



Ephesians  
3:14-19

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

## Journaling & Sharing Page for Session 1

### Deepening Appreciation

#### Group meeting 1 Introductions & Appreciation item sharing (1 minute each)

- First, each “show and tell” about an object or item *with you that you appreciate* (a favorite pen, item of clothing, a friend, photo, etc.)\* What and why?

- If time after the above, what brought you here today? What are you hoping for?

**In large group: Appreciation list** (1 minute) ✚ Create a list of appreciation memories, gifts from God that you are thankful for, small or large. Write a word, phrase, or title, so you can remember it.

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

#### Group meeting 2: Specific appreciation memory sharing (3 minutes each)

Title for my memory: \_\_\_\_\_

Remember to try to choose a memory without pain or problems associated

- Briefly share with group key details of what happened in your memory. To take it whole brain, include your 5 senses and how your body and emotional felt
- Notice how that felt – both to share, and hear

#### Group meeting 3: Whole Brain Appreciation with Interactive Gratitude (3 minutes each)

- Share with your group what the *whole brain appreciation* practice was **like** for you. (It's *ok* if it was *hard*!) ) Also you may share what you **sensed** about God's/Jesus's presence or peace with you – even if subtle, uncertain, or vague. (It often becomes *more clear* as you share.) Feel free to include what was significant to you about the memory or what God had for you there.
- If time—you each may thank God directly (aloud) for the gift your memory or experience was to you. Again see if you get a sense of his response. You may record words of description here if you want.
- Later — how was this for you? What stands out? What changed?

\*This practice was so named by my friend, Lisa Pinkham. <https://www.lisadodgepinkham.com>

## Session 2 Immanuel Journaling\* and Group Sharing

*It's important for best results to take a few deep breaths, slow you yourself down and get quiet, mind and body.*

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### ▪ Interactive Gratitude Journaling

— *Begin with writing your gratitude to God, sharing your heart. What are you especially grateful for? What do you especially love about God or his goodness to you in this? Most helpful is feeling the gratitude for 1-2 minutes as you write. If possible. If not, that's ok. Just do your best.*

#### Dear God, thank you ...

— *Now, take a moment to listen to God's response and write your impression of how God, your perfect, loving Father would respond to you, his grateful child. (Write in first person from God to you for the remainder of this exercise.)*

My child ...

### ▪ Immanuel's Attunement Journaling

My child, I see you physically, inside and out. I see you ...

My child, I hear you saying, or saying to yourself...

My child, I understand how you are feeling, and just how big this feels to you....

#### **II Corinthians 1:3-4**

<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, <sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God

## Session 2 - Immanuel Journaling\* and Group Sharing

I'm glad to be with you in this, \_\_\_\_\_, and I respond to your weakness with tenderness ....

I can do something about what you are going through....

Extra: If you like, and have time, respond by journaling back to God:

### Group Meeting #4 (~ 3 minutes each)

- Check journaling for shalom. Read aloud in turns, without explanation. Include the sentence starters — so it will be like reading a letter to and from God. (Though you may omit certain sentences if too private, or lacking peace — doesn't sound like God's character.)
- Respond to each other with a simple "thanks" and a brief moment of grateful & respectful silence to allow the person further listening. Try to show the impact nonverbally.
- If time, discuss together — How did this practice (and/or God's presence) affect me? My perspective? Our group? \*The Immanuel Journaling process was developed by Sungshim Loppnow, [presenceandpractice.com](http://presenceandpractice.com). See also *Joyful Journey: Listening to Immanuel* by Wilder et al.



"I have loved you  
with an everlasting love.  
I have drawn you with  
unfailing kindness.  
Jeremiah 31:3

## Session 3 — Listening Prayer Journaling and Group Sharing Large Group Listening

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Lord, what have you been helping me to notice and enjoy about you and your heart today?

What are you especially enjoying and appreciating about me today, Lord?

Lord, what have you been showing me about me and my heart?

What do you love about me, right where I am feeling least worthy ?

Father, tell me again how I am secure in you.

~ Show me what that looks like for me.

Jesus, what do I need to help me revisit this with you regularly?

Who I would like to share something from today with: What would it be? How and when?

## Session 3 — Listening Prayer Journaling and Group Sharing

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### Group meeting 5: Blessing our Growth and Union with the Vine

- Share the highlights from the large group listening, and your next steps. (*2 minutes each*)
- Pray together, thanking and loving God. (Still noticing afterward how he is receiving your gratitude — his emotion, expression, thoughts, actions.)
- If you like and have time — pray a blessing over each one's growth and attachment with the Lord.
- If time, or later — What stands out from today for you?

What did you appreciate the most?

What changed?

Please share with others, and All Things New, too, if you are so inclined!

## Brief History & Overview of Immanuel Prayer

Immanuel prayer was developed by two Christian mental health professionals, Dr. Karl Lehman and Dr. Jim Wilder. From the beginning, it grew out of two different models of Christian prayer ministry they were using with their clients — healing of the memories, and Theophostic prayer. As they integrated these processes with the latest neuroscience (especially that coming out of UCLA by Dr. Allan Schore), they found they were able to help more people experience the healing presence of Jesus. Their first training materials were published in 2010. One distinctive of Immanuel prayer is beginning with a positive memory of appreciation or connection with the Lord, rather than starting with their pain or problem. Another hallmark is helping people experience the perceptible, living, interactive presence of *God with them*, as revealed by the Spirit. And so it was called *Immanuel* prayer, based on his promises to be with us always.

There are several different types or applications of the Immanuel prayer (IP) process. In fact, “Immanuel prayer” is a general, nonspecific term for this method or approach, which can be confusing. The following breakdown, adapted from *Joyful Journey: Listening to Immanuel* may be helpful. The number listed is the approximate hours it takes for an average person to learn to apply that type of Immanuel prayer process at a beginner level of effectiveness. Note that in IP, the *facilitator* helps guide the *recipient* to pray — that is, experience an interaction with God.

Facilitating the Immanuel Process for an Individual: 20-40 hrs

*The Immanuel Encounter; Basic Immanuel Prayer* — healing intimacy with God  
*The Immanuel Approach* — may add healing of trauma/triggers

Leading Group Immanuel Prayer: 12 hrs

Immanuel Journaling: 1-5 hrs

The Immanuel Lifestyle (abiding in intimate connection with Jesus): the more, the better!

We will be focusing on learning the Immanuel Journaling process during the retreat due to time constraints, with an experience of Group Immanuel style prayer, and with ideas for a lifestyle.

*Immanuel Journaling* was developed by a therapist with a heart for those who didn’t have immediate access to skilled IP ministers or therapists — to help them be able to experience some of the same. Inspired by Exodus 3:7-10, it was described and made widely known with the help of Jim Wilder (and others) in 2015. He has called it the practice that, when practiced consistently, is the most transformational for Christians that he has seen.

As Immanuel prayer has developed, the priority of intimacy with God emerged, and healing was found to be a byproduct. Some have noted that this may seem to be a slower or more indirect process of healing than some other models, but it is also often described as a gentle, effective, and widely applicable process for one’s life, healing, ministry, and walk with God.

In a sense, IP is not so much an additional prayer tool to “add to one’s arsenal,” but a way of helping establish an individual’s connection with the Master Healer — as a *foundation* upon which other tools might be employed under his direction. Immanuel prayer teaching acknowledges that there are many methods of Christian prayer or counseling that are valuable and effective under the Spirit’s leading. In fact, it acknowledges that while healing comes from God and connection with him, thriving wholeness also requires growing in healthy relationships (especially with God’s people), and learning and practicing healthy emotional and relational maturity skills. What I love most about learning and practicing all types of Immanuel prayer is the increased intimacy with the Lord. But the sweet community experience with others and the personal growth in skills that it naturally uses and develops in the process have also been life changing for me. PTL, and praying you’ll be blessed as you learn and use these processes!

## Growing our Capacity for Intimacy with God Prayer & Healing Retreat - March 2023

### Session 1 – Growing intimacy with God — Introduction

We can GROW our ability to experience healing intimacy with God.

Experiencing God's presence leads to

- Healing
- Identity & destiny
- Increased trust and following
- Becoming more like him
- Motivation for mission
- He gets the joy he died for

Immanuel = God With Us

- "Be strong and courageous, do not be afraid... I will never leave you nor forsake you." Deuteronomy 31:6 (God the Father)
- "And be sure of this: I am with you always, even to the end of the age." Matthew 28:20 (-Jesus)
- "And I will ask the Father, and he will give you another Advocate to help you and be with you forever." John 14:16 (-the Holy Spirit)

Types of Immanuel prayer, with training hours (see IP overview handout for details)

- Facilitated Immanuel Process for an Individual: 20-40 hrs
- Leading Group Immanuel Prayer: 12 hrs
- Immanuel Journaling: 1-5 hrs
- Living the Immanuel Lifestyle: a lifetime

Healing is relational: happens in connections with God, others, self

We need more than information: Relational experiences impact our hearts deeply

Being there for each other (See Sharing Group Guidelines handout for details)

1. Everything is optional.
2. Guard confidentiality
3. Give everyone time
4. Listen and empathize

## **Growing our Capacity for Intimacy with God Prayer & Healing Retreat - March 2023**

Group Meeting #1 (See Journaling & Sharing handout session 1)

Joy, then Quiet — together

### **Growing intimacy with God in good moments**

Appreciation helps us tune in to God.

Benefits of Experiencing Appreciation

- Tasting God's goodness and reality
- Trains our brains
- Builds our capacity
- Is an INDIRECT connection with God, the Giver
- Prepares us to for direct interaction

Listing gifts from God/memories (See Journaling & Sharing handout session 1)

Appreciation lights up our right brain relational circuits

What makes appreciation whole brain? Head (mind) + Heart (emotions) + Body (physical feelings) × 2' = Whole Brain

Group Meeting #2 (See Journaling & Sharing handout session 1)

An experiment in Group Immanuel Prayer —Tuning in to God through appreciation

### Interactive Gratitude

- 1. Express gratitude to God.
- 2. Notice how he's receiving your gratitude.

Sharing makes a difference!

Group Meeting #3 (See Journaling & Sharing handout session 1)



**Growing our Capacity for Intimacy with God  
Prayer & Healing Retreat - March 2023**

**Session 2: Growing intimacy with God in hard moments**

What about when we're not feeling grateful?

Pain processing: a little brain science

Attunement helps us process pain

Immanuel Journaling (See Session 2 Journaling & Sharing handout)

The Living and Written Word are congruent

Group Meeting #4 (See Session 2 Journaling & Sharing handout)

A Transformation Zone!

**Growing our Capacity for Intimacy with God**  
**Prayer & Healing Retreat - March 2023**

**Session 3: Growing intimacy with God in all our moments**

From intimacy to attachment

A Secure Attachment can GROW!

*A securely attached relationship definition: A deep, subjective and intuitive feeling that you are seen and known for who you really are. You feel connected, loved, understood, safe. You can be vulnerable and transparent. You are confident conflicts can be resolved and that the relationship is enduring. You trust that emotional connection and attunement with that person will be available when you need them.* (from the Alivewell.org Immanuel Lifestyle workbook, 2015, p.36)

A good goal

A few growth strategies... (See Strategies and Resources handout for details)

1. A practice of whole brain appreciation
2. Use Immanuel Journaling — especially to process upset
3. Experience Immanuel prayer in training/practice groups
4. We were designed to need good **care, skills, & belonging** for optimal growth.

These IP processes are intended to be a help for connecting with God—never a limitation!

Practice noticing God's presence any time.

Some "anytime" prayers you could try:

- "I open my heart and welcome you in." (Rev. 3:20) or,
- Pause, notice what you are feeling, name it, and invite Jesus in. (John Eldredge)
- Ask him trusting, relational questions. (Tony Stoltzfus)
- Try pausing and noticing his reaction or response to your prayers (whether of gratitude or otherwise).
- Ask for help...(connecting, etc.)

Especially in our moments of weakness!

*It's obvious, of course, that he didn't go to all this trouble for angels. It was for people like us, children of Abraham. That's why he had to enter into every detail of human life. Then, when he came before God as high priest to get rid of the people's sins, he would have already experienced it all himself—all the pain, all the testing—and would be able to help where help was needed. Heb. 2:16-18 MSG*

## 2023 ATN Retreat — Sharing Group Guidelines

We will be interacting in a small group of 3 people several times throughout the retreat. To save time, it will be best to sit together throughout, where you can all see and hear the teaching. We will help everyone get into a group at the appropriate time near the beginning. **If you already have three people who want to sit together and you can sit that way from the very outset, that is ideal.** (Pews require two in one pew and one a row behind/ahead.)

When the time comes, you may form groups with friends or those around you, and the ATN team will help you get into a group of three if you don't already have one. **Three** people is preferable due to limited time for sharing. A married couple or two friends could also be a group, if necessary. Zoom groups will be created for you.

### Different than Second Saturday Triplets

These will be **sharing** groups, meeting with specific assignments to discuss — not the usual ATN prayer triplets, if you are familiar with those. Though those can be wonderful, *today* the specific goal is to help each person hear God *for themselves*, experience whatever he has for them, and share as desired. There will, however, be opportunity to pray blessings over each other at the end of the retreat. And for you to receive prayer at the altar from the prayer ministers.

### Group Meetings

There won't be a designated leader for these groups. Whoever is willing can jump in and share first. Basic instructions will be provided from the front, with the detailed discussion questions found in your handout packet — these are on the *Journaling and Sharing Group* pages for each session.

### Guidelines

1. **Everything is optional.** Only do or share what feels safe and right to you. Group members, please respect everyone's option to pass. It's even ok to step out if you need a break.
2. **Guard confidentiality** — unless you have permission (or there's danger to someone.) This even applies to gratitude stories!
3. **Give everyone time.** Time will be limited. So try to lean in if you are slower to share, lean out a bit if you tend to talk more freely than others. Watch the time so everyone gets a chance to share. Everyone's contribution will benefit the group as a whole! God often speaks to us in this way.
4. **Listen and empathize.** Each member is there simply to honor, empathize, and appreciate each person and their sharing. Just being glad to be together is very helpful.

After someone shares, simply thank them; withholding advice. *Rejoice with those who rejoice, weep with those who weep - Romans 12:15.* If tears or big emotions come up for someone, simply pause to be quietly together. Allow them to feel — in God's presence and yours. This can be very healing. After a moment you might ask them if there's anything they need or want. This is empowering. Feel free to raise your hand if your group needs help at any time from the team. You don't need to provide the help yourselves within the short group times.

**Enjoy being together in the Lord's presence!**

## Strategies and Resources for Next Steps

*Note that inclusion on this list does not guarantee 100% endorsement of every aspect of the following resources, either by Kim Carlson or All Things New Prayer ministry. Please evaluate these for yourself and seek the Lord for a good next step for you. Individual needs and experiences may differ.*

### 1. PRACTICE REGULAR WHOLE BRAIN APPRECIATION AND INTERACTIVE GRATITUDE

Using the extra journaling page included in your packet

*The Five Minute Jesus Journal* by Brent McIntosh, [presenceuniversity.com](http://presenceuniversity.com), provides great additional support and insights!

*The Other Half of Church: Christian Community, Brain Science, & Overcoming Spiritual Stagnation* book (and podcast) — includes good gratitude exercises, too!

### 2. PRACTICE IMMANUEL JOURNALING

Use the extra journaling page or bookmark included in your packet.

Consider a drop-in IJ Zoom group monthly on the 4th Saturday 12-2:30pm CST at *Mercy Transformation Center*/training tab/Immanuel journaling

For more in-depth brain science, see *Joyful Journey: Listening to Immanuel*; a book on Immanuel Journaling by Wilder, Kang, Loppnow and Loppnow

### 3. EXPERIENCE IMMANUEL PRAYER IN TRAINING & PRACTICE GROUPS

Incorporate these processes more intentionally into your *current* groups and their practices. Or form your **own** gratitude, IJ or Immanuel prayer practice and sharing group of two or more. Consult Kim for resources or help with this.

Train in all forms of IP through the *Alive and Well* ministry ([alivewell.org](http://alivewell.org)), starting with their *Immanuel Lifestyle* course. <https://www.alivewell.org/immanuelencounterlifestyle> Thursdays, 7 weeks, 1 or 6 pm; practice groups typically follow. (Carlsons are mentors)

Experience *Journey Groups* —weekly online study groups that include listening prayer/IJ plus Life Model/Immanuel prayer concepts.  
<https://www.alivewell.org/journey-group-overview>

### 4. GET CARE, MENTORING AND SUPPORT

*There are many options available for Christian counseling, trauma care, support services, inner healing prayer, and individual Immanuel Prayer. We will list a few below. The number of options, the practical issues, and the courage it takes to step out and ask for help all make it hard! But you (and intimacy with God) are worth it!*

**CARE & SUPPORT MINISTRIES OR PRACTICES THAT MAY EITHER OFFER *INDIVIDUAL* IMMANUEL PRAYER OR INCORPORATE IMMANUEL PRAYER/JOURNALING *PRINCIPLES* IN THEIR CARE. (PLEASE INQUIRE FOR DETAILS.)**

All Things New Prayer Ministry (listening prayer & healing prayer ministry)  
atn@allthingsnewprayer.org or (651) 497-1764

Agape First Ministries (specialty: sexual & gender identity)  
<https://www.agapefirstministries.org>

Door of Hope Ministries (specialty: abuse recovery)  
<https://www.doorofhopeministries.org> (763) 767-2250

North Heights Counseling Clinic (specifically Nan Johnson)  
<https://northheights.church/care/> (651) 797-7484

Linda J. Johnson, MALP (Licensed Counselor)  
<https://lighthousecounselingtc.com>, (612) 282-3004

Thrive! Integrated Health Care, LLC Kathy Leu, RN, MA (Health and Life Coach)  
<https://www.thriveih.com>

Stephanie Rossing (Counselor)  
<https://corerestorecounseling.com>

Kim Carlson (Immanuel Prayer & Life Coach)  
[royalmeadowscoaching@gmail.com](mailto:royalmeadowscoaching@gmail.com)

Alive & Well (*not local*) <https://www.alivewell.org/receive>

Mercy Transformation Center (*not local*) <https://mercytransformation.com>

**ADDITIONAL RESOURCES FOR MORE ON IMMANUEL PRAYER AND LIFESTYLE SKILLS**

Dr. Karl Lehman (*The Immanuel Approach*),  
Dr. Jim Wilder (Life Model Works), or  
Chris Coursey (Thrive today)

Also, for more “freestyle” Immanuel-style journaling with Scripture-based relational prompts, see *The Author Still Speaks*, by Huttula or *Becoming a Face of Grace* by Khouri.