

Title: "Immanuel Approach Story From InterVarsity Orlando Staff Conference"

April 1, 2024

Greetings all,

Just a quick note to share another fun Immanuel Approach story from one of the volunteers on the IA ministry team in Orlando.

"I was doing Immanuel Approach for a teacher friend....For this particular session, her specific question for Jesus was about her chronic pain (fibromyalgia). I suggested something like this: 'Let's try an experiment. They say that sometimes the body holds pain as a memory of traumatic events. What if we asked Jesus if there's any traumatic event that your body is holding pain from, and go back to it with Jesus so he can heal the trauma and your body doesn't have to hold the pain anymore.'

She agreed and asked Jesus.

Immediately she reported that she was remembering a time in 4th or 5th grade when she was molested. Even though her parents were in the house, she didn't tell either of them, but went to the bathroom and felt so alone and so much shame.

Before she even got around to inviting Jesus into this painful memory, He was there with her in the bathroom, holding her, so warm and soft, like a soft blanket. She felt she could relax, and all her muscles relaxed. Now she felt held and loved instead of all alone in shame. She soon was declaring happily that this was now going to be a positive memory that she could go back to at any time to relax with Jesus' warm and calming presence as He held her there.

At the end of our meeting, she hugged me and told me that this had been so good, and she felt 100 times lighter.

The next morning, she wrote me, 'Thanks for coming over!! Today was the first I didn't wake up in a lot of pain''

Brief follow-up note: a month later she continues to report much less pain.

Blessings,

Dr. Lehman/Karl

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