

IMMANUEL JOURNALING

INTERACTION WITH GOD WORKSHEET

Concept: On a blank page, Instead of writing what you want to say to God and then wondering if He is hearing or seeing you, or caring about you; write as though you have already communicated your heart to God and are writing out His loving response to you. According to Scripture, we are assured He sees, hears, understands, cares (is glad to be with us), and will be moved on our behalf.

Write what you sense God's response might be: Dear (your name), my child.....

1. **I can see you:** Write what God sees when He observes you, including your physical sensations.

I can see you...sighing...shoulders bent...your eyes filling with tears...your head in your hands...wincing in pain...smiling in joy...hands raised in worship...kneeling...

2. **I can hear you:** Write what God hears you saying to yourself:

I can hear you...saying to yourself: How will I ever get everything done?...Why isn't my spouse helping me and caring about this?...How can my family manage while I'm away?...I'm not prepared for my presentation...I'm not any good at this...Life is such a struggle...or this is one of the best days of my life...

3. **I understand how this feels to you:** God sees the impact and intensity—the size—of this for you. He understands how you feel. Write what you sense He would say:

I understand how significant this is for you...It feels all-consuming and overwhelming...as big as when your parents announced their divorce...I understand how saddened you are about this...I can see this is frightening to you...I understand how angry you are...I sense your excitement and eagerness...

4. **I am glad to be with you.** Write what you perceive God might say to you in a loving way?

I am glad to be with you always...With tenderness I see your weakness...I am glad to interact with you anytime, including this moment of frustration/anger/pain/sadness/confusion/...or in your joy, delight...

5. **I can do something about what you are going through:** What might God be saying to you about how He'll be with you and help you?

I can do something about this...with and for you. I will strengthen you with my grace. Remember how your friend encouraged you last week? Remember the ways that I've been with you in the past? I will continue to be with you and for you...I can help you find life beyond this great loss.

Very important: Read your results aloud to a prayer friend

This exercise, Immanuel Journaling, was designed by Sungshim Loppnow (sungshimloppnow@gmail.com) to help people interact with God, and has been adapted by Jane L. Willard (jane@dwillard.org). The 2015 book *Joyful Journey: Listening to Immanuel* by Wilder, John and Sungshim Loppnow, and Kang presents the theory in detail.