



Sacred Conversations Facilitator's Guide

Coaching Model for the Soul

Guidance for Helpers and Spiritual Companions

This guide equips facilitators, coaches, and ministry leaders to companion others through the Sacred Conversations Model. Each stage—Invitation, Intention, Inquiry, Illumination, and Integration—offers a sacred rhythm of listening, questioning, and discerning. Use these prompts and reflections to create a safe, prayerful space where grace leads the conversation.



1. Invitation — Opening the Door to Grace

Help the person recognize where God may already be stirring.

- “Where do you sense God inviting you to pause, pay attention, or go deeper right now?”
 - “What conversation or situation keeps returning to your heart or mind?”
 - “If Christ were gently knocking, what door in your life might He be asking to open?”
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2. Intention — Setting the Heart's Direction

Clarify purpose and align desire with God's will.

- “What do you most hope will come from this process or conversation?”
 - “What is your deepest desire for healing, change, or understanding in this area?”
 - “How might you hold this conversation with a spirit of surrender rather than control?”
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3. Inquiry — Listening Beneath the Surface

Explore what's really happening — emotionally, spiritually, and practically. Listen for what's not being said.

- “What truth might God be inviting you to face or name?”
 - “What questions do you need to ask yourself or God that you've been avoiding?”
 - “How can curiosity, rather than certainty, open the way to grace here?”
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4. Illumination — Recognizing God's Presence and Truth

Notice where light or movement of the Spirit is emerging.

- “What insight, emotion, or moment feels most alive or revealing right now?”
 - “Where do you sense God's comfort, challenge, or confirmation in what you've shared?”
 - “How does this awareness shift your understanding of what's really happening?”
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5. Integration — Living What Has Been Revealed

Support the person in translating spiritual insight into embodied action.

- “What new way of being or responding might God be inviting you into?”
- “What small, faithful step could you take this week to live what you've discovered?”
- “How can you stay open to grace as you practice this change?”