

Interactive Connection in Context of God Positive Memory

(Practice Exercise to Follow Video Training Segment #2)

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A. What about those who have not (yet) had experiences of connecting with God?: For this exercise, it is ideal to use a memory for a positive experience that included a connection with God in the original experience. If the recipient has not (yet) had this kind of God positive experience, then using one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1 would be the next choice. And if the recipient has not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, then use this exercise slot to help them to go through Exercise #1 again. (If at all possible, leave extra time in case troubleshooting is needed.)

B. Confidentiality: Those you practice with will have personal, vulnerable experiences in the context of their Immanuel encounters. *Please* do not share any of their details without their permission.

C. 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.

****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 part of the demonstration where Charlotte coaches me to ask the Lord if there is anything else He wants to show me, give me, or say to me. And then add 5 minutes to the time allotted for each person going through the exercise so that participants have time to include this piece.

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

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

- **Help recipient find a God positive memory:** **Sample coaching:** “Do you have a God positive memory?” If yes, move to next step. If no, encourage recipient to find a memory for a positive experience that included a connection with God. If they cannot find a God positive memory, then coach them to use one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1. And if they have not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, then use this exercise slot to help them to go through Exercise #1 again.
- **Coach recipient to connect with the positive memory:** Help recipient to connect with positive memory. **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?”

Allow recipient to describe the memory as it flows naturally, and then gently prompt them regarding any pieces they missed.

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

- ***Non-God positive memory:** Again, if recipient does not have a memory for a positive experience that included a connection with God, and if they have not (yet) been able to successfully upgrade a non-God positive memory, **then use this exercise slot to help them to go through Exercise #1 again.**
- ***God positive memory:** The recipient has their eyes closed, they’re imagining themselves inside the memory, and they’re feeling appreciation. Now coach the recipient to ask for help with the transition to an interactive connection. **Sample coaching:** “Okay, now I want you to pray something like, ‘Jesus, I welcome You to be with me in this memory, help me to perceive Your living presence – help me to make the transition from remembering you with me to perceiving you as a 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 any perception of Jesus’ presence, any interactions with Jesus, *in detail.*”

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 is extra time: Coach recipient to ask the Lord if there is anything else He wants to show them, give them, or say to them. And then, again, 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, is there anything else You want to show me, give me, or say to me today?' and then 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."