

Immanuel Journaling Listener "Cheat Sheet"

The goal for the listeners:

- To help the teller feel felt, heard, seen, known, validated.
- To hear their story from their point of view (e.g., asking yourself as you are listening, how must that have felt, what can that experience have meant to them)
- To confirm what the person is hearing from God.

Thank you for sharing!

It sounds like you're saying.... Is that what you meant?

What I heard coming through was...

I can really see the joy-amazement-delight-surprise in your face-eyes-expression-body language...

I feel like I'm right there with you in your memory!

You described that so well, I feel like I can see/taste/hear/experience/ it, too!

I'm curious how that felt in your body...

I'm curious how you might describe that with your senses...

Can you say more about _____?

Did you experience any change on how you see the situation?

What was it like bringing God into this situation?

Did you experience God's delight, nearness?

I see this was a hard thing to share—thank you for your courage... for trusting us.

Thank you for being so transparent and vulnerable to us.

It would be helpful to avoid the following:

- Telling someone what they ought to feel or think.
- Analyzing or trying to fix the problem.
- Giving advice.
- Preaching or shifting to prayer (as we're focusing on learning the ministry of listening).
- Telling about yourself, e.g., "That reminds me when the same happened to me..."

The most important thing to remember is that you want to show you care: make eye contact (as best you can on Zoom), have a posture of listening, lean in, nod your head.

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love.

Romans 12:9