

# Immanuel Journaling Worksheet

Adapted From Jim Wilder and Sungshim Loppnow by Bill Gaultiere\* ~ [SoulShepherding.org](http://SoulShepherding.org)

“Immanuel Journaling” is a method of prayer for conversing with God and receiving his empathy and help. Jim Wilder calls this “thought rhyming” with God to experience a “mutual mind state” with him. To write your two-way prayer letter simply complete each sentence. It’s helpful to read your letter out loud to a friend or small group who will listen and pray for you.

## Write Your Prayer

**Dear Lord** (or other name for God) \_\_\_\_\_ ,

**I need your help with** (briefly describe a specific situation of need)...

**I appreciate that you** (e.g., are emotionally present for me, empowering me, etc.)...

## Write God’s Response

**Dear** \_\_\_\_\_ **(Your Name)** \_\_\_\_\_,

**I see you in this situation** and notice your physical demeanor of (e.g., being busy, tossing and turning in bed, clenching your jaw, slumping your shoulders, crying)...

**I hear what you’re saying** (out loud and/or in your mind)...

**I understand that you’re feeling** (e.g., angry, afraid, anxious, guilty, sad, alone)...

**I realize this is really big for you because you want...**

**I’m glad to be with you and I’m proud of you for your** (e.g., vulnerability, courage, perseverance, kindness)...

**I want to encourage you and help you by** (e.g., a Scripture promise)...

\* Immanuel Journaling is taught in *Joyful Journey* by Jim Wilder, Anna Kang, John Loppnow, and Sungshim Loppnow. See [LifeModelWorks.org](http://LifeModelWorks.org).