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Karl Lehman, M.D.

Founder of the Immanuel Approach and board certified psychiatrist in Evanston, IL; author of **Outsmarting Yourself, Catching Your Past**

Invading the Present and What to Do about It, and The Immanuel Approach for Emotional Healing & for Life. Find out more at KCLehman.com and ImmanuelApproach.com



Pastor Patti Velotta

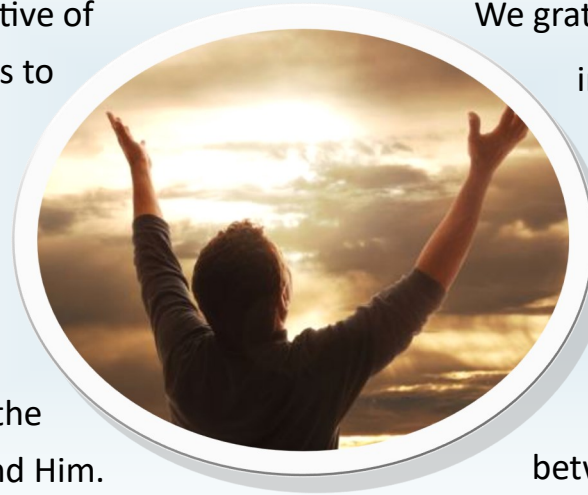
Pastor Patti leads Immanuel Practicum ministry and works closely with Dr. Karl Lehman. She has written a very practical book, **Immanuel Practicum**,

and does training for those who want to learn about Immanuel Prayer and how to coach others. Our Immanuel Prayer coaches are trained by Patti. She says, "As I mentioned in my book, it is not the only inner healing approach nor is it all we need. However, I agree with Dr. Karl Lehman who says in his book, **Outsmarting Yourself**, that from his experience the Immanuel Approach is the safest, easiest, and most effective approach to inner/emotional healing. He also recognizes that the greater goal of the Immanuel Approach is intimacy with God, Immanuel, God With Us. From that intimacy, we experience emotional healing as a byproduct and the Immanuel Approach becomes an approach to life as we walk with Him."

Find out more at immanuelpracticum.com

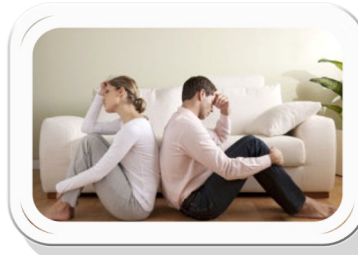
Reaching for Intimacy

The primary objective of Immanuel Prayer is to help the person receiving prayer to connect more intimately with Jesus by removing barriers between the receiver's heart and Him.



We gratefully accept any inner healing that results in lasting fruit, but the more important priority is to remove blockages that stand between Jesus and us.

Challenges to Intimacy

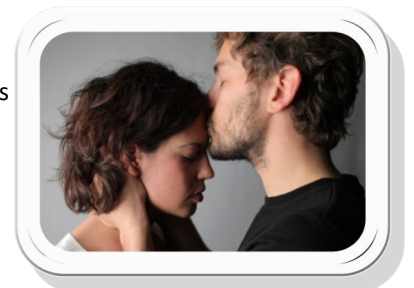


Sometimes, in the process of following Jesus as His disciples, we just don't feel as close to Him as we think

we could be. We sing beautiful songs of intimate worship, but sometimes they seem like just words. Or, we find ourselves reacting to the people in our lives in ways that do not reflect the way our Master would handle things. We know this is not how we really want to act, but we don't know how to handle the emotions that seem to set these reactions in motion. If we were able to truly abide in His love and peace, it seems these kinds of issues would not be able to derail us.

Restoring What Was Lost

The process of Immanuel Prayer works to remove the barriers of wounds, lies, and sin that are consequences of unresolved issues in our past. Each session is organized around turning to Jesus, focusing on Jesus, and engaging directly with Jesus at every point. He is remarkably good at knowing our specific needs. Since Jesus was just as present in our past as He is now, He is able to bring His love and attunement to painful situations from our past. As He engages with us, he reveals lies, brings us truth and restores our souls and our relationships with him and others.



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