

IMMANUEL PRAYER PROCESS STEP-BY-STEP

We will now walk you through step-by-step how to lead someone through the Immanuel Prayer Process. You will be the facilitator and we will refer to the person you are helping as the recipient.

As you begin this process be sure that you connect with the person yourself. Put them at ease. Show that you are happy to be with them. Focus on them. See them. Ask some opening questions such as, simply, how are you today. But don't leave that question if there is only a one word response. Ask if it has been a good day or week, with an explanation of what was good.

If this is the first time you are meeting someone, you will need to explain to them what you are doing as follows:

OPENING STEP

Introduction to Immanuel Prayer

To start I will help you remember a positive memory without negative associations and then to connect emotionally with the memory. I'll help you relive it/connect so that you're back in the original experience, and then have you describe the experience to me in detail. I will help you do this until you feel connected to the memory and feel appreciation for it.

Next, we will ask Jesus to help you perceive His presence in the memory and connect with him in it. God is everywhere and was with you in your past experiences. I will ask you to describe whatever comes into your awareness, even if it is subtle, or doesn't feel important, or doesn't make sense. This will help you to feel the importance and recognize the meaning of any content even if it's subtle. God often communicates subtly.

Finally, I will help you to engage directly with Jesus to bring your question, issue, request, problem to Jesus. I will help you work directly with Jesus and engage with Him around your prayer focus until we either run out of time or there is some type of resolution.

My job is to help you connect with Jesus and help you to keep taking your questions, concerns, issues to Jesus. Your job is to connect with Jesus and share with me whatever comes into your awareness as you communicate with Him.

If you have trouble perceiving the Lord's presence or hearing His response at any point, we'll just troubleshoot together.

Does this all make sense?

Goal

I am not expecting anything of you other than being open, and noticing and describing whatever comes into your awareness. As long as you follow my lead and keep seeking Jesus, it will work out. I do hope that you will be able to connect with Jesus and talk to Him.

Please Pray Aloud and Share Everything

To make this easier for me it helps if you pray to God aloud. Are you okay with this?

Also, remember to share with me whatever comes into your awareness even if it seems irrelevant,



doesn't make sense or is subtle or confusing.

Memories are especially important to share. If any come up while you're praying, please share them. These may seem distracting but may be important and could help in your prayer process.

Even if you don't think it's from Jesus, we will talk about it and see if it is something that is meaningful.

Permission to seek help if needed

I do not know everything, even though Jesus does! So, if we come to a place where you are stuck and lose your connection with Jesus, or cannot seem to go further, we will go back to your positive memory and then close our session. If you give me permission, then I will pray about it, but will also seek help from other people who have more experience in helping people than I do.

I will ask you before I do anything.

Review of Process

So that is what we are going to do

- ❖ Start in your positive memory
- ❖ Invite you to refresh it, recall details,
- ❖ Sit in appreciation
- ❖ Direct your appreciation to Jesus
- ❖ Then we will invite Jesus to show you where He is
- ❖ He will take it from there
- ❖ I am just going to help you interact with Jesus. That's my job

Any Questions?

Do you have any questions?

What do you want prayer for today?

I don't need a lot of details, just the headline.

STEP 1: PRAYER OF PROTECTION

Open with prayer for guidance, direction, protection and that the Lord would help the recipient establish a relational connection with Him. Suggest that they go ahead and think about a positive memory as you are praying, and tell them you will give them time to do so....then pray:

"Lord Jesus, we ask that you would remind _____ of Your goodness. Bring forward a memory of an especially positive experience. Help (him/her) to reconnect with this experience and stir up appreciation in (his/her) heart.

"I commit _____ to you. I ask that You push back any spiritual, physical or emotional distractions right now, and allow _____ to experience a clear connection with You, without interference or retaliation of any kind. Make it safe here for _____ to experience Your presence.

"Help every part of (him/her) to hear Your voice, and to know the truth about Your heart and character—about Your gentleness and Your carefulness, so that (his/her) whole mind and heart can cooperate with Your healing work. Lord Jesus, please guide every thought, image, memory, emotion, and physical sensation coming into _____'s heart and mind, and into my own heart and mind for guidance. We thank you for all these things. Amen."

STEP 2: REMEMBER AND APPRECIATE A POSITIVE MEMORY

Help recipient recall a positive memory (a memory for which they are truly grateful and that is free from painful splinters) and remember it until they experience appreciation.

You may need to make some suggestions such as:

- big moment (e.g., weddings or births)
- small moment (e.g., glistening colors on a bubble, tea with a friend)
- long ago or recent memory; different ages, or events in each school grade, seasons of life
- location memory— special moment in a certain place
- memory associated with a favorite activity; special event or trip
- an encounter with a person that brought joy, peace and/or gratitude
- a *positive* weather event
- a special gift, or an object or item that brought you joy
- a moment of wonder, surprise, hope, satisfaction, laughter, or feeling particularly loved
- a *positive* holiday memory
- memory associated with nature—sky, flowers, snow
- memory associated with an animal

As they recall the memory, help them to immerse themselves in it and recall as many details as possible (e.g., what they saw, heard, smelled, felt on their skin; how they were feeling; what they were thinking; who they were with).

“Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible.” For example:

- What did you see? Hear? Smell? Taste? Feel on your skin?
- What thoughts and emotions were you having at the time?
- What thoughts and emotions come as you think about it now?
- How did your body feel back in the memory? Where do you feel it in your body? Where do you feel the emotion.

Allow the recipient to describe the memory as it flows naturally, and then gently prompt them regarding any pieces they missed. Also ask them to stay in the memory and not leave it until you direct them out.

"It's important for you to continue to stay in that memory for the entire prayer time. If keeping your eyes closed helps you do this then please do." "What is the one moment that you would feel the most emotion?" or "What's your favorite part?"

If initial images of the positive memory are mundane or boring, help the recipient continue to dig up details. The stronger the connection to the memory, the better. "What do you see, hear, smell, feel..." The more details, the better. This is the brain science!

Keep encouraging the recipient to describe everything out loud. The more they do this the more clarity will come.

Coach recipient to get to a place of appreciation, where they are thankful for this memory and some

specific details of it.

STEP 3: PERCEIVE AND CONNECT WITH JESUS

Help the recipient to welcome Jesus into the positive memory. We know that God is omnipresent and even though they may not have perceived His presence at the time this took place, God was present.

Encourage the recipient to enjoy being in the memory, and then you can invite them to give thanks to Jesus/God for this memory out loud or in their hearts. (As they thank Him they are actually attuning to Him.)

As this appreciation is stirred up inside of them you can then invite them to express the following:

"I want you to pray something like, 'Jesus, I know, in faith, that you were with me when I was (name memory - e.g., enjoying the park). I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.'"

Help them to describe whatever comes into their awareness, and especially to describe details about Jesus' presence.

"As you are able, describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged. That is any Bible verses, words, sounds, images, feelings, memories, even tastes, everything that you sense."

When they have perceived Jesus, encourage them to focus their attention on Jesus and describe as much about Him to you as they can. They don't need to see Him, only perceive His presence.

"Tell me as much about Jesus as you can. What is He doing? How does it feel having Jesus with you in this memory? If you can see Him, what does He look like?"

"We know Jesus is in us, but we also know that He was on earth in a real body. Invite Him to reveal Himself in a way you can interact with Him. Some people get a visual image, but it may just be in your thoughts."

Coach them to focus on Jesus and ask how Jesus feels about being with them. Coach them to observe and describe whatever comes into their awareness.

"Okay, now I would like you to focus on Jesus and ask Him, '**Lord, how do you feel about being with me in this memory?**'"

"Ask Jesus, 'Is there anything else you want to show me, give me, or say to me, Lord?'"

If the recipient is unable to perceive Jesus' (or God's) presence, here are a couple troubleshooting things you can use. Your whole time with them is based on their establishing a connection with Jesus, so this is the pivotal point.

Basic Troubleshooting (If Needed)

Intervention 1: Have the recipient report to you everything that comes into their awareness. Have them describe in detail the positive memory and what happened or changed after they invited Jesus into the memory or what is happening in them.

"I want to ask you again to describe in detail your positive memory and what happened or changed as you invited Jesus into it. Describe in detail anything that comes into your awareness, regardless of whether it feels important or makes any sense."

Intervention 2: Coach the recipient to look to Jesus for answers, understanding, insight, ways

forward. Coach them to engage with Jesus at every step, with every insight, stuck place, obstacle. Have them ask the Lord for guidance regarding blockages.

"In faith we know that Jesus is in the memory with you, even though you may not perceive him. Ask the Lord, 'What is in the way of my being able to perceive your presence, Lord?' then notice and describe whatever comes into your awareness."

When Jesus makes clear what is blocking them from connecting, have them describe it to Jesus and ask Him how this is keeping them from hearing from God or establishing an interactive connection.

"Now I want you to describe this to Jesus and ask Him why it's blocking your interactive connection and then what to do about it. You can pray something like this "Jesus I notice these things in my heartHow are they keeping us from establishing an interactive connection? What can I do with them?"

NOTE: If the Recipient cannot perceive Jesus' presence and establish an interactive connection with Him in a positive memory, DO NOT move forward into Step 4.

Keep troubleshooting and take time to attune (emotionally connect) with the person about any disappointment, and to debrief about not being able to connect with Jesus.

STEP 4: BRING REQUEST/NEED/DISTRESS/QUESTION TO JESUS

Have the recipient bring their prayer request directly to Jesus and engage with Him around their request. The key here is to emotionally connect with Jesus. They should keep taking their questions, concerns, needs, insights back to Jesus for His perspective.

Some samples of issues to talk about with Jesus:

- Discernment regarding a specific question (e.g., should they move to another place?)
- Persistent struggle with specific issue (e.g., longstanding struggle with anxiety or a persistent sin)
- Current significant distress (e.g., a close friend or family member has just died or been diagnosed with cancer)

Help them to receive attunement with Jesus in their distress.

"Describe to Jesus out loud what you want prayer for today. As you share this with Him, ask Him if this is what you should address or if there is something else. You can even ask Him: 'What do you have for me today?' or 'How do you want to spend our time together?'"

Help in Discerning Painful Memories: (If Relevant)

We are not fishing for painful memories, but some will come up as the recipients talk with Jesus and some prayer needs are likely connected to painful memories. There are ways to help them discern painful memories if getting at the root of a struggle would be helpful.

"As you talk with Jesus about this problem with _____ or your feeling of _____, ask Jesus if this is related to any specific experience in your life. Let me know what comes to mind as you talk with Him."

"Jesus, when did this struggle with _____ or feeling of _____ begin?"

Further questions: When in the past have you felt like this? What is the first time you remember this happening?

"You have been talking about having a hard time/being hurt/feeling misunderstood (name the emotion they shared). Is there a specific memory that comes to mind when you felt this way?"

STEP 5: (FOR TRAUMA) CONNECT WITH PAINFUL MEMORY

Coach the recipient to put themselves back into the memory, and describe the details, until they start reconnecting with the painful emotions.

"Imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

- What did you see? Hear? Smell? Taste? Feel on your skin?
- What thoughts and emotions were you having at the time?
- What thoughts and emotions come as you think about it?
- How does your body feel to be back in the memory?

Help them connect with the negative memory until they start to experience the pain and fear of the situation just like when they connected with the positive memory until they experienced appreciation.

STEP 6: (FOR TRAUMA) PERCEIVE AND CONNECT WITH JESUS INSIDE THE PAINFUL MEMORY

Help them perceive and connect with Jesus inside the memory.

"Okay, now pray something like, 'Jesus, thank You that You were there in that painful memory. I welcome You to be with me now in this memory, help me to perceive Your living presence - help me to work through this difficult memory knowing that You are with me.' Your job is to notice what comes into your awareness and describe it. Everything, regardless of whether it feels important, makes sense, or is neatly packaged."

If they can't perceive Jesus initially in the memory coach them to ask Jesus for help with the transition to an interactive connection, or you can pray for them.

Use the troubleshooting techniques in Step 3.

STEP 7: (FOR TRAUMA) ENGAGE WITH JESUS AS THE THERAPIST

Identify Healing Targets

As soon as the recipient connects with Jesus in the negative memory, help them to identify a target for healing. They can ask Jesus for help with this. They should begin to recount to Jesus and to you the memory. The target for healing will be an interaction or place in the memory intense/painful/scary or some other difficulty.

"So now I want you to imagine yourself walking through your negative traumatic memory with Jesus. Focus on the presence of Jesus inside of your traumatic memory, and describe everything that comes into your awareness whether it makes sense or is neatly packaged. Stop when you encounter anything that is intense/painful/scary. These will then be the healing targets, the issues and memories we bring to Jesus for guidance, understanding, perspective and healing."

Talk with Jesus about Everything

At every point in the process, regarding every question, healing target, or difficulty that comes up, help recipient get words for whatever question, issue, pain, fear, or problem is in front of him. Coach the recipient to focus on Jesus, to share directly with Jesus the question/issue/pain/fear/problem, to ask Jesus for guidance and help, and then to describe whatever comes into their awareness.

"As you reflect back on this painful point in the memory I want you to share with Jesus anything you can remember about it: what happened, how you felt, and relay back to me anything that comes into your awareness whether it feels important, makes sense or is neatly

packaged."

How do they Feel about the Healing Target

The recipient needs to work through the painful point until it is no longer intense/painful/scary. After they have processed each painful point with Jesus, coach them to tell you how they feel or respond now when they think back about the healing target.

"As you think back now about this part of the memory, how does it feel? What's different about it? Is there anything that is intense/painful/ scary?"

Painful Memory Work Goal

The goal of the Immanuel Approach is to work every painful part of the painful memory through the pain processing pathway. To move from fear, pain, toxicity to a place where the memory is no longer toxic and does not trigger us emotionally. Instead, it adds to our knowledge, skills, empathy, and maturity. To do this they need to remember the entire memory and walk through it with Jesus.

How to know when they're done

When resolution has come for a healing target, if time is still available, coach the recipient to look for another healing target. If one is discovered work on it. If not you can move to the safety net and end the session.

STEP 8: TROUBLESHOOTING (IF NEEDED) SAFETY NET

If the recipient is having trouble establishing or maintaining a connection with Jesus in the painful memory, use the troubleshooting techniques from Step 3.

1. *Share everything that comes into your awareness*
2. *Ask Jesus what is getting in the way of maintaining a relational connection with Him*

If troubleshooting inside the painful memory doesn't work, use the Safety Net and take them back to the positive memory to troubleshoot in a safe, comfortable context.

*For those who do not perceive Jesus and establish an interactive connection in their traumatic memory: **Do **NOT** stay in the traumatic memory.

*For those who do perceive Jesus and establish an interactive connection in the traumatic memory: After the recipient has described his connection with Jesus, coach him to describe his traumatic memory until he is emotionally connected to it, recalls, and connects with the pain and has had adequate time to share his pain story.

STEP 9: CLOSE THE PRAYER TIME

Close the Prayer time when the initial issue has been addressed/ resolved or when you run out of time.

If recipient worked on trauma and some painful emotions are still present, use the safety net and have them reconnect with Jesus in the Positive Memory before ending the ministry time.

"Lord, we thank You for (anything good that happened). We hold up to You these (wounds? issues?) that have not yet been fully resolved. We ask that you care for these unresolved (wounds? issues?). Surround, protect, and encourage _____ as she/he goes forward from here. Fill any places that have been left empty in _____'s heart today, so that he/she may experience Your living presence abiding in his/her mind and heart, and walking beside him/her each day. And please give _____ any additional blessings you have prepared for him/her today."

STEP 10: ENCOURAGE THEM TO SHARE THEIR IMMANUEL STORY:

If something good happened, challenge/encourage the recipient to share their story with 1-3 people within the next few days! For trauma work, instruct them to keep their description of the problem short, and to especially focus on what happened when Jesus showed up.

1. How were you doing when you came?
2. What did you come for prayer for?
3. What happened during the prayer session that struck you?
4. How did you encounter God?
5. How are you doing now?
6. Who will you share this with when you leave?

Adapted from "Immanuel Prayer Manual For Urbana 2023" which was developed by Peter Horton and Dr. Karl Lehman