

Immanuel Journaling Part 1 - Interactive Gratitude

(Builds joy, warms the heart and opens relational brain circuits)

Psalm 100

‘Shout with joy to the LORD, all the earth!
Worship the LORD with gladness.
Come before him, singing with joy.
Acknowledge that the LORD is God!
He made us, and we are his.
We are his people, the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise.
Give thanks to him and praise his name.
For the LORD is good.
His unfailing love continues forever,
and his faithfulness continues to each
generation.’

1. List 3 things that you are grateful for, a memory where you felt joyful, peaceful, grateful, loved, accepted or connected
 - 1)
 - 2)
 - 3)
2. Pick the one that makes you feel most positive
3. Write a thank you letter to God for the memory
 - a. Include details – what you can see, hear, smell, taste, or sense
 - b. How did it make you feel - positive emotions
 - c. How did it make you feel – in your body

“Jesus, thank you for.....

4. Ask Jesus to show you where He was in that moment
 - a. What do you see or sense?
 - b. Pay attention to Him – enjoy his presence with you

5. Ask Him what He has to say to you about your gratitude and appreciation
 - a. Write whatever spontaneous thoughts come to mind (think about how a good parent would respond to their child's gratitude)

"My child....."

Immanuel Journaling - Part 2 – Attunement

Builds intimacy & secure attachment with Jesus, heals trauma pain and increases faith. Develops the skill of hearing and seeing God's heart for you and receiving attunement from Him. The goal is to feel validated, comforted, hopeful and peaceful and to complete the brain's pain processing pathway.

1. Jesus, what do You want to talk about today?
2. Jesus, how do You see me?
3. Jesus, how do You hear me?
4. Jesus, how do You understand how big/hard this is for me?
5. Jesus, what do you have to give me (show me or say to me to bring me comfort)?
6. Read your interaction with God to someone you trust

“Reading our journaling aloud to another takes our journaling to another level of experience. The words of our left brain and the emotional experience of our right brain are synchronized and joy is shared, peace is amplified and community is deepened.” *Joyful Journey*, Dr Jim Wilder

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