Immanuel Journaling Worksheet
Adapted From Jim Wilder and Sungshim Loppnow by Bill Gaultiere* ~ SoulShepherding.org

“Immanuel Journaling” is a method of prayer for conversing with God and receiving his empathy and help. Jim Wilder calls this “thought rhyming” with God to experience a “mutual mind state” with him. To write your two-way prayer letter simply complete each sentence. It’s helpful to read your letter out loud to a friend or small group who will listen and pray for you.

Write Your Prayer
Dear Lord (or other name for God) ________________ ,
I need your help with (briefly describe a specific situation of need)…
I appreciate that you (e.g., are emotionally present for me, empowering me, etc.)…

Write God’s Response
Dear ___(Your Name)___,
I see you in this situation and notice your physical demeanor of (e.g., being busy, tossing and turning in bed, clenching your jaw, slumping your shoulders, crying)…
I hear what you’re saying (out loud and/or in your mind)…
I understand that you’re feeling (e.g., angry, afraid, anxious, guilty, sad, alone)…
I realize this is really big for you because you want…
I’m glad to be with you and I’m proud of you for your (e.g., vulnerability, courage, perseverance, kindness)…
I want to encourage you and help you by (e.g., a Scripture promise)…