

CULTIVATE THE POSTURE OF A DETECTIVE

# SIFT FOR IMMANUEL LIFESTYLE

The posture of a detective

- ▶ "...in all your ways acknowledge him, and he shall direct your paths."

Proverb 3:5

- ▶ Acknowledge in original meaning = Detect if God is there.

Share Immanuel p. 4, Jim Wilder, Chris Coursey



Slow down  
&  
Detect

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SIFT

- ▶ S = **Sensation**
- ▶ I = **Impulse**
- ▶ F = **Feeling**
- ▶ T = **Thinking**

S

## S = Sensation

What is happening  
in my body right now?

I

## I = Impulse

What impulse  
am I detecting right now?

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Impulse

## Moving

- Towards
- Against
- Away

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F

## F = Feeling

What emotions  
am I feeling right now?

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Feelings

- S: Sadness and Shame.
- A: Anger and Afraid
- D: Despair and Disgust

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T

# T = Thought

What am I telling myself right now?

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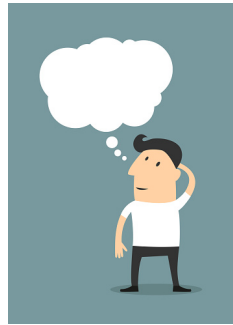
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Thoughts

- ▶ I am ...
- ▶ The world is...



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3 questions

1. What is happening inside of me/SIFT?
2. Can I stay with it/SIFT since God is already glad to be with it?
3. What is that God wants me to know?

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