



***IMMANUEL PRAYER
FOR
HEALING THE HEART***

A Resource to Help Hurting People

▲ The materials for this resource were compiled and edited by Diane Bibe for use in Ukraine.
The quotes and concepts were taken from Dr. Karl Lehman, Dr Jim Wilder and Face to Face Ministries. Direct quotes are noted throughout.
If you have questions you can contact Diane Bible at diane.bible@gmail.com.
Translation done by Lena Didur.

For further information in English see:

<https://www.immanuelapproach.com/>

<https://lifemodelworks.org/jim-wilder/>

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Chapter 1

INTRODUCTION

We have many needy people around us...all of the time! Right now in Ukraine we face an extra awareness of trauma, fear, anger, uncertainty. People who need to have God's healing power work in their lives. Today we want to present materials that have been developed to bring healing into hearts and lives, so that you, yourself, can help people connect to Jesus and find healing from Him. None of us are professional psychiatrists or psychologists or counselors—but we have access to the wisdom of God (Jam 1:5-6), the Great Physician (Ps 103:3), our Wonderful Counselor (Is 9:6). And we **know** this personal, mighty God who came to earth and showed us who He is through Jesus Christ, Immanuel, God with us.

We are not talking about making the pain go away. That is what we would all like, but it changes everything when we bring Jesus into our pain.

I don't know where you are in your prayer life, but I'm sure all of you know and will say that, yes, I have a relationship with God. I need to talk to Him every day. I need to connect with Him. So let's use that as the basis for

Immanuel Prayer for Healing the Heart

There is nothing more important in my Christian life than my connection with Jesus. Right now I have one specific Bible verse I quote every day "Seek the Lord and His strength; seek His face continually" (Ps 105:4) Being near Him, being with Him, looking on His face, hearing His words for me.

Dr. Karl Lehman

This Immanuel Prayer for Healing the Heart was developed by Dr. Karl Lehman, a Christian psychiatrist whose profession was to treat people with mental and emotional disorders. He had received years of training and then spent years working with people, but was very dissatisfied with how few people actually reached healing.

He became entirely frustrated with his lack of results. Even though many clients wanted healing and were trying, they had traumatic memories that they could not resolve, they could not come to peace with, and therefore could not move ahead in other areas of their lives.

Dr Karl was searching and finally asked God why it was. Within seconds of finishing this prayer, a completely new thought came quietly but very clearly into his mind: he should turn away from focusing on the traumatic memories and instead, should focus on helping them establish a connection with Jesus, and then help them spend time just being with Him. When he did this, people began to be able to deal with their painful memories, because Jesus was beside them.

After some months of using this with people who had struggled before without resolution, he began to realize he could use this at the start of ALL of his sessions, rather than waiting until there was a problem. It made a dramatic difference in all of his clients, and many of these people began to apply the same principles themselves, independent of his help, when they faced a difficult situation. Just stopping, inviting Jesus to be there with them in their fear or pain and feeling His active living presence with them through the situation.

Immanuel Prayer for Healing the Heart applies a combination of brain science and Biblical principles to help people connect interactively and experientially with Jesus. It is powerful and life-changing for those who experience it. It is also transferable and easily caught as it uses specific, simple tools. It will be of great benefit to you whether you pray with needy people, pray with a friend, or if you simply want deeper intimacy and a stronger connection with Jesus.

Dr. Jim Wilder

Dr. Lehman was also in regular contact with Dr. Jim Wilder who is a neuro-theologian. In other words, he works with brain science and integrating it with what we know about God. Based on brain science principles they saw the value of thankfulness and appreciation in connecting to people—and to God. Both Dr. Lehman and Dr. Wilder began to use this principle and a few others to work with people in healing from trauma or difficulties, and experienced dramatic results.

What did they do? The heart of it is:

- ❖ Help people find a positive memory
- ❖ Help them stir up appreciation in that memory
- ❖ Help them connect with the living God in that memory and sense His presence with them
- ❖ Help them to keep their focus on Jesus/God and ask Him their questions and follow His leading

That is a very brief summary of the beginnings of Immanuel Prayer for Healing the Heart. Thousands of hours of research and experience were given to developing this by two brilliant, dedicated, Godly men. It is unique in its total focus on Jesus interacting directly with people. It is unique in that a volunteer can do this without any higher education. It has been used in countries and cultures all over the world and the level of successful results has been the same in every culture and country. And with a little training, even people in their 20's with only a third grade education were able to successfully help people work through trauma and bring healing into their lives.