

Title: "Young Man Uses Immanuel Prayer Almost Every Day"

January 26, 2026

Greetings all,

A participant from one of my mentoring groups sent me an encouraging email. Thought the rest of you would enjoy it. (Shared with permission.)

"Just this week I used Immanuel Prayer with two new people with wonderful results. I also spoke with a young man who I had done Immanuel Prayer with on a couple of occasions, but who I didn't think had been very affected by it. He told me that he carries the "cheat sheet" with him everywhere he goes and uses Immanuel Prayer almost every day. He proceeded to describe to me exactly what he does and it was perfect. He reports ever-greater freedom from explosive anger, a month of abstinence from a sexual behavior he has struggled with, and new feelings of gratitude and hope regarding his life. Lots of wonderful fruit here!"

Blessings,

Dr. Lehman/Karl

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