

The Immanuel Process

Power of Joy—February 27, 2010

Introduction

- Dr. Karl Lehman www.kclehman.com
- Immanuel means “God with us.”
- Key Verses
 - Matthew 28:20, “And surely I am with you always. . . .”
 - Luke 24:31 “Their eyes were opened and they recognized him”
 - Luke 24:32 “Were not our hearts burning within us. . . .”
- Foundational Principles
 - Common experience is to be unaware of Immanuel’s presence
 - We are often prevented from sensing His presence
 - God must open the eyes of our hearts in order for us to accurately perceive His presence
 - There has never been a moment in our lives where Jesus was not with us.
 - Perceiving Jesus’ presence and hearing him speak his truth into our lives brings deep healing.
 - Trauma comes in many different forms
 - Type B
 - Type A
 - The Problem of Unprocessed Pain
- Basic Steps Of The Process
 - Recall a Time of Appreciation
 - Refresh Your Perception of His Presence
 - Perceive Jesus’ Presence
 - Stick with the Process
 - Always Allow Jesus to Lead
 - Filter Out Lies
 - Experience His Love
 - Listen to Jesus
 - Linger in His Presence
 - End with Thanksgiving
 - Never Give Up

Small Group Format For Immanuel Prayer

Here is a format we have found very helpful for doing Immanuel Prayer in small groups. We recommend groups of three for reasons of safety and because having another person praying for you and your facilitator can be very powerful. You can have more but we recommend additional people take the roles of “Petitioners” as input from multiple people can be distracting.

Facilitator

Primary role is to help the participant follow the flow chart (so they don’t have to worry about what to do next) and to especially keep pointing the participant back to Jesus.

Two most important promptings will be asking the participant if he senses Jesus’ presence and encouraging him to ask Jesus to show him what is preventing him from seeing His presence.

Listen for the Spirit’s promptings and help the participant move through the steps.

Petitioner

The petitioner’s role is to pray silently as he senses God’s leading.

Pray for the participant to experience Jesus’ presence.

Pray for the facilitator so he will catch God’s promptings on questions to ask and when and where to guide in the process.

Pray against any condemnation you hear or sense. Pray silently so you don’t become a distraction but recognize your place as a prayer warrior fighting against Satan’s attempts to keep the participant stuck in their pain.

Participant

The participant’s role is to relax and allow Immanuel to take him wherever he wants.

The participant’s responsibility is to share whatever comes to his mind as he is prompted to ask Jesus questions and seek his presence.

Modified for Large Group

This format can also work well in larger groups by having people break up into groups of three and adding a large group “Director” who begins the process. The director encourages everyone to ask Jesus to bring things to their minds they can appreciate as well as previous “5-Bar”¹ moments with Jesus.

After waiting a few moments for everyone to reflect, the director then gives the small groups a few minutes to share with each other whatever God brought to their minds. This builds community and further helps turn on the brain’s relational circuits. He then asks each person to take a moment to pray aloud in their small groups a prayer of praise and thanksgiving for what God has shown them.

He then offers a prayer of invitation that goes something like this: “Jesus, we thank you for the encouraging things you have brought to our minds and we ask you to open the eyes of our hearts to see, sense, or perceive your presence. We know you are Immanuel and that you are always with us so we ask you to transform that knowledge from information to experience. Please right now, bring to the minds of the participants memories of times you want to transform with your Immanuel presence.”

Finally, he encourages the participants to personally, and in their own words, invite Jesus to reveal his Immanuel presence and then releases the facilitators to take over.

¹ 5 Bar Memories are places of strong connection with Jesus. I.e. If your cell phone has 5 bars, you will have no problem with your call.

Steps of The Immanuel Process

1. Focus on appreciation: Ask Jesus to bring to your memory previous “5 Bar Experiences” blessings, gifts, positive relationships etc.
2. Verbally express appreciation to Jesus for the things He brings to mind.
3. Ask Jesus to refresh your perception of His presence. Ask him to bring that memory and the feelings of that memory into the here and now.
4. Ask Jesus to show you a place where you can experience His Immanuel Presence.
5. Enter the memory and describe what comes to mind even if it seems strange or irrelevant.
6. Ask Jesus to open the eyes of your heart so you can see or sense His presence in the memory.
 - a. **If you do not sense His presence proceed to point 7.**
 - b. If you sense his presence in any way, do the following:
 - i. Focus on Jesus’ presence and the way it changes the way you feel.
 - ii. Ask for more: For example, if you sense His presence but He seems far away, ask Him to come closer or ask if you can move closer to Him.
 - iii. Ask if there is anything He wants to say to you in this place. Ask what His heart is towards you. Ask who you are to him. Ask anything you want to know.
 - iv. Ask if there is anyplace else He wants to take you. If another memory comes to mind, go back to point 4 and continue the process.
 - v. Try to spend time “soaking” in His presence. When you sense Him, don’t be in any hurry to leave. Allow yourself to simply enjoy being in His presence.
 - vi. When you are done, (again, be sure to check with Jesus) spend a few moments talking to Him and thanking him for what he has shown you.
7. When you don’t have a sense of His presence, ask Jesus to show you what is preventing you from perceiving Him.
 - a. Report anything that comes to your mind to your facilitator.
 - b. The facilitator should pray specifically against any condemning messages. (Rom. 8:1)
 - c. Allow yourself to feel the frustration of not sensing His presence as well as any feelings associated with the memory.
 - d. Describe those frustrations and feelings to your facilitator.
 - e. If new memories pop into your mind, simply report them as Jesus often takes us on journeys through connecting memories to the places He wants to address.
 - f. Ask Jesus if there is anything he wants you to do to remove the blockage. Do whatever you sense He tells you.
 - g. Invite Jesus to show you his presence again. Pray something to the effect of “Jesus, I give you a personal heart invitation to show me your presence in this confusing place. I want to know the truth that you are with me here.”
 - h. If you still can’t sense His presence, ask Jesus what is blocking you and then start back at 6a.
 - i. If you have a previous “5 Bar” memory, go back to it whenever you get stuck. In that memory, ask Jesus if there is anything he can tell you about the stuck memory.
 - j. Try going back and forth between the memory where you sense His presence and the memory where you do not.
 - k. Even if you do not find an Immanuel place, go back to step s 1 & 2 so you can end in a positive place.