

Immanuel Journaling

“Immanuel journaling is a simple method for improving our awareness of God’s presence in both our thoughts and lives.” (*Joyful Journey: Listening to Immanuel*) This morning, we will be practicing the first part of Immanuel journaling, interactive gratitude.

Step 1: Gratitude from me to God

What is one thing for which you are grateful this morning? Take a moment and thank God in writing. Write in a conversational manner.

Step 2: God’s response to your gratitude

How is God responding to you as you express your gratitude? Write God’s conversational response to you. God’s words should resemble how a good parent would respond to a child after being touched by their gratitude.

Step 3: Read God’s response aloud