

VLE & Immanuel

Power of Joy Week 7

Prayerful Reflection On Your Own (Write anything that comes to your mind after asking Jesus the questions below.)

1. Begin by asking Jesus to show or remind you of a “5 Bar” connection with Him. If one comes to mind take a couple moments to soak in the memory and thank Him for it. If nothing comes to mind, ask Him to show you something for which you can be thankful. Then take a moment to thank him out loud.

2. Ask Jesus to show you a situation from the past couple weeks where there is the possibility that 5% of what you were feeling could have come from something in your past.

3. What indicators from the list below point to the possibility you may have been “triggered?” (Check all that apply and make any notes that come to mind)
 - Exaggerated Response To Current Situation
 - Childlike Responses
 - Reduced Capacity
 - General Irritability
 - Vocabulary Of My Thoughts
 - Thoughts & Emotions Don’t Fit
 - Focusing On The Trigger Doesn’t Help
 - Outraged By Question, “Are You Triggered?”
 - Feels Like “Ground Hog Day”
 - Not Glad To Be With People I Am Usually Glad To Be With
 - Unable To Perceive Immanuel’s Presence Or Connect With Him

4. Ask Jesus to show you times in your past when you felt this way before: “Jesus, when did I feel this way in the past 5 years . . .in college . . . High School . . . in Elementary or Junior High . . . as a small child?”

5. “Jesus, what is the origin of this implicit feeling? What is the memory to you want to address today?”

6. Ask Jesus to refresh your “5-bar memory” of his presence. (If you do not have a 5 bar memory or cannot get back there, ask Jesus to show you something you can appreciate and spend the remaining time journaling about something you appreciate about who He is and what He has done in your life)

7. Go back and forth between your five bar memory and the memory from #4 asking Jesus what He wants to tell you or show you. Be sure to write down any impressions, memories, statements, etc. Don’t stay too in the painful memory for more than a few minutes before going back to your “5-Bar” memory.

8. If you get to a good place with your original memory, take time to write out a prayer of thanksgiving to Jesus for what He has shown you today. If you are not able to finish working through the original memory, go back to your 5-Bar place and spend a few moments thanking Jesus for that memory.