

Title: "Fear Jesus Will Yank Good Things Away"

April 13, 2026

Greetings all,

I recently got a fun Immanuel Approach story from someone in one of my mentoring groups. Thought an excerpt from their story would bless the rest of you. (Shared with permission.)

"....So I told him I was afraid he was going to yank stuff away from me. He showed me that this was a deep fear that I'd already processed at least on two or three other occasions. And He showed me that it had many layers, so I may have to process it more in the future and that was okay—the thoughts I had been having didn't mean he was going to take stuff away from me, but rather that this was a deep fear that was going to take multiple sessions to resolve.

That reminded me of the fear of losing stuff if I didn't make the right decision quick enough. I had this fear that if I didn't make the right decision, I was going to experience disastrous results of the wrong choice. Which reminded me that you said to ask Jesus about my trigger of processing the right stuff in every session to be most strategic. I realized it was connected to this fear that if I didn't make the right decisions maybe I was going to lose something important by not processing it all soon enough and making the right decisions soon enough. I thought the other triggers I wanted to talk to Jesus about were more important, but since you'd said to talk to him about it, I said, 'Jesus, Dr. Karl thinks I should talk to you about the trigger of making sure I always process the most strategic trigger possible and even though I think that's way less important than these other triggers, he's probably wise so I thought I should probably ask you about it.'

Then I saw Jesus standing before me in our living room when I was growing up. He was holding his hands behind his back, and making me "guess" which one had the good gift in it. Like had happened many times with kids or adults when I was a kid. But unlike then when you had to guess right or you'd miss out (or with kids sometimes whichever hand you guessed they'd switch hands so you were always wrong), with Jesus it was the opposite, because he was actually holding his good gift with both hands, and whichever one I chose, he was going to give me this good gift he had for me. That felt really different. I could also see that his heart was to give me good gifts, not yank gifts away from me. I remembered the verse mentioned in the sermon yesterday about how even evil parents give their children good stuff, and how much more will God give the Holy Spirit to those who ask Him. He was saying that no matter which topic I chose to process today, I'd get to interact more and more with His amazing gift of the Holy Spirit...."

Also, Charlotte and I will be delivering our plenary presentation to the Christian Mental Health think-tank gathering at 1:30 EST/12:30 CST Thursday afternoon. We would greatly appreciate your prayers for this.

Thanks and blessings,

Dr. Lehman/Karl

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