SAFE & SOUND

FULLY HUMAN · THE JOURNEY

Fully Human

Eight gatherings to stop bringing pieces — and bring your whole self.

SESSION GUIDE · EIGHT SESSIONS

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A room where no one has to perform

This is not a study to get through. It is a journey to become whole — and the form has to match that.

Each gathering runs about ninety minutes and follows the same gentle shape. The rhythm never changes, so no one has to brace for what's coming. A trustworthy container is what makes honest sharing possible.

ARRIVE	A few minutes of stillness. People come in from the week before anything is asked of them.
NOTICE	A short reading from *Fully Human* and one honest question — less to debate, more to sit with.
SAY THE TRUE THING	Sharing by invitation, never obligation. The leader goes first. Silence is welcome; fixing is not.
PRACTICE	A simple, embodied practice. Formation happens in the body, not only the head.
CARRY HOME	One thing to notice or hold through the week — where the becoming actually happens.

Two rules hold it all: the leader goes first in honesty, and safety always outranks content. You are not covering material. You are keeping a room. The eight sessions move through five movements and end by pointing to The Experience — the gathering the whole journey has been leading toward.

What's Wrong With Me?

The nagging sense that something is off is not a character flaw to fix. It is an invitation to look at the part you have spent years making sure no one sees.

ARRIVE
come in from the week

Two minutes of quiet. No agenda, no worship set to get through. You do not have to be okay to be here.

NOTICE
a word to sit with

Read the opening of *Fully Human* — the story of the ring, and the thing beneath it. One question to sit with: *what have I made sure no one sees?*

SAY THE TRUE THING
by invitation

The leader goes first. Name one place where "try harder" simply hasn't worked. No fixing, no advice from the room — only witness.

PRACTICE
in the body

A hand on your chest. Breathe slowly. Say quietly: "This part of me is welcome here too."

CARRY HOME
one thing

Just notice, this week, the moment the performing self switches on. Don't judge it. Notice it.

LEADER NOTE

This first night sets the ceiling. However honest you are willing to be is however honest the room will be. Go first, and go real.

You Are a Soul

You do not have a soul. You are one. The soul is not the spiritual part of you floating above your body — that is Plato, not the Bible. You are a whole, embodied person, made on purpose.

ARRIVE
come in from the week

Settle your body. Feel your feet on the floor. You are not a spirit trapped in a body. You are a soul.

NOTICE
a word to sit with

Read chapter three — *you are a soul* (the Hebrew *nephesh*, the whole person). Question: *where have I been taught to treat my body, my emotions, or my needs as the enemy?*

SAY THE TRUE THING
by invitation

Where do you feel most divided — as though your outside and your inside don't match?

PRACTICE
in the body

A slow body scan. Bless each part instead of judging it: "This too is me. This too is God's."

CARRY HOME
one thing

When you're tempted to override your body this week — sleep, hunger, tears — pause and ask what it is telling you.

LEADER NOTE

Some in the room have spent years at war with themselves. Tonight is for declaring a ceasefire.

I’ve Got Needs

Your needs are not a flaw to overcome. Even Jesus, in the wilderness, was genuinely hungry. Need is human by design — and the enemy always shows up at the point of unmet need with a counterfeit.

ARRIVE
come in from the week

Name one thing your body needs right now — rest, water, a full breath. Give it to yourself before you begin.

NOTICE
a word to sit with

Read chapter four — Jesus in the wilderness, truly hungry, the enemy arriving at the moment of maximum need. Question: *what legitimate need have I been calling weakness?*

SAY THE TRUE THING
by invitation

Where have you reached for a counterfeit comfort because a real need went unmet?

PRACTICE
in the body

Write down one true need. Then one honest way to meet it well this week.

CARRY HOME
one thing

Stop apologizing for needing. Practice asking, out loud, for one thing.

LEADER NOTE

For people trained to be self-sufficient, admitting need feels like failure. Normalize it — by naming your own first.

Disintegration

To integrate is to be whole and undivided — public life and private life in agreement. Adam and Eve were naked and unashamed: complete. The fall did not only bring guilt. It fractured the self. We have been hiding ever since.

ARRIVE
come in from the week

Notice the gap between the you that walked through the door and the you underneath it. No judgment. Just notice the distance.

NOTICE
a word to sit with

Read chapter six — integration (*integer*, whole), naked and unashamed, and then the hiding of Genesis 3. Question: *what part of me first learned to hide, and when?*

SAY THE TRUE THING
by invitation

When did you learn that the real you wasn't safe?

PRACTICE
in the body

One minute of silence with the part you usually hide. Don't fix it. Let it be seen by God.

CARRY HOME
one thing

Notice one moment this week when you perform instead of show up.

LEADER NOTE

This can surface real grief. Slow down. Let the silences stand. Do not rush the room toward resolution.

Concealed Wounds

The wounds we bury do not disappear. They go underground and run the show from there. The body remembers what the mind would rather forget.

ARRIVE
come in from the week

A slower arrival tonight. Breathe. Whatever is tender in you is allowed to be here.

NOTICE
a word to sit with

Read chapter eight — the concealed wound, and the day a long pattern ended. Question: *what wound have I carried so long that I stopped calling it a wound?*

SAY THE TRUE THING
by invitation

Name something you survived that you have never really grieved. By invitation only — silence is a full and honest answer.

PRACTICE
in the body

Light a candle. In the quiet, offer one buried thing to God, aloud or in your heart.

CARRY HOME
one thing

Be gentle with yourself this week. Surfacing a wound is tiring, holy work.

LEADER NOTE

The highest-care night of the journey. Know your referral path before you begin. If someone discloses trauma or harm, stay present, don't fix, and connect them to real help — see the Care Leader Guide.

Clothed and In Your Right Mind

The man among the tombs was broken into pieces that no longer added up — uncontainable, self-destructive, beyond every human intervention. Jesus did not fix his behavior. He restored his personhood. He left clothed, and in his right mind.

ARRIVE
come in from the week

You have done the hard work of surfacing. Tonight the tone turns. Breathe in hope.

NOTICE
a word to sit with

Read chapter nine — the man in Mark 5, restored and in his right mind. Question: *what would 'in my right mind' — whole, seated, at peace — actually look like for me?*

SAY THE TRUE THING
by invitation

Where have you already seen even a little restoration — a place you are more whole than you were?

PRACTICE
in the body

Speak one true thing over yourself that the enemy has lied about: "I am not too much. I am not beyond reach."

CARRY HOME
one thing

Catch the lie this week, and answer it out loud with the truth of the gospel.

LEADER NOTE

This is the pivot from disruption to restoration. Let hope into the room. It is earned now.

The Shepherd and the Whole Person

Psalm 23 is not a poem about dying. It is about living — how God cares for the whole person: body and soul, emotion and spirit. You are not shepherded in pieces. You are shepherded whole.

ARRIVE
come in from the week

Rest for a moment. You do not have to strive tonight. The Shepherd leads; you only follow.

NOTICE
a word to sit with

Read chapter twelve — Psalm 23 as whole-person care: green pastures, still waters, the valley, the table. Question: *which line of Psalm 23 does my soul most need to be true right now?*

SAY THE TRUE THING
by invitation

Where do you most need to be led — to rest, to still water, or through a valley?

PRACTICE
in the body

Pray Psalm 23 slowly together, in the first person, out loud.

CARRY HOME
one thing

Let the Shepherd lead one area you usually try to manage yourself.

LEADER NOTE

Rest is the point tonight. Resist the urge to make it productive. Presence is the practice.

Stop Bringing Pieces

There is a difference between bringing God your problems and bringing God yourself. We have grown good at the first and poor at the second — a whole liturgy of presenting our needs. The invitation is to stop bringing pieces, and bring your whole self.

ARRIVE
come in from the week

Look around the room. These are the people who have seen the real you. That is rare. That is the point.

NOTICE
a word to sit with

Read chapters thirteen and fourteen — stop bringing pieces; the whole soul life. Question: *what would it mean to bring my whole self — not my polished pieces — to God?*

SAY THE TRUE THING
by invitation

What has shifted in you over these weeks? Name one thing you are no longer hiding.

PRACTICE
in the body

Bless one another. Around the circle, by invitation, name what you have seen God do in the person beside you.

CARRY HOME
one thing

The journey does not end here — it culminates. Come to The Experience ready to bring your whole self.

LEADER NOTE

This session hands off to The Experience. Cast the vision: worship, the lies named and confronted, confession, peace received. Confirm everyone is registered — and that you will be standing with them.

THE JOURNEY BECOMES THE EXPERIENCE

The weeks prepare the soil. The Experience is the harvest.

Eight gatherings have surfaced what was concealed and named what was true. Now the group carries all of it into a gathering set apart — uninterrupted worship, the lies of the enemy confronted and exposed, confession and release, prayer circles, and the peace God offers through the gospel.

The people who journeyed together stand together. No one receives freedom alone.

Stop bringing pieces. Bring your whole self — and help others do the same.