

# IMMANUEL JOURNALING



## WHAT IS IMMANUEL JOURNALING?

*From [presenceandpractice.com](http://presenceandpractice.com)*

Immanuel Journaling is a writing exercise or practice that helps us to explore our life events, especially our interior life including our thoughts, feelings and body sensations with our good God, Immanuel. It is a simple process to help you become aware of God's compassionate presence in the painful as well as mundane moments of your life.

Slowing down enough to pause, give thanks (if you are able) and then follow an elegant process of sensing God's response has been transformative to people across the nation and the world. People continue to share stories of peace and transformation as well as reconciling relationships. Give it a try and see how God's presence can change your life today.

## BEFORE BEGINNING TAKE A MOMENT

Take a few deep breaths and slow yourself down

Be fully present to the presence of Immanuel

Ask the Holy Spirit to ground your spirit in the love of God

# INTERACTIVE GRATITUDE

Think of something you are grateful for and share your heart with God.

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Take a moment to pause, listen to God's response. Write down your impression of how God would respond to your gratitude

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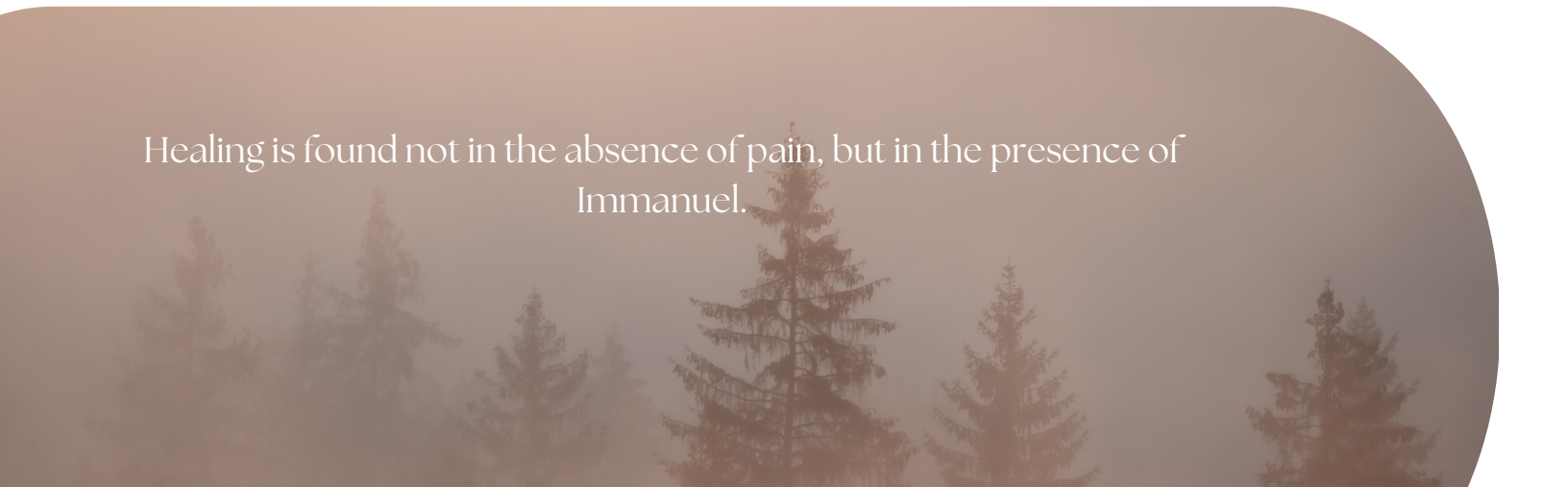
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Healing is found not in the absence of pain, but in the presence of Immanuel.



# THOUGHT RHYMING

*These are meant to be written from God's perspective, write God's response as if he were writing directly to you.*

Imagine God seeing your situation, environment, movement and inner experience

*(I see you pacing around and worrying right now)*

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Imagine God hearing all your thoughts that are spoken and unspoken

*(I hear you judging yourself)*

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# THOUGHT RHYMING

*These are meant to be written from God's perspective*

Imagine God who knows you well, validating your experience with compassion

*(I understand how angry you are)*

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Imagine God calling your name lovingly and simply enjoying being with you. How do you perceive God might be with you and speaking to you in a kind, tender and loving way? Take a moment to enjoy his loving presence.

*(I am glad to interact with you anytime, including this moment of pain)*

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# THOUGHT RHYMING

*These are meant to be written from God's perspective*

Imagine God assuring you that He has the power to help you and give you everything you need.

*(I will help you see more clearly who I am through this)*

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When you are finished, do a shalom check. Ask yourself, “do I feel shalom, deep inner peace, about what I have written today? Is what I have written in line with God’s character?”



As you are able, consider reading your interaction with God out loud to someone you trust.