

THE LOYAL SOLDIER - A REFLECTION GUIDE

HONORING, RELEASING, AND BEGINNING AGAIN



This Reflection Guide is offered as a free resource from Winston Faircloth and My Reunion Tour. Use this guide to begin your own process of honoring, releasing, and stepping into freedom.

Introduction

There comes a time when the protector within us has done its work. Perhaps we faced an early childhood trauma. Or the loss of a relationship or the dream we once held onto. We may have worked our whole lives towards building financial security.

We may be finally approaching a new season of life when we are questioning who we are, figuring out our greater purpose, or finally facing past regrets.

My own story is marked by being so focused on work and my career that I skipped my father's retirement party. Only years later when I left that career did I come to understand how tied my identity had been to my work – with precious little of my life tied to being a son, a father, or grandfather. I began to wonder why work was more important than relationships, especially as retirement drew ever closer.

The Loyal Soldier has carried us through seasons of striving, achievement, and pressure. It kept us safe when we felt uncertain.

It gave us drive when we were weary, ambition when we doubted, and toughness when we feared being seen as weak. It has served us well.

You know change is needed.

Retiring the Loyal Soldier signals that the season of battle is over. The very strategies that once helped us survive may now keep us from stepping into the freedom God offers. This is not about erasing the past — it is about honoring what has been and then releasing it.

In my own journey, I eventually spoke words of discharge and of retirement over my Loyal Soldier. "Behold, I am making all things new" ([Revelation 21:5](#)).

I named the Loyal Soldier's gifts — courage, resilience, and determination. I also named the costs — the weariness, the pressure to perform, the distance from God's rest.

With gratitude, I said goodbye. This guide is an invitation for you to do the same: honor, release, and to begin again.

Reflection Prompts

1. Naming the Soldier

What has your Loyal Soldier looked like in your life? What story have you held onto that is blocking the new life that is ahead? How has it shown up in your leadership, your work, or your family life?

2. Honoring the Soldier

What gifts has your Loyal Soldier given you? Where has it carried you when you felt weak or unsure?

3. Acknowledging the Cost

What has it cost you to keep the Soldier in control? How has striving, self-protection, or performance created distance between you and God's rest?

4. Releasing the Soldier

What would it mean for you to thank your Loyal Soldier and let it rest? How might God be inviting you into new freedom today?

Closing Prayer

Lord, I thank You for the Loyal Soldier within me — for the courage, resilience, and strength that carried me through difficult seasons.

I honor its service, but today I release it into Your care.

I choose to lay down the armor of striving and receive instead Your love, Your grace, and Your rest.

Help me to walk in the freedom of being Your beloved child.

Amen.

Next Step

This reflection is just the beginning.

If this guide resonated with you, consider joining the Loyal Soldier Workshop — a 7-week guided journey where we expand on these themes through teaching, storytelling, One Life Maps, journaling, and a sacred Release Ceremony.

👉 Join the Waitlist today to be notified when we next offer the Loyal Soldier Workshop.

[The Loyal Soldier Workshop \(Waitlist\)](#)