

Immanuel Journaling

Immanuel Journaling is a healing modality tool designed to help you intimately interact with God, who is glad to be with you and capable of helping you.

Step 1: Breathing and Quieting

1. Inhale: Breathe in slowly through your nose for 4 seconds
2. Pause: Hold the air in your lungs for 4 seconds
3. Exhale: Breathe out slowly through your mouth for 6 seconds (pucker your lips as if you are blowing through a straw, to slow your exhalation)
4. Repeat for 3 minutes.
5. Review Checklist
 - a. Is my heart rate calm?
 - b. Is my breathing steady?
 - c. Do my muscles feel relaxed?
 - d. Do I feel a sense of calm and peace?

Step 2: Engagement

1. Pray and ask God to bring to your mind a pleasant memory where there was no pain or harmful experience, there are no splinters. A happy or joyful memory.
2. Relax in that memory and close your eyes.
3. Tell God what you are happy for about that memory.
4. Invite Jesus into that memory.
5. Ask Jesus, where is He in the memory and what does He want to tell you about that moment.
6. Write down what the memory was like before you experienced Immanuel's presence.
7. Write down what happened when Immanuel showed up and what He showed you.
8. Write down how things are different after engaging with Immanuel in that memory.

Step 3: Sharing with Others

1. Partner with someone
2. Quieting Exercise
 - a. Inhale: Breathe in slowly through your nose for 4 seconds
 - b. Pause: Hold the air in your lungs for 4 seconds
 - c. Exhale: Breathe out slowly through your mouth for 6 seconds (pucker your lips as if you are blowing through a straw, to slow your exhalation)
 - d. Repeat for 2 minutes.
3. Review Checklist
 - a. Is my heart rate calm?
 - b. Is my breathing steady?
 - c. Do my muscles feel relaxed?
 - d. Do I feel a sense of calm and peace?
4. Take turns sharing with your partner the memory you wrote down and the responses you wrote down in the Engagement section.

Waiver and Release of Liability: I acknowledge and agree upon the receipt of this form that my free will decision is to participate in the inner healing ministry activities led by MOORE GRACE MINISTRIES and its ministerial team. As a result of my participation, I understand that their team of ministers are **not** qualified counselors or medical personnel and they are only doing what they can to help me achieve more spiritual freedom in my life. Furthermore, as a result of my participation, I agree to hold MOORE GRACE MINISTRIES and its team members free from any and all liability, loss or damage of any kind that could arise as a result of their services and assistance.