

UNIQUE PRINCIPLES OF IMMANUEL PRAYER FOR HEALING THE HEART

There are many good Christian counselors who are working with needy people and they use different models to counsel and help. Many of them have studied for years and have hours and hours of experience. But the main thing that almost all Christian approaches have in common is that they are based on prayer: asking God for wisdom, having others pray for a person, etc.

The Immanuel Approach is completely based on prayer and interacting with God throughout. Some of the unique principles in the Immanuel Approach can be adapted into group settings and into a personal lifestyle that draw people into a living interactive relationship with Jesus. We will talk more about that later.

1. Starting in a Positive Memory

“The whole Immanuel Prayer process is organized around an interactive connection with Jesus....first inside a positive memory and then inside a trauma memory....if He takes you there.” Dr. Karl Lehman M.D.

Every time you meet with someone you will have them start with a positive memory, rather than immediately talking about their problems! You will help them find a positive memory and thank God for it and then invite Jesus' presence into that memory.

Gratitude opens us up to the presence of God. Gratitude is the easiest and fastest connection in all relationships, including our relationship with God, and Biblical wisdom constantly encourages us to practice gratitude to God.

Psalms 100:4 Enter His gates **with thanksgiving** and His courts with praise: **Give thanks** to Him and praise His name. (I review this Psalm every Sunday.)

Psalms 92:1-5

It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre.

For you, O LORD, have made me glad by your work; at the works of your hands I sing for joy. How great are your works, O LORD! Your thoughts are very deep!

Colossians 2:7 having been firmly rooted *and now* being built up in Him and established in your faith, just as you were instructed, **and overflowing with gratitude**.

Colossians 3:15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; **and be thankful**.

Colossians 3:17 Whatever you do in word or deed, *do* all in the name of the Lord Jesus, **giving thanks** through Him to God the Father.

And there are many more verses! Ps. 7:17; 107:1; 118:1,24,29; 136:1-3,26; Eph. 5:19-20; 1 Thess. 5:16-18.

2. Activating Relational Circuits through Appreciation

We are created to be relational beings. God equipped us with neurological hardwiring to be relational. When our relational circuits are on, we more easily connect and receive from God (and others). We have already talked about this, especially the brain science involved. Feeling genuine appreciation is one of the simplest ways to turn on or enhance our RCs. In review: These circuits can be on or off meaning we are tuned into people, or God, or they are blocked

out. If our relational circuits are turned off we cannot hear what God is trying to say to us. Appreciation is a way we can get them working!

All of the above Bible verses are encouraging us to live in appreciation. To let it permeate our lives. And this principle of actively, purposely seeking to turn on the “RC’s” through appreciation is unique to Immanuel prayer. An active, informed use of what brain science has now confirmed to us.

3. Being Attuned with God—Interactive Connection

This brings us to the next unique area which is having an interactive two-way connection with God, being tuned into what He is speaking into our lives. And often if we are struggling and in pain, other people can help us work towards attaining this connection with Jesus.

Attunement means: “I see you, I hear you, I correctly understand your internal experience, I’m with the emotions you’re experiencing, and I genuinely care about you and am glad to be with you.” Someone is “happy to be with you” even in difficulties, not just in joyful times. They empathize with you in your pain. There is not judgment or trying to “fix” you.

This process of attunement is something you can observe in your own life or in the lives of others. Is there someone whom you know so well that you can almost finish their sentences? You know what they are thinking? You can feel it? We can learn and experience this same attunement with God, that we are in touch with His thoughts, that we can sense what He is saying to us. And He is already attuned to us. He knows everything there is to know about us. Psalm 103 tells us that He is compassionate and gracious and full of lovingkindness towards us. He has compassion on us like a father does on his children. If we can accept how He already knows our hearts, then we can let ourselves tune into Him and hear Him.

John 10:4 says that the sheep know His voice. Yes, it takes practice, and you do have to listen. But this is the personal relationship He is seeking with you. Not just that He hears you but that you hear Him. A relationship means a two-way conversation, not a monologue.

4. Safety Net

Often times when people come for help, they are overwhelmed with emotions. In Immanuel Prayer for Healing, you never leave someone in their pain. If you cannot help them resolve their pain/trauma while they are with you, you always take them back to their initial good memory that has God in it and leave them in a safe place. And actually, they can learn to do that for themselves. The place of a positive memory, stirring up appreciation, interactive connection to God, serve as a base that can always be returned to.

We can help the recipient get back to his “home base” and then coach him to connect again with God there and ask Him what is interfering with finding resolution to a bad memory or pain or negative emotions. It is important for a facilitator to understand and use this, because it takes the pressure off of the facilitator to find solutions, when he does not have enough tools or understanding to do so. It is important never to leave them in a place of pain and trauma.

With the use of this safety net you are not in danger of leaving someone worse off than when they came to you.

And so you have just a brief overview of some of the very unique principles used very effectively in Immanuel Prayer.