

FIELD MANUAL · SECTION 2 · SESSION 2

The Infection

Step 2 of the Five-Step Journey · Why trying harder never works · The diagnosis before the cure

When	Session 2 of the Soul Liberation circle	Who	You + 5–8 seekers
Length	90 minutes	Anchor texts	Romans 7:15, 18b, 19, 24, 25a · Romans 7:17, 20 · John 8:34
Materials	Workbooks (seekers bring from Session 1) · Bibles · Daily Rhythm Cards and 5R Lifeline Cards on hand (both brought from Session 1)	Locked term	Step 2 = The Infection · SSI = Supernatural Soul Infection

Arc — six movements, ninety minutes

#	Movement	Time
0	Welcome back · check in on the Daily Rhythm	10 min
1	Teaching · The Infection (Romans 7, the diagnostic trio, sin as SSI)	20 min
2	Q3 — How long have you been carrying this?	15 min
3	Teaching · Two gifts — Pardon and Liberation	15 min
4	Recognition prayer · I see the infection now	15 min
5	Daily Rhythm continues · hand Envelope 1 · close · look ahead to Session 3	15 min

Leader note · Session 2 is the load-bearing teaching of the six sessions. If Step 2 is misdiagnosed — if you call it a bad habit when it is bondage, or a character flaw when it is captivity — the whole journey collapses. Today you preach honestly. The diagnosis must land before the cure can mean anything in Session 3.

Pastoral safety notes

1. Naming the infection often surfaces shame. Receive every honest disclosure with warmth and complete absence of shock. The seeker is watching your face.

2. Do not pursue the infection today with prayer ministry. Today is diagnosis, not cure. The cure begins in Session 3. The deep prayer ministry block comes in Session 4.

3. If a seeker says “I must just be a bad Christian,” correct it gently. What they are describing is captivity, not character. That distinction is exactly what today’s teaching exists to make.

4. Watch for the seeker who recognizes themselves in Romans 7 for the first time — the visible relief, the tears of recognition. That is the Spirit’s confirmation of the teaching. Receive it. Do not analyze it.

MOVEMENT 0 · 10 minutes · You Welcome Back and Check In

Receive them back (2 min)

Leader note · Begin warm. Some seekers worked the Daily Rhythm; some did not. No grading. Today is for whoever showed up, in whatever condition they are in.

“Brothers and sisters — welcome back. I am grateful you came today.”

“We walked Step 1 together last session. God’s Design. We sat with the picture of Eden before the fall, with what the Father made us to be — blessed with His likeness, in perfect relationship, able to not sin. And then we named the gap. Where the design and our lives no longer match.”

“You took the Daily Rhythm Card home. Some of you worked it every morning this week. Some of you started and stopped. Some of you forgot it on the table by the bed. All of that is honest. We are not grading the rhythm. We are walking a journey together.”

Light check-in on the rhythm (5 min)

“One quick question around the circle, then we begin. In one sentence — what surfaced for you this week as you sat with the rhythm? Or, if the rhythm did not happen, what did you notice about that?”

Leader note · This is not a deep round. One sentence each. The seeker who skipped the rhythm is welcome to say so honestly — that is its own kind of useful information. Receive every answer briefly: “Thank you.” Then move on.

Leader note · Listen for two things: (a) Anyone who clearly had a meaningful encounter — note it; you may want to ask them more after the session. (b) Anyone who is carrying something heavier than last week — note it for Movement 2 and for pastoral follow-up.

Locate where we are (3 min)

“Look at the Five-Step Journey map on page 5 of your workbook. Last session we walked Step 1. Today we go to Step 2. The Infection.”

*“I want to tell you something honest before we begin. Today is the most important teaching of the six sessions. Not because it is the most uplifting. Because it is the most **load-bearing**. If we miscall what is happening in your soul, everything else we say in the coming weeks will miss.”*

“So today we are going to preach Step 2 honestly. The way Paul preached it in Romans 7.”

MOVEMENT 1 · 20 minutes · You Teaching: The Infection

Open Romans 7 (3 min)

"Open your Bibles to Romans chapter 7."

"This is the most honest passage Paul ever wrote. The man who wrote one-third of the New Testament describes here exactly what most of you described last session when you named the gap. Listen."

Romans 7:15, 18b, 19, 24, 25a *"For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ... For I have the desire to do what is right, but not the ability to carry it out. ... For I do not do the good I want, but the evil I do not want is what I keep on doing. ... Wretched man that I am! Who will deliver me from this body of death? ... Thanks be to God through Jesus Christ our Lord!"*

"Hear verse 24 again. 'Wretched man that I am. Who will deliver me from this body of death?'"

Leader note · Long pause. Let the cry sit.

*"Paul is not describing a character flaw. He is not describing laziness. He is not describing a lack of willpower or intelligence. He is describing something that **operates** at a level deeper than willpower and intelligence can reach."*

The diagnostic trio (5 min)

"Before we go further — a diagnostic question. When you look at the area of your life where you keep failing, where the gap keeps showing up, which of these three is true?"

Leader note · Hold up three fingers. Walk slowly through them.

1. Is it rebellion? A deliberate choice to go your own way. You know what is right. You hear God's voice. And you say — 'I am going to do what I want anyway.' Rebellion is real. We should not pretend it is not. But — can you say with Paul, 'I have the desire to do what is right'? If the desire is there, the issue is not rebellion. Most of you in this circle are not rebels. You are something else.

2. Is it ignorance? Is it that you do not know what is right? Paul says, 'I know that nothing good dwells in me.' He has the knowledge. He could teach a seminary class on it. Most of you in this circle know what is right. You have read the Scriptures. The information is not missing. A lecture will not help. Another Bible study will not help. Another book will not help.

3. Is it inability? Verse 18. 'I have the desire to do what is right, but not the ability to carry it out.' Here is the diagnosis.

The hinge sentence *"I want to. I know I should. And I still cannot."*

Leader note · Long pause. This is the hinge sentence of the teaching. Most seekers will recognize themselves in it for the first time. Let it land.

"That is not weakness. That is captivity."

“And captivity requires a Liberator, not a lecture.”

Sin as dwelling presence (4 min)

“In verse 17 and again in verse 20, Paul’s language gets precise. Listen.”

Romans 7:17, 20 *“So now it is no longer I who do it, but sin that dwells within me ... Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.”*

“Sin that dwells.”

“Not sin that visits. Not sin as a pattern of bad decisions. Not sin as a list of moral failures.”

“Sin as a presence. An invading, inhabiting force.”

Leader note • Pause. This is theologically heavy. Let it settle.

*“Paul is not giving us an excuse. He is giving us an explanation. Responsibility **remains** — Paul still owns what he does. But the power to fulfill what he wants has **been hijacked**.”*

The Supernatural Soul Infection (4 min)

“Here is the foundation of the Soul Liberation framework. Hear it slowly.”

“Sin is not primarily a collection of bad choices.”

“It entered the human soul in Genesis 3 like an infection enters a body. From the outside. Without invitation. Working deeper than willpower and intelligence can reach. It is supernatural. Paul calls it a ‘law’ — a force as consistent and powerful as the law of gravity.”

*“We call it the Supernatural Soul Infection. SSI. It is real. It **is named** in Scripture. It is what is at work in the gap each of you described last session.”*

“Think about a physical infection. You do not manage a fever through discipline. You cannot repent your way out of pneumonia. You need a Healer. Someone who reaches the source. Someone who removes the contamination.”

“Trying harder can manage symptoms for a while. But the infection stays.”

The conclusion *“The root requires Someone with the authority and skill to go there with us. That is who Jesus is. Step 3. Next session.”*

Bridge to Q3 (1 min)

“Before we cross to Jesus the Liberator next session, one more question for today. And it is a hard one.”

MOVEMENT 2 • 15 minutes • You Q3 — How Long Have You Been Carrying This?

Ask Q3 (2 min)

“Last session you named the gap — the distance between God’s design for your life and your life as it is. Today, one more question about that gap.”

Q3 “How long have you been carrying this?”

Leader note • Slow read. Then stop. Completely. Do not fill the silence.

“Not the most recent time it surfaced. The whole arc. When did it begin? When did it first take hold? How long has the infection been at work in this part of your soul?”

“One minute. Write it down in your workbook.”

Leader note • Specific page reference: Workbook page 8, “The Infection.” Q3 (“How long have you been carrying this?”) is in the gold-bordered question box. Say: “Open your workbook to page 8 — Step 2. Write your answer under the Q3 box.”

Round in the circle (13 min)

“Let us go around the circle. One thing each. How long have you been carrying this?”

Leader note • This question often surfaces grief. A seeker may realize for the first time that they have been carrying something for twenty, thirty, forty years. The weight of duration is its own pastoral moment. Receive it slowly.

Leader note • Standard response to long durations: “That is a long time to carry this. Thank you for naming it.” Brief pause. Then move on. Do not try to comfort or fix. The naming is the work.

Leader note • If a seeker minimizes — “not that long, just a few months” — receive it. Some infections are newer. Both are real.

Leader note • If a seeker traces it back to childhood trauma or abuse — receive it. Note for one-on-one follow-up. Deep prayer ministry comes in Session 4, not today.

Leader note • If a seeker becomes overwhelmed — pause the circle. Stay with them. The duration question can break someone open in a way the gap question did not. Be present.

MOVEMENT 3 • 15 minutes • You Two Gifts — Pardon and Liberation

The two gifts (8 min)

Leader note • Specific page reference: Workbook page 9, “Pardon and Liberation.” The page has the two-column table that is a visual recap of exactly this teaching. After you teach the two gifts (below), say: “Open your workbook to page 9. The table on that page is what we just walked through together. Read it slowly. The left column is what most of us already received. The right column is what today is about.”

*“Before we close today — one more piece of teaching. Because if we leave the diagnosis without naming what Jesus **actually offers**, we leave you in the very captivity Paul cried out from.”*

*“Most of us in this room confuse two gifts Jesus gives, as if they are the same gift. They are not. They are two gifts. Both free. Both necessary. Both **purchased** by the blood of Jesus.”*

Two distinct gifts PARDON — the forgiveness of sins. Settled at the cross. Complete. “It is finished.” LIBERATION — being set free from the power of sin, not just its penalty. Worked out in ongoing relationship with Jesus.

“Pardon says — you **are forgiven**. Liberation says — you are free.”

“Not free from all temptation. Not free from the possibility of falling. But free to win battles you could never win before. As Jesus progressively defeats sin’s corrupting power in your soul.”

“Pardon addresses the record. Liberation addresses the infection.”

“Pardon **was settled** at the cross. Liberation **is worked** out in ongoing relationship with Jesus.”

The painful truth (5 min)

Leader note • This is the most important pastoral moment of the session. Many seekers — especially those who have been Christians for years — recognize themselves here. Slow down.

“Here **is** the painful truth, brothers and sisters.”

“Many of us received Pardon and stopped there.”

“We have **been forgiven again and again** for the same sin. Week after week. Month after month. Year after year.”

“But we never asked Jesus to go to the root. We never asked Him for Liberation. We never asked Him to supernaturally free us from the corruption.”

Leader note • Pause. Let the self-recognition work.

“Paul’s struggle in Romans 7 is not the struggle of an unbeliever. He **is saved**. He **is forgiven**. And he is still losing the same battle.”

“He is crying out for a different transaction. Not just a clean slate for the past. Liberation from an ongoing power.”

“That is what Jesus offers. That is what we begin asking for, starting next session. Step 3 — The Soul Liberator.”

Bridge to prayer (2 min)

“Before we close, one prayer together. Not a prayer to fix the infection — the cure begins next session. A prayer of recognition. To name what we see now that we did not see before.”

MOVEMENT 4 • 15 minutes • You Recognition Prayer

Frame the prayer (2 min)

“Today is diagnosis. Not yet cure.”

*“The work we are doing right now — right here in this prayer — is to recognize what is **actually happening** in our souls. To name it correctly. Because we cannot bring the right need to Jesus if we have miscalled what the need is.”*

“So we are going to pray a prayer of recognition. Together. I will lead. You echo in your heart, or out loud if it helps.”

Lead the prayer (10 min)

Leader note • Three movements: recognition → renunciation of self-effort → asking for the right gift. Pray slowly. Long silences. The Spirit fills silences with what your words cannot.

“Father — we come to You honestly today.”

“For years — some of us for decades — we have called what is happening in our souls by the wrong name. We have called captivity ‘weakness.’ We have called infection ‘failure.’ We have called inability ‘rebellion’ and flogged ourselves for it.”

“Today we see differently. The gap we named last session is not what we thought it was. It is the Supernatural Soul Infection at work — a power deeper than our willpower and intelligence can reach.”

Leader note • Pause. 30 seconds.

*“We also see this. We have been receiving Pardon for years — sometimes for the same struggle, **over and over** — and we never asked You for Liberation. We thought forgiveness was the whole gift. We did not know there was a second gift waiting for us.”*

“We stop now. We confess that. Not with shame — with relief.”

“Jesus — we are not asking You to fix the infection today. We are asking You for something simpler. Begin to show us what You see. Help us recognize the infection wherever it is at work in us this week. Where the old pull comes — help us call it what it is. Not failure. Not weakness. The infection You came to liberate us from.”

“And Jesus — prepare us for next session. When we will meet You as the Soul Liberator. Open our hearts to the gift we have been missing.”

Leader note • Pause. 30 seconds.

“Holy Spirit — this week, every time the old pull rises, bring this teaching back to mind. Do not let us go back to flogging ourselves. Do not let us go back to managing it on our own. Bring us back to Jesus the Liberator, even before we know how to ask Him for the right gift.”

“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. Some seekers may visibly relax — physical shoulders dropping, jaw unclenching. That is the body recognizing release of self-condemnation.

MOVEMENT 5 • 15 minutes • You Daily Rhythm + Close

Daily Rhythm continues (4 min)

“The Daily Rhythm continues this week. Same three movements — ASK, RESPOND, RECEIVE.”

“ASK — ‘Jesus, what do You want to change in me today?’ Sixty seconds of quiet.”

“RESPOND — speak honestly to Jesus about what He showed you. Five sentences. The actual truth.”

“RECEIVE — one verse. Slowly. Twice. This week, your verse is Romans 7:24–25a.”

This week’s verse • Romans 7:24–25a *“Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!”*

Leader note • Note that the verse is the question and the answer in two adjacent lines. That is Paul’s whole journey compressed: he recognizes the infection AND names the Liberator in the same breath. The seekers are at the recognition. Next session they meet the Liberator.

“Read it slowly. Twice. Let it speak back into whatever He showed you in the ASK.”

When the old pull comes (3 min)

“One more thing about this week. The old pull will come again. It always does — sometimes within hours of leaving here. When it does, reach for your 5R Lifeline Card. Five beats — and every one of them is a way of running to Jesus, not a technique you work on yourself.”

“Recognize. Name the pull as a pull. ‘Jesus, I see this. The old pull is here.’ Out loud if you can — silence is where it grows roots.”

“Reconnect. Turn to Jesus before you do anything else. ‘You are here. I am here. I am with You right now.’”

“Renounce it by name, in His name. ‘Jesus, I am done serving this.’ Not in shame — shame is the pull dressed up as repentance.”

“Replace the empty space. Do your daily rhythm right now — open the Word, ask Him, receive. ‘Jesus, fill this space.’”

“Report and rejoice. Tell someone within the hour, and thank Him out loud. ‘Jesus, thank You. You met me here.’ You are not meant to fight this alone.”

Hand Envelope 1 (3 min)

Leader note • Hand each seeker Envelope 1 — their My Soul Liberation Journey card with the PRE scores recorded and your handwritten ASK note inside. You prepared these after

Session 1. The seeker keeps the envelope; it travels with them through the rest of the journey.

“Before you go — this envelope is yours. Inside is your Journey card. It holds where you started — not where you will stay — and one thing I am asking Jesus to do for you by name this season. Carry it into your Daily Rhythm this week.”

Look ahead to Session 3 (2 min)

“Our next session is Session 3. The Soul Liberator. We meet Jesus not as Forgiver — we know Him there — but as Healer. As the One who walks to the root of the infection with us.”

“If today was the diagnosis, next session is when the cure begins. Bring yourself. Bring what surfaced this week.”

One last question (2 min)

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

Leader note • Brief. Do not turn this into a teaching moment. Anything that needs a longer answer can wait for next session or a one-on-one conversation during the week.

Closing prayer (2 min)

“Let us close.”

“Father, thank You for what You have shown each of these brothers and sisters today. Thank You that the diagnosis is not a verdict — it is the doorway to the right cure.”

“Carry them this week. When the old pull rises, bring this teaching to mind. Do not let them go back to flogging themselves. Bring them back next session, ready to meet Jesus as Liberator.”

“In Jesus’ name. Amen.”

Dismiss (2 min)

“Same time, same place next session. Go in peace.”

Leader note • As they leave, stand at the door if you can. Make eye contact with each one. A seeker who recognized themselves in Romans 7 today may need a brief word at the door — “I saw you today. The work has begun. See you next session.”

END OF SESSION 2 — Daily Rhythm carries the work to Session 3

Build better rails to the trustworthy Engine — Jesus.

Coastal Hope Retreat • Soul Liberation • Field Manual • Section 2 • Session 2 • The Infection

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