heart when you ask Him to share it and write down what comes to mind (Jn 10:27; Hab. 2:1-2).

My sense of God's response to my gratitude: **'Dear child of mine...** _____

Sharing my heart with God: **'Lord, what's going on in my mind & heart right now is...**

God's tender response to me: **'My precious child...** _____

Finish by sitting in silence for a few moments, being mindful of any feelings or thoughts that come to body and mind. If you feel comfortable, read your Immanuel Journal entry to someone close to you.