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 sensations.

*I can see you at your desk. Your breathing is shallow and your shoulders are tight ….*
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 ....
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?

Your dreams are precious to me. I fill you with life each day and really enjoy your desire to ....
OR: I see your discouragement after yelling again. Times when you are frustrated and tired are when I want to be closer to you ....

STEP SIX — I can do something about what you are going through. What does God give you for this time?

Come away with me. I offer you times of refreshing, new energy and vision ....
OR: I will strengthen you. Remember how your friend encouraged you last week? With me you are not alone ....

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