



SOUL LIBERATION TRAINING

The Self-Guided Companion

*Nine Weeks to the Freedom
You Have Tried Everything Else to Find*

Keith Sharp

Coastal Hope Retreat · coastalhoperetreat.org

SOUL LIBERATION MODEL™

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The Self-Guided Companion

Nine Weeks to the Freedom You Have Tried Everything Else to Find

“If the Son sets you free, you will be free indeed.”

— John 8:36

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Soul Liberation Training: The Self-Guided Companion

Nine Weeks to the Freedom You Have Tried Everything Else to Find

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Free Soul Liberation Model™ resources, the training videos, and a free fillable edition of this Companion: coastalhoperetreat.org/companion

Coastal Hope Retreat · Tuburan, Cebu, Philippines

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The header of every page tells you which week you are walking. There is no need to hurry. One week at a time.

ORIENTATION

A word before you begin

You have already felt this.

You made the resolution and meant it — New Year's Day, or a Sunday altar call, or a quiet night when you finally decided *this time it changes*. You meant every word. And within weeks — sometimes within hours — you were back. Not because you did not care. You cared deeply. You simply could not make yourself do the good you genuinely wanted to do.

Every broken resolution, every sincere promise that collapsed, is the modern echo of the oldest honest confession in Scripture. The Apostle Paul — as devoted a follower of Jesus as ever lived — admitted it plainly: *“the evil I do not want is what I keep on doing.”* He was not lazy. He was not insincere. He was naming something at work *beneath* his will — something his intelligence could not out-think and his determination could not out-muscle.

That something has a name. Desires you never chose, a mind clouded so that it cannot see straight, an identity quietly distorted — together they steer sincere people, again and again, into the very things that dim the likeness of God they were made to carry. The Soul Liberation Model calls it what it is: a **Supernatural Soul Infection** — sin not as a list of bad choices, but as a force that entered the human soul from the outside and reaches deeper than willpower and intelligence can follow. By infection we do not mean that your created nature became evil. We mean that what God made good has been deeply damaged by a force foreign to it.

Think of a neglected house. The pipes clog; the foundation cracks. You can scrub the walls and repaint every room, but the trouble sits below the surface — it needs One with the power and authority to heal it at the source. Your soul is the same. Trying harder is not a weak solution to the infection; it is the *wrong* solution. No amount of effort heals an infection. You need a Healer.

Trying harder is not a weak solution. It is the wrong solution.

And here is the hope this whole journey rests on: the very fact that you *want* to change is the proof. The infection did not put that longing there — God did. His likeness was carved into your soul before any wound or pattern ever touched it, and that buried design is why the broken promise still grieves you. **Every soul is restless until it finds its rest in Jesus.** The pull toward freedom you have never been able to silence is your true self, still alive beneath the sin infection, seeking to be set free.

You are not failing. You are sensing accurately. There is more. And it does not matter whether you have walked with Jesus for forty years or have never been sure He was listening — the restlessness is the same, and so is the cure.

I need to tell you how I know this is true, because I did not learn it from a book.

For most of my life I could not master the one thing I most wanted to. I stand five feet nine inches; my weight once climbed past three hundred pounds. I tried every diet, every program, every resolution — seasons of progress followed by the same collapse. At my graduation from Talbot School of Theology, a professor congratulated me on my Master of Divinity degree. “Master of Divinity?” I said. “I am not even master of what I put into my own mouth.” Everyone laughed. I meant it. For decades my most desperate prayer was the same: *Where is my sanctification?*

I knew the enemy’s voice, too. Years before, in a parking lot, a sneering voice mocked me from behind when no one was there — and I was strangely encouraged, because the enemy does not bother sneering at what does not matter. But one December the voice came back accusing, alongside a back attack so severe I could barely walk. I prayed furiously. Nothing moved. Then my small mission team gathered around a kitchen chair in Tuburan, laid their hands on me, and prayed — and Jesus delivered me. Completely. The pain that had made walking impossible was simply gone.

I am not writing to you as a man who studied freedom. I am writing as a man who was given it.

And the freedom you are fighting for is itself track being laid for someone else. Hold that thought. It returns at the very end.

So this journey does not begin with what is broken. It begins with one honest question: **how alive is Jesus to you right now?** Not what you believe *about* Him — how present He is, today, in the ordinary hours of your life. That single measure is your **Encounter Index**, and it is the first thing you will take in Week 1 — the Foundation questions, F1–F3. Answer honestly, even if the number is low. The whole purpose of the nine weeks ahead is to **ask Jesus** to grow it — to make Himself more present, more heard, more real — until your restless soul finds, more and more, its promised rest in Him.

What the Soul Liberation Model names — and what this Companion walks you into — is the fact that Jesus gave two gifts at the cross. Most of us received one of them clearly. The other one, we were never really taught to receive.

The first gift is

Pardon — the forgiveness of sins. The debt is cancelled. The record is clean. Every sin you have ever committed was covered by the blood of Jesus at the cross. That work is finished. It does not need re-doing.

The second gift is

Liberation — freedom from the *power* of sin, not just its penalty. Pardon says: you are forgiven. Liberation says: you are free. Not free from every temptation, but free to win battles you could never win before, as Jesus progressively undoes what sin has done in your soul.

Many Christians understand pardon much more clearly than liberation. We were forgiven, again and again, for the same sin — and wondered why the pattern never broke. The pattern never broke because pardon was not designed to break it. Liberation was. And liberation is what this journey is for.

What this Companion is

This Companion is a self-guided walk through the Soul Liberation Training video series — eleven videos, free on the Coastal Hope Retreat website, that teach the model from the leader's side. This Companion takes the same material and walks you through it as the seeker, pairing the videos that fit a seeker's journey week by week.

You will spend nine weeks:

- Taking an honest measurement of where you are today — beginning with your **Encounter Index**, how present and real Jesus is to you right now
- Walking the Five-Step Journey Jesus leads every seeker through
- Working through seven honest questions that move you from the surface of your life to the place Jesus wants to meet you
- Praying in the four liberation areas, on the right theological basis, using prayer language that belongs to each area

- Settling a daily rhythm you can actually keep
- Finding a church home that will walk the rest of the journey with you

At the end, and again ninety days later, you will take the measurement again. You will be able to see, in your own handwriting, whether Jesus moved.

What this Companion is not

This Companion is not a replacement for community. It is a bridge *into* community. The journey begins alone; it must not end alone. Liberation that returns to isolation almost always fades within thirty days — that is why Week 9 is about finding a church home, and why the ninety-day follow-up is built in.

This Companion is not a crisis-care resource. If you are in crisis, or if what you carry is severe trauma, active suicidal ideation, or significant mental health symptoms, please — stop here and get live help. A gentle self-guided book cannot hold what those situations need. There is a section below telling you exactly when to stop and what to do.

This Companion is not a substitute for professional care. Soul work and professional care are not in competition. For many people walking this journey, both are needed. Both are acts of faith.

How to use this Companion

Each week has the same shape:

- **Watch the companion video(s)** — free at coastalhoperetreat.org. Each chapter names which video(s) go with it. Twenty minutes or less.
- **Read the chapter** — slowly. This is not a book to finish fast. It is a conversation to sit inside.
- **Do the reflection** — write in the Companion itself. Your handwriting is part of the work. Do not type it somewhere else.
- **Pray where prompted** — out loud if you can, even quietly.
- **Carry the week's action** — one specific, doable thing, every week.

One chapter per week is the scaffolding, not a rule. If a chapter wants more than a week, give it more than a week. If you finish faster and the week is not up yet, sit with what came up. The journey is not the Companion; the journey is what Jesus does in you while you walk through the Companion.

When to stop and get help

This model was designed for a leader-and-seeker pair sitting together. Some of what it opens is more than a solo reader should carry alone. Please — if any of the following surface during this journey, put the Companion down and get live help from a pastor, counselor, or trusted mature believer.

Stop and get live help if any of these arise:

- **Active suicidal thoughts or self-harm urges** — call your local emergency number now, or reach out to a trusted person or a crisis line today, not next week.
- **Severe trauma surfacing** — if significant trauma begins to surface that you have not worked through with anyone, a self-guided book is not the right setting. A trained counselor or pastor is.
- **Significant mental health symptoms** — depression you cannot lift, anxiety that does not ease, dissociation, or other symptoms affecting your ability to function. Soul work does not replace professional care; get both.
- **Release from Demonic Oppression** — pressures that feel driven and external rather than chosen. This kind of ministry should not be handled alone. If Week 5 surfaces something that feels external or attached rather than merely internal, bring it to a trusted pastor rather than handling it in the Companion.

If you are not sure whether your situation counts, it probably counts. Reach out. A conversation with a pastor now is easier than carrying something alone.

A final word before you begin

The Soul Liberation Model uses a simple picture: Jesus is the Engine. We build the rails. Only Jesus produces the supernatural work of liberation — the wound touched, the pattern broken, the lie replaced, the oppression lifted. What we do is build rails that keep us connected to Him long enough for Him to do what He promised.

Jesus is the Engine. We build the rails.

This Companion is rail-building. Nine weeks of laying track. Jesus is the one who will move along it. Your job is to build the rails honestly — to show up each week, to answer each question truthfully, and to give Him genuine space to work.

He will meet you. He does not break that promise.

✦ **Angel.** You will not walk these weeks alone. A few steps ahead of you is Angel. She keeps a small sari-sari store in a barangay on the coast, and everyone in her church knows they can call on her. She is the one who never says no, and people prize her for it. Once, when illness kept her in bed for a week, she noticed that her help was missed more than she was. What no one sees is how tired she has become, or the sharp words that slip out at home and leave her sick with shame afterward. She has prayed about it for years. She has tried harder for years. Nothing underneath has moved. She is about to find out why. You will meet her again at the start of each step.

May Jesus liberate you as you walk this out.

— Keith Sharp

coastalhoperetreat.org

WEEK 0

Three days to taste what you were made for

Before you measure anything, taste something.

Most journeys of this kind begin with an assessment. This one does not — not yet. Before you take a single measurement, before you name a single struggle, before you face a single week of honest reckoning, Jesus has something to say to you. Not about what is broken. About what was designed.

He said it plainly, without conditions: “Come to me, all who labor and are heavy laden, and I will give you rest.” Not “fix yourself first.” Not “pass the assessment.” Just “come.” And the rest He offers is not the rest of giving up — it is the rest of arriving. The rest of a soul finally home in the One it was made for.

Week 0 is three days. Each day is five minutes. Nothing to fill in — just you, and a verse, and a little honest quiet. Think of it as a glass of water offered before you sit down to the meal. You do not have to be thirsty to take it. But most people discover, once they drink, how thirsty they actually were.

Day 1 — The Invitation

Matthew 11:28–30

Read Matthew 11:28–30 slowly, twice. Then sit with this one question for a few minutes: *When did I last feel genuinely rested in Jesus — not just relieved, but rested?*

You do not have to have an answer. The question itself is enough for today. If something rises — a memory, a longing, a name for something you miss — write it in the margin. That is not a distraction. That is the restless soul beginning to stir toward the Healer who already knows your name.

Day 2 — The Design

Genesis 1:26–28

Read Genesis 1:26–28 slowly, twice. Notice what God says before sin ever enters the story: He makes you in His likeness, He *blesses* you, and He sends you out to carry that blessing — to fill the earth with His glory through you. This was not the plan after the Fall. This was the plan *before* the Fall. It is still the plan today. Then sit with this

question: *What does it feel like to know that God's first word over you was not correction, but blessing?*

Again — you do not have to have an answer. But if something rises, write it. This is the original design waking back up. That is what Jesus, the Great Physician, full of mercy and compassion, came to reveal.

Day 3 — The Ask

John 5:6

Read John 5:6 slowly, twice: *"When Jesus saw him lying there and knew that he had already been there a long time, he said to him, 'Do you want to be healed?'"* Jesus asks the same question of every soul that comes to this journey. Not: have you tried hard enough? Not: are you qualified? Just: *do you want to be healed?*

Answer Him honestly today. Not the Sunday-school answer. The real one. Whatever you say — even if it is "I want to want it," or "I am not sure I believe it is possible" — is exactly the right answer to bring. He already knows it. He is simply waiting for you to say it out loud to Him.

Write your answer in the space below. Then — when you are ready — turn the page. Week 1 is waiting.

✦ **Angel.** Angel almost did not begin. Five quiet minutes felt like one more thing on a list that never ends. But on the first morning she sat down behind the closed store, opened to the verse, and went still. Nothing dramatic happened. Only this: for the first time in a long while, she was not being needed by anyone. She was simply being met. On the third morning, when the page asked her to bring one honest thing to Jesus, she was surprised by how quickly the tears came.

Jesus, do I want to be healed? Here is my honest answer:

WEEK 1

Before you begin: an honest starting point

► **Companion video(s):** Video 8 — The Measurement System (optional; for seekers who want to understand why this instrument matters)

This first week is short on reading and long on honesty.

Before you walk the journey, you are going to take a measurement of where you are today — the truth, not what you think you should say. This is for you. No one else will see it unless you choose to share it. Its only purpose is so that in ninety days, you can look back at your own handwriting and see clearly whether Jesus moved.

Low numbers here are not a failure. They are the starting line. A seeker who begins the journey at a 2 and arrives at a 6 has moved four steps — a great deal. A seeker who begins by inflating every score to an 8 cannot measure anything afterward. Be honest.

How the three measurements fit together

You will take this measurement three times across the journey — today, at the end of Week 9, and ninety days after that. Three things are tracked:

Index	What it measures	Where you see it	When it is taken
Encounter Index [EI]	How present and real Jesus is to you — the Foundation questions (F1–F3).	Section 1 of each measurement.	Today, Exit, and Day 90 — the one set that compares directly.
Likeness Growth Index [LG]	What Jesus did in the Four Areas: Inner Healing, Soul Purification, Physical Healing, Release from Demonic Oppression.	The four area sections.	Need today; met at Exit and Day 90. Read as need-then-met, never a subtraction.

Index	What it measures	Where you see it	When it is taken
Community Attachment Index [CA]	Whether your liberation took root in real community.	The Day 90 section.	Day 90 only.
The rule for reading every score: Low scores are a rail problem, not a people problem.			

Instructions

On each scale below, circle the number that best reflects where you are today. 0 means the description does not apply to you at all. 10 means it applies deeply and often. If you are unsure between two numbers, pick the lower one — you are not trying to sound worse than you are, but honest starting points usually feel lower than we want them to. Today's date goes on every page. Write it down even if you think you will remember.

Date taken: _____

Section 1 · Foundation (your Encounter Index) · Your relationship with Jesus

These three questions are not about your theology. They are about your lived experience of Jesus — the part where knowledge becomes relationship. Together, F1–F3 are what the model calls your Encounter Index: how present and real Jesus is to you right now. This is the one number the whole journey exists to grow — because every soul is restless until it finds its rest in Him.

F1. I sense Jesus's personal presence in my daily life — not just in church or in prayer, but as I go through the day.

0 = I never sense His presence in any meaningful way · 10 = I sense His presence deeply and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F2. I know Jesus loves me personally — not just “God loves the world,” but loves me, as me, today.

0 = I struggle to believe this for myself · 10 = I experience this as deeply and steadily true

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F3. I can recognize Jesus's voice or leading in my life — a scripture, an impression, a circumstance that I can reasonably attribute to Him.

0 = I rarely or never recognize anything I would call His voice · 10 = I recognize His voice clearly and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

 **What did you notice as you answered these three questions? Is there one number that was surprisingly high or surprisingly low?**

Section 2 · Inner Healing · Wounds and memory

This section is about wounds — things that happened to you that are still carried today.

IH1. I carry hurts or painful memories that still affect how I act, how I relate to others, or how I feel inside.

0 = Not at all · 10 = Deeply and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

IH2. There is someone I have not been able to forgive, and I carry that with me.

0 = No unforgiveness I am aware of · 10 = Deep unforgiveness I cannot release

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

IH3. I believe lies about myself that I know are not true but cannot stop believing (I am worthless, I am unlovable, I do not really matter, etc.).

0 = Not that I am aware of · 10 = Deep lies I cannot escape

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

 **If any specific wound came to mind while you answered these, name it here. You do not have to describe what happened — just name it for yourself and for Jesus.**

Section 3 · Soul Purification · Patterns that will not break

This section is about patterns — things you keep doing, despite trying to stop.

SP1. There are patterns in my life — things I keep doing or feeling — that I cannot seem to change no matter how hard I try.

0 = No such patterns · 10 = Deep recurring patterns that will not move

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

SP2. I sense that some of my struggles go deeper than just bad choices — like something that pulls me toward sin at the root.

0 = No such sense · 10 = I know this deeply

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

SP3. I have confessed, repented of, and asked forgiveness for the same sin many times — and it keeps coming back.

0 = Not really · 10 = Yes, many times, and I do not know what to do

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

 **Is there one specific pattern that came to mind? Name it here — just for yourself and for Jesus.**

Section 4 · Physical Healing · Your body

This section is about physical conditions you would bring to Jesus for healing.

PH1. I am carrying a physical condition I would bring to Jesus as Healer during this journey.

0 = No physical need · 10 = Significant ongoing condition

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

PH2. I trust that Jesus is genuinely willing to heal — that healing is consistent with His will and character.

0 = I find this hard to believe for me · 10 = I know this as deeply true

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

 ***If there is a specific condition, name it here.***

Section 5 · Release from Demonic Oppression · External pressure

This section is about pressures that feel less like struggles from within and more like something attached from outside.

RB1. There are areas in my life — fears, compulsions, shame, attacks — that prayer and effort alone have not been able to break.

0 = No such areas · 10 = Deep bondage that will not shift

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

RB2. I sense that some of my struggles involve more than just my own weakness — that there may be an enemy involved.

0 = No such sense · 10 = I know this deeply

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Note: Release from Demonic Oppression ministry — the specific expulsion of demonic oppression — is one area of this journey that should not be attempted alone. If your answers to RB1 and RB2 are both high, please reach out to a trusted pastor before or during Week 5. This is not a warning to stop the journey. It is a warning about one specific form of prayer that the Companion will invite you to seek live help for.

Closing reflection for Week 1

✦ **Angel.** Angel took her measurements honestly. Some numbers were lower than she wanted to admit, and she closed the book that day feeling exposed. What she did not yet know is that the next step does not begin with the gap. It begins with what she was made for — and so does yours.

 **Looking back at all your answers: what do you most want Jesus to do for you over the next nine weeks? Be as specific as you can.**

A prayer you can pray

Jesus, I am beginning this journey honestly. You see what I just wrote. You already know what I need. I am not here to impress You, and I am not here to perform. I am here because I sense there is more, and I am asking You to meet me in the weeks ahead. Liberate what only You can liberate. I will show up each week. Amen.

► Your action this week

Set aside a regular time this week (20–30 minutes works well) and a regular place for the Companion. Choose which day of the week will be your “Week 2” day — and put it on your calendar.

WEEK 2

God's Design for your soul

Step 1 of the Five-Step Journey · Question 1 of the Seven Questions

► **Companion video(s):** Video 1 — Why This Model Exists · Video 5 — The Five-Step Journey

“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. And God said to them, ‘Be fruitful and multiply and fill the earth...’”

— **Genesis 1:26–28**

“See what kind of love the Father has given to us, that we should be called children of God; and so we are.”

— **1 John 3:1**

The one thing the enemy does not want you to start here

Most seekers begin where their pain is. That is natural — pain is loud. But the journey does not begin with what is broken. It begins with what was designed.

Before there was a wound, there was a design. Before there was an Infection, there was a soul made for something. You were made in God's likeness, blessed, commissioned to bear His glory. That came first. Whatever is broken in your life today is broken *against* an original pattern — not out of nothing. And liberation is not the invention of a new you. It is the progressive revelation of the one you were made to be. You may not be able to define the soul God designed, but you have felt it. There have been moments — perhaps rare, perhaps long ago — when you were briefly the person you sense you were meant to be: at peace, unguarded, kind without effort, fully yourself. That was not a mood or an accident. That was the design showing through — the

likeness God carved, surfacing for a moment before the old weight closed back over it. Hold one of those moments in mind as you answer below. That glimpse is your reference point. It is what Jesus is moving to reveal again — not a stranger, but the self you have already caught sight of and lost.

And notice something in Genesis 1:28 that is easy to miss: God’s design for you was never only about you. He blessed you *and then sent you outward* — to fill the earth, to bear His likeness into every corner of the world, to be a conduit of His blessing to your family, your community, and peoples you have never met. The soul liberation Jesus works in you is not a private renovation. The world He loves is still waiting for what only a healed you can carry to it.

That is why the first step of this journey is not, “what is wrong with you?” It is:

what were you made for?

Take your time with this question. Most people have never been invited to answer it. Some will find it hard because their pain has crowded out any sense of what was designed. Others will find a longing rising they did not know was still there.

There is no right answer. What rises in you when you sit with this question — that is the answer. Do not edit it. Do not theologize it. Just name what you see.

Question 1

Q1 Step 1 · God’s Design

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

 Your answer:

Sit with it

Before you move on, read what you wrote. Where do you feel the longing most? Circle the word or phrase that has the most weight for you right now.

That circled word or phrase is what Jesus is already working toward in you. Keep it in your mind this week. It will matter when we get to Week 3.

✦ **Angel.** When Angel sat with the question, her first answer was the practiced one: to serve, to be useful, to be the one others rely on. But as she stayed with it, a quieter answer rose underneath. She was made to be a daughter who is loved before she is useful. A beloved, not a servant earning her place. She circled the word *beloved*. It did not feel true yet. But something in her wanted it to be.

A prayer you can pray

Father, thank You that I am made in Your likeness — blessed, not broken from the start. Begin to show me what You originally designed for me. I do not need to see it all today. Show me one thread. Amen.

► Your action this week

Sometime this week, return to Q1 for ten more minutes. See if anything rises that was not there the first time. Write it in the margin.

WEEK 3

The Infection: naming the struggle

Step 2 of the Five-Step Journey · Questions 2 and 3 of the Seven Questions

► **Companion video(s):** Video 1 — Why This Model Exists · Video 5 — The Five-Step Journey

“Truly, truly, I say to you, everyone who practices sin is a slave to sin.”

— John 8:34

“For I do not do the good I want, but the evil I do not want is what I keep on doing.”

— Romans 7:19

Sin is not primarily a bad habit

Most of us were taught that sin is a set of bad choices. Things we should not do. Lines we should not cross. That is true as far as it goes — sin includes our choices. But it is not the whole truth, and it is not even the deepest truth.

In Romans 7, the man who wrote one-third of the New Testament names what sin actually is: a force operating inside him that his knowledge cannot correct and his will cannot subdue. He says — I want to do what is right. I know I should. And I still cannot. That is not weakness. That is captivity.

Sin is an infection. It entered the human soul in Genesis 3 the way an infection enters a body — from the outside, without invitation, working deeper than willpower and intelligence can reach. You do not discipline your way out of pneumonia. You do not repent your way out of an infection. You need a Healer who reaches the source.

Paul even calls it a law. Hear him in Romans 7:21–23: “I find it to be a law that when I want to do right, evil lies close at hand ... I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members.” Three times, law. Not the Law of Moses — the commandments he loves. He

means law the way we say the law of gravity: a constant, binding force that works whether or not you understand it, permit it, or set your will against it. Drop a stone and it falls. Resolve to do right and the pull is already there. That is not weakness. It is a force. Where did the force come from? Through our own rebellion in Genesis 3 — and the deceiver who tempts still exploits it, waging war inside a soul that was made to bear God's likeness. It is supernatural. Willpower and intelligence do not reach it. And this is precisely why the Son of God appeared: "to destroy the works of the devil" (1 John 3:8). A law like gravity is not repealed by trying harder. It is overcome by a greater power — a Person.

But be clear about what the infection did and did not do. It veiled the likeness God carved into your soul in Week 2 — it did not erase it. Picture a veil laid over a face: it covers completely, yet it only covers. The face is still there, beneath. That is why naming the struggle this week is not despair. What a veil hides, Jesus can uncover.

This is not an excuse. Responsibility remains. But the power to fulfill that responsibility has been hijacked — and pretending it has not is why so many sincere believers live defeated.

This is the week you name the struggle. Not in general. Specifically.

You already wrote in Week 2 what you were designed for. Now you will write what gets in the way. The gap between the two is where Jesus wants to meet you.

Question 2

Q2 Step 2 · The Infection**Where do you feel your life is not matching that design?** Your answer:

A note before you answer Q3

Your answer to Q2 may come quickly or may take days. Do not move on until something specific has surfaced. Vague answers (“I am just not who I want to be”) need to be pushed on. What specifically? What does it look like today?

What specific naming looks like

Examples help more than instructions here.

Vague: “I struggle with pride.” **Specific:** “I have a deep need to be seen as competent and respected, and when I feel unseen or dismissed, I respond with anger that I then disguise as righteous indignation.”

Vague: “I have issues with food.” **Specific:** “When I feel anxiety or emotional pain I cannot manage, I eat past fullness to numb the feeling — and I have done this since I was a child, when food was one of the few things I could control.”

Vague: “I struggle to forgive.” **Specific:** “There is a person whose face I still cannot picture without my chest tightening. I have said I forgive them many times. Something in me deeper than my words has not.”

✦ **Angel.** This is the step where Angel stops speaking in general. For years her prayer had been, “Lord, help me not to be so impatient.” This time she writes something truer: “When I was a girl, I learned that I was loved when I was useful and overlooked when I was not. So I have spent my life making myself needed. I serve until I am empty, and when no one notices, I grow sharp with the people closest to me — and then I drown in

shame for it.” She read it back and went quiet. The hardest part was that she had not imagined it. It had been true. She had named it. Now name yours — not the general version. The true one.

Do you feel the difference? Specific naming traces the behavior to the wound beneath it — the lie or the loss or the bondage giving it fuel. That is what the Soul Liberator needs. When you have something specific, then — and only then — answer Q3.

Question 3

Q3 *Step 2 · The Infection*

How long have you been carrying this?

 *Your answer:*

Sit with the weight

Do not move past Q3 too fast. If you have been carrying this for twenty years, say that out loud: I have been carrying this for twenty years. Let the weight of it land. That weight is not a weakness — it is real. The one who meets you here knows the weight.

The promise that makes this week bearable is the promise you did not yet name: there is a Healer. Jesus, the Great Physician, full of mercy and compassion, is the One who heals. Not the One who observes your suffering. Not the One who sympathizes from a distance. The One who *heals*. The next chapter is where you meet Him.

A prayer you can pray

Jesus, I have named what only You can heal. I have been carrying this a long time. I am not asking You to fix it through my effort again — I already tried that. I am asking You to meet me in it. Amen.

► **Your action this week**

Stay with Q2 and Q3 through the week. Do not rush forward to Week 4. If the wound under the pattern is something you have never named out loud to anyone, consider telling one trusted person — not to fix it, just to break the isolation around it.

WEEK 4

The Soul Liberator

Step 3 of the Five-Step Journey · Questions 4 and 5 of the Seven Questions

► **Companion video(s):** Video 3 — The Four-Fold Liberation Ministry · Video 5 — The Five-Step Journey

“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.”

— Acts 10:38

“The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed.”

— Luke 4:18

The turning point of the whole journey

This week’s two questions are the turning point of everything.

Q4 asks what you have already tried to fix what you named last week. Write everything. Willpower, accountability partners, Bible reading plans, Christian books, counseling, prayer, repeated confession, avoidance, every strategy you can remember. The longer your list, the better. Do not edit it down to what sounds respectable. Put it all on the page.

Why the longer list is the better list

Look at that list with new eyes. In Jeremiah, God names two evils: His people forsook Him, the fountain of living water, and dug their own cisterns — broken cisterns that could not hold water. Every item on your list is a cistern you built because you were genuinely thirsty. The problem was never that you did not try. The problem is that the

container could not hold what you needed — so the thirst never quite left. And that unquenched thirst is itself a signpost, pointing back to the fountain.

Question 4

Q4 *Step 3 · The Soul Liberator*

What have you already tried to fix this?

 *Your answer:*

STOP here for at least 24 hours.

Put the Companion down. Sit with the list you just made. Do not answer Q5 today. Come back tomorrow or later. The silence between Q4 and Q5 is part of the journey — do not short-circuit it.

So this list is not a catalog of your failures. It is a map of your hunger. He is not naming your cisterns to shame you. He is naming them to locate you. Carry that with you toward Q5.

Then — and this is where most seekers rush —

stop.

In a Circle, a leader creates silence between Q4 and Q5 on purpose. The silence is where the truth that every method has failed actually lands. Give it room to do its work, and Q5 becomes a question you cannot answer glibly.

The WHAT → WHO pivot

In Romans 7 Paul asks — “Who will deliver me from this body of death?”

Not what system. **Not what** strategy. **Not what** program. **Who**. One word changes everything. You stop reaching for a tool and start reaching for a Healer.

Do not rush it.

Welcome back

Before you answer Q5, read over your Q4 list. All of it. Everything you have tried — and the pattern has not lifted. You have not failed. You have been applying the wrong solution to the right problem.

Q5 is where you stop asking **what** and start asking **Who**.

Question 5

Q5 Step 3 · The Soul Liberator

What do you think Jesus wants to do in this area of your life?

 Your answer:

If your faith feels thin

Some readers will have a thin answer here. That is okay. If you do not fully believe Jesus can do much for this — answer honestly. Then answer this instead: what would you *want* Him to do, even if you are not sure He will?

Write the want, not the certainty. Jesus responds to honest wanting much more than to polished faith statements.

Thin faith will try to shrink this to just you and your wound. Do not believe it. What Jesus is after is revealing His own likeness — carved deep into your soul from the beginning, long veiled, and now coming into view as you turn to Him. Paul promises it plainly: “And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another ...” (2 Corinthians 3:18). He heals

to unveil — from one degree of glory to another — and He unveils to send: your little life finding its highest and best place in a vast one — God's mission to bless every people, tongue, tribe, and nation through the saving, healing ministry of Jesus. So as the unveiling begins, be encouraged. Turn increasingly to Him, for your needs but also for His glorious soul changes.

✦ **Angel.** Angel had spent the week listing everything she had tried — the resolutions, the seminars, the promises made at altar calls. The list was long, and not one item had reached the thing underneath. Then came the question she could not answer with effort: **what does Jesus want to do here?** For the first time she saw it. The striving had worked — with people. It had bought her praise, a place, a name in the barangay. It had never bought her rest. And it could not earn what Jesus had been waiting thirty years to give freely. The striving was not the cure. It was the wound, still bleeding. She stopped trying to become enough — and asked Him to tell her who she already was.

The striving was not the cure. It was the wound.

A prayer you can pray

*Jesus, You see everything I tried. You see what I wrote in Q5 — the faith I have, and the faith I wish I had. Meet me in the gap. **I am ready to stop being my own healer.** Heal me, Soul Liberator. Amen.*

► Your action this week

Stay with Q5 through the week. If new faith surfaces, add it. Next week you will pray in the specific area Jesus has been opening.

WEEK 5

Prayer in the four liberation areas

► **Companion video(s):** Video 7 — Prayer Ministry in All Four Areas · Video 3 — The Four-Fold Liberation Ministry

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up.”

— James 5:14–15

Four areas, four distinct works

This week is the heart of the journey. Jesus liberates in four dimensions, and each one is a distinct work on a distinct biblical basis. These are not four flavors of the same prayer. They are four separate ministries.

- **Inner Healing** is presence work. Jesus enters the memory. He was present when it happened; the prayer creates space for Him to reveal what He already knows.
- **Soul Purification** is root-healing work. Jesus walks you back to the root of the pattern and cleanses what you cannot.
- **Physical Healing** is healing-power work. Jesus heals in the body according to His timing and means.
- **Release from Demonic Oppression** — in the narrow sense — is authority work. Jesus’s victory over the powers, applied to an external oppression. This is the one area solo seekers should not attempt alone.

One thing before you bring it

You may hesitate here. What you carry can feel too specific, too unglamorous, too familiar to bring — as though Jesus could only understand it from the outside, the way a

healthy person understands an illness they have never had. Hebrews says the opposite: we do not have a high priest who is unable to sympathize with our weaknesses, but One who in every respect has been tempted as we are. He wept at a tomb before He raised the one inside it. He knows from the inside what it costs to carry what you carry. That is why the same passage says: draw near with confidence to the throne of grace. Not because you are clean enough or prepared enough, but because the One on the throne has been where you are. So bring the actual thing, not the managed version. He is not surprised.

Before you pray, a vital theological word.

The foundation that all four prayers stand on is the finished work of the cross. Pardon was secured there — past, present, and future sins of every believer fully covered (Colossians 2:13–14). That work does not need re-doing. Scripture holds both truths in a single line: “For by a single offering he has perfected for all time those who are being sanctified” (Hebrews 10:14). *Perfected* — that is Pardon, finished. *Being sanctified* — that is Liberation, ongoing. When you pray in these areas, you are not re-applying the blood as if pardon were somehow incomplete. You are asking Jesus to do ongoing relational work in someone who is already His — the good work He began and has promised to complete (Philippians 1:6).

Keep the categories clean and the prayers become specific. Conflate them — especially by declaring the blood as if pardon needed re-securing — and the prayers go vague. Stay precise.

Diagnose first

Look back at your answer to Q2 — the place you named where your life is not matching God’s design — along with what surfaced across Weeks 3 and 4. Ask yourself:

- **Is it more of a wound from something that happened?** → Inner Healing
- **Is it more of a pattern you keep repeating?** → Soul Purification
- **Is it a physical condition?** → Physical Healing
- **Does it feel like pressure from outside — something attached rather than grown?** → Release from Demonic Oppression (stop and get live help)

This week, pray in the ONE area Jesus has most clearly opened for you. The others are not left behind — next week you return to deepen, or to pray in a second area. For Release from Demonic Oppression, reach out to a pastor first.

Inner Healing

INNER HEALING — Presence work

Psalm 147:3 · Matthew 11:28–29

Ask yourself: *Is there a specific memory or wound I would like to bring to Jesus today?*

OPENING POSTURE

Slow down. This is not fast prayer. Close your eyes if that helps. Bring the specific memory to mind. Remember: Jesus was present when it happened — He is not entering new territory. He is revealing what was already true. Your job is to pray the opening, then be quiet. The middle belongs to Him.

PRAYER YOU CAN PRAY

Jesus, You were present when this happened. You see everything still carried from it. Come into this memory with me now. Show me what You see. If there is unforgiveness to release or a lie to let go, show me. Bring Your truth into any lie that formed here. Heal what only You can heal. Amen.

AFTER THE PRAYER

Sit in silence for at least two minutes. Pay attention to what rises — an image, a sentence, a feeling, a sense of ease where pain was. Then write what you noticed below. Do not evaluate how much happened. What Jesus began, He will continue as you stay in conversation with Him about this memory.

 *What rose in you as you prayed? What did Jesus seem to show you?*

Soul Purification

SOUL PURIFICATION — Root-healing work

Ezekiel 36:25–27 · 1 John 1:9

Ask yourself: *Is there a pattern I keep repeating — something I have tried and tried to break — that I want to bring to Jesus today?*

OPENING POSTURE

Slow down. This is walking-back-with-Jesus work, not fast prayer. You have likely tried many things already — that is the right setup, not a problem. Name the pattern out loud specifically. Then stop trying and start asking. The pivot is from what will fix me to Who will heal me.

PRAYER YOU CAN PRAY

This prayer moves in five parts. Do not rush. Let each part land before moving to the next. 1. OPEN: ‘Jesus, I am bringing this pattern to You — [name it out loud]. I have tried and I have tried. I cannot heal it from the outside. Would You walk back with me to the root? Show me what You want me to see.’ 2. LISTEN AND OWN: Be quiet, and listen for Him. When you sense He is showing something — an origin, your own behavior at the time, a lie you believed, something He wants you to turn from — name it out loud. 3. ASK HIS FORGIVENESS FOR THE SPECIFIC: In your own words, tell Jesus what you just saw, and ask His forgiveness for it. Your pardon was settled at the cross and is not in question here. This is the other kind of forgiveness — the kind a child asks of a father he already belongs to, because the relationship matters. 4. TURN: Ask Him to help you turn from this. And ask Him to help you keep turning when the pull comes back. 5. RECEIVE HIS CLEANSING: ‘Jesus, I have owned this honestly and with Your help, I am turning from it. You are the Great Physician. Cleanse this at the root. Heal what I cannot heal. Fill the place where this has lived with Your presence and Your truth. Amen.’

AFTER THE PRAYER

The pattern you just named is not who you are. Jesus heard you. He is walking this out with you. The next time you feel the pull — go back to Him in conversation. This is the first time. There will be more. That is how He works, and that is how the pattern loses its grip.

⚠ Important: Two mistakes to avoid: (1) praying cleansing before ownership — you must actively own what Jesus shows and will to turn from it before cleansing takes hold; (2) confusing pardon with cleansing — the blood settled pardon at the cross, not re-applied here. This is ongoing relational work. Trust the Healer to do the Healer’s work.

 ***What did Jesus show you about the root? What did you own and turn from? What did you ask His forgiveness for, and ask His help to cut ties with?***

Physical Healing

PHYSICAL HEALING — Healing-power work

James 5:14–15 · Isaiah 53:5

Ask yourself: *What specific physical condition would I like to bring to Jesus today? What have I already asked Him to do about it?*

OPENING POSTURE

Name the condition specifically — vague prayers produce vague faith. If you are able, have a trusted believer pray with you; James 5 assumes this. If not, pray alone with boldness. Anoint with oil if available. Pray with faith, and hold the outcome with open hands. Jesus, the Great Physician, full of mercy and compassion, is the One who heals. His willingness is not in question; His timing and means are His to choose.

PRAYER YOU CAN PRAY

Jesus, You are the Great Physician, full of mercy and compassion. I bring [specific condition] to You now. You healed in Galilee and You heal today. Move in my body specifically — [describe the healing you want, in plain words]. Not because I deserve it, but because You are merciful and You delight to heal. I trust You with the when and the how. Amen.

AFTER THE PRAYER

Stay expectant. Pay attention to what changes in the next hours, the next days. Report back to Jesus in conversation. Return to this prayer as often as needed — Jesus does not grow tired of being asked.

⚠ Important: Two mistakes to avoid: first, praying so qualified that no faith is expressed, and second, making specific guarantees about timing or outcome that create a faith crisis if healing does not come as expected. Pray with bold faith. Hold the outcome with open hands. Both at the same time.

 ***What did you bring to Jesus today? What do you want to notice in the days ahead?***

Release from Demonic Oppression

⚠ **This is the one area of the journey not to handle alone.**

Release from Demonic Oppression — in the narrow sense of expelling demonic oppression — should not be done by a solo seeker. This is not a limit on Jesus's willingness. It is a limit on solo practice. This ministry needs another believer standing with you, and depending on what surfaces, sometimes a trained pastor. If your Week 1 RB1 or RB2 scores were high, or if you sense during Weeks 2–4 that what you carry feels driven rather than chosen, attached rather than grown — please reach out to a trusted pastor. If you do not have one yet, Week 9 helps you find one. Until then: pray for Jesus's presence and protection, and do not attempt to command demons alone.

What you can pray today

You can always pray for Jesus's presence, protection, and the clarification of what you are facing. You can always ask Him to show you whether what you carry is a wound, a pattern, or something external. You can always ask Him to bring the right person into your life to walk the Release from Demonic Oppression step with you, if it is needed.

A prayer you can pray

Jesus, You have all authority in heaven and on earth. I do not know for certain whether what I carry is more than my own weakness. I ask You to make it clear. I ask for Your presence and Your protection. If I need someone to stand with me in this, bring that person across my path. I trust Your authority and Your timing.

Amen.

After your prayer time

When you have prayed through each area that applies, close your prayer time gently. This is the solo version of the five-minute post-prayer protocol Video 7 describes:

- **Check in with yourself.** What are you aware of right now — in your body, your emotions, your soul? Name it. Do not interpret it.
- **Name what you asked Jesus to do.** Not what you think happened — what you prayed for. Write one sentence in your journal.
- **Commit to one simple daily practice this week.** A specific short prayer each morning about this specific area. Small enough to actually do. Next week's chapter will help you settle the daily rhythm.
- **Close with encouragement, not assessment.** Do not evaluate "how much healing happened." Close with confidence in Jesus: 'What Jesus began today, He is more than able to complete.'

✦ **Angel.** Angel did not try to pray for everything at once. The Companion gave her four areas; she needed only one. She brought the memory — the girl who learned she was loved only when useful — and she asked Jesus to come into that exact moment. She did not rush it. She told Him what the child had believed, then grew quiet and asked Him what He wanted her to know instead. He did not tell her the belief was false. People really had loved her that way. What she heard was not a thunderclap. It was a distinction, simple and steady: *They loved what you did. I love you. I always have.* She wrote it down so she would not lose it.

► Your action this week

Each morning this week, spend at least five minutes in conversation with Jesus about what He opened today. Do not rush to the next chapter — give Him room to continue the work.

WEEK 6

Returning — Deepening the Conversation

Step 3 of the Five-Step Journey continues · Deepening what Jesus opened

► **Companion video(s):** Video 7 — Prayer Ministry in All Four Areas · Video 3 — The Four-Fold Liberation Ministry

“And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.”

— **Philippians 1:6**

Liberation is not a single session

Last week, you prayed. Jesus met you somewhere. Maybe it was clear — a wound touched, a pattern shifted, a sense of His presence where you were expecting silence. Maybe it was quieter than you hoped. Either way, something real happened, because something real always happens when a seeker brings honest need to Jesus.

This week is not a new topic. It is the same topic — continuing.

Jesus is the Healer who does not tire, does not rush, and does not move on until His work is complete. What He began last week, He continues this week — if you will return.

Your path this week

There are two paths this week, and you choose the one that fits what Jesus has been showing you.

Path 1 — Return to last week’s area. If you sense there is more Jesus wants to do in the area you prayed in last week — return there this week. Use the same prayer framework from Week 5. The second time is often deeper than the first. The memory opens further. The root becomes clearer. The body responds more. This is not a failure of last week’s prayer; it is the normal shape of how Jesus works.

Path 2 — Pray in a second area. If last week’s area feels settled — at least for now — and a second area from the four clearly applies, pray in that area this week. Return to

the Week 5 cards and use the framework that belongs to that area. Each area is a distinct work on a distinct biblical basis; do not blur the prayers into each other.

If neither path is clear

Some seekers will find that neither path is clearly right this week — that Jesus is asking them to sit with what He did last week, not to act further. That is also right. Not every week is a prayer week. Some weeks are dwelling weeks. If this is your week, use the time to stay in conversation with Him about what He opened — and to notice what He continues to do without your pushing for it.

 **Which path is this week? Write it in one sentence.**

Pray the area — or sit with what He did

If you chose Path 1 or Path 2, return to Week 5 now. Use the diagnostic if you need to, and pray through the area's framework. When you finish, come back here to write.

If you chose to dwell, sit with what Jesus has been doing since last week. Write what has been continuing in you without you forcing it.

✦ **Angel.** Angel expected last week to be the end of it. It was not. The old striving came back within days — a neighbor asked for help, and before she could think she had said yes and emptied herself again. She almost despaired. Then she remembered the Companion had told her this would happen, and that it was not failure. So she returned to the same prayer, the same memory, and this time she went deeper. The second visit reached a root the first had only touched. Liberation, she was learning, is not one moment. It is a direction you keep walking.

 **What did Jesus do this week? What did you bring Him? What did you notice continuing, even quietly?**

A prayer you can pray

Jesus, You did not leave me where I was when I came. You began something. And You are not finished. Keep working — in the place I prayed last week, in whatever area You want to open next, or simply in the ground between, where You keep the conversation going. I am staying in it with You. Amen.

► Your action this week

Whether you prayed in a second area, returned to the first, or dwelled in what Jesus has been doing — spend at least five minutes each morning talking with Him about what He opened. Next week (Week 7) you will write Him a letter about what He has been showing you across these past weeks.

WEEK 7

Living the Liberation

Steps 4 and 5 of the Five-Step Journey · Questions 6 and 7 of the Seven Questions

► **Companion video(s):** Video 2 — The Seven Questions · Video 5 — The Five-Step Journey

“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. I am the vine; you are the branches.”

— **John 15:4–5**

“So if the Son sets you free, you will be free indeed.”

— **John 8:36**

“When one turns to the Lord, the veil is removed... And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another.”

— **2 Corinthians 3:16, 18**

Liberation is a journey, not a moment

What happened in Weeks 5 and 6 was real. Jesus opened something — and He is not finished. Liberation is not a single transaction — it is a relationship that deepens, and as it deepens, the infection loosens its grip and the Father’s likeness in you is unveiled again. Paul names exactly how this happens: when a soul turns to the Lord, the veil is removed, and as we behold His glory, we are changed into His likeness — degree by degree. Notice where the change comes from. The veil lifts as you turn to Jesus, and the face you are being changed into is His. This is the unveiling the whole journey has

been moving toward: not a new self discovered, but the likeness you were carved for, revealed again, one degree at a time, as you behold Him.

And this transforming is going somewhere. What you see only in part now, you will one day see whole: “Beloved, we are God’s children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is” (1 John 3:2). The likeness unveiled one degree at a time here will stand fully revealed when you see Him face to face. That is the direction of your whole life now — not backward to anything lost, but forward to Him.

Unveiling is not looking inward

It would be easy to hear all of this as a call to look deep inside yourself and dig up the real you underneath. It is not. The likeness being uncovered is not something you find by searching your own heart — it is what God carved into your soul before you were born, and only He can lift the veil that hid it. So this work does not point you down into yourself; it points you toward Jesus — you turn your face to Him, and He does the uncovering. Examine yourself honestly, yes — but the way Psalm 139 does it: by asking Him to do the searching, and looking up, not down, for the answer.

That progressive work happens through ongoing honest conversation with Jesus. Not performance. Not religion. Talking **with** Him — not just to Him or about Him. Bringing every pull, every disappointment, every small victory back to Him in real time.

This week’s two questions set that up. Q6 moves the conversation from the page to Jesus directly. Q7 names the vision of freedom, then anchors it in one specific, concrete, doable thing this week.

Question 6

In a Circle, a leader would now invite you to speak aloud to Jesus about what you just worked through. Because you are walking this alone, Q6 takes a slightly different form: a letter. A written prayer.

Not polished. Not theologically precise. Just the truth — in your own words, to Jesus, about what He has been showing you across these past weeks.

Q6 *Step 4 · The Conversation*

What would you want to say to Jesus about this right now?

Write a letter to Jesus telling Him, in your own words, what He has been showing you and what you want Him to do from here. Be honest. Do not polish it.

 *Your answer:*

Question 7

Q7 comes in two parts. Vision first: picture the freedom Jesus is moving you toward. Then action: convert it into practice — liberation is not received until it changes daily life. One thing. Specific. Doable. This week.

Q7 Step 5 · Liberation — The Likeness Revealed Again**Vision — What would freedom look like for your soul?****Action — What is the one thing I will do differently this week because of what Jesus has been doing in me?** Your answer:

Check your Q7 action against these tests:

- Is it specific? ('pray more' is not; 'pray for ten minutes each morning at 6am about my relationship with my father' is)
- Is it doable this week? (not 'someday')
- Does it connect to what Jesus actually surfaced, or is it a generic resolution you could have reached on your own?

If any answer is no, rewrite your action until all three are yes.

✦ **Angel.** By now the change in Angel was small but real. She still served — but no longer to fill a hole that could never be filled. She found, to her own astonishment, that she could say no, and the sky did not fall. She could rest. One evening, watching a woman from her church who wore the same exhaustion Angel used to carry, a thought came that she could not shake: *I know the way out of that. I was just there.* She wrote that woman's name in the margin. Not as a project. As a person she now had something to give.

A prayer you can pray

Jesus, You began a work in me. I want it to continue. I am not finished — I am walking. Help me keep talking with You as the days unfold. Help me do the one thing I just committed to. Amen.

► Your action this week

Do the Q7 action. Then on the last day of this week, review: did I do it? If yes — what did I notice? If no — what got in the way? Either answer is useful. Next week's chapter helps you settle the rhythm.

♦ *The rest of this page is yours for the review. One honest paragraph at the end of the week is enough.*

WEEK 8

The daily rhythm

► **Companion video(s):** Video 9 — The 90-Day Follow-Up

“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.”

— **John 15:4–5**

Why the rhythm matters more than the retreat

Almost everyone who walks the Five-Step Journey experiences something real. But whether what Jesus began actually takes root — or fades within thirty days — depends almost entirely on one thing: whether a daily rhythm of conversation with Him was built in the weeks after the encounter.

Liberation is not sustained by trying harder to remember the breakthrough. It is sustained by a small, specific, unspectacular daily practice. Five minutes. Every morning. For the rest of your life.

This week, you settle that practice.

The three-part daily rhythm

Five minutes, every morning, three elements.

This is the daily rhythm — ASK / RESPOND / RECEIVE — in its three parts.

1. ASK. Sixty seconds. Bring back to Jesus the same specific thing you have asked Him to work on in you — the area He is touching — and ask Him the one question: ‘Jesus, what do You want to change in me today?’ Do not change the ask; bring the same thing back, again, today.

2. RESPOND. Two to three minutes. Now listen. Pay attention to what comes: a thought, an image, a scripture, a sense. Sometimes nothing comes; sometimes a great deal does. Write whatever comes in your journal. Even ‘nothing surfaced today’ is a real entry.

3. RECEIVE. Sixty seconds. Read one verse slowly. Twice. Let it be small and full. Use the same verse for a whole week — the meaning deepens with repetition. An appendix at the end of this Companion suggests a verse for each week.

Settling the specifics

The rhythm becomes real when you set it up specifically. Fill these in before the week is out:

My time: _____

My place: _____

My journal is kept: _____

My verse this first week: _____

If I miss a day, my plan is: _____

✦ **Angel.** Angel set her time and her place: early, behind the store, before the day could claim her. Five minutes. *Jesus, what do You want to change in me today?* Some mornings she heard much. Some mornings she heard nothing and sat anyway. She was learning that the rhythm was not the reward — Jesus was. The rhythm was only the rails she laid so the Engine could reach her every day.

When the old pull comes back

► **Companion video:** Video 10 — The 5R Lifeline

It will. Not because Jesus did not move, but because you are still being progressively liberated, and the infection does not release all at once. When the pull returns — do not interpret it as failure. Interpret it as an invitation back into conversation.

Here is the rail that holds when the pull comes back — the 5R Lifeline:

- **RECOGNIZE.** Name what is happening, without flogging yourself. ‘Jesus, I see what is happening — the old pull is back.’
- **RECONNECT.** Return to Jesus immediately. Do not problem-solve first — the Soul Liberator is in the room with you right now. ‘Jesus, I am here. I am bringing this to You first, before I do anything else.’
- **RENOUNCE.** Ask Jesus to break the lie or its power again — by His authority, not yours. Name the specific pull. ‘Jesus, I renounce this lie and ask You to break its hold on me again, by Your authority.’
- **REPLACE.** Receive what He gives in its place. Do the daily rhythm right now — ask, respond, receive. Do not leave the space empty. ‘Jesus, fill this space. Speak to me. I will not leave this empty.’
- **REPORT & REJOICE.** Tell someone in your circle or your pastor within the hour, and thank Jesus the journey continues. ‘Jesus, thank You — You met me here.’ Then send the message.

The Lifeline is not five things you do. It is five beats of running to the One who already came.

And when you fall

The Lifeline is for catching the pull before it carries you. But sometimes you will not catch it in time. You will fall. When that happens, do not begin the shame spiral — the voice that says the fall proves the liberation was never real, that you are not the kind of person freedom is available to. Every sentence in that spiral is a lie, and the lie has one goal: to keep you away from the very return that would break the power of the fall.

Here is the truth that changes everything. The people who progress furthest and fastest are not the ones who fall least often. They are the ones who return to Jesus most quickly after they fall. The person who falls at nine and returns five minutes later is in a different world from the person who falls at nine and spends the whole day in shame before crawling back at nine that night. The gap between the fall and the return is where

the journey either advances or stalls. So return quickly. Bring the fall honestly, the same way you first brought it to Him. And let the next chapter begin.

A prayer you can pray

Jesus, I am settling into a rhythm with You. Not to earn anything — I am already Yours — but because I was made for this conversation. Help me show up, even on the days I do not feel like it. Meet me every morning. Amen.

► **Your action this week**

Start the daily rhythm tomorrow morning. Do not wait until Week 9 begins. The rhythm this week is itself the action.

WEEK 9

Finding your church home

► **Companion video(s):** Video 11 — Scaling the Model (optional; for seekers interested in how the model multiplies)

“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another...”

— **Hebrews 10:24–25**

Solo work, aimed at community

From Week 1, you have read that this Companion is a solo journey *into* community, not a replacement for it. Now that statement becomes real. This week you identify the church home that will walk the rest of this journey with you.

If you are already settled in a church that teaches Jesus as personally active in ongoing liberation, that makes room — even informally — for ministry in the four areas, and where someone actually knows your name, wonderful. This week is about strengthening what you have: talking with your pastor about what you have walked through, asking about opportunities to serve, deepening one or two relationships.

If you do not yet have a church home, or if your current church is not quite a fit for what Jesus has been doing in you, this week is about finding one.

Some of you reading this have been hurt by a church. That is real, and it matters. What happened to you was not what church is for. But the answer to a bad experience of community is not isolation — it is a better community. That is what this week is for.

Three filters

Not every church that looks good is the right home for what Jesus has begun in you. Use these three filters as you evaluate:

Filter 1: Do they teach Jesus as personally active in ongoing liberation?

Every Bible-believing church will teach Jesus as personally active in salvation — that He forgave our sins at the cross. That is wonderful and not enough. Does this church teach Him as personally active in the ongoing work — healing wounds, breaking patterns, speaking, leading, doing what He did in the Gospels, today, in believers' lives? Or does their Jesus feel mostly past tense — active then, not so much now?

Filter 2: Do they make room for the four areas, even informally?

You do not need a church that runs a formal Inner Healing program or a scheduled Release from Demonic Oppression service. Very few do. What you need is a church where prayer for a specific wound or pattern is a normal thing — not a rarity reserved for crisis. Where the pastors would pray James 5 prayer of faith over someone sick. Where it would not be strange to ask an elder to pray about a pattern you cannot break. The informal openness matters more than the formal program.

Filter 3: Will someone there know your name in ninety days?

This is the filter that matters most and is asked least. A large church with excellent preaching, where no one will recognize you in three months, is not a home. A smaller church where the pastor and at least one other person will know your name, know something of your story, and miss you if you are gone — that is a home. Anonymous excellence does not produce lasting liberation. Named, slow, ordinary belonging does.

How to visit and evaluate

Identify three churches within reasonable distance. Visit each one. Do not rush — give each one at least two Sundays before forming a judgment. After each visit, ask yourself the three filter questions. Notice also:

- **Did I feel welcomed, or processed?** Did anyone speak to me who did not have a role requiring them to?

- **Is the preaching rooted in Scripture**, or mostly topical advice with verses scattered in?
- **Is there a rhythm of prayer in the service** — not just performance, but real talking with God?
- **Are there people of various ages?** A church that is all one generation will struggle to sustain you.

If the best option is imperfect

The perfect church does not exist. The question is not whether the church you choose is perfect — it is whether you can grow there and whether they will receive what Jesus has been doing in you.

If the best available option fails one of the three filters, ask yourself: can I still be honest here? Can I still grow? If yes, go anyway and stay honest. If every available option fails all three filters, you may need to travel further, or plant seeds of what is missing where you are, or reach out to Pastor Keith for advice about what to do (contact at the end of this Companion).

Your action this week

 **List three churches you will visit (or if you already have a home, list three ways you will deepen your involvement). Next to each, note the Sunday you will visit and one thing you want to notice.**

A prayer you can pray

Jesus, You designed me for community. The work You have begun in me is not meant to stay inside me. Lead me to the people You have for me. Give me courage to walk in the door of an unfamiliar church. Give me patience to stay if the fit is not perfect. Make me a person who adds to the community I find. Amen.

► Your action this week

Visit your first church this Sunday. Do not wait.

One last thing — your liberation is not only for you

The freedom you have begun to taste was never meant to stay inside you. Habakkuk saw a day when the earth would be filled with the knowledge of the glory of the Lord as

the waters cover the sea — and that is the real destination of this journey. Not only your soul. The earth. And it fills the way water fills: one liberated soul at a time, flowing outward like water from a spring.

That is how it travels — Habakkuk 2:14 in operation: one wound, one encounter, one liberated soul, one neighbor with the same longing. Someone in your life is carrying a wound like the one you brought to the Soul Liberator. Your liberation is not only for you. It is for every people, tongue, tribe, and nation — and it begins with the one beside you. When the time comes, tell them His name.

♦ **Angel.** It was the woman over the fence who said it first. “Angel, you have changed. You used to look so tired. What happened to you?” Angel had not advertised anything. She had simply stopped striving, and rest had begun to show on her face. Her neighbor noticed the freedom before Angel said a single word. That is how this travels. Not by a program — by a face that no longer looks the way it used to, and a question someone else cannot help but ask.

I told you at the beginning how Jesus found me — a broken-down missionary in a kitchen in Tuburan, delivered in a moment I had done nothing to earn. What I did not yet know that night was what He intended to do with one freed life.

From that kitchen came a healing and prayer ministry. From that ministry came a retreat. From that retreat came pastors trained across the Philippines, and through those pastors the first Circles are now beginning — in churches I may never visit. From that same journey came this Companion — now in your hands, on the other side of a journey you have nearly finished. One freed soul in one kitchen is becoming rails for thousands. I am only one early stretch of track. So are you.

That is not one man’s testimony only. It is the pattern — and it is about to become yours.

So here is the last thing this Companion asks of you. Not a feeling. An action. Think of one person: the tired one, the one carrying what you used to carry. Write their name here: _____. Then, this week, hand them the door you came through — coastalhoperetreat.org/companion. You do not have to explain the whole model. You only have to say: *I found something. Come and see.* The freedom you fought nine weeks for was always track being laid for them.

AFTER YOUR NINE WEEKS

The 90-Day follow-up

► **Companion video(s):** Video 9 — The 90-Day Follow-Up

You have walked the journey. What you do now determines whether what Jesus began takes root over the long haul — or fades.

This last section has two parts:

- **Exit Measurement.** Take this today — the moment you finish Week 9. Your Foundation questions (F1–F3, the Encounter Index) are the same as Week 1 and compare directly; the four areas now mark what Jesus did with the need you brought (your Likeness Growth). Plus a short reflection on what you learned. This mirrors the exit measurement administered at the close of our in-person retreats: captured while the experience is still fresh.
- **Day 90 (90-Day Measurement).** Take this ninety days after you finish Week 9. Again the Encounter Index (F1–F3) compares directly with Week 1 and Exit; the four areas measure needs met, plus a new section on Community Attachment. This is the measurement that tells you whether the journey actually took root.

Put your Day 90 date on your calendar right now. Your Exit date is today.

Exit date (today): _____

Day 90 date: _____

END OF WEEK 9**Exit measurement**

Date taken: _____

Circle the number that best reflects where you are today, using the same 0–10 scale as Week 1.

Reading your scores: only the Foundation questions (F1–F3 — your Encounter Index) compare directly across all three timepoints, and there higher is better. The four areas work differently — at Week 1 they measured the need you brought; from here on they mark what Jesus has done with it (the need met — your Likeness Growth), where higher is better. Read them as need-then-met, never as a subtraction.

[EI] = Encounter Index (Foundation F1–F3, comparable across all three timepoints). [LG] = Likeness Growth Index (what Jesus did).

Foundation**F1.** I sense Jesus's personal presence in my daily life. [EI]

0 = Never · 10 = Deeply and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F2. I know Jesus loves me personally. [EI]

0 = Struggle to believe it for me · 10 = Deeply and steadily true

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F3. I recognize Jesus's voice or leading. [EI]

0 = Rarely or never · 10 = Clearly and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Inner Healing

IH4. Across these nine weeks, Jesus personally met me in a specific wound or memory. **[LG]**

0 = no movement · 10 = Jesus clearly met me there

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

IH5. Jesus enabled me to forgive something or someone — in a way that felt beyond my own capacity. **[LG]**

0 = no movement · 10 = Jesus did what I could not do in my own strength

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Soul Purification

SP4. Across these nine weeks, Jesus touched a root of sin in me that had not responded to effort or prayer alone. **[LG]**

0 = no movement · 10 = Jesus reached the root

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

SP5. I experienced a genuine inner shift — not just a decision to do better, but something Jesus changed from within. **[LG]**

0 = no shift · 10 = a deep shift Jesus produced

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Physical Healing

PH3. I brought a physical need to Jesus as Healer across these nine weeks in a way that felt genuine and expectant rather than routine. **[LG]**

0 = did not / felt routine · 10 = genuine and expectant

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

PH4. During or after prayer, I noticed something shift — in my body, my peace, or my confidence in Jesus as Healer. **[LG]**

0 = still unmet (that is not failure) · 10 = the need clearly met

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Release from Demonic Oppression

RB3. Across these nine weeks, Jesus applied His authority to a specific area of bondage I brought to Him. **[LG]**

0 = no movement · 10 = Jesus clearly acted

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

RB4. I experienced a release — a shift in the area of bondage — that felt beyond what honest acknowledgment and prayer alone had produced. **[LG]**

0 = no movement · 10 = clear release Jesus produced through His authority

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Reflection on the journey

 ***Compare your Foundation scores (F1–F3) with your Week 1 Foundation scores — your Encounter Index is the one set that compares directly. Where did it move? Then read the four area scores on their own — they mark what Jesus did in each area (your Likeness Growth), not a before-and-after.***

 ***What did Jesus do in the last nine weeks that you did not expect?***

 ***Where did Jesus do less than you hoped? What do you make of that?***

◆ *The blank space below is on purpose. Take your time — write as much or as little as rises. Jesus reads honesty, not polish.*

DAY 90

The 90-Day measurement

Date taken: _____

This measurement uses the same scales as Week 1 and the Exit Measurement. By now three measures move together: your Encounter Index (Foundation, F1–F3 — how present and real Jesus is to you), your Likeness Growth Index (the four areas below — how far the Soul Liberator has progressively revealed again the likeness carved deep in your soul), and, new today, your Community Attachment Index — because liberation that returns to isolation almost always fades. Community Attachment is the third index, and it tells you whether what Jesus began actually took root.

Reading your scores: only the Foundation questions (F1–F3 — your Encounter Index) compare directly across all three timepoints, and there higher is better. The four areas work differently — at Week 1 they measured the need you brought; from here on they mark what Jesus has done with it (the need met — your Likeness Growth), where higher is better. Read them as need-then-met, never as a subtraction.

Foundation

F1. I sense Jesus's personal presence in my daily life. [EI]

0 = Never · 10 = Deeply and often

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F2. I know Jesus loves me personally. [EI]

0 = Struggle to believe it for me · 10 = Deeply and steadily true

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

F3. I recognize Jesus's voice or leading. [EI]*0 = Rarely or never · 10 = Clearly and often*

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

*Circle one · Today's date: _____***Four Areas***Your Likeness Growth Index — area by area, how far the Soul Liberator has revealed again the likeness once carved deep in your soul.***IH.** Inner Healing: the wounds I named are healing.*0 = No change · 10 = Substantial healing*

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

*Circle one · Today's date: _____***SP.** Soul Purification: the patterns I named are loosening.*0 = No change · 10 = The pattern's grip has broken*

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

*Circle one · Today's date: _____***PH.** Physical Healing: progress in what I brought to Jesus.*0 = No change · 10 = Substantial improvement*

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

RB. Release from Demonic Oppression: pressures that felt external are diminishing.

0 = No change · 10 = Substantial freedom

0	1	2	3	4	5	6	7	8	9	10
----------	----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------

Circle one · Today's date: _____

Community Attachment

This is the index that tells you whether the liberation is rooted enough to last.

CA1. I am connected to a local church where I am known by name.

0 = Not connected · 10 = Deeply connected

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

CA2. There is at least one person in my church who would notice and reach out if I disappeared.

0 = No one · 10 = Yes, more than one

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

CA3. I am serving others in some way — not a platform role, just regular, ordinary service.

0 = Not serving · 10 = Serving regularly

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

CA4. I am still maintaining the daily rhythm I set in Week 8.

0 = Abandoned it · 10 = Faithful to it

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Circle one · Today's date: _____

Not scored. Who have you told? Who has noticed the change in you and asked about it? Write their names. This is not a metric. It is the first evidence that what Jesus did in you has already begun to reach past you.

Final reflection

 *Look at your Encounter Index (F1–F3) across all three timepoints — Week 1, Exit, Day 90 — that is the line that compares directly. Then read the four areas as need-then-met. What story do the numbers tell?*

 ***What is the one area where Jesus is still at work, and what are you doing to stay in conversation with Him about it?***

What low scores mean

If your scores are still low — or if some moved and others did not — that is not failure. It is information.

- **Low Foundation scores:** The rails for daily encounter are not yet strong enough. Return to Week 8 and recommit to the rhythm.
- **Low area scores (IH, SP, PH, RB):** The prayer framework in Week 5 may need to be returned to more than once. Liberation in an area often takes multiple sessions — this is normal.
- **Low Community Attachment:** Return to Week 9. The most common reason the journey fades is isolation. The rails cannot hold alone.

A prayer you can pray

Jesus, the numbers tell their story. Thank You for what You have done. Keep working in what is still open. Keep me in conversation with You, and in community with Your people. This journey is not finished — and I am not walking it alone.
Amen.

APPENDIX

Reference & resources

A. Video index — direct mapping to Companion weeks

Video 1 — Why This Model Exists (Engine & Rails)	Orientation, Weeks 2–3
Video 2 — The Seven Questions	Week 7
Video 3 — The Four-Fold Liberation Ministry	Weeks 4–6
Video 4 — Your Role as Servant-Leader-Guide	Optional (leader context)
Video 5 — The Five-Step Journey	Weeks 2–7
Video 6 — Leading Small Groups	Optional (leader context)
Video 7 — Prayer Ministry in All Four Areas	Weeks 5–6
Video 8 — The Measurement System	Week 1, Exit, Day 90
Video 9 — The 90-Day Follow-Up	Week 8, Day 90
Video 10 — The 5R Lifeline	Week 8
Video 11 — Scaling the Model	Week 9 (optional)

B. Nine-week Scripture reading plan for the daily rhythm

These are suggested verses for the ‘one verse’ element of your daily rhythm. One verse per week. Read slowly, twice, each morning.

Week 1	Psalm 139:1–6	<i>God already sees you</i>
Week 2	Genesis 1:27 / 1 John 3:1	<i>You were made in His likeness</i>
Week 3	Romans 7:18–19	<i>The honest diagnosis</i>
Week 4	Romans 7:24–25a	<i>The turning point — Who, not what</i>
Week 5	Isaiah 53:4–5	<i>He bore our infirmities</i>
Week 6	Philippians 1:6	<i>He who began a good work will finish it</i>
Week 7	2 Corinthians 3:18	<i>The veil removed; the likeness unveiled again</i>
Week 8	Matthew 11:28–30	<i>Come to Me</i>
Week 9	Hebrews 10:24–25	<i>Not neglecting to meet together</i>

C. When to reach for live help

A summary of the triggers first introduced in the Orientation. Print this, keep it near the Companion, and do not hesitate to use it.

 **Stop and reach out today, not next week:**

- **Active suicidal thoughts or self-harm urges — call your local emergency number now.**
- **Severe trauma surfacing.**
- **Significant mental health symptoms.**
- **Release from Demonic Oppression — pressures that feel driven and external rather than chosen.** Never attempt this kind of ministry alone.

In any of these, if you are in immediate danger call your local emergency number now. Then reach out to a mature, trusted believer, a pastor, or a licensed counselor. Soul work and professional care are not in competition.

D. Contact

If you would like to be in touch with Coastal Hope Retreat about your journey — to share testimony, ask a question, or learn about retreats and training:

Coastal Hope Retreat has trained pastors and leaders across the Philippines since 2007. The model is the same wherever it is practiced.

Keith Sharp

Coastal Hope Retreat

Antipolo, Tuburan, Cebu, Philippines

coastalhoperetreat.org

Email keith@h4kz.org

Build better rails to the trustworthy Engine — Jesus.

GLOSSARY

The words we use, in plain language

Every family has its own words. These are ours. If a term in this Companion ever slows you down, this page is where to come.

Supernatural Soul Infection (SSI) — This Companion's plain name for what the Bible calls sin at its root. Not a list of bad choices, but a force that entered the human soul from outside and reaches deeper than willpower and intelligence can follow. You did not invent it, and you cannot out-try it. It needs a Healer.

The Soul Liberator — Jesus, in His role as the Healer of infected souls. He is not a method or a program. He is a Person, and He is willing.

Pardon — The first gift of the cross: the legal debt of your sin, paid in full, once and forever. Pardon settles what you owe. This is the gift most of us were clearly taught to receive.

Liberation — The second gift of the same cross: Jesus breaking sin's ongoing grip on your soul, step by step, as you keep the Conversation with Him. Pardon and Liberation are distinct. Both are gifts. Both were purchased at the cross. Both are necessary — yet many of us know Pardon far better than Liberation. Liberation is the neglected gift, and this Companion exists to help you receive it.

The Conversation — The heart of this whole journey: telling Jesus the honest truth about your soul, then growing quiet and asking Him what He wants you to know and to change. Not a technique. A relationship.

The Engine and the Rails — Jesus is the Engine; all the power is His. Your habits are the rails — they move nothing by themselves, but they give the Engine a track to reach you every day. This Companion is nine weeks of rail-building.

The Daily Rhythm — Five minutes a day on the rails. ASK — bring your ask back to Jesus and ask Him the one question: "Jesus, what do You want to change in me today?" RESPOND — grow quiet, listen, and write what comes. RECEIVE — read one verse slowly, twice, and carry it into your day.

The 5R Lifeline — Five beats of running to Jesus when the old pull returns: Recognize, Reconnect, Renounce, Replace, Report & Rejoice. It is not a self-managed technique. Every beat is a movement toward Him.

The Four Areas — The four domains where the Soul Liberator works: Inner Healing (wounds of the heart), Soul Purification (entrenched patterns of sin), Physical Healing (the body), and Release from Demonic Oppression (bondage broken by the calm authority of Jesus).

Seeker — You — and anyone who honestly brings their soul to Jesus on this journey. It is not a label of weakness. The seekers are the ones who find.

Soul Liberation Circle — The group form of this journey: six sessions with a trained leader and a few fellow seekers. If your church offers one, this Companion will feel like familiar ground.

Encounter Index (EI) — Your three Foundation scores (F1–F3). They measure one thing: how real Jesus's presence and love are to you. This is the one measurement compared directly at every timepoint.

Likeness Growth Index (LG) — From the exit measurement onward, the four areas mark what Jesus has done with the need you brought — the need met. Read them as need-then-met, never as a subtraction.

Community Attachment Index (CA) — Measured at Day 90 only: whether your liberation has taken root in real community — known by name, missed if absent, serving, still on the rails. The index that tells you whether what Jesus began actually took root.

The 90-Day follow-up — About ninety days after your exit measurement, you sit with your pastor, or a mature believer you trust, walk through what has held, and record your own scores. Liberation is a direction you keep walking; the 90-Day marks the first mile.

— END OF THE COMPANION —

Soul Liberation Training: The Self-Guided Companion

Tired of trying harder and still losing the battle?

This Companion walks you, on your own, through the same nine-week journey that Soul Liberation Circles walk together: God's Design, The Infection, The Soul Liberator, The Conversation, and Liberation — The Likeness Revealed Again.

Seven questions move you from the life you were made for, through what you have already tried, to a real encounter with Jesus. A five-minute Daily Rhythm keeps the Conversation going long after the book is closed, and the 5R Lifeline is there for the day the old pull returns.

Measure where you began. Measure what changed. Then, at ninety days, measure what held.

Jesus is the Engine. This book is a set of rails. You bring the honest answers; He does the liberating.

Build better rails to the trustworthy Engine — Jesus.

Keith Sharp

is Senior Pastor of Calvary Glorious Fellowship and Founder and Director of Coastal Hope Retreat in Tuburan, Cebu, Philippines, where he and his wife Chona have served for nearly two decades. He is also Founder and Director of Hope 4 Kidz International, a U.S. non-profit. He holds an M.Div. in Missions from Talbot School of Theology (Biola University) and developed the Soul Liberation Model out of years of healing and prayer ministry among Filipino pastors and seekers. He is the author of the Model's Foundational Paper and its free training resources.

Free fillable edition, training videos, and Soul Liberation Circles:

coastalhoperetreat.org/companion

“If the Son sets you free, you will be free indeed.”

— John 8:36

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