

Interactive Connection in Context of non-God Positive Memory

(Practice Exercise to Follow Video Training Segment #1)

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A. Examples of non-God positive memories: For this exercise, the recipient will start with a positive memory that does not (initially) include perception of God's presence. The examples below can be helpful in finding a non-God positive memory.

- Playing with a favorite pet
- An especially positive time with friends
- A favorite family Christmas memory
- A favorite family vacation/trip memory
- Holding one of your children as a newborn baby
- Some other particularly beautiful experience with one of your children
- Some beautiful nature experience (visit National Parks to collect these!)
- Thoroughly enjoying your favorite meal/dish/food.

B. Confidentiality: Others on your practice team will share personal details, and will have personal, vulnerable experiences in the context of their Immanuel encounters. It is very important that you not share any of their details without their permission. If there are details you find especially meaningful and would like to be able to share with others, *please ask the recipient's permission.*

C. Practical considerations for breaking into practice teams:

- When plenty of time is available, the ideal number for practice teams is three. A team of three provides a facilitator, a recipient, and an observer/intercessor/assistant, and it will protect against inappropriate pair bonding.
- It's okay to work in teams of two if you are not at risk for inappropriate pair bonding. (For example, you are here with your spouse, or your grandmother, or a sibling, or some other arrangement with no risk of inappropriate pair bonding). When they are appropriate, teams of two are especially efficient with respect to time.

D. Short term and unconscious priming memory: Take 5 minutes to read (not skim) through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and priming memory, and will help the instructions feel more familiar and comfortable as you are actually using them. (For more explanation see the overview explanatory essay at the top of "Immanuel Approach Training Exercises Lite" section of the Resources page.)

****Option for longer exercise:** If you and your group have more time, and you want to expand your "Lite" Immanuel Approach training, make sure to watch the full training segment so that you see the "Just enjoy spending time with Jesus" part of the demonstration. And then add 5 minutes to the time allotted for this exercise (17 min instead of 12 min) so that participants have more time to enjoy spending with Jesus.

Facilitator instructions (~12 min/~17 min for each recipient):

1) Positive memory and appreciation (5-7 min):

- **Help recipient find non-God positive memory:** **Sample coaching:** “Do you have a positive memory?” If yes, move to the next step. If recipient is having trouble finding a positive memory, ask questions from the list of non-God positive memory examples (above) to help them.
- **Coach recipient to connect with positive memory:** The best way to connect with a positive memory is to describe the memory in as much detail as possible as one imagines being back inside of the original experience. So coach recipient to do this. **Sample coaching:** “Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

What did you see? Hear? Smell? Taste? Feel on your skin?
What thoughts and emotions were you having at the time?
Were there any friends or family with you?
What thoughts and emotions come as you think about it now?
How does your body feel?”

After this initial coaching, allow recipient to describe the memory as it flows naturally. Then, when they are finished with their initial description, remind them of any pieces they missed (one at a time, with time to fill in each of the missed pieces).

- **Coach recipient to especially appreciate best parts:** After they have described the memory in detail, coach them to focus on, describe again briefly, and savor the aspects of the experience that they appreciated the most. **Sample coaching:** “Now I want you to focus on, describe again briefly, and savor the aspects of the experience that you appreciated the most.”

2) Interactive connection invitation and request (should be started by 7 min):

- ***Non-God positive memory:** The recipient has their eyes closed, they’re imagining themselves inside the memory, they’ve just briefly described the best parts again, and they’re savoring them. Now coach them to invite Jesus into the positive memory. **Sample coaching:** “Okay, now I want you to pray something like, ‘Jesus, I know, in faith, that you were with me when I was’ (*name memory – e.g., “enjoying that pizza”*) ‘I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.’”

Then coach recipient to observe and describe whatever comes into their awareness. **Sample coaching:** “As you are able, describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.” Describe, *in detail*, any perceptions that may even possibly be manifestations of Jesus’ presence, and/or interactions with Jesus. For example, any sense of where Jesus might be located? Any details regarding His appearance? Where is His attention focused? Any sense of His facial expression? Any sense of what He is thinking and feeling?”

If there’s extra time: After recipient describes their perception of Jesus’ presence and any spontaneous interactions, coach them to focus on Jesus and ask how Jesus feels about being with them. And then coach them to observe and describe whatever comes into their awareness. **Sample coaching:** “Okay, now I would like you to focus on Jesus and ask him, ‘Lord, how do you feel about being with me?’ and then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

If there’s still more time: Coach recipient to just spend some time enjoying being with Jesus, and to observe and describe whatever comes into their awareness. **Sample coaching:** “Okay, now I would like you to just enjoy being with Jesus. And as you are able (without interfering with enjoying being with Jesus), describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

3) Troubleshooting: If recipient does not perceive the Lord’s interactive presence, coach them to ask the Lord for guidance regarding blockages. **Sample coaching:** “In faith we know that Jesus is in the memory with you, even though you can’t perceive him. So I would like you to ask the Lord, ‘What’s in the way of my being able to perceive your presence, Lord?’ and then notice and describe whatever comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

After recipient describes whatever comes into their awareness, coach them to ask for guidance regarding the next step. **Sample coaching:** “Now ask the Lord, ‘How can I cooperate with your plan to resolve the blockage?’ and then notice and describe whatever comes into your awareness.”