

FIELD MANUAL · SECTION 2 · SESSION 1

God's Design for Your Soul

Step 1 of the Five-Step Journey · The starting point of every seeker's journey

When	Week 1 of the Soul Liberation circle	Who	You + 5–8 seekers
Length	90 minutes	Anchor texts	Genesis 1:26–28 · Genesis 3 (referenced) · Revelation 21:1–5
Materials	Workbooks (one per seeker, pre-placed on chairs) · Bibles · Daily Rhythm Cards and 5R Lifeline Cards (one of each per seeker; handed out in Movement 5)	Locked term	Step 1 = God's Design

Arc — six movements, ninety minutes

#	Movement	Time
0	Welcome · administer the PRE before any teaching · frame the journey	13 min
1	Teaching · God's Design	15 min
2	Q1 — The first question	20 min
3	Q2 — Surface the gap (do not pursue in this session)	15 min
4	Foundational prayer · receive what surfaced	15 min
5	Daily Rhythm Card + 5R Lifeline Card · close · look ahead to Session 2	12 min

Leader note · Session 1 is the foundation. You are not trying to produce breakthrough in this session. You are trying to set the culture and open the door. The deep prayer ministry block comes in Session 4. In this session, your job is to make the seekers feel safe enough to say what is true.

Pastoral safety notes

1. The first five minutes set the culture. The seekers are watching your face. Respond to honesty with warmth, curiosity, and complete absence of shock.

2. If a seeker breaks open in tears — pause. Presence. Do not rush to fix. The work has begun.

3. If trauma surfaces in Q2 — receive it but do not pursue in this session. Note it. Offer a one-on-one conversation before Session 2 if they want it. Deep prayer ministry comes in Session 4, not in this session.

4. If a seeker names something that exceeds the local-circle context — active suicidal thoughts, present-moment crisis, untreated severe mental health — pause. Stay with them. Refer per Section 3, Chapter 10 protocols. Do not handle it alone in the room.

MOVEMENT 0 · 13 minutes · You Welcome and Frame the Journey

Leader note · Before seekers arrive, place a workbook on each chair. You may also place a Bible if seekers may not bring their own. Each seeker should find their workbook waiting when they sit down. As seekers arrive and settle, invite them to open to page 1 and fill in their name, their circle leader (you), their local pastor, and today's date — this anchors the workbook as theirs.

Receive them (2 min)

Leader note · Some seekers walk in nervous. Some skeptical. Some tender. Receive each one. Do not hurry. Begin when everyone is seated.

"Brothers and sisters — welcome. You said yes to something today. I am grateful you came."

Administer the PRE (5 min)

Leader note · Before the framing, before any teaching, before any prayer — administer the PRE measurement now. Hand each seeker the form and read the scale aloud. Each seeker records their own scores; you do not score for them, and you do not press the hesitant. Collect the completed forms before moving on. FM Section 4 carries the full protocol. Within the hour after this session, tabulate the forms and prepare each seeker's My Soul Liberation Journey card for Envelope 1 at Session 2.

"Before we walk anywhere, I am going to hand you a short page. It asks where things stand in your soul today — honestly, in your own numbers. No one is grading this. It is where you started, so that in six weeks you can see what Jesus did."

"Over the coming weeks, we are going to walk something together. Not a class. Not a counseling session. Not therapy. We are going to sit with Jesus together, week by week, and ask Him to do what only He can do in your soul."

"You will notice a workbook on your chair. That is yours. Bring it back each session. It is where you will write what surfaces — the questions we walk together, the things Jesus shows you, the daily rhythm during the week. Do not worry about filling it neatly. Write what is true."

"If you have not already, take thirty seconds to open to page 1 and write your name, your circle leader, your local pastor, and today's date. That makes the workbook yours."

Leader note · After this speech, take thirty seconds to direct seekers to Workbook page 2 —

“Why this journey exists.”

“Open to page 2. Read the short page titled ‘Why this journey exists.’ That is the doorway into everything we will do.”

Leader note • Give them two minutes of silence to read. This anchors the journey in the Father’s Mission before any teaching begins.

“Turn the page. Page 3 — ‘Stepping In.’ You do not need to read it now. Read it this week, between today and our next session. The top of the page tells you what this workbook is for. The bottom of the page lists six practical commitments — how this circle works in practice. Read them once. They are not a contract. They are the rails.”

Leader note • Do not read page 3 aloud in the session — it would slow Movement 0. Just point seekers to it and confirm they see the page. The six commitments on page 3 are the practical commitments (show up, bring the workbook, write honestly, speak when ready, use it between sessions, keep using it after Session 6). They are different from the three covenant commitments you are about to speak.

What the circle is — and is not (3 min)

“Let me tell you what this circle is, and what it is not.”

“This is not a Bible study. We will read Scripture, but the Word is the doorway, not the destination.”

“This is not a small-group prayer meeting. We will pray, but the prayer happens because something specific is being addressed.”

“This is not a counseling group. I am not your counselor. If something needs counseling, we will name it and find that path.”

*“This is a circle of seekers, with one simple goal: to walk the Five-Step Journey with Jesus together. Each session we look at one step. Each session we ask Jesus to do something in our souls. The five steps prepare us for Step 5 — Liberation — The Likeness Revealed Again. The journey is at least six sessions. Some circles take longer. Some keep meeting **after Step 5 to sustain the work. We will see together what Jesus is doing and let the pace serve Him.**”*

“Today is Step 1. God’s Design.”

The circle covenant (3 min)

Leader note • Read these three commitments aloud. Make eye contact with each seeker as you read each one. The covenant is short on purpose.

“Three commitments hold this circle together.”

“First — what is said here, stays here. We carry each other in prayer. We do not carry each other’s stories out the door. What you hear, you cover. What you see, you cover.”

“Second — we tell the truth. Not polished truth. The actual truth. Jesus does not work with the polished version. He works with what is real.”

“Third — we receive Jesus, not me. I am not the healer. I am not the teacher. I am a servant in the room. Jesus is the Engine. I am building rails.”

Seal the covenant in writing (3 min)

“The three commitments we just spoke have a written counterpart in your workbook. Turn to page 4.”

Leader note • Page 4 holds three things: “What brought you here?” (a few sentences), the 1–5 confidence scale (“How confident are you, right now, that Jesus can change the deepest things in you?”), and the written commitment block at the bottom. Walk seekers through all three. The confidence scale baseline matters — we return to it at the end of the journey. Hold the room in honest space — no music, no chatter. This is a covenantal act.

“At the top of page 4, there is a short box: ‘What brought you to this circle?’ In one or two sentences, write what brought you. Whatever first comes to mind. There is no wrong answer.”

“Below that you will see a question: ‘How confident are you, right now, that Jesus can change the deepest things in you?’ Circle a number from 1 to 5. There is no judgment in any answer. We will look at this again at the end of the journey. Be honest about where you are now.”

“Finally, the gold-bordered box at the bottom of page 4 — My Commitment. Read it once to yourself. If it is true for you, sign it and date it. This is the written form of the three commitments we just spoke together. The same covenant, sealed in your own hand.”

Leader note • Give three minutes of quiet for the three actions: write “what brought you,” circle the confidence scale, sign the commitment. Do not rush. If a seeker hesitates to sign, do not press them — honest hesitation is more valuable than a forced signature. Note any unsigned commitments quietly and follow up one-on-one before Session 2.

Brief introduction (2 min)

“Let us go around — name and where you live, what you do, why you came today. Keep it short — we will know each other better as we walk together.”

Leader note • Keep it tight. Do not let this run long. The introductions are not the work. They are the doorway in.

MOVEMENT 1 • 15 minutes • You Teaching: God’s Design

Receive the map (2 min)

“Before we open Genesis, let me show you the map of the whole journey — it is already in your workbook, and you will carry it the whole way.”

Leader note • Direct each seeker to open their workbook to page 5 — the Five-Step Journey map (the opening page of Section 2). The map lives in the workbook; nothing is handed out

here.

“Open your workbook to page 5 — the Five-Step Journey map. This is the whole map of where we are going together. Look at it with me.”

“Five steps. Step 1 — God’s Design. Step 2 — The Infection. Step 3 — The Soul Liberator. Step 4 — The Conversation. Step 5 — Liberation — The Likeness Revealed Again.”

“Today is Step 1. Keep this page open in front of you. Bring your workbook back each session. Look at this map during your Daily Rhythm this week. This page is the map of the soul’s journey home.”

Leader note • Do not dwell on the map. Name it, point at Step 1, then move into the teaching. The map will become familiar over the coming sessions.

Picture the beginning (4 min)

Leader note • Slow down here. You are painting a picture. The seekers’ imaginations have to engage.

“Open your Bibles to Genesis chapter 1. Verse 26.”

“This is where Step 1 begins. God’s Design.”

Genesis 1:26–28 *“Then God said, ‘Let us make man in our image, after our likeness.’ ... So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them.”*

“Picture it with me. I am not asking you to picture a fantasy. I am asking you to remember a real place.”

“Picture the trees heavy with fruit. The rivers clean. The animals at peace with each other and with the two image-bearers walking among them.”

“Picture the relationships. Naked and unashamed. No hiding. No manipulating. No wounding. Just seeing and being seen.”

“Picture God Himself walking in the garden in the cool of the day. Not distant. Not remote. Walking. Talking. Present.”

Leader note • Pause. Let them be there.

Able to not sin (3 min)

“Now — picture something most of us have lost in our imagination of Eden.”

“Adam and Eve were able to not sin. They were not puppets who could only obey. They had real choice. They could obey, or disobey. They could love, or refuse. They could walk with God, or walk away.”

“Before the fall — they were able to not sin.”

“That is who the Father made us to be. Blessed with His likeness. In perfect creation. In perfect relationship with Him, with each other, with the earth. And able to not sin.”

“This is Step 1. God’s Design. The starting point of every seeker’s journey — whether they know it or not. The soul’s original home.”

What broke (3 min)

Leader note • Brief. Genesis 3 is the seed for Session 2 (The Infection). In this session just plant the seed. Do not pull up the root here.

“You know what happens next. Genesis 3.”

“Satan enters the garden. Deception. The sneering question — ‘Did God really say?’ — the first crack. The disobedience. The fruit taken. The rebellion committed.”

“And something happens in that moment that we will return to next week. Because if you do not see what happened in Genesis 3, you will not understand what Jesus is doing in the soul today.”

“After the fall — humanity is no longer able to not sin. Something broke in us. Something whole — shattered.”

“That is Step 2. The Infection. We will go there next week. Today is not yet the time.”

Where Scripture ends (3 min)

“One more stop in Step 1. Because the Father’s plan does not end in Genesis 3.”

“Turn to the end of your Bible. Revelation 21.”

Revelation 21:1–5 *“Then I saw a new heaven and a new earth ... ‘Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people ... He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.’”*

“At the end — a new heaven. A new earth. The dwelling place of God with man. He will wipe away every tear. Death no more. Mourning no more. Pain no more.”

“The arc of Scripture starts with the Father’s design, runs through the fall, and ends with the design restored. The likeness revealed again.”

“That is Step 5. Where this six-week journey ends. Where every soul’s journey ends, by His grace.”

“Today we begin where Scripture begins. With the Design itself. And one question for you to carry.”

MOVEMENT 2 • 20 minutes • You Q1 — The First Question

Ask Q1 (2 min)

“Here is the question I want you to sit with.”

Q1 What kind of life do you think God originally designed your soul to live?

Leader note • Read the question slowly. Then stop. Completely. Do not fill the silence.

“Do not think about your life as it is. Think about what He designed it to be. The relationships. The work. The walk with Him. What did He design?”

“Take two minutes. Write something down in your workbook. Just for yourself.”

Leader note • Specific page reference: Workbook page 6, “God’s Design.” Q1 is in the gold-bordered question box.

“Open your workbook to page 6. Write your answer in the lines under the Q1 box.”

Pairs (5 min)

“Now — turn to the person beside you. You have five minutes. Each of you, share what you wrote. The other listens. No fixing, no advice — just listening.”

Leader note • Move quietly through the room. Listen for any pair where one is doing all the talking, or where someone seems to have stalled. Stay near, but do not interrupt.

Round in the circle (13 min)

“Come back to the circle. We have about thirteen minutes. Let us go around. You do not have to share everything you said in the pair — just one thing about the life He designed for your soul.”

Leader note • This is the heart of Movement 2. Listen at two levels — to what they say, and to what they almost say. The thing they add at the end, almost as an aside, is often the actual answer.

Leader note • Do not respond to each share with a teaching point or a Scripture reference. Receive it. “Thank you for sharing that.” Then pass to the next. The seekers are listening to one another more than to you.

Leader note • If a seeker says something thin — “I do not know, I guess a normal life” — do not press. Just receive it. “Thank you.” Move on. They will have more to say in coming weeks.

Leader note • If a seeker says something deep — a longing for their marriage to feel like home, a desire to walk with God without shame, an ache for purpose — receive it slowly. “Thank you. That is exactly what He designed.” Then move on.

Leader note • Watch for the seeker who is silent or visibly struggling. Do not call on them. They will share when they are ready, even if it takes weeks. Their presence is enough for today.

MOVEMENT 3 • 15 minutes • You Q2 — Surface the Gap

Ask Q2 (2 min)

“One more question for today. And this one is harder.”

Q2 Where do you feel your life is not matching that design?

Leader note • Same approach. Slow read. Then stop. Do not fill.

“Do not theologize. Do not analyze. Just name the gap. What is the distance between the design and your life as it actually is?”

“One minute. Write it down. For yourself.”

Leader note • Specific page reference: Workbook page 7, “Naming the Gap.” Q2 is in the gold-bordered question box.

“Turn the page. Page 7. Write your answer under Q2.”

Round in the circle (13 min)

“Let us share around the circle. One thing each. Where is the gap?”

Leader note • This is where the work of the next five weeks begins to surface. The gap they name today is the Infection they will see next week, the Liberator they will meet first in Session 3 (the pivot) and encounter under the blindfold in Session 4, the Conversation they will enter in Session 5, and the Liberation — The Likeness Revealed Again — they will receive in Session 6.

Leader note • Do NOT pursue the gap in this session. Do not pray over it specifically. Do not push for the root. This session is naming. Next week is digging.

Leader note • If a seeker names trauma — abuse, addiction, a marriage that died years ago — receive it slowly. “Thank you. That is real. Jesus already knows. Next week we will start to walk into it together.” Do not pursue in this session.

Leader note • If a seeker names something that exceeds this circle — active self-harm, present-moment crisis, untreated severe condition — pause the circle. Stay with them. Refer per Section 3, Chapter 10. Do not handle it alone in the room.

MOVEMENT 4 • 15 minutes • You Foundational Prayer

Frame the prayer (2 min)

“We are not going to fix today what we just named. That is not how the journey works. We are going to hand it to Jesus. He will begin. He has already begun, in fact — by bringing it to your awareness.”

“This week is just the beginning of His work in this room.”

Lead the prayer (10 min)

Leader note • Three movements: receive → hand over → ask Him to begin. Pray slowly. Leave silences. The Spirit fills silences with what your words cannot.

“Father, You designed each of these souls in Your likeness. You knew them before they were born. You knew the design You had for them, and You know the gap they have just named.”

“We thank You that You are not surprised by any of it. We thank You that the gap they named is exactly the place You want to come.”

Leader note · Pause. 30 seconds.

“Jesus — we hand You what each of them just named. The gap between the design and the life. The wound. The pattern. The longing. We are not asking You to fix it today. We are asking You to begin.”

“Walk into it with each of them. Show them what You see. Let them sense You with them. Even today. Even as they leave this room.”

Leader note · Pause. 30 seconds.

“Holy Spirit — for the next week, draw each of these brothers and sisters into honest conversation with Jesus about what they just named. Do not let them forget. Do not let them numb. Do not let them go back to managing it on their own.”

“In Jesus’ name. Amen.”

Brief silence (3 min)

Leader note · After the closing “Amen,” do not rush. Sit. Two or three minutes of silence. Let what just happened settle.

MOVEMENT 5 · 12 minutes · You Daily Rhythm + Close

Hand out Daily Rhythm Cards (3 min)

“Before you leave today, I have something for each of you.”

Leader note · Hand each seeker a Daily Rhythm Card. Cardstock. One per person.

“This is your Daily Rhythm Card. Five minutes a day. Every morning. This is what carries the work between sessions.”

Walk through the three movements (4 min)

Leader note · Read the three movements aloud in this order: ASK, RESPOND, RECEIVE. Emphasize that the order matters — Jesus moves first.

“Three movements on the card. The order matters — because Jesus moves first, and we respond.”

“First — ASK. Open with the gap you named today. Bring it back to Jesus, and ask Him the one question: ‘Jesus, what do You want to change in me today?’ Sixty seconds of quiet. Do not try to make anything happen. Just be in the conversation.”

“Second — RESPOND. Now listen. Take two or three minutes. Write what surfaces in your workbook — a memory, a Scripture, a sense of His direction, a feeling that has weight, a person who comes to mind. Even ‘nothing surfaced today’ is a real entry. The point is not to perform. The point is to show up to the conversation.”

“Third — RECEIVE. Read one verse. Slowly. Twice. This week — Genesis 1:26. Let it be the last thing your soul carries out into your day.”

“Five minutes. Every morning. Just begin.”

Hand out the 5R Lifeline Card (1 min)

Leader note • Hand each seeker a 5R Lifeline Card. Cardstock. One per person. Do not teach all five beats today — that comes later in the journey. Today you are only putting it in their hand for the moment the old pull returns during the week.

“One more card. This one is for the hard moment — when the old pull comes back during the week, and it will. It is the 5R Lifeline. Five beats, and every one of them is a way of running to Jesus, not a technique you work on yourself. Keep it tucked behind your Daily Rhythm Card. We will walk it together as the journey goes on. For now, just know it is in your hand for the storm.”

Look ahead to Session 2 (3 min)

“Our next session is Session 2. The Infection. We will look at what broke.”

“Next session is harder than today. We will name what is actually happening in the gap you described today. We will look at sin not as bad behavior but as an infection that runs deeper than willpower and intelligence.”

“You do not need to prepare. You do not need to bring anything. Just bring yourself. And between now and then, work the Daily Rhythm Card.”

One last question (2 min)

“Before we close — does anyone have a question about what we did today or about the rhythm card?”

Leader note • Receive any question briefly. Do not turn this into a teaching moment. The questions you cannot answer in this session, you can answer next session — or by message during the week.

Closing prayer (2 min)

“Let us close.”

“Father, thank You for these brothers and sisters. Thank You that they came today. Thank You for what You have begun in each of them — what they named, what they saw, what they sensed.”

“Carry them this week. Speak to them through the rhythm card. Bring to mind what You showed them today. And bring them back here next session, ready for the next step.”

“In Jesus’ name. Amen.”

Dismiss (3 min)

“Same time, same place next week. If you need to talk with me before then, you have my number. Go in peace.”

Leader note · As they leave, stand at the door if you can. Make eye contact with each one. Brief touch on the shoulder if appropriate. The closing matters.

END OF SESSION 1 — *Daily Rhythm carries the work to Session 2*

Build better rails to the trustworthy Engine — Jesus.

Coastal Hope Retreat · Soul Liberation · Field Manual · Section 2 · Session 1 · God's Design

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