



# 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 ....*



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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?*

*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.)**