

Title: "Looking for Churches with Robust Immanuel Approach Programs"

September 8, 2025

Greetings all,

I have been getting an increasing number of emails from pastors/church staff who are wanting to start an Immanuel Approach program of some kind, and who want to connect with churches who already have a successful, robust IA program similar to what they are wanting to develop. (They wisely want to learn from those who have gone before them, as opposed to reinventing the wheel.)

The practical problem that this newsletter is trying to address is that most churches who have developed Immanuel Approach programs have not posted profiles on the network directory. It seems that once word gets out regarding what people are experiencing with the Immanuel Approach, the schedules for all of the Immanuel Approach facilitators are quickly filled with people from their own congregations. These churches *deliberately* do not post profiles on the network directory so that they don't get requests from people outside their congregations that they are not able to care for.

Therefore, I am making a very specific request to churches who have successful, robust IA programs: Please contact me directly ([drkarl@kclehman.com](mailto:drkarl@kclehman.com)) with information regarding your program. (I will only share this information with pastors/church staff who are wanting to develop an IA program similar to the one you have already established.)

Also, there are different types of church-related IA programs. For example,

- Some churches have IA ministries focused on helping participants to build and maintain an IA lifestyle as a foundational component of their discipleship. (Participants in these programs are usually more mature, higher-functioning parishioners who are striving for psychological and spiritual peak performance.)
- Some churches have IA ministries that help parishioners to engage directly with Jesus as a spiritual director and/or life coach.
- Some churches are working to integrate the Immanuel Approach into every aspect of discipleship and body life experience. In addition to the other options described here, this can also include helping grade-school children and youth to recall positive memories, stir up appreciation, and then perceive and connect with Jesus in this context. This can include the average parishioner using these same tools for perceiving and connecting with Jesus in their personal quiet times. This can include leadership teams using these tools for perceiving and connecting with Jesus as part of leadership retreats. This can include leadership using these tools to keep their relational circuits on and connect with Jesus during meetings to wrestle with difficult discernment challenges. This can include using IA for resolving the trauma that sources the triggers that disrupt relationships between congregational members, between congregants and leadership, and between members of the leadership team.
- Some churches focus especially on offering Immanuel Approach sessions as part of caring for those struggling with emotional/mental health issues. With basic/beginner ministry teams providing basic/beginner care, such as helping recipients connect with Jesus and then receive

comfort for acute struggles, or helping recipients connect with Jesus and then talk to Him about their loneliness and anxiety. And with intermediate/advanced ministry teams helping people work with Jesus to find and resolve roots of addictive behaviors, and/or helping people work with Jesus to resolve specific traumas and/or other issues that are negatively impacting various aspects of their lives (e.g., disrupting marriages), and/or helping people work with Jesus to find and resolve the roots of mental health concerns like phobias or eating disorders, and/or helping people work with Jesus to resolve full-blown PTSD, and/or helping people work with Jesus to resolve traumas that exacerbate severe mental illnesses, such as bipolar disorder.

Please briefly describe your program, so that I can match new ministry teams with successful programs that are most similar to what they are wanting to develop.

Thanks and blessings,

Dr. Lehman/Karl

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