

Printable Guide: Practicing Immanuel Prayer

"God with us" is not just a name—it's an invitation.

Step 1: Invite God's Presence

- Pray simply: *"Jesus, I welcome You. Help me become aware of Your presence."*
 - Sit quietly for 30–60 seconds
 - Breathe deeply. Let your body and heart slow down.
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Step 2: Recall a Joy Memory

- Bring to mind a time you felt deeply loved, peaceful, or thankful
 - Ask: *"Jesus, what do You want me to know about that moment?"*
 - Linger in that memory with Him. Let His presence become real.
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Step 3: Name a Struggle or Emotion

- Gently turn to a current hurt, fear, or worry
 - Ask: *"Jesus, where are You in this?"* and *"What do You want me to know about this?"*
 - Be honest. Don't filter or fix. Let Him speak or simply be with you
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Step 4: Stay in the Interaction

- Let Jesus lead
 - Ask follow-up questions:
 - *"Is there more You want to show me?"*
 - *"How do You feel about me right now?"*
 - Write or reflect on what you sense, feel, or see
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Step 5: Close with Gratitude

- Thank Jesus for being with you
 - Note any changes in perspective, feeling, or clarity
 - Consider journaling what stood out
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Bonus Tips:

- If distracted or numb, return to the joy memory

- This is about connection, not performance or emotion
 - Try 10–20 minutes a few times a week to build relational awareness
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Sample Prayer to Begin:

"Jesus, thank You that You want to be with me. Help me remember when I felt safe and loved with You. Be with me in my joy and in my pain. I want to hear what You want me to know today."

"Pour out your hearts to Him, for God is our refuge." —Psalm 62:8