

Luke 4:18 Ministries

Heal • Restore • Transform

Immanuel Journaling Worksheet

STEP ONE - Interactive gratitude

Write anything I appreciate and then write God's response to my gratitude.

STEP TWO - I can see you

Write from God's perspective what he observes in you right now, including your physical sensations. Example: I can see you at your desk. Your breathing is shallow, and your shoulders are tight....

STEP THREE - I can hear you

Write from God's perspective what he hears you saying to yourself. Example: You are wondering if I will speak to you and how you would ever know. You are discouraged and tired OR: You woke up full of energy this morning. You are ready to take on the world. Your mind is buzzing

STEP FOUR - I understand how big this is for you

How does God see your dreams, blessings or upsets and troubles? Example: I want you to know that I care about what matters to you. Your desire to honor me brings me great pleasure OR: I understand how intimidated you feel. This situation feels all-consuming to you as if you are about to sink....

STEP FIVE - I am glad to be with you and treat your weakness tenderly

How does God express his desire to participate with your life? Example: Your dreams are precious to me. I fill you with life each day and really enjoy your desire to.... OR: I see your discouragement after yelling again. Times when you are frustrated and tired are when I want to be closer to you....

STEP SIX - I can do something about what you are going through

What does God give you for this time? Example: Come away with me. I offer you times of refreshing, new energy, and vision OR: I will strengthen you. Remember how your friend encouraged you last week? With me you are not alone....

STEP SEVEN - Read what you have written aloud (preferably to someone)