Soul to Soul

Soul to Soul helps to create an environment of safety and confidentiality as quickly and naturally as possible. For you, the group leader, it will hopefully accelerate your relationship and discipleship with the students by helping you to be aware of individual needs, accountability, and emotional and spiritual growth areas.

## Basic Flow of a “Soul to Soul”

The individual whose turn it is begins with 20-40 minute life story/testimony that incorporates their family background (brothers, sister, parents – the relationships they had, good or bad and why etc.) spiritual background and basically anything they feel in important to letting you (the group) get to know them better.

The rest of the hour is then spent with the group asking the individual questions about them. They might be related to what they had just shared in their life story, or something that you might be interested in about their spiritual life, or a question that stems from something previously spoken of. Anything!!

“You said your folks divorced when your were 14. What was that like for you? What is your relationship like with your dad now? Does that affect your view of God being your dad? Have you struggles with bitterness or anger towards him?”

“What’s the hardest part about walking with the Lord in college for you?”

“Is there one area in your life that you seem to continually struggle with sin?”

“What is your boyfriend like? Is the ‘physical’ a tough area for you?”

“What are gifts and strengths that you feel the Lord has given you?”

“What are areas of weakness that you want to strengthen?”

All questions are free game – as personal and private as you want to go as long as you understand that the same question can be asked of you and the person has the right not to answer if they don’t want to. Questions should not be trivialized like, “What is your favorite color?” or “What actor do you like the most?” Questions should focus upon the person themselves and their life.

The time is wrapped up by asking the person for prayer requests and having the group members pray for them. This should be a time when prayers of affirmation for the individual are also given.

The next person will be picked by the person who did the last cradle.

## GROUND RULES

1. Total group confidentiality. What is shared in the group must be all means be kept in the group. If we want people to feel free to share their hearts, this an absolute must.

2. Everyone participates. Try to encourage everyone to ask questions so that the person feels cared for by all.

3. Don’t be overly concerned with the length, esp. if an emotional or serious issue is being shared. It is much more important that the person feel cared for than you finish in an hour. However, if the time becomes quite lengthy, the group leader should draw the time to a close by establishing a time limit for the cradle to be finished (5-10 minutes more).

4. Set the tone by explaining that this is a time to care for this individual not to put them on the hot seat for their lifestyle, theology or struggles.

5. A group member can ask any question they want but the individual has the option to not answer it – and the same question can be asked of that person later.

6. Full attention should be given to the person who is sharing the entire time. Questions should not be asked until the person is finished.

7. Try to make sure you are in a place with as few distractions as possible and where everyone is eye level with the person being cradled.

## MOST IMPORTANTLY:

The key element to the successfulness of a “Soul to Soul” is vulnerability. Whoever goes first needs to be as absolutely open as possible. Their ability to share openly, from their heart, will set the tone for the rest of the group. It may be helpful to ask a student to go first that you know will set the stage well for the rest of the evening.