

## Super Simple Immanuel Approach Exercise for Groups and Beginners

(1 page summary, Karl D. Lehman, MD, Revised 2/14/2014)

**1.) Break up into small groups:** The ideal number for each group is three. Two to five can work.

**2.) Positive memories and appreciation:** Opening prayer (optional). Focus on memory/memories of previous positive experiences of perceiving the Lord's presence and connecting with Him. Each group member describe positive memory/memories to the others, and name specific things you appreciate about these experiences. The goal is to remember and appreciate until you *feel* appreciation/gratitude.

**3.) Reenter a positive memory and establish an interactive connection:** One at a time, 1) spend several minutes reentering/reconnecting with one of the positive memories, 2) from "inside" the memory, pray something along the lines of "Lord, help me to perceive Your living presence, and to have an interactive connection with You," and 3) share whatever comes into your awareness. After each person has gone through these pieces, pick a recipient and a primary facilitator for the rest of the exercise (steps #4 through #6), with the others in the group listening, supporting, and interceding.

Note: The recipient must be able to establish an interactive connection with the Lord in step 3 in order to move on to the rest of the exercise. Do not proceed with the remainder of the exercise if you don't have a recipient with an interactive connection. (See essay for additional explanation)

**4.) Help Recipient choose a traumatic memory to work on:** Select a low to moderate intensity traumatic memory (see full text version for additional directions regarding memory selection).

**5.) Invite/welcome Jesus into memory, ask for interactive connection, engage with Him to receive healing:** (Recipient) From the perspective of being inside the memory, pray something like: "Jesus, I make a heart invitation for You to be with me here. Please help me to have an interactive connection."

**a.) If recipient is able to establish an interactive connection in the memory:** Engage with Jesus to receive healing (see full text for additional instructions).

**b.) If recipient is *not* able to establish an interactive connection:** "Safety net" troubleshooting (reestablish initial connection, engage Jesus there. Full text for additional instructions).

**c.) Recipient has trouble, and asking Jesus for guidance & help does *not* resolve the problem:** "Safety net" troubleshooting (reestablish initial connection, engage Jesus there. Full text for add'l).

**d.) You're running out of time and trauma is still not resolved:** End of exercise safety net.

**6.) End of exercise – more appreciation, the Immanuel story, and the safety net:**

**If complete resolution of traumatic memory:** Help recipient to thank the Lord, and to formulate and tell the Immanuel story. Help name specifics especially appreciated. Closing prayer (optional).

**If some positive interaction with the Lord, but *only partial* resolution of the trauma:** 1) Help recipient return to connection with Jesus from beginning of exercise, and to spend time with Jesus and deliberate appreciation until he/she *feels* grateful and peaceful (the negative emotions have fully resolved). 2) Help recipient to thank the Lord, and to formulate and tell Immanuel story regarding the positive interaction. 3) Closing prayer (optional, depending on context)

**If no positive interaction with the Lord in working with the trauma:** 1) Help recipient return to connection with Jesus from beginning of exercise, and to spend time with Jesus and deliberate appreciation until he/she *feels* grateful and peaceful (the negative emotions have fully resolved). 2) Closing prayer (optional, depending on context).