

# **What is the Immanuel Approach to Emotional Healing and Life?**

## **“Immanuel”**

Immanuel is a person, not just a concept or inner-healing model. Immanuel means “God with us” and this promise is the foundation of this healing prayer process.

## **How did the Immanuel Approach begin?**

The Immanuel Approach prayer process was birthed through the ministry of Christian psychiatrist Dr. Karl Lehman M.D. and Christian Psychologist Dr. Jim Wilder PhD and involves how the brain processes both trauma and relationship in our memories. Trauma is defined as any painful experience that has not been successfully processed. Unresolved traumatic memories cause the brain to be unstable, while memories of joyful relationships create stability in the brain. In the past, dealing with trauma directly, was a difficult and often painful process. It has been discovered that the brain could stabilize by reintroducing memories of joyful relationship which creates the capacity to adequately process and metabolize pain. The Immanuel process was born out of this understanding.

## **What is the “Immanuel Approach?”**

The term “Immanuel Approach” was created to describe this counseling/prayer method designed to resolve many forms of emotional distress linked to incompletely processed painful experiences and which expanded into an approach to connecting and interacting with God in all of life, not just in a one-time prayer session.

## **What is the Immanuel Approach to emotional healing?**

Immanuel Prayer is a process of connecting personally and interactively with the living presence of Jesus and removing barriers and hindrances to an intimate lifestyle with the Lord. The goal is to build and deepen a securely attached relationship with him, one that increases our capacity to stay connected to him even in difficult life situations or painful experiences.

## **What is unique about Immanuel Prayer?**

Every Immanuel prayer session begins by helping a recipient re-call a *positive memory* and express deliberate appreciation, thus preparing the brain-mind-spirit systems for connecting with the Lord and establish a living, interactive dialogue

with him in that memory as the foundation for the session. Immanuel prayer is organized around turning to Jesus, focusing on Jesus and engaging with Jesus directly at every point in the session.

The primary *paradigm shift* of Immanuel prayer is that relational connection with Jesus is the primary focus. Jesus totally guides the process of healing of pain or difficulty from a place of intimate connection with Him. Neither pain nor trauma is revisited unless you are connected to Jesus relationally and He specifically directs you to a place of pain. The focus is on repairing relational damage rather than focusing on the pain or the trauma. The goal orientation is a joyful, relational connection with the Lord. This results in an increasing attunement and bonding with the Lord and increased joy capacity as a result, improving resilience and the ability to recover more quickly from distress and challenging life circumstances.

When we seek God's presence in our lives—not just on the mountaintop, but in the deep valley of despair, pain and trauma—when we invite Him into that process, He will heal us. The more we practice remembering the presence of God, the more easily the joy-filled memories will come to us when we are faced with new pain and trauma, or when we feel triggered and an old hurt rushes in.

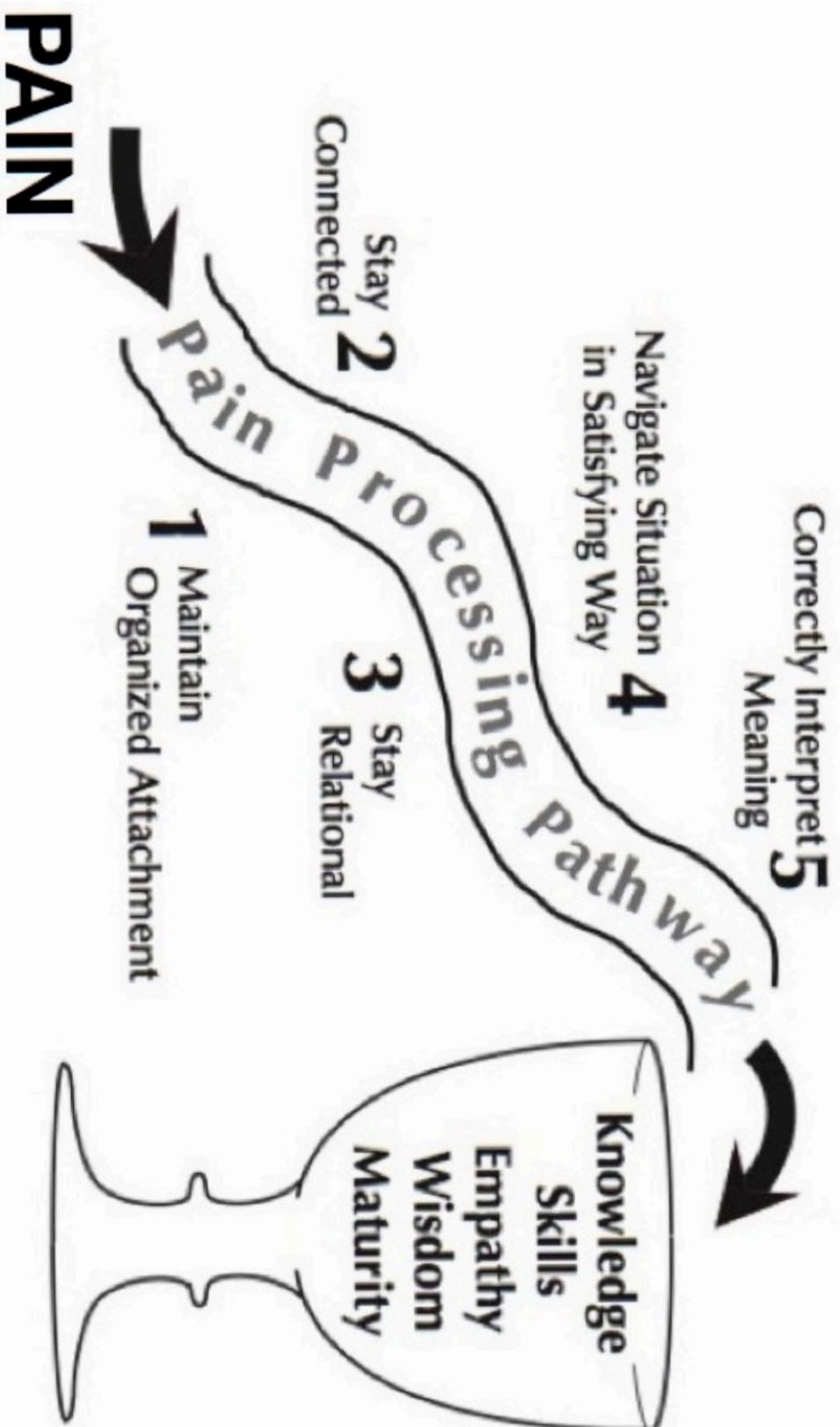
Jesus himself directs the prayer and guides the process. The facilitator functions more in a coaching role rather than a directive role.

### **What is the purpose of Immanuel Prayer?**

The purpose of Immanuel prayer is to provide tools for a lifestyle of deepening intimacy with God, processing present pain and healing past trauma through direct relational encounter with the “God who is with us.” This purpose can be accomplished with a trained facilitator and with the Immanuel Journaling process.

### **Resources:**

[Immanuelapproach.com](http://Immanuelapproach.com)  
[Immanuelprayerministry.com](http://Immanuelprayerministry.com)  
[Lifemodelworks.com](http://Lifemodelworks.com)  
[Facetofaceministries.org](http://Facetofaceministries.org)  
[Alivewell.org](http://Alivewell.org)  
[Immanueljournaling.com](http://Immanueljournaling.com)



# IMMANUEL HEALING "God With Us"

Immanuel is based on the reality  
that God is always present with us  
and always has been.  
Deut 31:8, Matt 28:20, Heb 13:5



- words
- pictures
- desires
- thoughts
- body sensations
- emotional shifts
- memories

## GOD'S GIFTS & HELP IN THE PAST

The "Ah" Moments: A beautiful scene ... Kindness ...  
A Baby's smile ... Warm cozy times ...



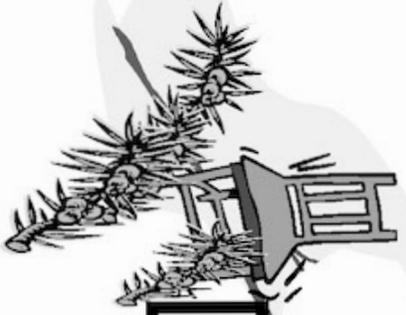
APPRECIATION  
MEMORIES SEAT

INTERACTIVE  
MEMORIES SEAT



GOD'S HILL OF  
APPRECIATION

THORN-FILLED PAIN  
MEMORIES SEAT



# Immanuel Prayer Process

## Establish Safety Net

## Healing Pain & Trauma

### 1. INTRO and OPENING PRAYER

(See back)

### 2. FIND A POSITIVE MEMORY

(Safety net)

- God connection memory
- or simple appreciation

### 3. DEEPEN CONNECTION

- Amplify appreciation out loud.

### 4. LOOK FOR JESUS

- Appreciate and connect with Jesus.
- Notice everything about Him and what it feels like to be with Him.
- Ask Jesus: “What do you have for me?”  
(and variations of this question)
- Notice and report everything.

### 5. HEALING TRANSITION:

**Possible transition to healing question if needed:**

- “Jesus, what good plans do you have for my healing today?”

### 6. HEALING PROCESS

**Keep focusing on Jesus and report everything that come into your awareness.**

- “Jesus, what do you have for me?”
- If stuck...return to safety net connection and ask Jesus, “I need help?”
- Then describe everything that comes into your awareness.

### 7. CLOSING:

- To end the session, return to safety net connection and connect with Jesus again there.
- Express gratitude

### 8. CLOSING BLESSING PRAYER

(see the back)

### 9. TELL THE STORY

(Telling your story is 50% of the healing process - focus on what Jesus said and did and how that felt.)

*Based on the Immanuel Approach.  
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## **INTRODUCTORY COMMENTS (Facilitator to Receiver):**

“Before we begin, I want to remind you that everything is optional. As we proceed, please let me know if you have questions or concerns or wish to stop at any point. I will coach you as we go to share what is coming into your awareness to help you catch subtle details that initially feel unimportant. I assure you that everything you share in this session will remain completely confidential. Are there any issues or questions we need to address, or are you okay to get started?”

**PROMPT:** *“As I pray this opening prayer, begin to look for a positive memory of love, joy, peace, appreciation or connection. Preferably a positive God connection ie: a time you felt close to Jesus that is not related to pain. When I’m done reading this prayer, I’ll ask you to begin sharing with me the details of your memory when you are ready. Begin to quiet yourself by taking some slow, deep, abdominal breaths and focusing on Jesus as I pray.” (pause for a few seconds before praying)*

## **OPENING PRAYER:**

“Lord Jesus, I thank you for this opportunity to pray with \_\_\_\_\_. I welcome your presence and help during this session and beyond. (Recipient), I bless you to open your heart to Him today. I bless your spirit to come to the front and be fully alert & responsive to Holy Spirit. I bless your soul (your mind, will, emotions & memories) to come into alignment under your spirit and your body in alignment under your soul. Body, soul & spirit in submission & surrender with the leadership of Holy Spirit, the Lordship of Jesus and the love of Abba Father.

Jesus, we stand together and affirm the truth in faith that you are here with us, that you love us, and that even as we pray you are preparing the way for \_\_\_\_\_’s healing and growth. We ask you to guide every thought, feeling, image and memory coming into \_\_\_\_\_’s awareness. I ask you to speak directly to every part of \_\_\_\_\_’s spirit, heart, and mind today. I ask for your hedge of protection around us. I pray for your precious blood to cover us and for Holy Spirit to guide us. As the facilitator, I ask that You carry any of my unresolved issues so nothing will get in the way of what you want to do today. I surrender my spirit, heart and mind to you, Jesus. Help us both to stay in tune with you. And Father, in the name of the Lord Jesus Christ, I ask that you would bind anything that would try to interfere with \_\_\_\_\_’s healing and connection with Jesus and send them to Jesus’ feet to deal with as he requires. No one but Jesus would rule this time. In his name I pray, amen.”

**PROMPT:** *“Whenever you are ready, begin to describe, out loud, the memory that came to mind.”*

## **CLOSING PRAYER:**

Thank you, Jesus, for your help in this session (name specifics if possible) I bless what you are doing in \_\_\_\_\_’s life. I also ask that if there are places that remain unresolved from our work here today that you would carry those and appoint a time and a place for them to be completely cared for. I ask that you help \_\_\_\_\_ continue to deepen authentic connection with you. Jesus, I welcome any additional blessings you want to bring today. Thank you for being with us. And Father, in the name of the true Lord Jesus Christ, I ask that you would permanently remove any demonic spiritual forces now. Bind and send them directly to Jesus’ feet to deal with as He requires according to the finished work of the cross. Jesus, would fill \_\_\_\_\_ now with Holy Spirit, your living presence, your love, your light and your truth. Guard everything you have done here today. In Your name we pray. Amen.”

*Note: A fuller version and explanation of each of these prayers and of the Immanuel Approach, is available at Dr Karl Lehman’s website [www.immanuelapproach.com](http://www.immanuelapproach.com) and in his book, “The Immanuel Approach.”*