**Immanuel Journaling: Interaction with God Worksheet**

Express your Gratitude: Dear God, I’m thankful for…….

Write what you sense God’s response might be: Dear (your name), my child ….

**1. I can see you:** Write what God sees when He observes you, including your physical sensations.

I can see you…sighing, scrunching your shoulders, your eyes filling with tears, your head in your hands…

**2. I can hear you:** Write what God hears you saying to yourself:

I can hear you…saying to yourself: How will I ever get everything done? Why isn’t my spouse helping me and caring about this? Why do I keep messing up like this? I’m so frustrated with myself….

**3. I understand how this feels to you:** God sees the impact and intensity of this for you. He understands how you feel. Write what you sense He would say:

I understand how big this is for you…It feels all-consuming and overwhelming… This is as big as when your parents announced their divorce… I understand how you feel sad about this… I can see this is upsetting to you… I understand how angry you are… it makes sense to Me.

**4. I am glad to be with you.** What do you perceive God might be saying to you in a kind, tender, and loving way?

I am glad to be with you. With tenderness I see your weakness… I am glad to interact with you anytime, including this moment of frustration/anger/pain/sadness.

**5. I can do something about what you are going through:** What might God be saying to you about how He’ll be with you and help you?

I can do something about this …with and for you. I will strengthen you with my grace. Remember how your friend encouraged you last week? Well, continue in that way. Remember the ways that I’ve been with you . I will continue to be with you and for you.

Very Important: Read your results aloud to a prayer friend.

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**Concept**: Instead of writing what you want to say to God and then wondering if He is hearing or seeing you or caring about you, write as though you have already communicated your heart to God and are now writing His loving response. According to Scripture, we are assured He sees, hears, understands, cares (is glad to be with us), and will be moved on our behalf.

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This exercise, Immanuel journaling, is designed to help people interact with God. The format was inspired by Jim Wilder’s book*, Share Immanuel*. Please refer to Jim Wilder’s other books and his website, [www.joystartshere.com](http://www.joystartshere.com) for more information. This exercise was designed by Sungshim Loppnow, who welcomes your questions or feedback at sungshimloppnow@gmail.com. Modified and adapted by Jane L. Willard jane@dwillard.org. For more details see the c 2015 book **Joyful Journey** by these authors.