

A Guide to Connecting Immanuel on your own

1. REMEMBER: Ask the Holy Spirit to remind you of a time you were particularly connected with Jesus, or a time that you were happy, a positive memory.

When a positive memory comes to mind, close your eyes, imagine yourself being back inside of the original experience. Think about and experience what you saw, heard, smelled, tasted and felt. What thoughts and emotions were you having at the time? What thoughts and emotions come as you think about it now? How does your body feel?

2. APPRECIATE: Jesus' character

Thank God for the good things you experienced in that memory. Then appreciate Jesus' for the aspects of his character that are shown to you in that incident. Remember, every good gift is from the Father. What does this show you about his love, kindness, gentleness, wisdom, power, genius, etc.?

3. LOCATE: Find him in the memory with you.

When you appreciate someone, you open yourself to receive from that person. You have just spent time appreciating Jesus in a memory and we know that Jesus is always with us. Pray something like, "Jesus, I know in faith that you were with me when I was [name the memory]. I welcome You to be with me now, in this memory. Help me to perceive your living, interactive presence." As best as you can, focus on him.

4. CONNECT:

Look right at Jesus in the memory and ask him, "Jesus, how do you feel about being with me?" Enjoy being with Jesus in the memory. He may speak (in your thoughts) or you may see something in his face or he may do something.