

Joyful Journey Listening to Immanuel



Immanuel Journaling Exercise

The following simple steps for seeing our lives the way God does are from Joyful Journey by Wilder, Kang, Loppnow and Loppnow ©2015 and used by permission. Permission granted to duplicate for personal or group use.

STEP ONE — Gratitude. Write anything I appreciate and then write God's response to my gratitude.
Dear God, I'm thankful for
Dear child of mine
STEP TWO —I can see you. Write from God's perspective what he observes in you right now, including your physical sensation
I can see you at your desk Your breathing is shallow and your shoulders are tight



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STEP THREE — I can hear you. Write from God's perspective what he hears you saying to yourself.

You are wondering if I will speak to you and how you would ever know. You are discouraged and tired OR: You woke up full of energy this morning. You are ready to take on the world. Your mind is buzzing

STEP FOUR — I understand how big this is for you. How does God see your dreams, blessings or upsets and troubles?

I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure

OR: I understand how intimidated you feel. This situation feels all-consuming to you as if you are about to sink



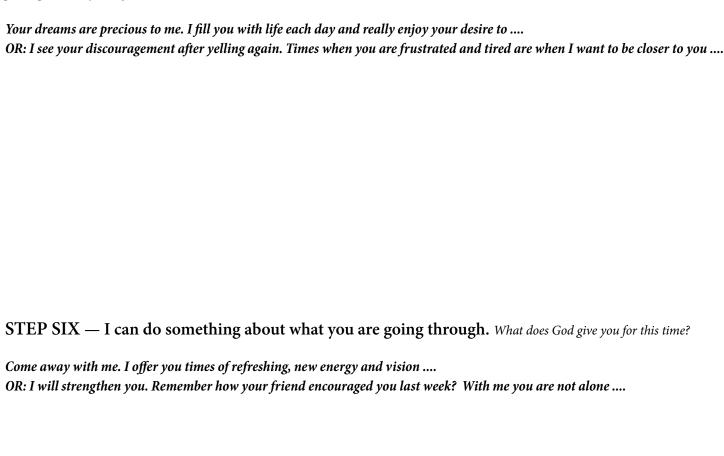


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STEP FIVE — I am glad to be with you and treat your weakness tenderly. How does God express his desire to participate with your life?



STEP SEVEN — Read what you have written aloud (preferably to someone.)

Please visit www.lifemodelworks.org for more.



This exercise is from Joyful Journey: Listening to Immanuel by E. James Wilder, Anna Kang, John and Sungshim Loppnow @2015.