



**Isaiah 49:14-16**

**14** But Zion said, "The Lord has forsaken me, the Lord has forgotten me."

**15** "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!

**16** See, I have engraved you on the palms of my hands; your walls are ever before me.

{NIV}

4. Where are my boundaries weak? Where have I been trespassed against? Ask the Father to strengthen your boundaries so that you can move toward others without fear.

5. Are there ways that I trespass against my sister or brother? Ask the Spirit of Jesus to fill you with patience so that you might have the longsuffering to pursue them with the respect of Christ.

**Revelation 3:20**

Behold, I stand at the door and knock; if you hear my voice and open the door, I will come in to you and eat with you, and you with me.

{EXB}

6. Whom do I need to release judgement against? Pray for His spirit of Forgiveness.

## Be Still and Know I Am the God Who Has Chosen You

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.** (Anglican Collect for Purity)

### Use of Terms

**Abandonment:** “puncture holes in our souls”

Abandonment results when we are lonely, rejected, emotionally or physically abandoned or betrayed by people who should have loved us or been present for us.

It results from accumulations of disappointments in relationships.

**Attachment:** Is a bond that forms between a child and his or her parents or primary caregiver. It is the foundation for a child's healthy behavioral, social, emotional and neurological development. Healthy attachment forms when the caregiver provides not only the basic necessities of food, shelter and clothing, but also the emotional essentials of comfort, support, and needs fulfillment, such as touch, smiles, and eye contact. When serious disruptions occur in early child-parent bonding, attachment disorder may result.

**Abiding:** has to do with our “being.” We wait, we stay, we dwell or we live in a state of hope and expectation from God.

*“When you are rooted in God’ nearness in the ordinary moments, you can rest in God in the midst of life’s storms.”* Summer Joy Gross

### Resources

*Landscapes of the Soul: How the Science and Spirituality of Attachment Can Move You into Confident Faith, Courage, and Connection* by Cyd and Geoff Holsclaw

<https://thrivetoday.org/>

*The Deepest Place: Suffering and the Formation of Hope*, by Curt Thompson, MD

*Becoming Attached: First Relationships and How They Shape Our Capacity to Love*, by Robert Karen

<https://www.presenceandpractice.com/immanuel-journaling>

*The Emmanuel Promise: Discovering the Security of a Life Held by God*, by Summer Joy Gross

## Abandonment

### PRIMARY

### SECONDARY

trespassing

## Attachment

*"...I have called thee by name; thou art mine."*

"If I'm in distress, will someone help me?"

Yes, someone *will* help me.

*Maybe*, someone *might* help me.

No, someone *will not* help me."

### THE JUNGLE OF ANXIETY

"maybe"

survival skills

gifts

### THE DESERT OF AVOIDANCE

"no"

survival skills

gifts

### THE WAR ZONE OF CHAOS

"?"

survival skills

gifts

### THE PASTURE GOD: A CONFIDENT FAITH

"yes"

flourishing

Psalm 23

thriving

## Immanuel Prayer Journaling

God is always with us and desires to interact with us in all situations.

This prayer is a tool for abiding – uniting our mind/heart with God’s mind/heart.

### 1. Interactive gratitude

- a. Gratitude opens us up to God’s presence in any moment.

*Think of something you are grateful for and begin sharing your heart with God.*

- b. Slow down to perceive how God responds to your gratitude.

*Take a moment to listen to God’s response and write down your impression of how God would respond to you.*

### 2. Remember and experience that God is with us.

*Then the Lord told him, “**I have certainly seen** the oppression of my people in Egypt. **I have heard** their cries of distress because of their harsh slave drivers. Yes, **I am aware** of their suffering. <sup>8</sup> So **I have come down to rescue them** from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land. Exodus 3:7-8*

*Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, “**You are the God who sees me.**” She also said, “Have I truly seen the One who sees me?” <sup>14</sup> So that well was named Beer-lahai-roi (which means “well of the Living One who sees me”). Genesis 16:13-14*

- a. “I see you.”

*Imagine God seeing your situation, environment, movement and inner experiences, etc.*

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*This prayer method is adapted from [presenceandpractice.com](http://presenceandpractice.com).*

*John and Dawn Lundgren ❖ Second Saturday ❖ All Things New Prayer Ministry ❖ January 10, 2026*

b. "I hear you."

*Imagine God hearing all your thoughts that are spoken and unspoken.*

c. "I understand."

*Imagine God who knows you well, validating your experience with compassion.*

d. "I am glad to be with you."

*Imagine God calling your name lovingly and simply enjoying being with you. How do you perceive God might be with you and speaking to you in a kind, tender and loving way? Take a moment to enjoy his loving presence.*

e. "I am at work here already."

*Imagine God assuring you that He has the power to help you and give you everything you need.*

3. Reflect on what you've written down and ask God to show you where He is speaking and at work in your life.

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