

## The Conversation

*Step 4 of the Five-Step Journey · From encounter to relationship · How the healing keeps growing*

|                  |                                                          |                     |                                                                                        |
|------------------|----------------------------------------------------------|---------------------|----------------------------------------------------------------------------------------|
| <b>When</b>      | Session 5 of the Soul Liberation circle                  | <b>Who</b>          | You + 5–8 seekers                                                                      |
| <b>Length</b>    | 90 minutes                                               | <b>Anchor texts</b> | John 15:4 · Matthew 11:28–29 · Psalm 62:8                                              |
| <b>Materials</b> | Workbooks · Daily Rhythm Cards (one per seeker) · Bibles | <b>Locked term</b>  | Step 4 = The Conversation · Polished prayer is hiding; honest prayer is the doorway in |

### Arc — six movements, ninety minutes

| # | Movement                                                       | Time   |
|---|----------------------------------------------------------------|--------|
| 0 | Welcome back · check in on the rhythm and the week             | 10 min |
| 1 | Teaching · The Conversation — from encounter to relationship   | 20 min |
| 2 | Q6 — What would you want to say to Jesus about this right now? | 15 min |
| 3 | <b>Speak it · each seeker speaks directly to Jesus</b>         | 20 min |
| 4 | The Daily Five Minutes · ASK / RESPOND / RECEIVE               | 15 min |
| 5 | Daily Rhythm continues · close · look ahead to Session 6       | 10 min |

**Leader note** · Session 5 has a different center of gravity than Session 4. Last session was the encounter — the hinge. Today is the gear shift. You are teaching the seekers how to walk with the One they met last week. Less intensity, more practice. The work today is not breakthrough; it is rhythm.

### Pastoral safety notes

- 1. Some seekers will report nothing happened this week.** Receive without judgment. “Thank you for being honest.” Do not coach them to fabricate experience. Listening grows over time. The rhythm itself is the work, not a guaranteed feeling.
- 2. Some seekers will report intense encounters — dreams, words, deep emotions.** Receive with care. Honor what they describe without canonizing it. Test it gently against Scripture and the character of Jesus. Most encounters this week will be modest, and that is healthy.

**3. A seeker may try to manufacture experience to please you or the group.** Slow them down. “Do not force anything. Real conversation is more important than a good story.” Protect the integrity of the rhythm over the entertainment value of the testimony.

**4. A seeker will resist Q6 — speaking directly to Jesus may feel awkward or foreign.** Do not force. “Pass” is allowed in Movement 3. The seeker who passes today may speak next week. Pressure produces performance, not honesty.

**5. A seeker may share something raw enough to surface trauma.** If a seeker breaks open during the Movement 3 round, hold the room steady. Receive with brief warmth. Do not let the group try to fix or counsel. Pastoral follow-up according to Section 3, Chapter 10, not in the circle.

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

### Receive them back (2 min)

**Leader note** · Watch faces as they come in. Last session was the hardest of the six. Some seekers will look lighter than you have seen them in weeks. Some will look tender. Receive each one warmly without analyzing.

*“Brothers and sisters — welcome back. Last session was the hardest of the six. The silence, the question of what only Jesus can do. Today is gentler. Today we learn to keep walking with the One you met last week.”*

### Light check-in on the week (5 min)

*“One sentence each. Since you walked out of this room last week, what surfaced for you as you sat with what you asked Jesus to do?”*

**Leader note** · This is where you find out who actually engaged with the rhythm. Some seekers will name something specific — a verse, a memory, a quiet sense. Others will say “nothing happened.” Receive both without preference. The seeker who says “nothing happened” is doing real Step 4 work — they are learning to keep showing up when nothing dramatic occurs. That is the relationship.

**Leader note** · Do NOT correct, coach, or theologize during this round. “Thank you” is enough. The teaching comes in Movement 1, not here.

### Locate where we are (3 min)

*“Look at the Five-Step Journey map on page 5 of your workbook. Last session was Step 3 — The Soul Liberator. The encounter. Today is Step 4 — The Conversation. The relationship.”*

*“Healing did not end last week. The Soul Liberator did not visit your soul and leave. He moved in. Step 4 is what it looks like to live with Him — the daily, honest, ordinary conversation that grows the healing He began.”*

## MOVEMENT 1 · 20 minutes · You Teaching: The Conversation

## Open John 15:4 (3 min)

*"Open your Bibles to John 15, verse 4. Jesus is talking to His disciples the night before He is killed. He has hours left. Listen to what He chooses to tell them."*

**John 15:4** *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."*

*"Two simple words: abide and in. The healing Jesus began in Step 3 does not grow because you tried harder. It grows because you remained with Him — abided in Him — day after ordinary day."*

**Leader note** • Pause. "Abide" is the central word of Step 4. Let it land before moving on. Some seekers carry a Christianity that is all event — conferences, breakthroughs, intense moments. "Abide" names a different practice: ordinary, daily, slow.

## The Conversation, not the transaction (5 min)

*"Many of us have treated prayer as a transaction. We ask, He gives. We confess, He forgives. We pray the prayer, the prayer ends, life resumes. We treat Him like a service we use."*

*"Jesus did not come to be a service. He came to be a Companion. The Soul Liberator who met you in Step 3 is not a transaction you completed. He is a Person you began walking with. Step 4 is learning the rhythm of that walk."*

*"Which means — the healing of your soul is not a project you manage on the side of your life. It is a conversation that runs through your life. You do not pray and then live. You live in prayer. Five minutes here. A whispered sentence there. A returned attention through the day. That is abiding."*

## Honest prayer vs polished prayer (5 min)

*"Here is the biggest obstacle to the conversation: polished prayer."*

*"Polished prayer is what we say when we want God to be impressed with us. Honest prayer is what we say when we want to be heard by Him. Polished prayer uses the right words. Honest prayer uses our actual words. Polished prayer hides. Honest prayer is the doorway in."*

**Matthew 11:28–29** *"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls."*

*"Gentle and lowly. He is not waiting for your King James vocabulary. He is not impressed by your religious phrases. He wants your voice — the way you actually talk — because He is gentle, and He is lowly, and He receives the seeker who comes to Him with the words they actually have."*

**Leader note** • If a seeker has been raised in a tradition with formal prayer, this teaching may unsettle them. Reassure: liturgical prayer is good. The Psalms are prayers that were written and prayed. The point is not against form. The point is against hiding behind form when Jesus is asking for honesty.

## Bridge to Q6 (4 min)

*“Last session you wrote Q5 — what you believe Jesus wants to do in this area of your life. Today Q6 invites you to begin talking with Him about it. Not in general. Specifically. About what you already named.”*

*“Open your workbook to Step 4 — page fourteen.”*

**Leader note** • Specific page reference: Workbook page 14, “The Conversation” — has the John 15:4 verse, the praying-at vs. talking-with framing, and Q6 in the gold-bordered question box.

*“Read what is written there. Read Q6. Then write.”*

## MOVEMENT 2 • 15 minutes • You Q6 — What Would You Want to Say?

### Ask Q6 (2 min)

**Q6 • The Conversation** *What would you want to say to Jesus about this right now?*

*“Write it in your workbook, in the lines under the question box. Not a polished prayer. The real sentence. The honest one. Five minutes.”*

**Leader note** • Five minutes here — longer than the Q5 write last week. Q6 takes more time because it is generative, not reactive. The seeker is composing speech to a Person, not surfacing a belief about a Person. Do not rush them.

### Write in the workbook (5 min)

**Leader note** • Silent. Same posture as the writes in Sessions 1, 2, 3 — sit, pray quietly for each seeker by name in your own heart, do not pace, do not fill the silence. Some seekers will pour out. Others will struggle. Both are real.

**Leader note** • Watch for the seeker who writes one line and stops. That seeker has likely written the truest sentence in the room. They do not need more lines — they need to say what they wrote out loud in Movement 3.

### Bridge from writing to speaking (3 min)

*“What you just wrote is true. But true things written down are not the same as true things spoken. Jesus is in this room. He has been listening as you wrote. The conversation begins when you stop writing about Him and start speaking to Him.”*

*“In a moment, we are going to go around the circle. Each of you will speak — not to me, not to the others — to Jesus directly. Do not perform. Do not pray a polished prayer. Just say what you wrote, in your own words, as if He is sitting in the chair next to you.”*

*“Because He is.”*

**Leader note** • Pause. Let that land. This is the practical theology of the session — Jesus is not metaphorically present, He is actually present. The seekers are about to speak to a

Person, not an idea.

### Setup for the round (5 min)

*“Two things before we begin. First — you do not have to do this if you are not ready. ‘Pass’ is allowed. No one will pressure you. No one will think less of you. Jesus already knows what you wrote.”*

*“Second — when someone else is speaking, do not coach them. Do not correct their theology. Do not finish their sentences in your head. Just listen — the way you would want to be listened to. The room will be quiet between speakers. That quiet is part of the prayer.”*

## MOVEMENT 3 · 20 minutes · You Speak It · The Round

### Begin the round (18 min)

*“Let us begin. Whoever is ready, go first.”*

This is sacred. What seekers say today is the first time many of them have spoken to Jesus as a Person rather than a concept. Hold the room. The pace is slow. Two or three breaths of silence after each seeker. No applause. No “amen.” Just “Thank you, Jesus” from you, quietly, when each seeker finishes.

**Leader note** · Receive every prayer with the same warmth. The seeker who says “Jesus, I do not even know what to say to You” has prayed a real prayer. The seeker who weeps through three words has prayed a real prayer. The seeker who passes has not prayed yet — and that is okay. Their turn comes next week, or the week after.

**Leader note** · If a seeker tries to preach in their prayer — quoting Scripture, explaining theology, instructing Jesus about Himself — receive it without correction. The form is off, the heart may be honest. Pastoral correction, if needed, happens outside the circle.

**Leader note** · If a seeker prays about another person in the room — “Jesus, heal my wife who is sitting next to me” — receive briefly and move on. After the round, gently redirect in private: “Today is about your soul, not theirs. Pray for them in your own time.”

**Leader note** · If a seeker prays a prayer of repentance you have not heard before — a specific sin named for the first time — receive it with quiet weight. Do not respond beyond “Thank you, Jesus.” Pastoral follow-up at the door, or in the week.

**Leader note** · If a seeker passes — “I am not ready” — receive without hesitation. “Thank you. He is here. He has already heard you write it. That is enough for today.”

### Close the round (2 min)

*“Jesus — You have heard each one of us. Thank You. You are with each one. You are not going to leave. Walk with us this week. Speak when we listen. Wait when we do not. Keep teaching us what it means to abide with You. Amen.”*

**Leader note** • After Amen, brief silence — thirty seconds. Then move on. Do not over-process. The work is done.

## MOVEMENT 4 • 15 minutes • You    The Daily Five Minutes

### Why we need a rhythm (3 min)

*“What we just did — the speaking, the round — is not something you do once a week in this circle. It is the shape of how you walk with Jesus daily. The Soul Liberator is here every day. The question is whether you show up.”*

*“Five minutes a day. Not five hours. Not even a half hour. Five minutes, every day, is enough to begin. We are not building a discipline. We are building a relationship. And relationships are built in regular, small attention — not occasional, intense effort.”*

### Walk through the Daily Rhythm Card (5 min)

**Leader note** • Each seeker should have a Daily Rhythm Card in hand by this point. If not, hand them out now. The card is the visual cue — the seeker glances at it during their five minutes.

*“The rhythm has three movements. ASK — RESPOND — RECEIVE.”*

*“ASK is the first sixty seconds. You bring to Jesus the specific thing you asked Him for in Session 3, and you ask Him the one question: ‘Jesus, what do You want to change in me today?’ That is it. One short ask, then silence.”*

*“RESPOND is the next two or three minutes. Now you listen. You write — in the encounter journal in the back of your workbook — whatever surfaces. A Scripture you remember. A memory that comes. A sense of His direction. A feeling. Even ‘nothing surfaced today.’ Write what is true.”*

*“RECEIVE is the last sixty seconds. You take one verse. Read it slowly. Twice. Let it be the last thing you carry out into your day. This week, the verse is John 15:4 — ‘Abide in me, and I in you.’”*

### The Encounter Journal (4 min)

*“Open your workbook to Section 4 — the back portion of the workbook. Thirty pages. Each page is one day.”*

**Leader note** • Specific page reference: Workbook Section 4 — Encounter Journal. Thirty daily pages between Step 5 and the When-It-Is-Hard section.

*“This is not a journal you grade. It is a record of the conversation. Some days will be one sentence. Some days will be a page. Some days will be ‘nothing surfaced today’ — and that is a real entry too. The point is not to perform for the journal. The point is to show up to the conversation, and the journal is what stays after.”*

### Commit to the rhythm (3 min)

*“Turn to page fifteen in your workbook — Step 4, continued. ‘The Daily Five Minutes.’ There are three lines on that page: time, place, start date.”*

**Leader note** • Specific page reference: Workbook page 15, “The Daily Five Minutes.” Three commitment fields: “I will take my five minutes at” / “I will take them in” / “I will begin on.”

*“Fill in the three lines now. Be specific. ‘6:30 a.m., kitchen table, tomorrow.’ Not ‘sometime in the morning.’ Sometime is the enemy of the rhythm. A specific time, a specific place, a specific date.”*

*“When you have filled it in, look at the line. That is your covenant with the Soul Liberator for this week. Show up.”*

## MOVEMENT 5 • 10 minutes • You Daily Rhythm Continues + Close

### This week’s verse (2 min)

**This week’s verse** • John 15:4 *“Abide in me, and I in you.”*

*“This week, this verse is the one you carry into your RECEIVE moment. Read it slowly. Twice. Each day. Eight words. Let them be the last words your soul holds before the day begins.”*

**Leader note** • Some seekers will know this verse already — it is famous. Encourage them to receive it again, slowly, as if for the first time. Familiarity often dulls a verse; deliberate slowness restores it.

### Look ahead to Session 6 (3 min)

*“Next session is Session 6 — Liberation — The Likeness Revealed Again. It is the closing session of the six — but not the closing of the journey. We will look back at what has changed in you. We will look forward to who the Father may be wanting to bless through you. And we will commit to the next ninety days of walking with Jesus.”*

*“Between now and then — abide. Five minutes a day. Use the encounter journal. When something surfaces, write it. When nothing surfaces, write that. Just keep showing up.”*

### One last question (2 min)

*“Before we close — any questions about the rhythm? About what we did today?”*

**Leader note** • Brief. If a question opens a deeper need, name it: “Let us talk after.” Do not let the close turn into a teaching session.

### Closing prayer (2 min)

*“Let us close.”*

*“Father, thank You for what You have begun in each of these souls. Thank You that the Soul Liberator does not leave. Thank You for the five minutes a day You will receive from each of these brothers and sisters this week.”*

*“When the day is loud, draw them back. When the heart is heavy, meet them there. When nothing seems to be happening, keep them faithful. In the small attention, do the big work. In Jesus’ name. Amen.”*

### **Dismiss (1 min)**

*“Same time, same place next session. Walk with Him this week.”*

**Leader note** • Stand at the door. Eye contact with each. The seeker who spoke for the first time today may need a word: “He heard you. See you next week.” The seeker who passed may need a word too: “No pressure. He is patient. See you next week.”

## **END OF SESSION 5 — Daily Rhythm carries the work to Session 6**

***Build better rails to the trustworthy Engine — Jesus.***

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