

Super Simple Immanuel Approach Exercise for Groups and Beginners

(Alternative one page summary, Karl Lehman M.D., Revised 2/14/2014)

ONE healing intervention,
ONE troubleshooting tool.

Beginning of session: Coach the person to establish an interactive connection, go to a traumatic memory, and offer the basic Immanuel invitation and request from inside the memory. ****Remember – don't go to the traumatic memory if she can't establish an initial interactive connection****

If the person *can* connect with Jesus in the memory (and for as long as they *stay* connected with Jesus), use ONE healing intervention: at every point in the session, regarding every issue that comes up, regarding every difficulty that arises, coach the person to focus on Jesus, engage with Jesus, and ask Jesus for guidance and help, and then coach her to describe whatever comes into her awareness.

If the person *can't* establish an initial connection with Jesus in the memory, if she loses the connection with Jesus at any point later in the session, or if the session feels stuck for any reason, then use ONE troubleshooting tool: coach the person to go back to the positive memory and interactive connection from the beginning, and in that context ask Jesus about the problem. After she talks to Jesus about the problem, if you have enough time you can coach her to return to the memory and try again.

End of session: As you are getting close to the end of the session: A) If the trauma is resolved and the person is in a good place, coach her to spend time being grateful; B) If the person is still in an unresolved traumatic memory, help her to go back to the positive memory and interactive connection from the beginning. In this context, coach her to appreciate Jesus and the positive memory until she feels grateful and peaceful.

After emotional healing – The Immanuel story:

First round: Start at the point you first perceived God's presence with you. With the help of the group, give a blow by blow account of everything from the moment of perceiving God's presence forward. Tell each thing God did, and your reaction to it. Describe every detail you can get words for, especially your emotions, body sensations (if this doesn't get in the way), and anything you perceived to change as you engaged with God regarding the healing work. After these pieces have all been well developed, put them together and tell them as a story. If there are concerns about triggering others, leave the story like this and tell it to at least three people.

Second round (if there are minimal concerns regarding triggering others): Tell the story again, *slightly* expanded, with a *little* bit of context regarding the pain part of the story. Tell the story to at least three people.

Note: this is like the core of many previous approaches to emotional healing prayer, but with positive memory and connection at front end, ONE super simple troubleshooting tool, a safety net if the person has trouble/gets stuck at any point, and the Immanuel story. Simple differences, but huge with respect to safety of lay ministry, the possibility of group exercises, and self-propagation.