



Immanuel journaling

This worksheet uses the Immanuel Journaling (IJ) sequence introduced in *Joyful Journey: Listening to Immanuel* © 2015 Sungshim Loppnow, John Loppnow, Jim Wilder, and Anna Kang. Used with permission. The original IJ worksheet is available at presenceandpractice.com. (1)

DEAR GOD,

Start with your perspective. Ask the Holy Spirit to bring up a moment of gratitude—*keep it simple*. Talk to Him about it as if you were sitting together.

GOD'S RESPONSE TO YOUR GRATITUDE

Think with God from His perspective. Imagine God responding to your gratitude with kindness. What might He say to you? Write the words that come without judging them.

I CAN SEE YOU...

God pays attention to every detail of your life. What do you picture Him noticing? Think about your actions, surroundings, expressions, or anything you feel inside.

I CAN HEAR YOU...

God hears both spoken words and unspoken thoughts. What does He notice? If your thoughts feel scattered, make a list of those that rise to the surface first.

I CAN UNDERSTAND HOW BIG (HARD) THIS IS FOR YOU...

God sees your pain, confusion, and discomfort. How does He show that He understands your struggle? How does He comfort you in your time of need?

I AM GLAD TO BE WITH YOU AND TREAT YOUR WEAKNESSES TENDERLY...

God stays close and never walks away. He is always, always glad to be with you. How does He affirm His love for you?

I CAN DO SOMETHING ABOUT WHAT YOU'RE GOING THROUGH...

God is your Help in times of need. He may remind you of His faithfulness, His promises, or who you are in Him. Maybe He speaks peace to your heart, or guides your next steps. Write how He offers support.

CONCLUSION

When you're done, read your entry out loud to someone you trust— *someone who listens with care and kindness*. As you speak the words the message may land a bit differently, helping you understand your need and God's grace more deeply after He meets you in it.