



Just Hold It Up to Jesus

(©Copyright 2002 K.D. Lehman MD, New 1/29/2003, Last Revised 12/24/25)

“Just hold it up to Jesus” is an intervention that sometimes works when blocking beliefs and/or blocking anger prevent the recipient from participating in the usual Immanuel Approach process, and you have not yet been able to find and resolve the roots of the blocking beliefs and/or blocking anger.

I. Believing lies about Jesus, lie-based fear, lie-based anger: I often encounter recipients who believe lies about Jesus and/or have lie-based fear towards Jesus and/or have lie-based anger towards Jesus. When I encounter this scenario, the intervention I always try first is to help the person engage directly with Jesus regarding their mis-perceptions, fears, and anger. Even with recipients who have distorted perceptions about Jesus’ character and heart, and/or who are afraid of Jesus, and/or who are angry at Jesus, most of them will let me help them to engage directly with Jesus regarding these problems.

If they are willing to receive help from Jesus, the results are usually simple and beautiful. Jesus usually takes them to the memories where the problems are anchored, and then they usually start crying and say things like, “Jesus isn’t small and powerless and worthless! He’s growing and growing – now He’s much bigger than the darkness and pain I was struggling with,” or “Jesus *isn’t* angry with me. He says that He forgives me and that He loves me,” or “Jesus is showing me that He has always been with me. I couldn’t see Him when those things were happening to me, but now I can see Him in the memory. He’s standing behind me with His arms around me, and He’s crying...”

II. Afraid to hear directly from Jesus: Sometimes recipients will be afraid to hear from Jesus to the point that they will be unable/unwilling to engage directly with Him to resolve the lies they believe about Him and/or their lie-based fear or anger towards Him. When I have encountered these situations, we have always eventually identified very specific guardian-lie fears. For example, recipients afraid of hearing from Jesus have said things like “I’m afraid to hear from Jesus because I’m afraid He will confirm my greatest fear – that I am unforgivable – that I am doomed to hell,” or “I’m afraid to ask Jesus for help because I don’t want to be a burden – I’m afraid He will be angry at me for bothering Him.” If you are watching for blocking fears, and even ask a few questions about this possibility, you can usually identify the blocking fears that are hindering the process.

When I encounter this situation, my first step is to ask whether they would be willing to ask Jesus about these specific blocking fears. “Would you be willing to ask Jesus for help about this fear? Can you hold this up to Him and say ‘Jesus, I’m afraid to ask you for help because I am afraid that....’ What do you want me to know about this? Can You please help me?” I realize that this might sound silly and circular, but I have been surprised by how often these recipients *are* willing to ask Jesus about their blocking fears, especially once they have been named and identified as a lie-based blocking fears. This simple intervention often works, and then they are able to engage directly with Jesus to resolve any other lies they believe about Him, any other lie-based fear

about Him, and any other lie-based anger towards Him.

III. So angry at Jesus that they won't work with Him: Sometimes recipients will be so angry at Jesus that they will be unable/unwilling to engage directly with Him to resolve the lies they believe about Him and/or their lie-based fear or anger towards Him. When I have encountered these situations, we have always eventually identify very specific reasons. For example, recipients have said things like “I hate Jesus because He let _____ (something really horrible) happen. I don't want to have anything to do with Him,” or “I hate Jesus because He never came when I needed Him. I don't want to hear or see Him.” If you are watching for it, and even ask a few questions about this possible blockage, you can usually identify the blocking anger that is hindering the process.

When I encounter this situation, my first step is to ask whether they would be willing to engage directly with Jesus about their anger. “Would you be willing to engage directly with Jesus about this anger? Can you hold this up to Him and say ‘Jesus, I don't want to have anything to do with you because I'm so angry at You – You let my mother die from cancer!! But I'm really stuck. What do you want me to know about this? Can You please help me?’” Again, this may sound silly and circular, but I have been surprised by how often these recipients *are* willing to engage directly with Jesus about the anger that was blocking the way moments earlier. This simple intervention often works, and then they are able to engage directly with Jesus to resolve any other lies they believe about Him, any other lie-based fears about Him, and any other lie-based anger towards Him.

IV. Negotiating/working with internal parts to find acceptable plan: If these simple, basic interventions for blocking fears and/or blocking anger do not resolve the problem, the next thing I try is negotiating/working with the internal parts to find an acceptable plan for engaging directly with Jesus. The key being that *they feel it is acceptable – they are willing to try it.*

With blocking fears, I help them to focus the blocking fears as clearly as possible, and then work with them to find a plan that adequately addresses their specific concerns. For example, one part I was working with was able to clarify that she was afraid Jesus might get angry and hit her if she let Him be tangibly present in any way. But she was willing to allow Him to be tangibly present once we came up with the plan that He would agree to be very far away. And we included this in the prayer for perceiving Jesus and establishing an interactive connection: “Jesus, I'm afraid that You might get angry and hit me, but I'm willing to let You be present if You agree to be very far away.” (For additional discussion of blocking fears, and this particular intervention for addressing them, see Karl D. Lehman, *The Immanuel Approach: For Emotional Healing and for Life* (Evanston, IL: Immanuel Publishing, 2016), pages 355-359.)

With blocking anger, most parts eventually agree to try some version of the following: “What if the rules are that you get to be angry at Jesus, and tell Him exactly why you're angry, and He will just listen? What if Jesus agrees that He will just listen, without responding in any way until you give Him permission? And what if He especially agrees that He will not punish you or retaliate in any way in response to your anger and what you tell Him? Furthermore, I'll help you – we'll get in the ring with Jesus together, and we'll wrestle with Him about why you're angry until you tell me that you are completely satisfied with His response.” (For additional discussion of blocking anger, and this particular intervention for addressing it, see Karl D. Lehman, *The Immanuel Approach: For Emotional Healing and for Life* (Evanston, IL: Immanuel Publishing, 2016), pages 359-364.)

I have been very pleasantly surprised by how well this particular intervention has worked.

V. Going to the memories where the lies and fear are anchored: In my experience, blocking fears and blocking anger almost always (always?) come from specific memories. Sometimes recipients with blocking fears and/or blocking anger are unable to resolve these blockages until they go to the underlying trauma where the fears and/or anger are anchored. So if the blocking fears and/or blocking anger still remain after the above interventions, the next thing I do is ask the recipient if she is willing to go to the memories where she learned _____ (her particular guardian-lie fears) and/or where the anger comes from. If she says ‘yes,’ then we go to the anchor memories.

Once she is at the memories, we proceed with the usual Immanuel Approach process for resolving trauma. Once the anchoring traumatic memories are resolved, the blocking fears and/or blocking anger lose their power. And once the blocking fears and/or anger lose their power, the recipient is able to engage directly with Jesus to resolve any other lies she believes about Him, any other lie-based fears about Him, and any other lie-based anger towards Him.

VI. “Just hold it up to Jesus”: Unfortunately, finding and resolving the underlying memory anchors can sometimes be slow and difficult work. Furthermore, some recipients have blocking fears that are especially triggered by components of the Immanuel Approach process itself – blocking fears that are triggered by waiting to perceive Jesus’ presence, asking Jesus for help, listening for truth, waiting to receive something from Jesus, or some other aspect of the Immanuel Approach. For example, recipients can have blocking fears along the lines of “He won’t say anything, and that will prove He doesn’t like me,” or “I won’t hear anything, and it will be my fault,” or “He won’t come, and that will confirm that I’m not really saved.”

Just as with other blocking fears, you can help the recipient recognize these Immanuel-Approach-focused blocking fears, name them to Jesus, and ask for help, even though this seems especially silly and circular with respect to these particular blocking fears. And sometimes the whole process will move forward as soon as you implement this simple, basic intervention. Also, you can help the recipient find and resolve the underlying memory anchors for these Immanuel-Approach-focused blocking fears if this basic intervention does not work.

However, if the simple-basic interventions have not worked, and you have not yet been able to find and resolve the roots for the “regular” blocking fears and blocking anger or for the Immanuel-Approach-focused blocking fears, then the situation will feel like a “catch 22” – the recipient can’t get help from Jesus because of the blocking fears and/or blocking anger, and she can’t get rid of the blocking fears and/or anger because she can’t get help from Jesus.

This is where “Just hold it up to Jesus” comes in. If the person receiving ministry is persistently unwilling/unable to ask for and receive help from the Lord regarding these blocking fears and/or the blocking anger, you can ask her if she would be willing to “just hold it all up to Jesus?” You explain that she doesn’t have to listen to Jesus, she doesn’t need to hear anything, she doesn’t need to make anything happen, she doesn’t need to ask Jesus for anything, she doesn’t need to receive anything from Jesus, and then finish with, “but would you be willing to just hold it all up to Jesus?”¹ And then you coach her through a simple prayer along the lines of “Jesus, I’m afraid

¹ These reassurances especially help get around the Immanuel-Approach-focused blocking fears.

_____ (Name their blocking beliefs. For example, “I’m afraid to ask You for help, I’m afraid to listen to You...etc), and I don’t know what to do – I just hold this up to you,” **and/or** “Jesus, I want to get healed, but I am so angry at you that I don’t even want Your help. I don’t know how to get out of this mess, and I just hold this anger up to You.”

A common fear at this point is, “What if nothing happens?” to which I respond, “Let’s hold that up to Jesus too – ‘Lord Jesus, I’m afraid nothing will happen.’” A common phenomena is for the person to perceive that nothing happened, especially after the first one or two attempts to hold a blocking belief or blocking anger up to the Lord. When this happens, I help her to identify her thoughts and feelings associated with “nothing happened,” and then help her hold this up to the Lord. Once the recipient gets started with this process of “just holding it up to Jesus,” often a whole string of lies, fears, angers, and painful emotions will flow forward. I help her hold each one up to the Lord until she feels like she is “done” and/or she feels like she is ready to move forward. And once the blocking fears and/or anger are resolved, the recipient will be able to engage directly with Jesus, *with the usual Immanuel Approach process*,² to resolve any other lies they believe about Him, any other lie-based fears about Him, and any other lie-based anger towards Him.

The difference between “just holding it up to Jesus” and the usual Immanuel Approach process may seem like a small point, but I have been surprised at how often this simple intervention has helped people be able to take the next step forward by stepping around some blocking belief or blocking anger that we have not otherwise been able to resolve. For example, one person I worked with was very stuck, and wasn’t able/willing to ask for or receive help from Jesus. However, she *was* able/willing to at least hold everything up to Jesus. For maybe fifteen or twenty minutes, she held up to Jesus each lie, fear, anger, question, memory, and painful emotion that came forward. One after another after another. Not hearing from Jesus, or even listening to Jesus, but just holding each lie, fear, anger, question, memory, and painful emotion up to Jesus. She cried quietly through most of this process, and at the end she was able to see that bitterness, judgment, and a vow towards the Lord was blocking her from receiving from Him. “You betrayed me, and I will never trust You again! I don’t *want* anything from You.” She was then willing to go to the memories that anchored this bitterness and judgment. She went to memories where her parents *had* (truth-based) let her down in the ways she *felt* the Lord was letting her down, where she had the same bitterness and judgment towards her parents as she experienced towards the Lord, and where she had made the vow towards her parents that she also carried towards the Lord. She went through the prayers to release bitterness and judgment towards her parents, and immediately started to cry again. When she eventually stopped crying, and was able to explain what was happening, she reported that her bitterness and judgment towards the Lord were also now gone, and that she was receiving healing from Him (the vow apparently vaporized spontaneously when she released the judgments and bitterness).

One thought I’ve had regarding this “Just holding it up to Jesus” intervention is that maybe it is more of an *experiential* asking for help, that bypasses the cognitive processes and words that can trigger the blocking fears and/or blocking anger. It seems that this simple intervention provides some kind of a bridge, that helps the person receiving ministry get from where she is stuck to the next step. It provides an intermediate stepping stone that helps the person receiving ministry get from where she is stuck to the place where she can explicitly, verbally ask the Lord for help, and

² As opposed to “Just hold it up to Jesus.”

then listen, watch, and wait for His response.

It is important to eventually get to the place where we are able to explicitly ask Jesus for guidance, healing, truth, etc because there is power in the words we use and in the specific requests we make. If we ask our earthly parents for a glass of milk, we get a glass of milk and not a pizza. And sadly, sometimes we want and need something but don't get it simply because we don't ask for it. ("You do not have because you do not ask." James 4:2). Also, it is important to get to the place where we are able to listen, watch, and wait for the Lord's response. We are much more likely to hear, see, and receive if we are actually able to listen, watch and wait.

Just Hold It Up To Jesus: Sample Comments, Prayers

1. , Blocking fears, blocking anger:

- A. Identify blocking fears, blocking anger. Ask Jesus for truth and help regarding these.
- B. If necessary, go to anchoring memories and work with Jesus to resolve them.

2. **“Just hold it up to Jesus:”** If the recipient is unable to work with Jesus to resolve the blocking fears and/or blocking anger, ask **“Would you be willing to just hold all of this _____ (guardian-lie fears and/or blocking anger) up to Jesus?”** Explain **“You don’t have to listen to Jesus, you don’t need to hear anything, you don’t need to look at Jesus, you don’t need to make anything happen, you don’t need to ask Jesus for anything, you don’t need to receive anything from Jesus,”** and ask again **“Would you be willing to just hold it all up to Jesus?”**

If the recipient says “no,” go to #3. If she says “yes,” help her “hold everything up to Jesus:” Help her to pray in her own words or lead her in a simple prayer along the lines of **“Jesus, I’m afraid _____ (name specific blocking fears), and I don’t know what to do. I just hold these fears up to you,”** and/or **“Jesus, I want to get healed, but I’m so angry at you that I don’t even want Your help. I just hold this anger up to You.”**

If the recipient raises blocking fears such as, “What if nothing happens?” ask **“Would you be willing to hold that up to Jesus too?”** If “no,” go to #3, if “yes,” coach her through holding the guardian fears up to Jesus.

If the recipient perceives that nothing happens, help her identify her thoughts and feelings associated with “nothing happened,” and then help her hold these up to the Lord. If she continues to perceive that nothing is happening, go to #3.

Once the recipient gets started with this process of “just holding it up to Jesus,” often a whole string of lies, fears, angers, and painful emotions will flow forward. Help her hold each one up to the Lord until she feels like she is “done” and /or she feels like she is ready to move forward. If the person is now willing to ask the Lord for guidance/help/truth, and then listen, watch, and wait for His response, then help her engage directly with Jesus (using the usual Immanuel Approach process), to address other lies she believes about Jesus, other fears she has toward Jesus, other anger she has toward Jesus, or whatever target issues/questions/problems she was wanting to work on when blocking fears and/or blocking anger disrupted the usual Immanuel Approach process.

3. Next steps: If the person is not willing to cooperate with the interventions described above, or if the interventions described above don’t work (that is, the blocking fears and/or blocking anger are still in place), then intermediate/advanced troubleshooting is required. Keep asking the Lord for guidance, and apply everything you know about blockages. (Use the index in *The Immanuel Approach: For Emotional Healing and for Life* to find intermediate and advanced principles and tools for resolving blocking fears and blocking anger. See also references *The Immanuel Approach*, and essays on www.immanuelapproach.com, regarding how to address the possibility that internal parts might be hindering the process.)