

Title: "Worship and the Immanuel Approach"

March 9, 2026

Greetings all,

Just a quick note to let you know about a re-posted, dramatically updated essay presenting my thoughts regarding worship and the Immanuel Approach. (Available as free download from the Special Subjects/Advanced Topics section (toward the bottom of the section) of the Resources page <https://www.immanuelapproach.com/special-subjectsadvanced-topics/> )

I have included a combination of outline and excerpts, below, as an appetizer.

Also, if you watch the Remnant Radio podcast (<https://youtu.be/JzSQnWkcnA4>), it would be great if you could hit the like button and leave a comment (if you like it and have something to say).

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information: <https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>

## **Worship and the Immanuel Approach**

(K.D. Lehman MD first released 11/26/2002, revised release 12/05/2025)

### **I. Notice distraction and deliberately focus attention:**

**II. Keep relational circuits online:** A second problem, closely related to the one just mentioned, is that I am sometimes subtly triggered. If I am subtly triggered to the point that my relational circuits are offline, this will seriously hinder my ability to connect with the Lord, to connect with the rest of the congregation, and to experience joy.<sup>1</sup> With respect to this second problem, lots of practice with both noticing when my circuits go off, and with interventions for bringing them back online again has been a huge blessing.<sup>2</sup> Having had a lot of practice, I can actually apply these principles and tools during a worship service – I can usually notice when my relational circuits are off, and I can usually get them back on again by employing some combination of 1. Talking to the Lord about my trigger and receiving His attunement; 2. Calming to reduce the intensity of any negative emotions that are stirred up; and 3. Deliberate appreciation.

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<sup>1</sup> For discussion of relational circuits, how being triggered will push them offline, and how having them offline will block you from connecting with the Lord, connecting with others, and experiencing joy, see chapter twelve in *Outsmarting Yourself*.

<sup>2</sup> For discussion of how to recognize when your relational circuits are offline, and then how to bring them back online again, see chapters fifteen through twenty three in *Outsmarting Yourself*.

### **III. Perceive and connect with Jesus:**

**IV. Dismantle memory-anchored distortions regarding the Lord's character and heart:** In my personal experience, for many years a huge hindrance to worship was that I didn't have internal unity regarding whether or not the Lord *truly deserved* worship. I knew, cognitively, that the Lord is faithful, loving, powerful, always with me, truthful, just, etc. – *deserving of worship and praise*. But experientially there were parts of my mind where these things didn't *feel* true. What *felt* true came from many childhood memories – perceptions and emotions from negative experiences with authority figures that would get triggered forward and then transferred onto the Lord.<sup>3</sup> What *felt* true was that God does *not* protect His children (like the teachers that were in the lounge drinking coffee instead of on the playground protecting the vulnerable children from the bullies). What *felt* true was that God does *not* know and see everything (like my father when he accidentally closed the car trunk on my head). What *felt* true was that God will criticize and blame me for being stuck, but not give me the help that I need to solve the problem (like my first grade teacher when I couldn't read because of my dyslexia). What *felt* true was that God won't come when I need him (like when I was 18 months old, my mom got really sick, my brother and I got sent away to stay with friends, and my parents did not come when I called and called for them). What *felt* true was that God ignores injustice (like my grade-school gym teacher who seemed blind to cheating, and made little effort to prevent it). What *felt* true was that God can't *really* be trusted to keep His promises (like the politicians of my childhood).<sup>4</sup> To be painfully honest, the words of many worship songs felt like flattery and propaganda, and I felt like a hypocrite when I sang them because they didn't *feel* true.

Plus three more pages here....

### **V. Applications for corporate/congregational worship:**

**1. Help more people in your congregation to embrace an IA lifestyle:**

**2. Deliberate appreciation:**

**3. Perceive and connect with Jesus:**

**4. Start with retreat-type settings:**

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<sup>3</sup> When I first wrote this essay, it was written with a mixture of present tense and past tense because many/most of these distorted perceptions regarding the Lord's character and heart still felt true. Thankfully, now most of these distorted perceptions have been resolved. Over the last twenty-plus years of regular healing work, I have noticed that each distorted perception that I resolved made it easier for me to worship. Before starting this healing process, I couldn't figure out why anybody would *want* to worship, and I thought that the people who worshiped enthusiastically must be faking it. Now I actually enjoy worship, and have even been one of the worship leaders at our church.

<sup>4</sup> For additional description and discussion regarding each of these examples, see supplementary chapter 35c, "Memory-anchored Distortions, Hindrances, and Blockages" (available as a free download from the "Immanuel Approach book (draft version)" section of the Resources page of our Immanuel Approach website, [www.immanuelapproach.com](http://www.immanuelapproach.com)).