

QUESTIONS FOR IMMANUEL PRAYER STEPS

(Compiled by Jane Hyde from several resources)

This section is to give you ideas for asking wise questions. Every person is different and different things work. This is not an issue of using ALL of the questions, but to help you when you don't know where to go next.

Planning Together (do they already have a positive memory/ issue in mind?)

If facilitating appreciation only, ask if they have a positive memory in mind, but then ask:
I'm glad you have a memory in mind. As I pray, would you bring that memory to Him with an open hand, and invite Jesus to "sift" with you? He might bring something else to mind. Pay attention to what rises to the top, or keeps coming to your attention.

If anticipating a full-length session, ask if they have issues they would like to bring to Jesus.

Do you have a vision for what you want to do?

Are you bringing something to the table today to talk with Jesus about?

Do you have a plan for today?

What would you like prayer for today? I don't need details yet, it would just be helpful to know the focus of our prayer time. You can just give me the "headline."

Before we start, is there something particular on your heart today, or do you just want to explore with Jesus and see what he wants to do?

Eliciting Positive Memory Details

Gently invite the speaker to share details about a positive memory of **one specific moment in a real place**. Invite them to "enter into the memory." They should choose a memory without splinters (pain attached).

Elicit **external details**:

What is going on around you?

What do you see? hear? taste? smell? feel on your skin?

What time of day or year is it?

What is the weather like?

What else do you remember?

Be curious. Elicit other story-specific details (*who was with you, what was that like to...*)

Elicit **internal details**:

What is happening inside you?

What are you thinking?

What are you feeling?

What else are you thinking and feeling?

What thoughts and feelings come as you think about it now?

Do you have physical sensations—butterflies, tears of joy, relaxed body, warmth in chest?

Where do you feel it in your body?

What is your favorite part of this memory?

If they sensed God's presence at the time of the memory

How are you experiencing God's presence?

What is he saying to you or doing in you in this moment?

Watch for non-verbal clues that they are connecting with positive emotions. Ask:

Are you feeling some of the same feelings now that you felt at the time of this memory?

If they are not feeling those things very strongly, trying to dig for some more details, and mirror their emotions back to them.

Ask them to stay in the memory and not leave it until you (or Jesus) direct(s) them out.

It's important for you to continue to stay in that memory. If keeping your eyes closed helps you do this, then please do.

Addressing a Potential Splinter

It seems that you have some pain associated with this positive memory. We really want to try to have a clean memory if possible. Do you feel like that pain is too closely associated with this memory? If so, let's try a different positive memory.

Turning Attention to Jesus

You can begin (or continue) to describe the memory, but in a posture of prayer. You tell Jesus about it, and I will listen in. [engage recipient first to amplify the feeling of 'reliving' the memory]

Would you express to Jesus what you are feeling in this memory?

Would you share with Jesus what you are feeling in this memory?

Would you like to thank Jesus for this experience?

Would you like to express your appreciation/feelings directly to Him?

(You can ask this before or after connecting with Him; it can facilitate connection for them to address Him; or amplify emotion after connecting)

Can you "talk toward His face," even if you're not seeing Him visually right now?

Can you get words to describe this to Jesus? [facilitator can help find the words]

Inviting Jesus' Interactive Presence

The right brain doesn't track time, so the right brain is re-living the experience—and we know Jesus was there at the time. We want to invite Him to reveal Himself in the memory in a way that you can interact with Him.

Invite the recipient to welcome Jesus into the positive memory.

"We know that God is always with you, and even though you did not perceive His presence at the time this took place, God was present."

I invite you to pray something like, 'Jesus, I know, in faith, that you were with me at the time of this memory. Help me to perceive Your living, interactive presence.'

You can address God as Father, Jesus, or Holy Spirit. What feels most comfortable to you? -Often Jesus is most comfortable because we know He had a human body, and we at least know what a human body looks like. But it doesn't have to be Jesus. God revealed Himself in many ways in Scripture.

God, I extend a heart invitation to you to reveal your presence to me in this memory.

Jesus, I knew then that you were with me in this memory. Would you reveal yourself to me in this memory now in a way I can interact with?

I'd like you to pray something like, "Jesus, I know in faith that you were with me when this was happening. I welcome you to be with me now in this memory. Help me to perceive your living, interactive presence."

Jesus, I make a heartfelt invitation for you to reveal your presence with me here in this memory.

Jesus, I know you were with me at the time, I felt you there, but would you reveal your living interactive presence to me now in this memory?

"Notice and Describe" (repeat this frequently!)

Notice and describe whatever comes into your awareness—the first thought— whether or not it seems important, makes sense, or is "neatly packaged."

Describe in detail anything that comes into your awareness, regardless of whether it feels important or makes any sense. You might get a snippet of a song or verse, a word, a sound, a memory an image, an emotion, even a physical sensation such as taste or smell. Describe everything you notice.

Many people are visual, so they see Jesus, but others just sense His presence. This is why it's important to notice and describe...

When they perceive 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.

Can you find words to describe whatever is coming into your awareness?

Remember to share with me whatever comes into your awareness even if it seems irrelevant, doesn't make sense, or is subtle and confusing.

Don't swat away or ignore any image, thought, memory, emotion, bodily sensations. As you talk about it, it will probably become clear if these are important or meaningful.

Has the scene changed in any way? Do you notice anything different or new? Scan the scene 360 degrees—turn all the way around. Notice and describe...

Watch and notice what happens...

See if you can sense a response from Him.

Troubleshooting Blockages (not perceiving Jesus):

If they express uncertainty that it's "coming from their own mind," assure them that:

Jesus is in you, including in your thoughts and what you sense and perceive. He wants to communicate with you. If you describe everything that comes into your awareness, most likely it will become clearer as we go whether or not it's from Jesus.

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.

I want to ask you again to describe in detail your positive memory and then tell me what happens or if anything changes when you invite Jesus into it. Scan all around you, 360 degrees. Describe in detail whatever comes into your awareness, regardless of whether or not it feels important or makes any sense.

Scan your positive memory 360-degrees, notice and describe anything you become aware of.

What do you notice in your peripheral vision?

If you feel stuck, tell Jesus about that and ask Him for help.

Jesus, can you help me understand what is blocking me from perceiving you?

Why is this blocking our interactive connection and what can we do about it?

Jesus, I notice these things in my heart.... What can I do with them?

Jesus, can you give me any ideas about how to move forward?

Jesus, what can you give me or show me to help me?

If/when Jesus reveals what is blocking them, have them describe it to Jesus and ask Him how it is keeping them from hearing from God or establishing an interactive connection.

Are there any thoughts or images nibbling on the edges of your awareness?

Are you swatting away anything because you're deciding it is not important or meaningful?

They may be looking for a huge dramatic Jesus in front of them, ignoring other subtle perceptions, because He is not showing up the way they are expecting.

Attuning with Disappointment or Frustration at Not Perceiving Him

NOTE: If the Recipient cannot connect with Jesus in the positive memory, DO NOT move forward. Keep troubleshooting and take time to attune with the person—they might feel disappointed, frustrated, or ignored. Offer validation and empathy but convey confidence in the recipient and Jesus that they will be able to connect in the future. Honor their courage and presence.

Focusing on Jesus

Do you feel like He is listening to you and understanding what you are saying?

Can you tell where He is, even if you can't physically see Him?

Can you tell where His attention is directed (or focused)?

Can you sense Him there with you? How do you sense Him?

What is His posture toward you?

What is His heart toward you?

Can you sense the expression on His face, even if you can't see it?

[If fear or distress: *Is He angry? Disappointed?*

It's a good strategy to ask a question that faces them with their own fear that He might be angry or disappointed, etc, and for them to hear otherwise.]

Not everyone gets a visual image. You might just sense His presence and know that He's there. Just notice and describe everything that comes into your awareness.

If He were there, where do you think He would be?

Tell Him how you feel about.....(this positive memory)

If they see Him:

What is He wearing?

What does He look like?

What is the expression on His face?

Tell me as much about Jesus as you can. What is He doing?

How does it feel having Him with you in this memory?

How does it feel to sense Him near you?

Remind them that He can show up however He wants to!

Drawing Near

Is He near/far away? [any objects between them? Is He within arm's reach?]

Would you like Him to be closer to you?

Would you be willing to share with Him how the thought of being closer to Him makes you feel?

"Jesus, I'd like to be closer to you, but..."

Share with him, "Jesus I am so frustrated that I can't see you or hear you," and listen for His response.

Identity/Connection Discernment or "Test" Questions

Jesus, how do You feel about being with me in this memory?

Jesus, what is one thing You love about me?

Jesus, what is one of Your favorite things about me?

Jesus, what are You especially enjoying about me in this memory?

Jesus, what do You want me to know about this memory?

Jesus, is there anything else You want to show me, give me, or say to me, Lord?

Jesus, why is this memory important to me?

Jesus, why is this memory so special to me?

Jesus, is there anything in the way of me fully believing this?

Jesus, is there any part of me that is not sure about _____?

Jesus, is there a gift You want to give me, a perspective You want to show me, or a word You want to tell me?

Checking In

From time to time you may need to check in with the recipient if there is a long silence with no interaction.

Is Jesus still there with you?

Are you still connected to Jesus?

Has the scene changed?

Do you still sense Him there with you?

Can I just check in—is Jesus still with you?

Responding to Jesus

How would you like to respond to him?

Would you share with him how that makes you feel?

Tell him how you feel about that/what you think about that.

Do you want to ask him anything about that?

Jesus, how can you help me with that?