



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 sensations.*

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



Joyful Journey Listening to Immanuel



Immanuel Journaling Exercise

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*



Immanuel Journaling Exercise

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.)