IMMANUEL JOURNALING PROCESS

STEP ONE

gratitude: Write anything I appreciate and then write what I think God's response is to my gratitude.

Dear God, I'm thankful for...

Dear child of mine...

STEP TWO

I can see you. Write what I believe God observes in me right now, including my physical sensations.

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

I can hear you. Write what you believe God hears you saying to yourself.

Examples:

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

I understand how big this is for you.
How do you think God see your dreams, blessings or upsets and troubles?

Examples:
- *I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure.*
- *I understand how intimidated you feel. This situation feels all-consuming to you as if you are about to sink.*

I am glad to be with you and treat your weakness tenderly.
How do you think God express his desire to participate with your life?

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

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

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

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