

Connecting with God through Immanuel Journaling

"Immanuel" is a Hebrew word that translates as "God with us" that reminds us that the Lord is always accessible and close when we reach out to Him! This method of prayer helps you intimately speak with God as you receive his empathy and help.



Dialogue: Because this is a method of learning to dialogue with God (you speak, He speaks,) try writing your words in one color, and His in another.

Write your prayer:

- *Dear [your name for God], I need your help with... I'm grateful that you...Please show me...*

Write God's response:

- *Dear [your name], I understand that you're feeling...I'm with you when...I want to encourage you and help you by (scripture promise)...The truth about you is...I love you!*

You can also ask him these questions, and write down what you sense:

- *Father, what kind of relationship do You want to have with me?*
- *Father, in what areas do I find it hard to trust You?*
- *Father, how do You want to encourage me right now?*
- *Father, what burden do You want me to yield to You? How can I yield my burden to you?*
- *Father, what do you think of me?*

Source: <https://www.soulshpherd.org/wp-content/uploads/2017/04/Immanuel-Journaling2.pdf>

You can find Lectio divina, breath prayer, and other spiritual resources at [soulshpherd.org](https://www.soulshpherd.org).

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