

This appendix contains several documents that will be helpful to you as you pursue Immanuel Prayer for Healing the Heart.

1. Summary Prompts

This is a summary of the section on the Step-by-Step Process. You can copy it and use it when you meet with someone and just read the opening and closing prayers and the questions to ask. All facilitators read the prayers as the elements in these prayers are very specific. And it is easy when you are working with someone to get caught up in what they are saying and forget what you are to do next. So...use it!

2. Group Appreciation Exercise

This is an exercise that is laid out to use in a group of any size so that they can have the experience of what it means to find positive memories, and then connect with Jesus. It will give your whole group a positive experience, and expose them to Immanuel Prayer.

3. Immanuel Journaling

This is an exercise that individuals can do as a writing exercise using the principles from Immanuel Prayer for Healing the Heart. It has two parts, the first focusing on a positive memory and appreciation and the second part helping the individual to attune to God and listen to what He is saying.

4. Devotional: God's Joy With Us

This is a devotional which is based on the brain science which is used in Immanuel Prayer and may be another way of helping you and others think about these principles and put them into practice in your life.

5. Additional Resources

In this section are a couple websites with helpful information for Ukraine, as well as a link to Dr. Jim Wilder's lecture on brain science in the Kyiv Theological Seminary.