

SOUL LIBERATION — START HERE

Your First 90 Days

After Soul Liberation Training

A front-door guide for pastors and servant leaders returning home from a CHR retreat

What This Is

This is not new content. Every door this guide opens leads back to materials you already have — the Field Manual, the Soul Liberation Workbook, the Reference Cards, the measurement instruments, and the Soul Liberation Training video series. This is the opinionated path through them.

You attended the retreat. You experienced what the model does. You came home with a stack of materials and the question every alumnus carries: what do I do Monday morning?

This guide answers that question. It tells you which video to watch first, which document to read, which card to print, which tool to administer at the first session — and how to keep going when the warmth of the retreat fades and the work of building rails begins.

BEFORE SESSION 1, READ ONLY THESE THREE

1. The First Circle Launch Kit · 2. The Session 1 Run Sheet · 3. The Circle Leader's Card (Card 1)

Everything else in the Field Manual is depth, not prerequisite. Read each Session walkthrough in the week you lead that session — one session, one week, one walkthrough. Section 5 (Train the Trainer) and the Self-Guided Companion are post-Circle reading; do not carry them before your first Circle.

Two Traps. A Third Way.

Every retreat alumnus comes home into one of two pulls — and both of them quietly fail.

The Campaign Trap

The first pull is to run a campaign. Announce the model from the pulpit. Hold a special service. Get fifty people signed up. Run something big and visible because the retreat was big and visible.

This fails — not because campaigns are wrong, but because the model is built on rails, not events. A campaign without rails produces what every retreat alumnus has seen many times before: a warm moment that fades.

The Freeze Trap

The second pull is to freeze. The materials feel too rich. The seekers you would invite feel too vulnerable. The model feels too important to start small with. So you wait — for the perfect moment, the perfect team, the perfect timing — and the months pass.

This fails too. Not because caution is wrong, but because the model only takes shape when it is being run. Reading the Field Manual a third time does not make you ready. Running one Circle with five hungry seekers does.

A third way: run rails — strong enough, steady enough, long enough for Jesus to do what He promised.

THE PATH

The Six Movements

The season after Soul Liberation Training has a shape. Six movements — the first stretch inside your first 90 days, the last carrying you beyond, into multiplication. Each one prepares for the next. Skip a movement and the next one fails.

#	MOVEMENT	WHEN	WHAT YOU DO
1	Soak	<i>Week 1</i>	Re-immense in what you received. Seven days. One video or document each day. No Circle, no campaign — only soaking.
2	Brief Your Pastor	<i>Week 2</i>	If you are a servant leader, brief your senior pastor. If you are the senior pastor, brief your elders or board. No one launches alone.
3	Identify and Invite	<i>Weeks 2 – 3</i>	Identify five to eight hungry seekers — not the most competent, the most hungry. Issue personal invitations, one by one.
4	Launch Your First Circle	<i>Weeks 4 – 10</i>	Run six sessions over six weeks. Workbook in seekers' hands. Both take-home cards — Daily Rhythm and 5R Lifeline — handed out in Session 1. Field Manual at your side.
5	Measure and Submit	<i>Session 1 / End of Circle / Day 90</i>	Seekers complete PRE at Session 1. EXIT at the end of your Circle. 90-DAY ninety days after that. Submit the data and a narrative report to CHR.
6	Begin to Multiply	<i>After certification</i>	Identify a trainee while your 90-day window runs. Once certified, begin the three-Circle mentoring pathway with them. Practitioner becomes multiplier.

A leader who jumps to Movement 6 without Movements 1 – 5 has nothing to mentor out of — and nothing to mentor toward.

The rest of this guide walks you through Movements 1, 4, 5, and 6 in detail. Movements 2 and 3 are short enough to handle inline — brief your pastor honestly about what you received and what you intend to run, and invite five to eight seekers by personal conversation, not by announcement. When you brief your pastor, share the Pastor Guide (SLT V4) — the one video aimed at the pastor's side of the model.

MOVEMENT 1

Your First Seven Days — The Soak Week

Before you run anything, you soak. One video or document per day. No teaching, no recruiting, no planning the launch yet. You are letting the model settle into you — not into your church.

Do these in order. Each one points at a specific asset already in your hands.

Day 1	Why This Model Exists • SLT V1 Watch the video. Then sit with the difference between the Engine and the Rails. Ask yourself honestly which one you have been trying to be.
Day 2	The Seven Questions • SLT V2 Watch the video. Then read the seven questions aloud, in order, three times. The Q4 – Q5 pivot is where the gospel lands — be sure you can name what changes between them.
Day 3	The Four-Fold Liberation Ministry • SLT V3 Watch the video. Then identify one person you know personally who carries a wound in each of the four areas. Not to minister to them — to build the diagnostic muscle.
Day 4	The Model Overview • Field Manual · Section 1 Read Section 1 of the Field Manual cover to cover. Do not skim. The theological frame — Engine and Rails, Pardon and Liberation, the Four Areas, the Missio Dei thread — is what holds everything else together.
Day 5	The Five-Step Journey • SLT V5 Watch the video. Then write the five one-sentence summaries on a card and carry it with you. By the end of the day, recite them from memory.
Day 6	Walk Through It as a Seeker Would • Workbook · Sections 1 – 2 Open the Soul Liberation Workbook and walk through Sections 1 and 2 the way a seeker would. Answer Q1 honestly — for yourself.
Day 7	Sabbath Do not study. Do not plan. Spend time with the Father. Pray the following question and listen for the answer.

“Jesus, who do You want me to bring to You first?”

The seven names you almost write down on Day 7 — those are the seekers you begin Movement 3 with. Not the names you would pick. The names He puts in front of you.

If the Soak Week feels too slow, that is the point. The Engine of this model is Jesus. If you cannot slow down enough to soak for seven days, you will not slow down enough for Him to do the work in your Circle either.

MOVEMENT 4

Your First Circle — How to Set It Up

Your first Circle is not a launch. It is a learning. Run it small. Run it close. Run it in your own church or fellowship where you can hold the seekers afterward — not as an off-site event you cannot follow up on.

The Shape

- Five to eight seekers. Not three (too small for honest sharing to surface). Not ten (too many for Session 4's encounter ministry to hold).
- Six sessions over six weeks. Ninety minutes each. The Field Manual gives you the operational walkthrough — Sessions 1 through 6 — and the six movements inside each one.
- Each seeker has a Soul Liberation Workbook in their hands by Session 1 — and both take-home cards, the Daily Rhythm Card and the 5R Lifeline Card, from Session 1 as well, so the rhythm and the lifeline are in hand from the start and carry them past the Circle.
- You hold the Field Manual at your side. The relevant Session guide is open in front of you the day you lead.
- You hold the Reference Cards close. The Circle Leader's Card is your own quick-reference card; the Daily Rhythm Card and the 5R Lifeline Card are handed to each seeker at Session 1.
- Each seeker also keeps a My Soul Liberation Journey card — their own measurement record. It reaches them in two envelopes: Envelope 1 at Session 2 (PRE recorded, plus their handwritten ASK) and Envelope 2 at the close of Session 6 (PRE plus EXIT). The mechanics are in Movement 5.

The Per-Seeker Kit — Hand Out in Order

Before Session 1, build one kit for every seeker. Hand the pieces out on the day each is meant to land — not all at once.

WHEN	WHAT EACH SEEKER RECEIVES
Session 1	Soul Liberation Workbook · Daily Rhythm Card · 5R Lifeline Card
Session 2	Envelope 1 — their My Soul Liberation Journey card with PRE recorded, plus their handwritten ASK
Session 6	Envelope 2 — the same Journey card returned, now with PRE and EXIT recorded (the seeker carries it to the 90-day check-in)

Your own kit: the Field Manual (open to the day's Session guide), the Circle Leader's Card (your quick-reference, never a seeker handout), and a supply of Journey cards and envelopes.

The Invitation

Do not announce the Circle from the pulpit. Invite each seeker personally, by name, in a quiet conversation. Something close to this:

"I have been carrying something I want to share with you. I went to a retreat that changed how I understand what Jesus does in a soul. I would like to walk through what I learned with a small group — six to nine of us — over six weeks. Ninety minutes a week. I am asking you because I think the Father has been working in you. Would you pray about it and tell me by Sunday?"

Three Guardrails

- Do not run it as a class. The Circle is a guided encounter, not a curriculum. If you find yourself teaching the answers instead of asking the questions, you have drifted off the rails. Return to the Workbook.
- Do not pursue what surfaces too early. Session 1 surfaces the gap. Session 4 is where the encounter ministry happens. If a seeker breaks open in Session 1 or 2, receive it — do not pursue it. The deep work has its session.
- Do not skip the Departure Gate Rule. By the end of Session 6, every seeker must have three things in place: (1) their local pastor briefed, (2) the Daily Rhythm Card in hand, (3) the 90-day check-in scheduled. No exceptions.

MOVEMENT 5

Measure and Submit — The 90-Day Rhythm

Measurement is not a management exercise. It is a stewardship act. You are asking — honestly — whether Jesus moved, whether the likeness of God is visibly growing, whether the rails held. Three indices. Three timepoints.

The Three Indices

- Encounter Index (EI) — Is the seeker actually meeting Jesus personally — confident in His love, sensing His presence, recognizing His voice?
- Likeness Growth Index (LG) — Is the image of God visibly more formed in this seeker than it was at Session 1?
- Community Attachment Index (CA) — Is the seeker connected to a community that will sustain what Jesus started?

The Three Timepoints

INSTRUMENT	WHEN	WHO FILLS IT	WHAT IT MEASURES
PRE	<i>Session 1 form · card handed at Session 2</i>	Seeker scores; you transcribe to card	Baseline. Where the seeker is starting — Foundation and the Four Areas.
EXIT	<i>End of Session 6</i>	Seeker (with you)	What Jesus did during the Circle — walked through in the Growth Conversation (FM Session 6, with the full method in FM Section 4). Need-then-met against PRE — how fully each need was met, in the seeker's own honest scoring.
90-DAY	<i>90 days after EXIT</i>	Seeker (pastor submits)	Whether the rails held. The hardest and most important measurement.

Low scores are a rail problem, not a people problem.

The Seeker's Record — My Soul Liberation Journey

Behind the three indices is one card the seeker keeps: My Soul Liberation Journey. It has five rows — Foundation plus the Four Areas (Inner Healing, Soul Purification, Physical Healing, Release from Demonic Oppression) — and three columns: PRE, EXIT, and 90-DAY. The seeker assigns every score themselves; you never score for them. The one thing you do is transcribe: in the hour after Session 1 you copy their PRE scores onto the card and handwrite their ASK, then hand it over at Session 2. From there the card is theirs — they record EXIT at the close of Session 6 and 90-DAY with their local pastor, in their own hand. The honesty of the numbers depends on the scoring staying theirs.

Read the three columns as need-then-met, never as subtraction. PRE names the need the seeker brought. EXIT names how fully Jesus met that need during the Circle. 90-DAY asks whether it held. Foundation is the one row scored on the same questions at all three timepoints — the one true before-and-after comparison; the other four rows track a need and how fully it was met.

Two of the three indices live on this card: Foundation feeds the Encounter Index, and the Four Areas feed Likeness Growth. Community Attachment is the exception — it is measured only at 90-DAY, in the follow-up instrument, so it has no row here.

The Two-Envelope System

The card moves between you and the seeker in two sealed envelopes. Hand each one over at the right moment and nothing gets lost between sessions.

- Envelope 1 — handed at Session 2. Inside: the seeker's My Soul Liberation Journey card with PRE recorded, plus their handwritten ASK for the season. They carry that ASK into the Daily Rhythm and bring the same thing back to Jesus, again, today.
- Envelope 2 — handed back at the close of Session 6, after the EXIT conversation. Inside: the same card, now with both PRE and EXIT recorded. This is the card the seeker brings to their local pastor at the 90-day check-in to record the final column.

The local pastor is the one who receives the 90-DAY column and submits it to CHR — so brief that pastor before Session 6 closes (the Departure Gate Rule, below). No briefing, no 90-day record.

All submissions to CHR go by email to Pastor Rio at rio@h4kz.org — your Circle data and narrative report, and the local pastor's 90-DAY record.

Within three days of Session 6, submit your completed Circle Leader's Submission Roster to Pastor Rio at rio@h4kz.org — each seeker's raw PRE and EXIT domain averages, seekers identified by initials and row number, and each seeker's 90-Day Pastor or Servant Leader named with contact information. CHR computes all indices centrally.

Honor the Departure Gate Rule

No seeker leaves Session 6 without all three of the following:

- Local pastor briefed — by you, in person or by call, before the close of Session 6.
- Daily Rhythm Card in hand — ASK, RESPOND, RECEIVE. Five minutes a day.
- 90-day check-in scheduled — date, time, place, with the local pastor or with you.

If any of the three are not in place, you have built the model without its tail-end rails. The Circle has produced encounter without follow-up — and ninety days from now, the seeker will be back where they started.

MOVEMENT 6

When You Are Ready to Multiply

Movement 6 is not the goal of the first 90 days. It is the door that opens on the other side of them. You step through it only when the rails behind you are real.

Readiness Criteria

- You have run one complete Circle — six sessions, five to eight seekers, all the way through Session 6.
- You have administered all three measurement instruments — PRE, EXIT, 90-DAY — and submitted your data and a narrative report to CHR.
- You have completed your debrief call with Pastor Rio or Pastor Frank. This is where CHR certification is issued — at debrief, not at submission.
- You can name, by sight, one person in your church or fellowship whom the Father is putting forward as a trainee.

The Three-Circle Mentoring Pathway

Once you are ready, multiplication is done through a relationship, not a seminar. Three Circles.

1	Assist with Real Assignments	The trainee takes on specific bounded roles in a Circle you are leading. They lead one Movement. They pray with one seeker in one area. They administer the measurement instrument and debrief the scores. <i>Trainer's role — stay actively present, ready to step in during prayer ministry. Debrief together after each session.</i>
2	Lead with Mentor Present	The trainee leads the full session. You are in the room but not leading. Available if something exceeds their current capacity. <i>Trainer's role — resist the urge to step in. They need to discover their own capacity.</i>
3	Lead Independently	The trainee runs the model in their own context. Their own Circle. Their own measurement. Their own submission to CHR. Circle 3 is complete only when they are running independently and have begun naming their own next trainee — the chain does not stop at any one of us. <i>Trainer's role — stay connected but not controlling. Quarterly check-in. Celebration of what Jesus is doing.</i>

“For the earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea.”

— Habakkuk 2:14

You are not building a program. You are laying rails. The standard is not certification, but multiplication. And rails laid faithfully, one Circle at a time, are how Jesus fills the earth — to every people, tongue, tribe, and nation.

Build better rails to the trustworthy Engine — Jesus.

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