



## **MaryBeth: “I’ll Do It with You”**

### **Case Study from Live Ministry Series (LMS) Commentary**

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**Session summary:** Toward the end of Chapter 3 in *The Immanuel Approach*, I comment that Jesus’ agenda for an Immanuel Approach session is often to resolve trauma (resolving trauma removes blockages that hinder our connection with Jesus, and he also wants to relieve our suffering); but that sometimes Jesus’ agenda is something other than trauma-work -- such as building capacity, building maturity skills, addressing other issues important to optimal living (such as the balance between work and restoration), or just to spend time with us as a friend. This DVD provides an excellent example of one of those sessions in which Jesus’ agenda is something other than trauma-work – in this session, Jesus’ agenda is a beautiful flowing mixture of spiritual direction, advice and encouragement from an older brother, life coaching, and conversation with a friend.

Mary Beth is in the middle of moving her psychotherapy practice, with many challenging decisions regarding a new vision for the future. She is also in the middle of moving to a new home, with many decisions regarding how to remodel and redecorate. This all feels exciting but also overwhelming, and she comments that the part that especially makes it hard is doing it alone.

I coach Mary Beth to go through the usual Immanuel Approach steps for establishing a connection with Jesus, and then, as just mentioned above, Jesus engages with Mary Beth in a beautiful flowing mixture of spiritual direction, advice & encouragement as from an older brother, life coaching, and fun conversation as with a friend. Some of the highlights include:

After the initial connection is established, Jesus spends time driving through the country side with Mary Beth (exactly as her father had done with her as a child). They just enjoy being together, looking at the scenery and listening to fun music.

As mentioned above, at the beginning of the session Mary Beth comments that the challenges she is facing feel so burdensome because she is facing them alone. In response to this, Jesus shows her parallels from his own experience that powerfully communicate, “I get it – I know about that – I’ve been there!” And then Jesus offers, “I’ll do it with you.” Following these interactions, Mary Beth comments repeatedly, “I feel so *not* alone now.”

Along these same lines, several minutes after spontaneously, repeatedly noting that she no longer feels alone, Mary Beth comments, “...it all feels easier [now that I’m doing it with Jesus].”

At one point in the session, Mary Beth is stressing about remodeling and decorating decisions, and asking “how will I know if I’m making the right choice?” Jesus responds with, “*You’re* going to say, ‘do You think that will work?’ and *I’m* going to smile at you and say, ‘do you like it?’ Then *you’re* going to say ‘Yes,’ and *I’m* going to say ‘Then it’s perfect!’”

**3-year follow-up -- lasting positive changes:** At the three-year follow-up interview, Mary Beth reports that she has continued to experience a new, increased sense of Jesus with her, and

especially the profound sense that "He really gets it" with respect to the specific challenges she was facing at the time of the session. During the session Jesus said "I'll do it with you," and Mary Beth reports that this is exactly what she experienced following the session. She also reports that the interaction with Jesus regarding "Do you like it?" "Yes" "Then it's perfect" was tremendously helpful as she was making decisions following the session. Finally, she reports fun follow-up with respect to the (previously) baffling question of what to do with her mother's art work. After the session, she followed through with the practical steps Jesus encouraged her to take *and the whole situation came to good resolution quickly and easily.*