

FIELD MANUAL · SECTION 2 · SESSION 3

The Soul Liberator

Step 3 of the Five-Step Journey · Where the gospel lands · The pivot from self-effort to the Healer

When	Session 3 of the Soul Liberation circle	Who	You + 5–8 seekers
Length	90 minutes	Anchor texts	Acts 10:38 · Luke 4:18 · John 8:36 · Romans 7:24–25a
Materials	Workbooks (seekers bring) · Bibles · Daily Rhythm Cards on hand · Space prepared for isolation	Locked term	Step 3 = The Soul Liberator · Q4–Q5 silence is real isolation, not in-circle silence

Arc — six movements, ninety minutes

#	Movement	Time
0	Welcome back · check in on the Daily Rhythm	10 min
1	Teaching · The Soul Liberator + Q4 in the workbook	20 min
2	Step Away · Real Isolation (Q4–Q5 silence, outside the circle)	15 min
3	Q5 — The Pivot · receive what surfaces	20 min
4	Brief directional prayer · the first ask of Jesus the Liberator	15 min
5	Daily Rhythm continues · close · look ahead to Session 4	10 min

Leader note · Session 3 is the pivot of the six-session journey. Today you do not teach more. You do not pray harder. You set the conditions for the seekers to be alone with the Soul Liberator. The work happens between them and Him — in the silence, in their own souls. Your job is to get yourself out of the way.

Pastoral safety notes

1. The isolation is fragile. A seeker who has experienced trauma may struggle with sudden silence. Brief one of your team members to walk the perimeter quietly during Movement 2 — available but not intruding. Eyes open, mouth closed.

2. Some seekers will return changed. Some will return confused. A few may not return in fifteen minutes. Do not call them out for being late. Some need twenty. Use the time of the slowest returner as the signal.

3. Q5 is where the gospel lands. What seekers say in Movement 3 is sacred. Receive every answer slowly. No quick “thank you.” Hold the silence after each share for two or three breaths before the next seeker speaks. The pace itself does pastoral work today.

4. For seekers with active addiction or severe trauma, isolation may surface acute distress. If a seeker returns visibly broken — stay with them quietly. The rest of the circle can wait. Refer per Section 3, Chapter 10 if needed.

5. A seeker may name nothing. “I do not know what Jesus would do.” Or “I do not think He sees this.” Receive without correcting. Honest unknowing is itself a real answer. Pray over it specifically in Movement 4.

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

Receive them back (2 min)

Leader note · Begin warm. Some seekers worked the rhythm; some did not. Today is for whoever showed up, in whatever condition they are in.

When everyone is seated:

“Brothers and sisters — welcome back. Today is Session 3. Of the six sessions we walk together, this one matters the most. Not because today is more important than the others. Because today is the day you meet Jesus as the Soul Liberator.”

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 diagnosis from last session? With Romans 7? With the verse ‘Wretched man that I am — who will deliver me?’”

Leader note · This is not a deep round. One sentence each. Some seekers will name something specific — receive briefly: “Thank you.” Move on. Others may name nothing at all — also receive: “Thank you for being here.” Today is not about who did the homework. It is about who is in the room.

Locate where we are (3 min)

“Look at the Five-Step Journey map on page 5 of your workbook. Last session was Step 2 — the Infection. The diagnosis. We named what neither willpower nor intelligence can reach. Today is Step 3 — The Soul Liberator. We meet the One who reaches it.”

“Today is not a teaching session. It is a meeting. And meetings with Jesus do not happen by me explaining more. They happen by you being alone with Him — honestly, briefly, in real silence — and asking Him to come.”

“So today will have a different shape than the last two. There will be a part where I send you out of this room. We will gather back in. And then we will share what He surfaced. Do not be alarmed when the shape changes. Trust the rhythm.”

MOVEMENT 1 · 20 minutes · You Teaching: The Soul Liberator + Q4

Open Acts 10:38 (3 min)

“Open your Bibles to Acts chapter 10. Verse 38. Peter is explaining who Jesus is to the household of Cornelius — a Gentile household that has never met Him. Listen to the words Peter chooses.”

Acts 10:38 *“God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him.”*

“Three things Peter says about Jesus. He was anointed. He went about doing good. And He went about healing all who were oppressed by the devil.”

“Peter chose the word healing. Not teaching. Not forgiving. Healing.”

Leader note · Pause. Let the word land. Many seekers carry a Jesus in their imagination who is Forgiver, Teacher, Judge — not Healer. Today begins the shift.

The Soul Liberator (5 min)

“Last session we named the Infection. Today we name the One who heals it.”

“Jesus came as Pardoner — that gift we have known. Many of us have received Pardon a thousand times. But Jesus also came as Liberator. As the One who walks to the root of the infection with us. Acts 10 calls Him the Healer of all who are oppressed.”

“He is not only the Lamb who takes away the penalty of sin. He is the Soul Liberator who breaks its daily power. Both gifts come from the same Jesus. Both are paid for at the same Cross. But they are two distinct gifts. And until you ask for the second one, you have only received half of what He came to give.”

John 8:36 *“So if the Son sets you free, you will be free indeed.”*

“Free indeed. Not pardoned only. Free.”

Why this matters here (4 min)

“Here is why this matters today, in this room, in your soul.”

“Most of us have asked Jesus for Pardon a thousand times for the same sin. Few of us have ever asked Him for Liberation. We have asked the Forgiver to forgive again. We have not asked the Liberator to liberate.”

“Today we begin asking. Not in general. In the specific area each of you named last session. The marriage. The shame. The pattern. The lie. Whatever surfaced for you when we named the

Infection — today you bring that specific thing to Jesus the Soul Liberator and you ask Him to do what only He can do.”

Leader note • Locked language: ask, never “let.” We do not grant Jesus permission to act. We ask Him to do what only He can do.

Ask Q4 (1 min)

“Before you can honestly ask Jesus for Liberation, there is one question you have to answer first. Open your workbook to Step 3. Page one.”

Q4 • Self-Effort *What have you already tried to fix this?*

“Read Q4 slowly. Then write. Not a sentence. A list. Every attempt. Every program. Every promise to yourself you have broken and remade. Every approach you have already tried in this area and that has not reached the root. Write them all down. Three minutes.”

Write in the workbook (3 min)

Leader note • Silent. Do not fill the silence. Sit with them. Pray quietly for each seeker by name in your own heart while they write. Do not pace or fidget. Your stillness sets the tone.

Bridge to the isolation (4 min)

“What you just wrote down is real. It is honest. Some of you wrote things you have not said out loud in years. Some of you wrote things you have never put in writing before.”

“What needs to happen next does not happen in this circle. You are about to take that list — and the One you are about to ask — alone.”

“Real focus needs real isolation. Nervous silence in a group, with eyes on each other, is not what today needs. Aloneness is. You need to be somewhere no one is watching you — not even me, not even the friend sitting next to you. Just you and Jesus and what you wrote down. In a moment I will send you to that place.”

MOVEMENT 2 • 15 minutes • You Step Away • Real Isolation

This is the new practice we proved out at the CHR Pastors and Servant Leaders Retreat. The Q4–Q5 silence does not happen in the circle. It happens outside, in real isolation. In-circle silence becomes performative — seekers watch each other’s faces, glance at the leader, fidget. Real isolation is what makes the contrast between Q4 and Q5 actually land in the soul. The gospel lands deepest in the soul that has been alone with it.

Frame the isolation (2 min)

“This is not a break. It is the most important silence of the journey.”

“Find a place alone. Outside the building if the weather allows — a bench, a corner of the property where no one else is. Another room if you must stay indoors. Wherever your soul can be quiet.”

The instruction (2 min)

“Sit with what you wrote. Look at the list of what you have tried. Do not write anything during the silence. Just look.”

“And then — sit with the question that is coming. Q5: ‘What do you think Jesus wants to do in this area of my life?’ Do not try to answer it yet. Sit with it. Let it be uncomfortable. Let your soul be honest with itself.”

“The contrast between what you have tried and what only He can do is the place the gospel lands. Sit there. Let it land.”

“Walk back here when the silence has done its work in you. The room will be quiet. We will receive you. Then you will answer Q5 in writing, and we will share.”

Send them out

“Take your workbook. Take a pen. Leave your phone. No talking on the way out — not even to the friend beside you. Go.”

Leader note • Once they are out, do not follow. Do not check. Do not pace. Take this time yourself for silent prayer over each seeker by name. Pray that Jesus would meet each one specifically in what they wrote. Pray that the contrast would land. Pray for the seeker you suspect is most fragile today.

Leader note • Brief one team member — ideally a quiet, experienced minister — to walk the perimeter of the property slowly during these fifteen minutes. Their role is not to interrupt. It is to be available. Eyes open. Mouth closed. If a seeker is visibly distressed they can sit nearby quietly. They do not pray over them, do not speak. Presence only.

Leader note • Some seekers will return early — ten or eleven minutes. Receive them quietly. They sit. They wait. Do not start until all have returned. Some seekers will take twenty minutes. Do not call them back at exactly fifteen. Use the time of the slowest returner as the signal. If a seeker has not returned at twenty minutes, send your team member to check — quietly. The seeker may need company. Or may need to be brought back gently.

If a seeker returns visibly broken — weeping, shaking, unable to sit — receive them. Do not start Movement 3 yet. Sit with them. The rest of the circle can wait five more minutes. The whole point of today is what is happening in that soul. Refer per Section 3, Chapter 10 if their state exceeds the local-circle context.

MOVEMENT 3 • 20 minutes • You Q5 — The Pivot

Welcome them back (3 min)

Leader note • Do not ask how it was. Do not invite testimony yet. Do not say anything that requires them to perform. Their body language will tell you the story without words.

“Brothers and sisters — welcome back. Thank you for taking that seriously. The hardest fifteen minutes of the journey, and you walked through them.”

“Open your workbook to page two of Step 3. The page is titled The Pivot. Read what is written there. Then write.”

Leader note • Give them thirty seconds to find the page and read the brief italic line at the top: “You have come back from the silence. Pick up your pen.” Do not rush this. The transition back to writing is part of the work.

Ask Q5 (2 min)

Q5 • The Healer *What do you think Jesus wants to do in this area of your life?*

“Write what you actually believe, not what you think you should believe. Even if your faith feels small. Small faith brings the soul to the Healer just the same. Three minutes.”

Write in the workbook (3 min)

Leader note • Silent. Same posture as Q4. Sit. Pray quietly. Do not fill the silence.

Round in the circle (12 min)

“Let us go around. One thing each. What did you write?”

This is the most sacred moment of the six sessions. What seekers say here is the first ask of the Liberator. Receive every answer slowly. No quick “thank you.” Hold the silence after each share for two or three breaths. Let it land before the next seeker speaks. The pace itself does pastoral work today.

Leader note • Watch for the seeker who names something specific and tender. “I think He wants to heal my marriage.” “I think He wants me to stop hating my father.” “I think He wants to take this shame from me.” That is the Spirit confirming what the silence surfaced. Receive it. Do not respond with theology. “Thank you. He does.” And move on.

Leader note • A seeker may say “I do not know.” Receive it. “That is honest. Thank you.” Move on. The unknowing is itself a real starting place — and you will pray over it specifically in Movement 4.

Leader note • A seeker who pauses or chokes up — let them gather themselves. Do not rescue them. Do not finish their sentence. The pause is the work continuing in real time.

Leader note • If a seeker tries to teach or theologize their answer — “I believe Jesus, according to John 14, is going to sanctify me through His Word” — gently redirect. “That is good theology. But what does your soul actually believe He wants to do, in plain language?” Wait. The second answer is the real one.

MOVEMENT 4 • 15 minutes • You Brief Directional Prayer • The First Ask

Frame the prayer (2 min)

“What you just named — what each of you said you believe Jesus wants to do in you — that is the prayer we are about to pray. We are going to ask Him to do exactly that. Today is the day you begin asking the Soul Liberator for Liberation. Not in general. In the specific area you just named.”

“I will lead. Echo in your heart. Or speak quietly in your own words. He hears every voice in this room.”

Leader note • Three movements in the prayer: name → ask → receive. Pray slowly. Leave silences. The Spirit fills silences with what your words cannot.

Lead the prayer (10 min)

“Jesus the Soul Liberator — You came not only to forgive but to heal. We have known You as Forgiver. We thank You for that gift. We have not known You as Healer. Today we ask You to walk with each of these brothers and sisters into the place they just named.”

Leader note • Pause. Then add specific echoes of what you heard — not by name, by category. “The marriage that has gone silent. The rage that has lived in the chest since boyhood. The shame that wears its own face in the mirror. The lie that started with a word from a parent. The pattern that has not bent to twenty years of willpower or intelligence.” Name three or four. Do not name all. Let each seeker hear their own echo.

Leader note • Pause. 30 seconds.

“Jesus — we do not ask You to fix it in one prayer. We ask You to begin. To walk to the root with each one. To meet them in honest conversation in the week ahead. To show them what You see.”

“And for the brother or sister in this room who said ‘I do not know’ — we ask You especially for them. Show them. Show them what You see. Show them what You want to do. The unknowing is honest. Meet them in it.”

Leader note • Pause. 30 seconds.

“Holy Spirit — every day this week, bring this prayer back to mind. When the old pull rises, when the lie returns, when the self-effort starts to whisper again — bring them back to this moment, when they asked Jesus the Liberator to do what only He can do. 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 the asking settle. Some seekers may visibly shift — shoulders dropping, breath slowing. That is the body recognizing that something has changed. Receive it. Do not analyze it.

MOVEMENT 5 • 10 minutes • You Daily Rhythm + Close

Daily Rhythm continues (3 min)

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

“ASK — bring Him what we named in the circle, and ask Him the one question: ‘Jesus, what do You want to change in me today?’ Sixty seconds of quiet.”

“RESPOND — now listen. Write what surfaces — a sentence, a memory, a Scripture, a name. Even ‘nothing surfaced today’ is honest. Write what is true.”

“RECEIVE — one verse. Slowly. Twice. This week, your verse is John 8:36.”

This week's verse · John 8:36 *"So if the Son sets you free, you will be free indeed."*

"Read it slowly. Twice. Let it speak back into what you asked Him today."

Leader note · The verse is the destination of the entire model. Free indeed. The seekers asked the Liberator today. The verse confirms what they asked is His will. Plant it where they can return to it daily.

Look ahead to Session 4 (3 min)

"Next session is Session 4 — The Conversation. We learn how to walk with the Soul Liberator daily. We answer Q6 — 'What would you want to say to Jesus about this right now?' — together. We move from one-time encounter to ongoing relationship."

"Between now and then, look for Him. He is going to be active this week in the area you named today. The Daily Rhythm is how you stay in the conversation. When He surfaces something, write it in your encounter journal at the back of your workbook."

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. The questions you cannot answer briefly can wait for one-on-one during the week. Today's work is done.

Closing prayer (2 min)

"Let us close."

"Father, thank You for what You have begun today in each of these souls. Thank You for Jesus, the Soul Liberator, who came not only to forgive but to heal. Thank You for the asking we have done in this room."

"Carry them this week. When the old pull rises, bring this moment to mind. Do not let them go back to flogging themselves. Do not let them go back to managing it on their own. Keep them in honest conversation with Jesus the Liberator."

"In Jesus' name. Amen."

Dismiss (1 min)

"Same time, same place next session. Go in peace."

Leader note · Stand at the door. Eye contact with each seeker as they leave. The brother or sister who returned from the silence visibly changed may need a word at the door — "I saw what happened in you today. He has begun. See you next session."

END OF SESSION 3 — Daily Rhythm carries the work to Session 4

Build better rails to the trustworthy Engine — Jesus.

Coastal Hope Retreat · Soul Liberation · Field Manual · Section 2 · Session 3 · The Soul Liberator

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