

SOUL GROUP Phase 3 protocol for doing soul work: “5-rounds of Healing”

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The purpose of the 5-rounds of healing work, is to reflect deeply into your heart during 5-consecutive work rounds. Each man will have 5-opportunities to speak aloud. Nobody has to speak, they can pass. As each man speaks aloud his own personal reflection, it is an opportunity for other men (who are listening) to potentially go deeper on their own inner reflection. **The KEY is to bring CHRIST into each work round.** HOW? By beginning each round by reading 1, 2, or 3 of the **scripture passages** below. **Pray** in-between each round. By doing this, each man has the opportunity to draw nearer to JESUS (More of HIM and less of you).

- Group exercise – everyone can participate
- Plan for 60-75 minutes (based on # of men)
- This integrates; the Bible reflection round, Work round and Check-out into one (cool)!
- Suggest emailing the scripture passages below to the p3 bros prior to the p3 session. Have them print a copy and bring it with them to p3.
- Bring reflective music to be played in the background throughout the 60-75 minutes.
- ALWAYS start with PRAYER before any work round (reminder)! And, PRAY in-between each of the 5-work rounds.
- SYMBOLS or Objects to encourage reflection are used to focus the men on a certain element of their life. See the photo of 5-symbols. This includes; Jesus (on the cross), old man and woman (parents or marriage or prayer life), Father & son (past & present), Husband & Wife (marriage) and Cross without Jesus (resurrection and new life)! Of course, you could substitute other images, symbols, photos, etc..
- 5-work rounds...*this is the flow*:
 1. The leader starts each round by asking a man to read scripture (below), and then selects 1-object.
 2. Leader models with a personal reflection while holding the object. When done speaking state “I’m in.” He’s blessed by his brothers.
 3. Then, pass the object to the brother to his left. This continues until the round is completed.
 4. Then ask a man to PRAY.
 5. Start the next round (repeat the process for 4-rounds).
 6. 5th round (change music to uplifting) and this is the CHECK-OUT round. While holding the empty cross – have each man state aloud your LIFE MISSION and say “I’m Out”



Focus Bible verse for the devotional: Read 1 or MORE passages prior to each round.

Scripture (God's Word) that addresses healing

Isaiah 53 1-6

¹ Who has believed our message
and to whom has the arm of the LORD been revealed?
² He grew up before him like a tender shoot,
and like a root out of dry ground.
He had no beauty or majesty to attract us to him,
nothing in his appearance that we should desire him.
³ He was despised and rejected by mankind,
a man of suffering, and familiar with pain.
Like one from whom people hide their faces
he was despised, and we held him in low esteem.

⁴ Surely he took up our pain
and bore our suffering,
yet we considered him punished by God,
stricken by him, and afflicted.
⁵ But he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.
⁶ We all, like sheep, have gone astray,
each of us has turned to our own way;
and the LORD has laid on him
the iniquity of us all.

Matthew 8:16-17

¹⁶ When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a **word** and healed all the sick. ¹⁷ This was to fulfill what was spoken through the prophet Isaiah:

“He took up our infirmities and bore our diseases.”

Matthew 9:35

³⁵ Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and **healing every disease and sickness.**

Matthew 10:7-8

⁷ As you go, proclaim this message: 'The kingdom of heaven has come near.'⁸ **Heal the sick, raise the dead, cleanse those who have leprosy,^[a] drive out demons. Freely you have received; freely give.**

Luke 9:1-2, 6

¹ When Jesus had called the Twelve together, **he gave them power and authority to drive out all demons and to cure diseases,** ² and he sent them out to proclaim the kingdom of God and to heal the sick. ⁶ So they set out and went from village to village, proclaiming the good news and healing people everywhere.

Luke 10:9, 17-21

⁹ **Heal the sick who are there and tell them, 'The kingdom of God has come near to you.'** ¹⁷ The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."

¹⁸ He replied, "I saw Satan fall like lightning from heaven. ¹⁹ I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. ²⁰ However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

²¹ At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

Mark 16:15-20

¹⁵ *He said to them, "Go into all the world and preach the gospel to all creation. ¹⁶ Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. ¹⁷ And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; ¹⁸ they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; **they will place their hands on sick people, and they will get well."***

¹⁹ *After the Lord Jesus had spoken to them, he was taken up into heaven and he sat at the right hand of God. ²⁰ Then the disciples went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.*

John 20:21

²¹ Again Jesus said, "Peace be with you! As the Father has sent me, **I am sending you."**

John 14:12

¹² Very truly I tell you, whoever believes in me will do the works I have been doing, and **they will do even greater things than these**, because I am going to the Father.

Acts 5:12-16

¹² The apostles performed many signs and wonders among the people. And all the believers used to meet together in Solomon's Colonnade. ¹³ No one else dared join them, even though they were highly regarded by the people. ¹⁴ Nevertheless, more and more men and women believed in the Lord and were added to their number. ¹⁵ As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter's shadow might fall on some of them as he passed by. ¹⁶ Crowds gathered also from the towns around Jerusalem, **bringing their sick and those tormented by impure spirits, and all of them were healed.**

Acts 9:33-42

³³ There he found a man named Aeneas, who was paralyzed and had been bedridden for eight years. ³⁴ "Aeneas," Peter said to him, "**Jesus Christ heals you. Get up and roll up your mat.**" Immediately Aeneas got up. ³⁵ All those who lived in Lydda and Sharon saw him and turned to the Lord.

³⁶ In Joppa there was a disciple named Tabitha (in Greek her name is Dorcas); she was always doing good and helping the poor. ³⁷ About that time she became sick and died, and her body was washed and placed in an upstairs room. ³⁸ Lydda was near Joppa; so when the disciples heard that Peter was in Lydda, they sent two men to him and urged him, "Please come at once!"

³⁹ Peter went with them, and when he arrived he was taken upstairs to the room. All the widows stood around him, crying and showing him the robes and other clothing that Dorcas had made while she was still with them.

⁴⁰ Peter sent them all out of the room; then he got down on his knees and prayed. Turning toward the dead woman, he said, "Tabitha, get up." She opened her eyes, and seeing Peter she sat up. ⁴¹ He took her by the hand and helped her to her feet. Then he called for the believers, especially the widows, and presented her to them alive. ⁴² This became known all over Joppa, and many people believed in the Lord.