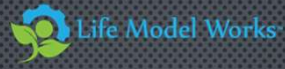


Quiet – 2 deep breaths

- Close your eyes. Where do I sense Jesus around me?

Gratitude practice

- Think of a beautiful sight God has shared with you.
- What do you sense this revealed about God? About who he is?
- Ask Him is there is anything he would like to share with you about this?
- Take 5 minutes to share in your groups.



IMMANUEL AND MUTUAL MIND

THE IMMANUEL PROCESS

- IMMANUEL
- MUTUAL MIND – SHARING THOUGHTS
- HEBREW CONCEPT: THOUGHT RHYMING (PSALM 78:15-16)
 - *HE SPLIT THE ROCKS IN THE WILDERNESS
AND GAVE THEM WATER AS ABUNDANT AS THE SEAS;
HE BROUGHT STREAMS OUT OF A ROCKY CRAG
AND MADE WATER FLOW DOWN LIKE RIVERS.*

Jim Wilder, Karl Lehman and others created a process called Immanuel
Immanuel mean “God with us.”

Side story of why use Immanuel instead of Jesus

The brain science is really interesting here.

The human brain was designed with the ability to share thoughts with another
without words

- Mutual mind, a sharing of thoughts, resonance (Piano string and sound board)
Who designed the brain? Wouldn't we expect God to design our brains with Him in
mind?

Banana, mutual mind with God

Cingulate cortex -

thought rhyming. – Hebrew poetry rhymes thoughts not sounds

- Read Ps 78:15-16
- Mutual mind is processed in our Relational Circuits, so they need to be on
 - RCs give the sense of both interpersonal awareness and
“importance”
 - So we can hear a scripture or a word from God, but if our RCs
aren't working, it won't seem important

- we might even be annoyed by it. (Quoting scripture to someone who's not relational.)
 - If our RCs are on: God is speaking into my soul. Relevant, Weighty
- When we rhyme with God, we sense God's thoughts, put it into our words.
- God's thoughts are the string, my mind is the sound board
 - Q to ask ourselves: how well to these words rhyme with God's mind?
- Not prophesy but mind sharing. About God and me. . .
- Not about other people.

Check –

peace Col 3:15 “Let the peace of Christ rule in your hearts.”

Lose peace:

Referee blows the whistle.

Community – when you read

Scripture

Expect the accuracy of a sermon. We listen but check. Is there God content?

Not about other people – cingulate.

- Not imagining what God might say.
- It's not a guided imagery, it is an actual interaction with our living God (using mutual mind)
- Not knowing like “scripture knowing” but God's spirit talking to you and teaching you who He is and who you are.
- He does not talk to you about other people. You and God. When we build a brain, you will see why.
- Unfortunately, we write post cards to God. We talk and God listens. If something happens, maybe He heard me.
 - We have many theological thoughts about God but few actual interactions. Focus on those today.
 - He interprets our lives to us.
 - God and I looking at something together and thinking together
- Not a discussion about God but a conversation – we believe in an interactive relationship with God.

Before starting a mutual mind, we always start with Gratitude:

- Before we can share minds with God, we need to get our brain into the right state
 - enter into a 5-bar moment – remembering those times helps us prepare to listen to God better
 - Gratitude – plasticity.

GROUP IDENTITY

WE ARE A PEOPLE WHO INTERACT WITH JESUS ABOUT EVERYTHING

- So I get a raise or a promotion in my job. “I wonder what Jesus’ perspective is on this?”
- I get laid off or the company where I work closes down. Hmm.. The same
- I meet someone who I really like and wonder if she might become my wife (or husband)
– Jesus I would like your perspective on this
- We lose someone dear to us – Jesus. I need your compassion and love here.

- Key word: Everything

PRACTICE: THE IMMANUEL PROCESS

1. *DEAR GOD, I'M THANKFUL FOR...*
2. *MY CHILD... (GOD'S RESPONSE TO YOUR GRATITUDE)*
3. *GOD, WHAT'S GOING ON IN MY HEART RIGHT NOW IS...*
4. *MY CHILD... (GOD'S RESPONSE TO WHAT YOU SHARED)*
5. *READ YOUR INTERACTION WITH GOD OUT LOUD TO SOMEONE*

- When you share a mind, you cannot tell if it is your thoughts or theirs, because your minds are shared.
- Just start writing
- You get better at this with practice – you are strengthening your brain.
- <<Read steps>>

- We are going to practice this now. You will need to write. We will give you 10 minutes.
- Then we will split up into groups of 4 to read our interactions with God

SHARING TIME GROUND RULES

1. *WHEN SHARING, NO COMMENTS FROM THE LISTENERS, NO ADVICE.*
2. *TEST FOR PEACE*
3. *IF YOU DON'T FEEL PEACE, DON'T SHARE YET.*
4. *JUST SAY, "I NEED A LITTLE MORE TIME ON THIS BEFORE I'M READY TO SHARE"*

- Sharing time (10 minutes)
 - When sharing, no comments from the listeners, no advice.
 - This is a holy moment
 - Just say "thank you"
 - Test for Peace, alignment w God's character, share.
 - Peace is the signature of God's presence
 - Col 3:15 - Let the peace of Christ rule in your hearts
 - If you don't feel peace, don't share yet.
 - Just say, "I need a little more time on this before I'm ready to share"

HOMework

- CONTINUE WITH THE QUIET/GRATITUDE BUILDING
- KEEP CHECKING RELATIONAL CIRCUITS
- DO AN IMMANUEL JOURNALING WHENEVER YOU WANT JESUS' EYES ON SOMETHING
 - BE SURE TO READ IT TO SOMEONE

- This has become part of my regular practice
- Especially when I'm experiencing strong emotions, that maybe I don't understand.
- Jesus and I looking at something together
- Jesus and I engaging about who I am and who He is, in this situation.

I use the Immanuel Journaling practice often, whenever I sense that I need Jesus' eyes on something

There is another slightly longer version of the Immanuel journaling process

We will try that out next time.

Any questions?

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