



Immanuel Prayer Session Worksheet

Date: _____

Part One

If you are doing this in a group, have everyone in the group do the first page together.

Step 1: Prayer of Protection

Lord Jesus, I commit myself to you, and I ask that you would push back any cosmic or demonic interference right now, and allow me to experience a clear connection with you, without interference or retaliation of any kind. I trust you, my Sovereign God, to make it safe here for me to experience your presence, in the name of my Lord Jesus Christ. Amen.

Invite the Holy Spirit

Come, Holy Spirit, come! Have your way.

Step 2: Quiet

Quiet your body through relaxation. Get as comfortable as you can through: deep breathing (five in, five out), yawning, Shalom for my Body, progressive relaxation, body scan (checking your body for tense areas and relaxing them).

Step 3: Remember (A Positive Memory)

Ask the Lord to help you recall a positive memory, either a close time with him, or a time of joy. Give the memory a name. You can write a few sentences about it in the space below, if you like.

Step 4: Appreciate

Savor the memory and the emotions in the memory. Appreciate it and the character of God revealed there.

Step 5: Locate

Look for Jesus. You may sense him in the memory (past) or here in the room now (present) or both. Pray, *Lord, I welcome you with my heart. Help me to perceive your living presence, and to have an interactive connection with you.*

Step 6: Moving Closer

You can be as close to Jesus as you like. If getting close to Jesus is easy, go to Step 7. If there is distance between you and Jesus, do you feel or sense any resistance or hesitancy about moving closer? What do you believe might happen if you got closer? Ask him if your belief is true and listen to what he says.

Step 7: Connect

Turn to Jesus and engage with him. This may be verbal or nonverbal. Take time to be in his presence. You can pray, *Lord Jesus, what do you want me to know? Help me to receive everything that you have for me here.*

Enjoy your time with the Lord.

If you are in a group, share your positive memory or connection place with Jesus with the group.



Part Two

Use this page to process an unresolved or painful memory. If you are working in a group, divide the group into triads with two to coach and intercede and one to receive. The one who receives should have experienced a strong connection with Jesus on the first page before doing this page.

Step 8: Remember (A Painful Memory)

If you are experiencing a solid connection with Jesus, refresh the memory of connecting with Jesus from earlier and then ask him to guide you to an unresolved or painful memory. Start with something mildly troublesome. Before you go to the unresolved or painful memory, tell your facilitators about your positive appreciation moment.

Step 9: Locate

Look for Jesus. He was there with you during the experience you remembered. You can pray,

Jesus, open my ears, eyes and heart to you. Please help me to be aware of your presence with me here. If you are able to locate him go to Step 11, if not go to Step 10.

Step 10: Relocate

If you are unable to locate Jesus in the painful memory, go back and reconnect with Jesus in the positive memory and spend more time with him. You can simply enjoy his presence and end the session here, or try to approach the painful memory again after spending time with Jesus building joy. Or, you can stay in the painful memory and ask for help by simply praying, *Lord, I need your help. Show me what is getting in the way. What do I need to do to take the next step forward?* Spending more time in his presence builds the capacity to face pain. A third option is to go back and forth between the positive memory and the painful memory, or to approach the painful memory as if you were looking at it through a ship's porthole—with some distance.

Step 11: Connect

Focus on Jesus and interact with him. This may be verbal or nonverbal. You can pray, *Lord, what do you want me to know about this? Jesus, do you have more for me in this situation? Help me to receive everything you have for me here.*

Step 12: Closing Prayer

Step 13: Share

Share your story with three people if you can, but at least one other person! Make sure you keep your description of the problem short and focus on what happened when Jesus showed up.

ⁱ Adapted from Dr. Karl Lehman, Patti Vedotta and Robert Walter