

Immanuel Prayer Process

Establish Jesus Connection (& Safety Net)

#1 SAFE SPACE COMMENTS (new recipients) &

OPENING PRAYER: Safe space comments (for new recipients), and full or condensed opening prayer (Read from separate page).

#2 RECALL & APPRECIATE POSITIVE MEMORY:

Coach the recipient to describe and re-enter her/his positive memory. "What do you see? Hear? Smell? Feel on your skin? What thoughts and emotions are you having? Describe any people/relationships that contributed to the positive experience."

Note: the positive memory (safety net memory) should not carry or be associated with pain (no splinters in the safety net).

#3 PERCEIVE & CONNECT with JESUS:

FOR POSITIVE MEMORY WITHOUT GOD CONNECTION: "Jesus, I know in faith that you were with me when I was" (name memory) _____. " (e.g., "Enjoying that pizza" or "Walking on the beach.") "I welcome You to be with me now in this memory. Help me to perceive Your iiving, interactive presence." (Facilitator: coach recipient to observe and describe whatever comes into her/his awareness as she/he perceives & connects with Jesus.)

FOR POSITIVE MEMORY THAT INCLUDES GOD CONNECTION: "Jesus, I welcome You to be with me in this memory. Help me to make the transition from remembering You with me to perceiving you as a living, interactive presence." (Facilitator: coach recipient to observe and describe whatever comes into her/his awareness as she/he perceives and connects with Jesus.)

Optional: At any point in the session you could encourage the receiver to invite Jesus into the present moment. The receiver prays: "Jesus, I invite you to be here with me. Help me perceive your presence and connect with You."

ONLY if recipient has established "safety net" (strong connection with Jesus in the positive memory): move on to trauma work.

Trauma Resolution

#4 TRAUMA TARGET: (OPTIONAL) Choose traumatic memory target:

Include or omit details and feeling words (difficulty connecting with trauma memory? or difficulty being overwhelmed?). Another option = describe from outside observer.
f. **OR ASK:** "Jesus what good plans do You have for my healing today?"

#5 TRAUMA WORK PROCESS:

Jesus connection: Help receiver connect with Jesus inside traumatic memory.

Use ONE healing tool: At every point in the process, regarding every issue that comes up, regarding every difficulty that arises, coach receiver to focus on Jesus, ask Jesus for guidance and help, and describe whatever comes into his/her awareness, regardless of whether it makes sense, feels important, or is neatly packaged.

Use ONE troubleshooting tool: If you get stuck and don't know what to do, coach the recipient to go back to the "safety net" beginning positive memory and connection with Jesus. In that safe, comfortable context, coach him/her to ask Jesus about the problem, and to describe whatever comes into their awareness.

#6 SAFETY NET:

If the trauma has not yet come to a place of full resolution and the recipient is still experiencing negative emotions at ten minutes from the end of the available time, use the safety (coach the recipient back to her positive memory, appreciation, and connection with Jesus from the beginning of the session).

#7 CLOSING PRAYER: (Separate page)

After the safety net has brought the recipient back to a good place OR if the healing work has come to a place of good resolution, read the closing prayer.

#8 FORMULATE & SHARE IMMANUEL STORY:

- Describe what it was like before you experienced Immanuel's presence.
- Describe what happened when Immanuel showed up & what He showed you.
- Describe how things are different now since engaging with Immanuel's presence.

(It's ideal to share the story three times within a few days of the experience to help the process of re-wiring your brain and reframing your story.)