

A PRACTICE FOR JOURNEYING TOGETHER

Heart to Heart Check-in

I invite you to cherish this time together and embrace the richness of the connection. Can you sense the joy of journeying together?



15-MINUTE CHECK-IN PROCESS

Keep It Short and Sweet: Unless you have already planned a longer time together, honor the 15-minute timeframe to create a joy-bonding experience rather than overwhelming one another. After the check-in, if you want to talk more, honor one another by asking permission. Receive only what you can, and feel free to say no.

Check-In Structure

STEP	TIME	DESCRIPTION
1 Greet	1 min	Take a moment to say hello and acknowledge your presence together
2 Noticing Check-In with Self	1 min (silent)	- Take a breath and find quiet - Notice, “How is my heart? What is alive in me?” - Consider checking-in on your heart using: SASHET Sad, Angry, Scared, Happy, Excited, Tender (choosing two emotions you sense are present and noticing why they may be coming center stage)
3 Share	4 min (2 min each)	- Take turns sharing what you noticed during your check-in with self. - After each share, listener attunes by reflecting back what they heard
4 Listening Prayer (silent)	5 min (silent)	- Meditate on details of an appreciation memory or a moment that brought peace; Thank God for the memory - Notice if you can sense Immanuel’s presence - Share your check-in with Immanuel and notice what He has for you. - Notice any SIFT Sensations, Images, Feelings, Thoughts - Ask Immanuel: “What do you have for me here around this?” and “What else?” Continue to notice and ask.
5 Debrief	4 min (2 min each)	- Come back together when the 5 minutes are up - Share what came up during your Immanuel prayer time - After each share, listener attunes by reflecting back
6 Takeaway	1 min (30 sec each)	- Pause to silently notice what seemed significant during this session - Share just a sentence or two about what you’re taking away - After each share, listener attunes by reflecting back

REMEMBER

This practice together creates a sacred space for connection — both with each other and with Immanuel’s presence. Honor the process, honor each other, and honor the insights that emerge.

* When discerning if something is from God, ask whether it aligns with scripture, brings you peace or relief, and is confirmed by your community as sounding like God.

May you sense the joy of journeying together.