



Stations and Journaling Questions

We have set up interactive stations for you to explore the topics that we've shared throughout this year. Stations can provide ways to process what God has been doing in your heart. Ask the Lord to draw you to the stations where He desires to speak to you. Please respect the quiet.

Be Still and Know I Am the God Who...

1. Heals the Image we have of God and of ourselves

Sword: Psalm 46 describes God as the Lord of Heaven's Armies...(Joshua saw a man with a sword who described himself as the commander of the army of the Lord, Joshua 5:13). Do you sense the Lord wants to give you an upgrade of your image of Him? Is He inviting you to see Him as Sovereign over all things? To be still and know HE is God?

Picture of Jesus Holding the Lamb: Can you picture Jesus with His nail-scarred hands embracing you? Is there a painful experience or negative message about yourself that prevents you from receiving God's love for you? Do you believe He longs to be gracious to you? (Isaiah 30:18)

2. Heals Us

Hem of the Garment and Hebrew Prayer Shawl: Do you need a healing touch from the Lord today? God's presence is here to heal. Reach out to Him - to the hem of His garment, for you or for a loved one who needs His healing power. He is able and willing! Can you put yourself in the place of the woman who reached out in faith to be healed? (Story told in Matthew 9:18-26, Mark 5:22- 43, Luke 8:41-56)

Rebecca told us that unexpressed disappointment about healing will keep us from approaching God. He is not afraid of our disappointments. He is not afraid of the rough, jagged parts of our hearts.

Hold out your hands and put all these disappointments into your hands. Now see two nail-scarred hands reaching out for them. It is your choice to give those to Him. He will not leave your hands empty but will give you good gifts...beauty for ashes, joy for mourning, praise for heaviness.

3. Speaks to You, Has Chosen You, and Names you...

Picture of the Sheep in the Pasture: He is always speaking to us. He gives direction, correction, and connection; conveying His heart of intimacy. He brings **Healing, Encouragement, Affirmation, Revelation of His Love.** As you look at the sheep in the picture - is there a particular sheep you can identify with?

Do you sense the LORD is inviting you to the pasture (like Psalm 23) where the Good Shepherd dwells? Is he drawing you out of the jungle of anxiety, the desert of isolation, or the war zone as described in the book *Landscapes of the Soul*? He is Immanuel and can

repair any “punctures in our souls” (definition of abandonment) and bring us to a secure attachment and place of abiding! Immanuel Prayer Journaling begins with Interactive gratitude and then remembering that God is with us... He sees us, hears us, understands us, is glad to be with us, and is already at work in our situation.

A healthy self-acceptance means we are growing toward becoming the best version of ourselves, our true identity as children of the King, while letting the worst version of ourselves be loved. (Holli). What step is He inviting you into to grow in Self-Acceptance?

4. Heals Trauma

Victim in Cell with curtain: What one thing do you sense the Lord is calling you to do to get out of the swamp?

Concepts: Window of tolerance; developing shalom; not hyper-arousal where life is like the gas pedal is always to the floor or hypo-arousal where life is like the brake pedal is jammed.

In healing of memories, the most powerful element is inviting Jesus Himself into the memory. When He comes, He will speak to, or appear to, an individual very personally, bringing profound healing through the word of Life that only He can deliver.

He wants to give us hope. (Romans 15:13)

5. Forgives

Rembrandt Picture of the Prodigal: Can you see yourself in one of these characters? (Story told in Luke 15:11-32) Can you receive the Father’s embrace? Do you feel like a victim stuck in the middle between God and the hurtful person or situation? Can you trust that the debt has been paid by Jesus? (Hebrews 10:10)

6. Empowers You

Basket of Fruit: *This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.* (John 15:6)

The Lord wants to call us forward into everything He has created in us! *Blessed are those whose strength is in you, whose hearts are set on pilgrimage. As they pass through the Valley of Baka, they make it a place of springs....*(Psalm 84:5-7)

All Second Saturday teachings and handouts: [Sermons – All Things New Prayer Ministry](#)