

1. Interactive Gratitude

Dear God, I'm thankful for...

Dear child of mine....(Write God's response as best and humbly as you are able)

Once you finish "Interactive gratitude" take a moment and ask Immanuel a question before you proceed to the next section.

"Immanuel, what would you like to converse about today?"

Once the conversation topic is discerned between you and Jesus, begin describing one of the events or conversation topics from the point of the Father in the format that is provided in the following pages.

2. I can see you...

(Write what you believe God sees, what you think he observes in you, including your physical sensations.) Example: I can see you... breathing heavily, scrunching up your shoulders; I can see your eyes beginning to fill with tears.

3. I can hear you...

(Write what you believe God hears you saying to yourself.)

I can hear you saying to yourself: "How will I ever get out of this mess?" "Why is my partner not as concerned about this situation as I am?" "Why do I keep messing up like this?" "I'm so frustrated with myself!"

4. I understand how you feel / how big this is for you...

(God see how overwhelming this situation is for you. He understands how you feel. What do you sense God would say to you?)

Example: I understand how intimidated you feel by this situation. It feels all-consuming to you. It feels as if you are about to sink under the weight of this problem. You feel the same way as when your parents announced that they were getting a divorce. I understand why you feel sad about this. I can see it has shaken you. I understand how angry you are; it makes sense to me.

5. I am glad to be with you and I look upon your weakness with tenderness.

(Write about what you perceive God might be saying to you in a kind, tender, loving and gentle way.)

I am glad to be with you. I look on your weakness with great compassion, _____ (name). I am always glad to interact with you, even when you find yourself in the midst of intense pain/ frustration/ sadness.

6. I can do something about what you are going through.

(Write about what God might be saying as to how he'll be with you and assist you at this time.)

I can do something with and for you in this situation. I will strengthen you with my grace. Remember how your friend encouraged you last week? I will continue to provide for you. Remember the ways that I have been with you in the past? I will continue to be with you in the present, working for and in you.