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| Approaching Immanuel Worksheet: **Noticing and Focusing** |
| **Your God Experience/Story** | **Feelings and Images** | **Sensations** | **Beliefs** | **Appreciation Points** |
| Think of a time when you experienced God’s presence, or felt connected to Him or felt loved, protected, joy, etc. You can ask him to remind you of a time. Jot down the main story line.What **Title** would you like give your God story?  | What were you feeling then? What images were coming into your mind? | What was happening in your body?What sensation were you experiencing?What was your breathing like?Was there a particular posture you were in? | What felt true at that time? | What did you appreciate about God at that time?List your appreciation points: |

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| Phase 1Warm up relational and connecting circuits by how you interact with person and what you focus on. Build safety and trust. | Phase 2Help client point their attunement toward the Lord and form an interactive connection with Him |
| **The person needs:*** to feel safe
* that they can connect with you
* that they are always in control (you are not going to take it away from them). This means they are also free to disconnect when they want to. The perception of choice is central.
* that they can change the way you are working together to make it better for them

**Set up the dynamic so it will work:*** Orient the person by explaining the process including the place of reporting what they are noticing
* Be pleased to be with the person. Build Joy between the two of you. Keep connecting and appreciating

**Begin directing focus to a God memory and feeling appreciation*** Help person share a positive God memory
* help them ***feel*** different aspects of appreciation
* use the table to jot down different elements of the experience
* To elicit more detail try reflecting back what they share
* Show you appreciate how big the experience was for them

**Implicit goal** - By “contingent” responses you want the client to feel:* Seen
* Heard
* Understood
* That someone is with them

**Begin establishing a conscious interactive connection with God**Express your appreciation directly to the Lord for the appreciation points of the person (pray out loud). Then keeping the flow:* Help person to notice and report what happens in them
* Express your appreciation directly to God for this and some of previous appreciation. Keep focused
* Go through same cycle a number of times, then...
 | **To get interactive connection flowing:*** Model speaking directly to the Lord yourself
* Expect client to notice what is happening for them when you do this
* Help client to report what they notice. It is normal for people to say, “this doesn’t make much sense but...”
* When person has a question get them to ask the Lord directly
* Expect them to focus and notice his response then report what they perceive
* Have client ask God, “What do you want me to know?”
* Or, “how do you want to bless me today?”
* Again, allow a little time (say 12 seconds) then ask client to report what they perceived

**If difficulty in forming an interactive connection*** Get client to ask the Lord for help to perceive his presence. This request can be made initially from within the positive memory
* If there is a block to perceiving his presence can ask Him to show what is in the way or simply acknowledge it and ask for his help. Get them to report what comes.

**Variation:*** Use Locate protocol (see extra guidance for this)

The aim of this phase is to establish a real time interactive connection between the person you are praying with and the Lord. Coach as needed to keep person reporting what is happening for them and to work through blocks to perceive his presence more clearly. They normally need coaching to stay focussed on him and to learn to bring difficulties directly to him. ***Stay calm and ask Him for help*** |