

# *Sisters of the Crown*

## DIY Creative Projects

### Mixed Media Immanuel Conversation Mosaic

#### Materials

- Journal, blank paper, or canvas
- Paint, stickers, glue, crayons, ribbon, embellishments, or anything creative you wish to use
- Scissors and Adhesive (glue, tape, etc.)
- Immanuel Worksheet (below)

Immanuel Conversation, a valuable practice, facilitates a connection with God. It encourages reflection as you listen to the Father speaking to your heart. During this process, you explore your thoughts, feelings, and physical sensations while conversing with God, who is referred to as Immanuel—God with us.

After completing your conversation, journal your experiences using various forms of media. There's no right or wrong way to do this mosaic; it's personal and unique to you.

Embracing this form of conversational prayer can lead to transformative changes, such as cultivating inner peace, mending relationships, deepening your understanding of your spiritual journey, healing, and invigorating your faith.

## Immanuel Conversation Worksheet

**Pause and Breathe:** Take a moment to pause and take several deep breaths, creating space for calm and clarity.

**Express Your Gratitude.** Open your heart to the Father by sharing your gratitude and inviting Him to respond to your words of thanks.

*Dear God, I am truly thankful for...*

*Dear Daughter, {listen for the Father's response}*

**Establish a Sacred Space for Reflection.** Prepare to listen to the Father's heart.

**I can see you.** *{Reflect on what you believe God observes in you, including your feelings and physical sensations.}*

**I can hear you.** *{Note the thoughts and feelings you believe God hears within you.}*

**I value you. I understand your emotions. I recognize the significance of this moment for you.** *{Acknowledge that God comprehends your struggles. What comforting words do you believe God would share with you?}*

**I am delighted to be with you and view your vulnerabilities with compassion.** *{Consider what gentle, loving, and kind messages God may be conveying to you.}*

**I can do something about what you are going through.** *{Ponder what God might say about how He'll be with you and assist you now.}*

Review what you wrote.

Pause and be still.

When you feel you have reached a natural end, close your conversation with a prayer of gratitude.

Share your experience to anchor it deep in your soul.