



IMMANUEL, GOD WITH US

Healing Nights Training

Fall 2019

PRAYER

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." Ephesians 1:3 (NIV)

Lord, we bring You praise and thanksgiving for who You are, how You love us and Your desire to be known. Open our spiritual eyes to receive what You desire us to understand in this teaching. In Jesus' name. Amen.

INTRODUCTION

How does God become *real* to people? What we mean by *real* is when God becomes more than a system of beliefs and becomes personal. This is the difference between knowing and being known. Knowing is a one-way relationship while being known is two-way.

In this ministry one of the primary models used is "bringing our friends to Jesus." We believe that

The most complete healing comes from encountering the presence of Jesus.

the most complete healing comes from encountering the actual presence of Jesus in the present moment. We believe experiencing the presence of Jesus is available to all (with practice, openness and prayer) despite physical, emotional and cultural conditions.

There are many ways and traditions that bring our friends to God. One of the ways we do this at THPM is by offering the prayer recipient an Immanuel experience. In that experience they may feel the Lord's presence, hear or sense the Lord's voice or in their mind see themselves and the Lord Jesus interacting. The Immanuel experience brings peace and joy as the Lord Jesus speaks words of comfort and wisdom or when the recipient revisits a memory of deep wounding to which He brings healing and restoration.

SCRIPTURES

Immanuel" means "God is with us."

Deuteronomy 31:8

"The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

John 14:16 (NIV)

"And I will ask the Father, and He will give you another Counselor to be with you forever."

Matthew 28:20

"...And surely I am with you always, to the very end of the age."

Some may be able to identify a specific event when God became real to them; others slowly become aware. Each person's life journey is unique. Some are blessed to have grown up in a family or community where Christian belief was the norm, where faith was visible in the character and actions of those around them and where an interactive relationship with God was a part of their childhood experience. Others have experienced emptiness or woundedness as a starting point for their way.

Two Bible stories stand out – Jacob's dream and the Prodigal son. Jacob took off on a quest to fulfill his people's Godly mission. At the beginning of the journey, the Lord became real to Jacob through the staircase to heaven dream. *"And Jacob awaked out of his sleep, and said: 'Surely the LORD is in this place; and I knew it not'"* (Genesis 28:16).

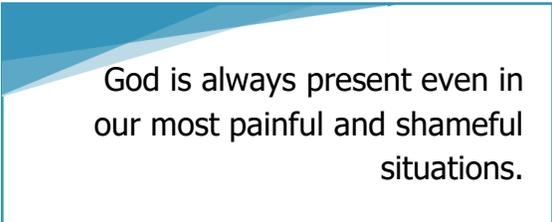
This is followed decades later at the end of the journey as Jacob wrestled to know the man/angel/God. He persevered and received a physical wound to remind him of the encounter with God. The fruit of his struggle was receiving a new identity, being reconciled with his people and receiving the promise that God will always be there for Israel. So, Jacob, named the place Peniel, saying, *"It is because I saw God face to face, and yet my soul has been preserved."* (Genesis 32:30). Jacob is saying that he didn't lose his identity; he gained his identity.

The story of the prodigal is similar. It was only in the embrace of the father outside the village wall that the prodigal recognized and received the loving grace of his father and repented of his sinful efforts to control his own destiny. He was transformed and restored. *"My son," the father said, "you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found."* (Luke 15:31).

We often are unaware of the Lord's immediate presence in our lives. Two reasons stand out.

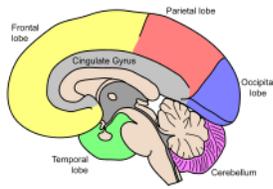
- The first is many of us have never been taught or seen modeled by others the immediate presence of God. We may have learned that He is here but not "right here"—that He is not within the effective reach of our senses but resides a little way off.
- The second reason is in our pain and need we may not be able to perceive the Lord's presence, even though we are familiar with Him at other times. On the Road to Emmaus (Luke 24:13-35) the two men are not aware that Jesus is the One telling them of the recent happenings in Jerusalem. They are overwhelmed by the disappointment of Jesus' crucifixion. As they break bread together Scripture says, *"Then their eyes were opened and they recognized Him."* (Luke 24:31a).

The truth is that God is always present, and He desires to be involved in every detail of our lives. He loves ongoing conversation with us, and His presence brings us counsel, wisdom



**God is always present even in
our most painful and shameful
situations.**

and healing. He desires that we be free, whole, healthy and live in the truth of His love. He delights in intimacy with His sons and daughters.



Brain Science

An important component of the Immanuel Approach is the use of a deliberate, systematic appreciation exercise. Empirical research (Dr. J.M. Gottman www.Gottman.com) has found that expressing heartfelt appreciation to someone releases the brain chemical, oxytocin, a neurotransmitter, which prepares the brain for bonding and positive relationship connections.

TEACHING

Immanuel Process

Dr. Karl Lehman, Christian psychiatrist coined the term “Immanuel Approach,” an inner healing technique of working with clients who do not have the capacity to process painful memories through other cognitive therapies. He discovered that the ability of the person to experience Jesus’ presence enabled them to get in touch with painful feelings or see the truth about strongly held beliefs related to the trauma. Learn more at: [The Immanuel Approach](#).

Awareness of Jesus’ presence created a capacity in the individual to stay and work with the painful memory. When the recipient asked, Jesus would often respond with comfort or truth, revealing the recipient’s false beliefs. When Dr. Lehman asked the recipient to revisit the memory, and the pain would be gone, often replaced with peace and forgiveness. Over time Dr Lehman discovered that just the presence of Jesus in a traumatic memory was healing, overcoming the worst condition of being all alone.

The presence of Jesus in a traumatic memory is healing.

Independently, the counselors at Shepherd House discovered that Jesus was showing up frequently in their successful healing sessions. Dr. Lehman joined forces with Dr. Jim Wilder as the Life Model was being developed, and together they worked to improve and teach the Immanuel Approach.

A problem with the Immanuel Approach was that sometimes the person would be willing to go back to a traumatic memory to be healed but as they re-experienced it, they became overwhelmed and lost their relational connection to Jesus. They became stuck in their pain and trauma. Then it took all the relational skills of the therapist to walk the client back to the present, and little healing occurred.

Dr. Lehman then discovered the solution. He began his sessions by asking clients to remember and appreciate a past time with Jesus, and this solved the problem. If the client became overwhelmed, he would revisit this appreciation memory with Jesus and receive peace. It also provided a good end to a session once the more intense prayer work was done.

Our memories are very important in this process. Each experience is interpreted in light of our accumulated memories. We experience the most pain and confusion in memories where we have the least sense of God's presence. The opposite is also true.

We experience the most pain and confusion in memories where we have the least sense of God's presence.

As we build new memories of God's presence, and re-experience old traumatic memories in His light, perceiving God's presence and grace, we pay attention to God more readily and experience His peace more fully.

When we spend time immersed in appreciation memories and connect that with thankfulness to our Creator God, we turn on our relational circuits and the possibility to hear God increases. We develop a mutual mind state with God, sharing our feelings and thoughts with each other. The greatest indicator that we are receiving God's thoughts is His peace.

When a person comes for prayer ministry, a good place to start is an appreciation memory. There are times in most everyone's life when they have felt the peace of God or overwhelming gratitude for the glory of creation. Appreciation is being close to God, but there is still a veil in our minds between God and us. God still speaks, gives us thoughts, brings things to light, but sometimes we cannot tell for sure if it is God or our own active mind. We will almost always need someone with us who can help us know if we are listening to God or listening to our own minds. Validation that we hear God is healing.

The greatest indicator that we are receiving God's thoughts is His peace.

Another way to experience God in a memory is interactively. In the memory we experience the Lord more fully. We remember seeing, hearing, or sensing the Lord in the memory. We are willing and able to ask God questions, confident that He hears us and knows our hearts. We more fully receive truth and peace. The more we experience the lovingkindness of His heart in a memory, the easier it is to connect in the present. Immanuel moments become a lifestyle rather than a memory. We live moment-by-moment, knowing that Jesus is with us.

Often times in the Immanuel prayer process the prayer partner will ask the recipient, "Where is Jesus in your memory?" "What is He doing?" They may also ask if the recipient is willing to ask Jesus questions such as, "What do You want me to know about this memory or feeling?" Other times, we pray for others to see where God is in their troubles. We are then providing hospitality for God. We share our faith with our friends.

The Immanuel Approach is hearing directly from God in our painful memories.

[How Is Immanuel Different from Inner Healing and Other Prayer Ministries?](#)

There is debate about what happens when a memory is healed. The small but significant differences in the Immanuel Approach focus clearly on the changes that are central to God – remembering what God has done, being aware of His presence in all aspects of our lives and correcting misinterpretations of life experiences such as God doesn't exist or care.

Immanuel differs by these features:ⁱ

1. Immanuel starts with seeking God, not exploring pain.
2. Immanuel matches the way the brain responds to trauma by directing our prayer in the correct order for complete memory processing of trauma.
3. Immanuel brings healing to our identity by telling the Immanuel story, not the pain story.
4. Immanuel has safety guidelines to avoid re-traumatizing people.
5. Immanuel is safe and effective in groups.

Using Immanuel in Healing Nights

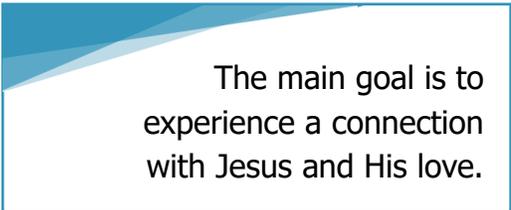
Can leading a person through an Immanuel moment work during a 5-minute session? Certainly, it does!

The biggest motivator is to experience the Lord. We listen well to the recipient, listen well to God and if led, ask the recipient if they are willing to try to connect with God.

Always start with either appreciation or direct connection with God. If led, stay there and soak. If led by the Spirit, go to the problem area. Usually there is not enough time to direct them to the pain, but if the Lord leads there, intercede. The main goal is for the recipient to experience a connection with Jesus and His love.

It helps to have your eyes open as you pray so you can perceive what is going on. Be careful not to prematurely stop the interaction by asking questions that require much response. "How are you doing?" works fine.

Let the person know when they have just a couple minutes left in the session. We always recommend that the recipient go back to the soaking room/chapel to absorb and reflect on their time with the Lord. Prayers of thanksgiving are always a good way to end the prayer time.



The main goal is to experience a connection with Jesus and His love.

Immanuel experiences centered on appreciation reinforce our joy capacity and our awareness of God's goodness and lovingkindness. We are always grateful for Immanuel experiences that lead to healing! We recommend that the recipient share their healing story with others as a way of anchoring it. We caution them to craft a "God's Greatness" story rather than a "Once I Lived in Pain" story. We omit the details of our trauma and focus instead on the miracle of God's loving presence that strengthened our hearts.

When using the Immanuel approach, if recipients are unable to make a connection, are upset, in tears or experiencing other intense emotions and unable to calm down, we ask their permission to lay hands on them and we silently intercede. This is a powerful way to minister.

A Basic Guide For Immanuel Process

We want all to connect well with Immanuel, Christ with Us. Our goal is for each of you to facilitate Immanuel sessions with each other as well as people who are in your classes. *Focusing on Jesus* and getting His perspective on every aspect of life are the most important skills we can have for all of life.

Part One: General Introductory Prayer

Jesus, we stand together, and affirm the truth in faith, that You are here with us and that You love us. Even as we speak, You are preparing the way in the spiritual realm for _____'s forgiveness, deliverance, healing, and freedom. We thank You for the victory You have already accomplished through Your death and resurrection. We thank You for the healing You have already provided through Your wounds. Lord, You know _____. Call his/her whole mind and heart forward. Help every part of him/her to hear Your voice, and to know the truth about Your heart and character—about Your gentleness and Your carefulness so that his/her whole mind and heart can cooperate with Your healing work. Lord Jesus, please guide every thought, image, memory, emotion, and physical sensation coming into _____'s heart and mind and into my own heart and mind for guidance. In Your name, we thank You for all these things. Amen.

Part Two: Quieting

So that you can experience God, close your eyes and relax, using strategies from the Quieting lesson.

Part Three: Find and Savor “Splinter-free” Positive Memories

- Find a memory. Favorite meal, pet, natural beauty, special time with a close friend, beautiful time with children, grandchildren. It does not need to be spiritual or include God.
- Reconnect with the positive memory.
 - What do you see, hear, smell taste, feel on your skin?
 - What are your thoughts, both then and now?
 - What emotions do you experience, both then and now?
 - How does Your body feel?
- Coach recipient to savor the best parts. Focus on the memory, and savor what you appreciate most. List these items.

Part Four: Upgrading the Memory to Include Jesus

For many of you this will be as simple as going back to your splinter-free positive memory and perceiving the presence of Jesus. You can simply invite the Lord to be with You in the memory, and ask Him to help you perceive his presence and establish an interactive connectionⁱⁱ in the memory.

Focus on Jesus and pay attention to EVERYTHING that comes into your awareness even if it does not seem important or pertinent.

Part Five: Name the Memory

- Give the memory a short name

Part Six: Share the Memory

- Get in touch with your partner by phone or in person and share your memory.

Only when the ability to perceive Jesus in a grateful memory is reliably experienced, can the recipient, in the presence of a prayer partner, seek healing. They may be aware of current oppressive feelings or they may have no idea. In either case, the prayer partner asks the recipient to go back to the positive memory and connect with Jesus there. The prayer partner then asks Jesus to guide the recipient to where He desires to heal today.

iii

Watch 5-7 minute videos on Immanuel healing sessions with Karl Lehman at <https://www.immanuelapproach.com/live-session-preview-clips/>.

SUMMARY

Immanuel Approach Principles

1. The Lord is always with us.
2. We all have the capacity to perceive the Lord's presence.
3. If we can't perceive the Lord's presence in a memory, there is a reason – lack of joy capacity, protecting or guarding our heart, believing lies, vows made as children, or demonic interference.
4. Jesus is the best guide in the healing process. He always brings healing, never violates our will and waits patiently.

DISCUSSION QUESTIONS

1. What do I believe about personally experiencing the presence of the Lord?
2. What have I experienced in hearing, seeing or feeling Jesus' presence?
3. What feelings arise when I consider personally interacting with and hearing God?

END NOTES

^{i i} Lehman, Karl, M.D., "Session 3: Interactive Connection Exercise," in *Immanuel Approach Basic Conference*, January 22-24, 2019, Leesburg, Virginia, pg.15.