

## Joyful Immanuel Journaling

### 1) INTERACTIVE GRATITUDE & ADORATION (5-10 MIN.)

Builds joy & quiet

#### STEP #1 - GRATITUDE FROM ME TO GOD

- **QUIET & PAUSE** – Take 5 deep breaths and then prayerfully ask the Spirit to help you remember a moment of gratitude.
- **WRITE** – Write it down or draw it - like a thank you letter to God. Include details on how it makes you feel

#### STEP #2 - GOD'S RESPONSE TO OUR GRATITUDE

- **PAUSE** – Once you have written down your thanksgiving, pause for a moment to reflect on what you wrote.
- **WRITE** – Next, ask God what He would say to you. Begin writing (or drawing), but don't filter your thoughts at this time. Just start writing & allow the Spirit of God to lead you. Like God is writing a letter to you.
- **PAUSE, REFLECT & FEEL** –
  - **LEARN TO FEEL APPRECIATION** - By doing this we learn to feel appreciation in our bodies
  - **LEARN TO SUSTAIN APPRECIATION** - By doing this we learn to sustain gratitude for at least **five minutes**
  - **DEVELOP A GRATITUDE HABIT** - Do it 3 times a day for a month. (morning, evening & a sometime in between)

### 2) THOUGHT RHYMING (25-35 minutes)

Builds validation, comfort, hope & Shalom.

#### STEP #1 - HOW DO YOU SEE ME GOD?

- **WRITE** – Write from God's perspective. God watches us with love and describes to us what He observes.
- **ENVIRONMENT** - Begin writing about your observable actions and surroundings as if God is describing them back to you.
- **RESPONSES** - Write about your body movements, sensations, expressions or physiological responses that others might not be able to notice with their bare eyes.

#### STEP #2 - HOW DO YOU HEAR ME GOD?

- **LISTEN & WRITE** – Begin writing or drawing.
  - Write what God is hearing us say out loud or think internally.
- **LISTEN & WRITE** – Listen and write as God describes back to you what He hears and
  1. Begin writing as God simply says back to you what He hears from your speech and actions.
  2. Continue writing about unspoken words in your mind

#### STEP #3 - HOW DO YOU UNDERSTAND ME, GOD?

- **LISTEN & WRITE** – Write about how God understands how big this is for you
- **PAUSE, REFLECT & FEEL**  
I can understand how big (hard) this is for you. **Validation** – We put into words God's understanding of how important something is to us.

#### STEP #4 - HOW ARE YOU GLAD TO BE WITH ME GOD?

*I am glad to be with you and treat your weaknesses tenderly*

- **LISTEN & WRITE** – Write what God is saying about being glad to be with you & what he might be saying to you in kind, tender and loving way. How is HE glad to be with you no matter what you are feeling.
- **PAUSE, REFLECT & FEEL**

#### STEP #5 - WHAT DO YOU WANT TO SAY TO ME & GIVE TO ME?

- **LISTEN & WRITE**
  - Write down what God might be saying to you about how He will be with you and help you.
  - Write down any wisdom, guidance or perspective He may be giving you.
  - Write down how God invites you to live according to your true heart.
- **PAUSE, REFLECT & FEEL**

### 3) CREATING IMMANUEL COMMUNITY IMMANUEL TRIADS (SHARE IN 3S)

- **GATHER, TAKE HANDS & PRAY**
- **REMIND** - Reading & responding guidelines
- **READ** – Who will go first? Each person read aloud their journal entry
- **DO SHALOM CHECK** – Ask shalom check questions
- **CLOSE** - close with prayer & hugs