

## SOUL GROUP Phase 3 work round exercise:

**Cleansing** The purpose of the work on this day was to focus on spiritual cleansing.

**Focus Bible verse for the devotional:**

**Ezekiel 36:24-27 (NIV):** *For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*

NOTE: I also used Bible Gateway: [www.biblegateway.com](http://www.biblegateway.com) to identify verses on cleansing, washing and clean. We read these verses aloud and briefly discussed how we were experiencing them.

**IMPORTANT Commentary:**

The work was designed so all men could work. It took us about 10-minutes per man. If you have a small group, you can allow longer work. Important to try to control the time per man and keep it to 6 or 7 minutes per man, but you can certainly flex on this based on time and numbers.

**Equipment needs:** Bucket of water, towels, cups, exercise props if needed.

Safety Awareness: Man's physical limits; water clean-up, tripping on the other props.

The work is a three-part work:

1. **Declaration**
2. **Cleansing**
3. **Accountability**

**Step 1:** Declaration: The man selects a facilitator. He then prays for his work. The man begins physical exertion while confessing his junk, his need, his work to Jesus. We used push-ups, so no props, weights or bands were needed. You can use running in place, sit-ups, curls, dummy punching or anything else that allows the man to work toward some level of exhaustion. The important part of this stage of the work it to keep the man focused on taking this to Jesus—not providing data to the group. This is his prayer, his confession and his experience of the cleansing. The facilitator keeps the man focusing on the prayer. ***“What do you need from Jesus?” “Get it all out.”*** As the man quickly reaches the bottom of the facilitation “V”, the facilitator keeps the man praying, but focuses the prayer on thanking Jesus for His work—His forgiveness of the man's sins. The man should end this stage of the work, acknowledging his purity before Jesus and thanking Jesus for the forgiveness of his sins.

During this work, the other men are encouraging the man to keep going; to get it out. No role playing.

\*\*In some cases a man is physically unable to do the physical work he may choose to speak only.  
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**Step 2:** Cleansing: The man is offered the choice of how he wants to use the water to symbolize the cleansing he has just experienced. In our group, some chose sprinkling by the facilitator while the facilitator prayed over him; some chose to put their head in the water; some chose to have the water splashed in their face during or after Step One. It's up to the man.

**Step 3:** Accountability: The man is asked to stand before the group and ask one or more men to hold him accountable for some action step during the upcoming week. If a call, text or face-to-face meeting is required or requested, we asked the man doing the work to initiate it—not to depend on the one willing to hold him accountable.

COMMENTARY: Our experience; The men in our Soul Group really seemed to like the work. One did not participate due to time. One chose talking instead of the exercise. When we checked out, men expressed the feeling of being cleaner, stronger, now able to move forward.

Leader: Close with a prayer and a blessing the men for the work you/we/I do.



MARKED MEN FOR CHRIST