



# The 3 Colors of Your Spirituality

## Your group pilgrimage

*The bell of the Spirit of God is ringing out across the hilltops and valleys of your world. It is calling those who want to go deeper and higher on their spiritual pilgrimage to come, taste and know that the Lord is good, true, and beautiful. Some that hear it are looking for the light, and others just want to feel more alive. You have the opportunity to invite people like these, fellow pilgrims in your world, to join you on an adventure, a Christ-centered journey of spiritual enlightenment and transformation. So who will you walk beside?*

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## Who will join you on your group pilgrimage?

Walking the road to spiritual maturity with others brings both encouragement and challenge. Fellow pilgrims have done so for centuries in faith communities of all shapes and sizes. *The 3 Colors of Your Spirituality*, along with this leader's guide, provide you with the opportunity to spend a few weeks with others discovering what it could mean to embrace more fully the spiritual potential that exists in your relationship with God.

Over time, as you grow in the fullness of your own spirituality, you will hopefully continue to invite new and different people to travel with you as you experience the joy of seeing each other grow and flourish in unique and refreshing ways. But you must start somewhere. Below are examples of pilgrimage partnerships you could bring together. Read through each one and see who first comes to your mind when considering the next steps of your spiritual journey.

### Small group or leadership team members

*"Do we want more of God's truth, goodness, and beauty?"*

You may be the leader of a small group or leadership team that meets together on a regular basis. Imagine if you could create a clearer picture of the way each person in the group best connects with God, so you can validate and encourage them more fully. Furthermore, imagine if week by week you could watch as they embraced aspects of God that they've never seen before, or have even fought against.

### Couples

*"Could our marriage be an even deeper spiritual experience?"*

Joining with another person for better or for worse is a significant spiritual experience. Sadly, many couples only reach a certain depth and then simply learn to be satisfied, paddling in puddles from God's ocean of love. Do you dare to ask the question above of yourself and your dearly beloved? Is it possible that both of you more deeply experiencing God's love would mean your affection for each other could become more powerful?

## The 3 Colors of Your Spirituality

### Best friends

*"How could our friendship become even deeper and richer?"*

You may have one or more great friends with whom you share your life journey. What if the bond you already have could become even richer as, together, you discover more of God's truth, goodness, and beauty?

### Your children

*"How do I help my children connect with God?"*

If you have children, at some point they will begin to wonder about the world of spirituality around them. Perhaps God already speaks to them in ways that you are not familiar with. Whether you face parenting alongside a loving spouse or alone, exploring the way in which your child may best connect with God will prove to be a learning experience for them and yourself. Their joy and struggles will begin making more sense and your ability to guide them on life's journey will move to a new level. Why not ask your spouse or, if you are parenting alone, another parent, to join you on this spiritual quest for the sake of your family.

### Leaders and apprentices

*"So, you'd like to be a leader?"*

Do you know someone who would like to be, or could become, a great leader? The ability to understand other people's spiritual language is a vital part of leadership in any field. You can't lead well without a growing mutual understanding of what matters most to the other person. If you have the opportunity to walk alongside emerging leaders, then using the teaching of *The 3 Colors of Your Spirituality* as a guide in their development will allow you to make a profound difference to the fruit of their influence. Why not work through this process with those you are mentoring or encourage the next level of leaders under your care to take their own apprentices through it.

### Non-Christians and Christians

*"I wonder what we both know, and don't know, about God?"*

If you have a friend who would not call themselves a Christian but has clear spiritual awareness, understanding each other's spiritual starting points could really enhance your friendship. If you yourself believe that there is only one God, perhaps you and your friend are both responding to that same God, but at this stage through different experiences and with a different language. Imagine what could come from finding out that you might be closer to God and to each other than you both realized.

### Mission or church planting team

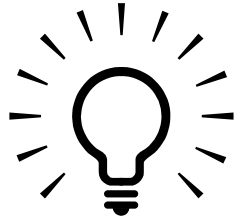
*"Do we believe God started working here before we arrived?"*

There is much excitement and energy associated with starting a new mission initiative or church. Often this is poured into plans and official statements about "how we will see this community transformed." But what if God is already working in the lives of those people (and maybe even making great progress with them)? Will you be open to the ways in which God speaks to them? Will you be able to incorporate *their* experiences of God into your idea of church? Do you even know how your teammates encounter God? It may be worth starting to learn how to "speak" some different "spiritual languages" as you begin working with, and for the sake of, God's other children.

### A whole church

*"What if our whole church were to grow nearer to God?"*

Having organised and experienced a small group pilgrimage with any of the above people, maybe you're motivated to see your whole church go on such an adventure. If so, you'll find practical and creative ideas of how to make that happen on the web site below. Why not share your experiences with the leadership of your church and offer to help a Church-wide Spiritual Style Pilgrimage take place.



*Think carefully about when to conduct your small group pilgrimage, trying where possible to avoid holidays or other events interrupting it part way through.*

## Daily and weekly spiritual disciplines

Your group pilgrimage will commence with a Dedication Gathering to introduce your members to the book and process. Following that, you will all move through five weeks of daily readings with a gathering between each week at which the members will share and discuss their discoveries and questions. The reading guide provides options to accommodate people with different reading levels.

### Weekly meeting components

Each gathering has a plan for you to follow or adapt. Some of the weekly plans contain special activities relating to that week of the process, but all contain the following components...

- *The vow*—a commitment to spiritual growth that the members can choose to renew each week throughout the process.
- *Life experience*—a time for sharing about when each member felt most alive during the past week.
- *Reading guide discussion questions*—a revisiting of the daily reflection questions for group discussion.
- *Prayer*—prayer ideas relating to the topics of that week.

The duration of your weekly gatherings will vary significantly depending on the size of your group. Half an hour could be ideal for two people whereas up to two hours may be needed for a large group. Of course, you are free (and encouraged!) to customize your gathering to best suit your group and the time available.

### What your members will require

Each weekly plan includes a checklist indicating what you need for that gathering. In your initial dedication gathering (see page 7) you will equip your group for the readings.

Each person will require their own copy of *The 3 Colors of Your Spirituality*. You will also need to supply them with a copy of the free downloadable Reading Guide. You might choose to email or message that to them in electronic format or print it off for them depending on your, or their, preference.

You can find out about quantity discounts on the book and download the free Reading Guide from the web site.



Visit the web site for

- details of where to order copies of *The 3 Colors of Your Spirituality* and information about quantity discounts
- the free downloadable Reading Guide.

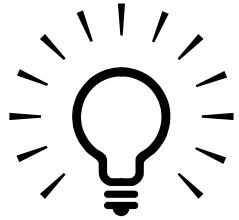
## Sending out the call

In inviting others to take time out and commit to joining you on a group pilgrimage, you are asking them to make a priority decision—to say yes to something, and necessarily, no to something else. So whether you are inviting your spouse, small group, or even a whole church to join you, it is important you acknowledge their need to prioritize.

Below are some questions (addressed within *The 3 Colors of Your Spirituality*) that might help your friends make a more informed decision. Think about which questions might be relevant to ask those you would like to meet with for this pilgrimage.

### Spiritual life questions

- Are you happy with your spiritual life and the depth of your relationship with God? Would you like it to grow?
- Do you ever feel like others seem to be able to connect with God more easily than yourself? Would you like to know why?
- Have you ever felt that your spirituality has not been understood by others? Would you like to understand why?
- Have you ever wished for more truth, goodness, or beauty in your world? Do you know how or where to find it?
- Have you ever wanted a spiritual mentor or wanted to mentor another person but haven't really known how to go about it?
- Are there Christians you feel you need to embrace but simply find it too difficult to connect on their wavelength? Would you like to know why it is difficult and how it could be made easier?
- Do you know what it would look like for you to reach spiritual maturity? Do you know in what ways you've already grown and what might still be missing?
- Would you like to understand the spiritual style of someone who doesn't know the love of God so that you might be able to encourage them on their journey?



Do what is possible to hold your group gatherings in a place free from distractions. Also, see what you can do to empower your group members to freely participate (e.g. find baby-sitters, provide a meal for those coming from work, etc.)

# Week 0

## Dedication Gathering

### Pre-gathering checklist

I have...

- a copy of *The 3 Colors of Your Spirituality* for each group member (see the web site for where to get it and information on quantity discounts).
- downloaded and made copies of the Reading Guide for each group member (or sent them the PDF file).
- read through the Dedication Gathering outline and made adjustments to suit my group and the time available.
- familiarized myself with the page 5-10 introduction to *The 3 Colors of Your Spirituality* book.
- spent time praying for my group and its members that God would do a fresh work in each person's life, draw them closer to him, and grow their passion over the coming season of time.

### Optional ideas for setting the scene

- downloaded from the web site and printed some of *The 3 Colors of Your Spirituality* artwork with which to decorate our meeting space (and thought about other ideas for creating atmosphere).

## Dedication Gathering plan

### I'm looking forward to this because... ( \_\_\_\_ minutes)

Right up front it is important to harness one of the most valuable resources in the room: you! If your friends have agreed to meet with you and take the journey, it shows that you have influence in their lives. So, it's important for you to present to them—in your own way—why you believe the coming weeks will be a valuable time for each person and as a group. Let them know what you hope will happen in your own life, and theirs, as a result of taking this pilgrimage together.



Visit the web site for

- details of where to order copies of *The 3 Colors of Your Spirituality* and information about quantity discounts

- the free downloadable Reading Guide.

- many of the graphics used through *The 3 Colors of Your Spirituality* book to help you decorate your meeting space.

### Introducing *The 3 Colors of Your Spirituality* ( \_\_\_\_ minutes)

Distribute copies of *The 3 Colors of Your Spirituality* to your group. Invite different people to read the following sections while you ask the questions and encourage discussion after each. Make it fun by asking them to read in their most dramatic, expressive voice.

#### First two paragraphs & If you are satisfied... (page 5)

*Have you experienced a moment or period in your life that you would describe as a spiritual peak? What was it like?*

#### Passion, balance, and maturity (page 6)

*Which of the three words—passion, balance, or maturity—best describes the church with which you have most recently had an association. Why?*

#### The dogma of the constant “more” (page 7)

*How do you respond to the idea that spiritual growth is the only limitless growth we can experience? Should it therefore be a higher priority in your life?*

#### Focus on transformation (page 10)

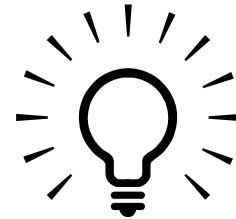
*What questions about spirituality and connecting with God do you personally wish to explore in the next chapter of your life?*

### The weeks ahead ( \_\_\_\_ minutes)

Read the following outline of the weeks ahead to your group.

*To help us embrace *The 3 Colors of Your Spirituality* we have five weeks of readings, the Reading Guide for which I'll hand out in a moment. We will meet up once a week to share our discoveries.*

*Along the way, we will also do a Spiritual Style Test, share about our personal results if you are willing, and discuss our results as a group. At the end of the five weeks, we will have a celebration and share about what each of our individual next steps might be in the pursuit of an ever-deepening relationship with God.*



*Keep these introductory discussions relatively brief as many more ideas on these topics will progressively emerge over the coming weeks.*

## The 3 Colors of Your Spirituality

### The Reading Guide ( \_\_\_\_ minutes)

Distribute copies of the Reading Guide, then provide the following explanation to the group.

*Each week's reading guide is in the same format, with each day involving a reading and a reflection question. However, because every person in the world is at a different point on their spiritual journey, different topics will be far more relevant at different times within your life. To accommodate this, and to make sure you have plenty of time to focus on the subjects that are most relevant for you right now, on most days the guides provide three depths of reading for each topic.*

*Turn to page 12 in the book and by way of example, take note of the Day 2 instructions in the reading guide.*

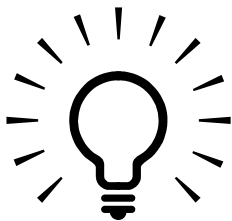
**Introduction:** *On Day 2 as with all days, the introduction consists of the text up to the first sub-heading, in this case up to "Why so many people leave their churches." Always read the introduction to determine the relevancy for your life right now. Also, always try to answer the reflection question on the guide in readiness for discussion at the next gathering.*

**Explanation:** *If the introduction grabbed your attention, continue reading on, according to the instructions next to "Explanation".*

**One more thing:** *Having read through the explanation, you may want to go even deeper. If so, read the topic in the fire box.*

*Day 1 of this week's readings starts tomorrow so that we have finished the first week of readings in time for our Week 1 Gathering.*

Now, invite one of the group members to read out loud the introductory paragraph on the reading guide.



*Since many people are not used to the discipline of reading and reflecting so consistently each day, it would be helpful to send some kind of friendly reminder part way through each week indicating where they are meant to be up to in the readings.*

### The vow ( \_\_\_\_ minutes)

Read the following to your group if you are personally prepared to declare the small group pilgrimage vow.

*The readings and discussions over the following weeks are all intended to lead us to discover more fully the goodness, truth, and beauty of God at a deep personal level. As God will not force himself upon us, an act of our will is required to bring that relationship to fullness. As with all relationships, our personal, spoken declarations are an important part of vowing our intent and making us accountable.*

*We have the opportunity within our group pilgrimage to make such a commitment. The vow contained in the reading guide is not aimed at a moral level so to speak, but at dedicating ourselves to the pursuit of a deeper connection with God. In this way it is about growth over this period of time, regardless of our starting point or the level of maturity we have attained by the end. It is a test of our openness and teachability before God. Take a moment to consider the vow, then if you are willing, declare it out loud with me.*

### Prayer ideas ( \_\_\_\_ minutes)

- Pray for your group members, thanking God for bringing you together and asking him to unify you as a group committed to helping each other know him more deeply.
- Ask God to do a new thing amongst you so that by the end of this group pilgrimage you can see a difference in one another.
- Pray that each member of the group will truly experience the love of God in practical ways during this time together.

**Bring the gathering to a close.**



### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

# Week 1: Pursuing the true, the good, and the beautiful

In Week 1, you will begin exploring what it means to know God's truth, goodness, and beauty. You will also be challenged to consider what your picture is of a "spiritual person." Further on in the week, you will begin to look at the very different and yet equally valid ways people connect with God. Each day, read at least the introduction and consider the reflection question.

## Day 1

**God's truth, goodness, and beauty:  
The heart of spiritual passion** (page 11)

Introduction: page 11

*Over recent times, has your expectation of deep spiritual experiences been growing or diminishing? Why?*

## Day 2

**Do you express your faith according to your God-given style?** (pages 12-15)

Introduction: first two paragraphs

Explanation: all except the page 14 firebox

One more thing... A book for God or for human beings? (page 14)

*When you think of your image of a "spiritual" person, what traits first come to mind?*

## Day 3

**What is radical balance?** (pages 16-19)

Introduction: first two paragraphs

Explanation: all except the page 18 firebox

One more thing... The peril of nominalism (page 18)

*Are you drawn more toward radical Christians or balanced Christians?  
Do you know any Christians you would describe as radically balanced?*



*If you are having difficulty fitting in the daily readings around the rest of your activities, think seriously about when the best time would be for you and what you might be able to remove from your daily routine to give you the necessary time. Try different options until you find something that works.*

## Day 4

**Spiritual passion and the Trinitarian Compass** (pages 20-25)

Introduction: first four paragraphs

Explanation: all except the page 24 firebox

One more thing... Male, female, and neutral images of God (page 24)

*What are the first few words or phrases you would use to describe your personal picture of God?*

## Day 5

**Nine ways to encounter God** (pages 26-32)

Introduction: first paragraph

Explanation: all except the page 32 firebox

One more thing... Can we change our style? (page 32)

*What is the activity, place, or environment in which you most consistently encounter God?*

## Day 6

**What is your spiritual language?** (pages 33-35)

Introduction: first paragraph

Explanation: all except the page 34 firebox

One more thing... Spiritual styles and language learning (page 34)

*Are there types of "spiritual" people whom you generally have difficulty understanding or connecting with? With what part of their spoken or body language do you most struggle?*

## Day 7

**Preparing for your Week 1 Gathering**

*Revisit the reflection questions from this week to remind yourself of your answers and to see if any other thoughts have come to mind.*

*You may wish to write a few notes to prepare yourself to share with your group.*



### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

# Week 1 Gathering: Pursuing the true, the good, and the beautiful

## Pre-gathering checklist

I have...

completed this week's readings and reflections.

read through this week's gathering outline and made adjustments to suit the group and the time available.

## Gathering plan

**The vow** ( \_\_\_\_ minutes)

Invite those who would like to renew the vow, to recite it together now, from memory if possible. (You may invite them to kneel or stand.)

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

**Life experience** ( \_\_\_\_ minutes)

Ask your members to share about when they felt most alive during the past week. It may have been while at work, at home, during recreation, anywhere at all. Even if they had a difficult week, there will be a point at which they felt more alive than at other times, so encourage them to share about it. While some may want a little time to think about it, encourage them to give their most spontaneous responses.

(In weeks 4 and 5, you will expand upon this segment.)

**Reading guide discussion questions** ( \_\_\_\_ minutes)

Select about three of the questions below from this week's readings to ask the members. Take note of the suggestion in the margin for helping to involve everyone in discussion. Always be prepared to share your own responses after the members have shared their thoughts and questions, or if it helps to get discussion going.

## 1. God's truth, goodness, and beauty: The heart of spiritual passion

*Over recent times, has your expectation of deep spiritual experiences been growing or diminishing? Why?*

## 2. Do you express your faith according to your God-given style?

*When you think of your image of a "spiritual" person, what traits first come to mind?*

## 3. What is radical balance?

*Are you drawn more toward radical Christians or balanced Christians? Do you know any Christians you would describe as radically balanced?*

## 4. Spiritual passion and the Trinitarian Compass

*What are the first few words or phrases you would use to describe your personal picture of God?*

## 5. Nine ways to encounter God

*What is the activity, place, or environment in which you most consistently encounter God?*

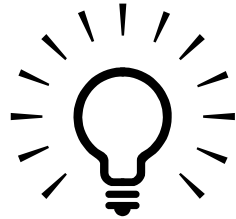
## 6. What is your spiritual language?

*Are there types of "spiritual" people whom you generally have difficulty understanding or connecting with? With what part of their spoken or body language do you most struggle?*

Any of the questions can be followed up by asking...

*What new insights did the readings give you on that question?*

*Are there any questions you would like to ask others in the group?*



*(If you are meeting in a group of more than 3 people)*

*To encourage open discussion each week, first ask questions of those who usually only share if asked, followed by those who rarely speak at all, and finish with those who are always willing to say something.*

**Continue on the next page**



The 3 Colors of Your Spirituality

**Further discussion** ( \_\_\_\_ minutes)

If time permits, consider some of these additional discussion questions...

- Which other topics or ideas within this week’s readings did you find particularly helpful or interesting? Why?
- What do you think about seeing a relationship with God, or even the meaning of life, as a discovery of the true, the good, and the beautiful?
- What new or old questions have been raised in your mind from this week’s readings or our discussions just now?

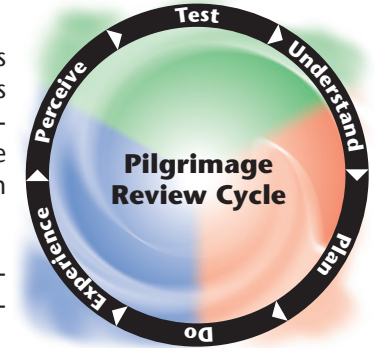
**Prayer ideas** ( \_\_\_\_ minutes)

- Thank God for the people and the places that have helped you draw near to him through your life so far.
- Sit in silence for a short period of time, enjoying the peace and quiet and listening to see if God brings anything to mind.
- Ask God to challenge and stretch your current mindsets about what you believe is true, good, and beautiful.
- Thank God that Jesus is both radical and balanced and ask him to stretch you to be more radical, more balanced, or both.
- Pray a blessing on those Christians you find it difficult to connect with and ask God to grow you in their language, that you might be better equipped to relate to them.

**Bring the gathering to a close.**

**Pilgrimage Review Cycle**

Shortly after this week’s gathering, take a few moments to review your group pilgrimage so far. Ideally, do this with one of the other members in order to get an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that each lead on from the one before...



- *Experience:* What was the most enjoyable experience to come from this week’s readings or gathering? What was the most unpleasant experience?
- *Perceive:* What do you see happening within your group that may be a sign of something fresh emerging? How could you creatively and delicately nurture that even more?
- *Test:* Have you discussed what you see happening within the group with someone else to test your perceptions?
- *Understand:* In what ways has your understanding about the small group members, and what is necessary to have a fruitful gathering, been refined this week?
- *Plan:* What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
- *Do:* Should you invite God and another member to work with you even more in the preparation for, or during, next week’s gathering?

**My thoughts and questions**

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## Week 2: Discovering where darkness has no power

Week 2 will look at what may have shaped your spirituality so far and what the pursuit of spiritual maturity looks like in practical terms. The topic of spiritual motivation will also feature this week, as you consider what brings meaning to your life and how it relates to your personal spiritual style. This then leads to an introduction of the topic of spiritual mentors and how they can guide you toward a fuller experience of God.

All of this begins on Day 1 with familiar words from Jesus that summarize and underpin the rest of this week's readings.

### Day 1

**The Jesus rule** (pages 36-39)

Introduction: first two paragraphs

Explanation: all except the page 38 firebox

One more thing... What's our part, what's God's? (page 38)

*Would others say that you love God more with your mind, will, or heart? Why?*

### Day 2

**Spiritual styles and spiritual traditions** (pages 40-43)

Introduction: first two paragraphs

Explanation: all except the page 42 firebox

One more thing... How are the styles distributed? (page 42)

*Who or what has most shaped your spirituality?*

### Day 3

**Level A and Level B growth** (pages 44-48)

Introduction: first paragraph

Explanation: all except the page 48 firebox

One more thing... Three possibilities for approaching the opposite pole (page 48)

*What might spiritual maturity look like in your own life?*

### Day 4

**The perils of each spiritual style** (pages 49-54)

Introduction: first paragraph including dot points

Explanation: all except the page 54 firebox

One more thing... The power of purple alligators (page 54)

*How would you define sin?*

### Day 5

**Three spiritual value systems** (pages 55-59)

Introduction: first two paragraphs

Explanation: all except the page 58 firebox

One more thing... The three value systems in NCD (page 58)

*What are the main things that bring meaning to your life?  
Do they tend to more represent the good, the true,  
or the beautiful?*

### Day 6

**My nine spiritual mentors** (pages 60-63)

Introduction: first two paragraphs

Explanation (all except page 62)

One more thing... My own style and the message of this book (page 62)

*Who have been your formal, or informal, spiritual mentors?  
Are they similar to each other, or quite different?*

### Day 7

**Preparing for the Spiritual Style Test**

In preparation for the Spiritual Style Test you will complete together as part of your Week 2 Gathering, read through the survey instructions on page 64 of the book. Then, take a look at the diagram on page 73 and note which styles you guess will be your highest and lowest.



#### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

## Week 2 Gathering: Discovering where darkness has no power

### Pre-gathering checklist

I have...

- worked through the Pilgrimage Review Cycle (page 16).
- completed this week's readings and reflections.
- read through this week's gathering outline and made adjustments to suit the group and the time available.
- completed *The Spiritual Style Test* myself so that I understand the process (pages 64-73 of the book).
- pencils for everyone to do their *Spiritual Style Test*.
- familiarized myself with how to produce the Group Spiritual Profile for the Week 3 Gathering according to the instructions on page 29 (if they are completing the Spiritual Style Test in their book). Alternatively, if our group has taken the Spiritual Style Test online, visited the web site for instructions on how to produce our Group Profile online.

### Gathering plan

**The vow** ( \_\_\_\_ minutes)

Invite those who would like to renew the vow, to recite it together now, from memory if possible. (You may invite them to kneel or stand.)

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

**Life experience** ( \_\_\_\_ minutes)

Ask your members to share about when they felt most alive during the past week. Even if they had a difficult week, there will be a point at which they felt more alive than at other times, so encourage them to share about it.

**Reading guide discussion questions** ( \_\_\_\_ minutes)

Select about three of the questions below from this week's readings to ask the members. Always be prepared to share your own responses after the members have shared their thoughts and questions or if it helps to get discussion going.

- 1. The Jesus rule**  
*Would others say that you love God more with your mind, will, or heart? Why?*
- 2. Spiritual styles and spiritual traditions**  
*Who or what has most shaped your spirituality?*
- 3. Level A and Level B growth**  
*What might spiritual maturity look like in your own life?*
- 4. The perils of each spiritual style**  
*How would you define sin?*
- 5. Three spiritual value systems**  
*What are the main things that bring meaning to your life? Do they tend to more represent the good, the true, or the beautiful?*
- 6. My nine spiritual mentors**  
*Who have been your formal, or informal, spiritual mentors? Are they similar to each other, or quite different?*

Any of the questions can be followed up by asking...

*What new insights did the readings give you on that question?*

*Are there any questions you would like to ask others in the group?*



*Make sure the quieter members of your group are being encouraged to share and are having a chance to speak before the extroverts.*

**Continue on the next page**

The 3 Colors of Your Spirituality

**The Spiritual Style Test** ( \_\_\_\_ minutes)

1. Ask the members to turn to page 64 in *The 3 Colors of Your Spirituality* and read through the instructions together.
2. Making sure each person has a pencil, ask each person to complete the test in their book.
3. Make sure each person also completes all of the steps presented on pages 69-73.
4. Ask each person if they are happy to provide you with their page 70 values so that you can copy those values into your table on page 29 of this leaders' guide ready for you to calculate the Group Profile during the next week ready for your Week 3 Gathering.

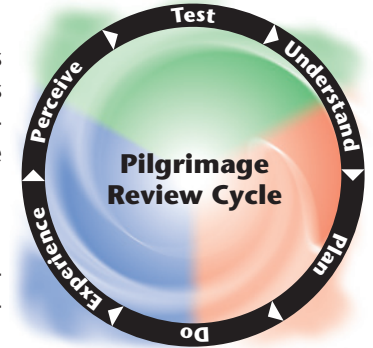
**Prayer ideas** ( \_\_\_\_ minutes)

- Thank God for what brings greatest meaning to your life and invite him to enrich your life even more through his many forms of grace.
- Sit in silence for a short period of time reflecting on what might represent spiritual immaturity and sin in your life and ask God to help you illuminate that darkness.
- Ask God to help you begin engaging with hurts caused by bad spiritual experiences or harmful spiritual mentors through your life.

**Bring the gathering to a close.**

**Pilgrimage Review Cycle**

Shortly after this week's gathering, take a few moments to review your group pilgrimage so far. Ideally, do this with one of the other members in order to get an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that each lead on from the one before...



- *Experience:* What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
- *Perceive:* What do you see happening within your group that may be a sign of something fresh emerging? How could you creatively and delicately nurture that even more?
- *Test:* Have you discussed what you see happening within the group with someone else to test your perceptions?
- *Understand:* In what ways has your understanding about the small group members, and what is necessary to have a fruitful gathering, been refined this week?
- *Plan:* What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
- *Do:* Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

**My thoughts and questions**

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## Week 3: Your divine connection

During Week 3, the main focus will be learning more about your native spiritual style and the need to continue growing in it. On Day 5, the focus will shift to your lowest styles and their place in your expanding spiritual experience.

### Day 1

**The essence of Level A growth** (pages 75-78)

Introduction: page 75 and first two paragraphs of page 76

Explanation: all except the page 78 firebox

One more thing... Misusing the style typology (page 78)

*Do you feel confident and secure in your native spiritual style?  
If not, how will you seek out and spend time with others who  
share your style?*

### Day 2

**What all styles have in common** (pages 79-83)

Introduction: first two paragraphs

Explanation: all except the page 82 firebox

One more thing... The "Become like us!" approach (page 82)

*Think of some Christians or Christian groups you have difficulty relating to. What would it take for you to actively engage with them?*

### Day 3

**Your native style**

Read the introduction, explanation and firebox for your native style over days 3 and 4 of this week and answer these questions.

*On what specific points can you relate most to the explanation about your native style? Which points do you not fully relate to?*

*In what ways can you relate to the stated perils of your native style?  
Can you share any examples of those perils from your own life?*

*What do you believe those approaching your native style from the opposite side do not understand about God or your spirituality?*

### Day 4

**Your native style - continued**

If not finished, continue with your Day 3 reading.

### Day 5

**Your lowest styles**

With the help of the Contents page (pages 3-4), turn to the chapter of *The 3 Colors of Your Spirituality* that relates to one of your lowest spiritual styles that you would like to better understand. Read all of the introduction, explanation and firebox for that style over days 5 and 6 of this week. Be sure to answer the questions.

*Have you ever had a bad experience with a representative of this style? What happened? How do you feel about it now?*

*Which aspects of this style are foreign to your spiritual experience or even disturbing? How so?*

*What aspects of this style are appealing to you and why?*

*In what ways do the comments on the page, "To those approaching the ... style from the opposite side" affirm or challenge you?*

### Day 6

**Your lowest styles - continued**

If not finished, continue with your Day 5 reading.

### Day 7

**Who is right, who is wrong?** (pages 147-152)

Introduction: first two paragraphs

Explanation: all except the page 152 firebox

One more thing... Is the Pope your spokesman? (page 152)

*In practical terms, what do you admire about or believe you could learn from representatives of your lowest styles?*



#### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

## Week 3 Gathering: Your divine connection

### Pre-gathering checklist

I have...

- worked through the Pilgrimage Review Cycle (page 22).
- completed this week's readings and reflections.
- read through this week's gathering outline and made adjustments to suit the group and the time available.
- produced our Small Group Spiritual Profile according to the instructions on page 29 of this guide and made a copy for each member.

### Optional ideas for setting the scene

- downloaded the spiritual style signs from the web site, printed them and have placed them around the room in the same order as the Trinitarian compass. I will get my group members to sit in those positions according to their native spiritual style as a visual reminder of our group's strengths and imbalances.

## Gathering plan

### The vow ( \_\_\_\_ minutes)

Invite those who would like to renew the vow, to recite it together now, from memory if possible. (You may invite them to kneel or stand.)

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

### Life experience ( \_\_\_\_ minutes)

Ask your members to share about when they felt most alive during the past week.



Visit the web site for

- details about producing your Group Profile online if your group members completed the Spiritual Style Test online.
- copies of the spiritual style signs to put up around your meeting place.

### Your Group Profile ( \_\_\_\_ minutes)

Distribute copies or display your Spiritual Style Group Profile and ask some of the following questions.

*What are your initial reactions to our group result?*

*How have you seen our group spiritual profile results play out in the activities, approach, tendencies or dynamics of our group?*

*Whose personal spiritual style results are very similar to or very different from our group profile? What are your thoughts about that?*

*If a person whose native spiritual style was the same as our group's lowest style joined this group, what effect would that have (1) on our connection with God and (2) on their connection with God?*

### Reading guide discussion questions ( \_\_\_\_ minutes)

Select about three of the questions below and on the next page from this week's readings to ask the group.

#### 1. The essence of Level A growth

*Do you feel confident and secure in your native spiritual style?*

#### 2. What all styles have in common

*Think of some Christians or Christian groups you have difficulty relating to. What would it take for you to actively engage with them?*

#### 3. Your native style

*On what specific points can you relate most to the explanation about your native style? Which points do you not fully relate to?*

*In what ways can you relate to the stated perils of your native style? Can you share any examples of those perils from your own life?*

*What do you believe those approaching your native style from the opposite side do not understand about God or your spirituality?*



*Be conscious that there are many potential discussion topics this week and you may need to push discussions along if your group tends to get easily sidetracked.*

The 3 Colors of Your Spirituality

**4. Your lowest styles**

*Have you ever had a bad experience with a representative of this style? What happened? How do you feel about it now?*

*Which aspects of this style are foreign to your spiritual experience or even disturbing? How so?*

*What aspects of this style are appealing to you and why?*

*In what ways do the comments on the page, "To those approaching the ... style from the opposite side" affirm or challenge you?*

**5. Who is right, who is wrong?**

*In practical terms, what do you admire about or believe you could learn from representatives of your lowest styles?*

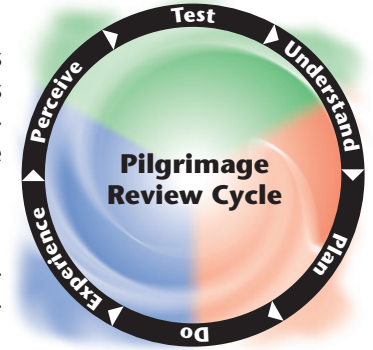
**Prayer ideas** ( \_\_\_\_ minutes)

- Thank God for making it possible to relate to him through your native style even though your picture of him is incomplete.
- Sit in silence for a short period of time picturing the pleasure that God has in communing with you through your native style.
- (Following on from the previous prayer idea) Spend time in silence picturing the pleasure God has in communing with people strong in one of your lower styles.
- Ask God to help you discover how to express your native style in a way that attracts your friends and family to him by avoiding the perils of that style.
- Ask God to reveal to you practical ways in which embracing your lowest styles would enhance your relationship with him and others.

**Bring the gathering to a close.**

**Pilgrimage Review Cycle**

Shortly after this week’s gathering, take a few moments to review your group pilgrimage so far. Ideally, do this with one of the other members in order to get an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that each lead on from the one before...



- *Experience:* What was the most enjoyable experience to come from this week’s readings or gathering? What was the most unpleasant experience?
- *Perceive:* What do you see happening within your group that may be a sign of something fresh emerging? How could you creatively and delicately nurture that even more?
- *Test:* Have you discussed what you see happening within the group with someone else to test your perceptions?
- *Understand:* In what ways has your understanding about the small group members, and what is necessary to have a fruitful gathering, been refined this week?
- *Plan:* What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
- *Do:* Should you invite God and another member to work with you even more in the preparation for, or during, next week’s gathering?

**My thoughts and questions**

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# Calculating your Group Spiritual profile

- Enter your group member's names below.
- Enter the page 70 book values for each person in the respective rows.
- Add up the values along each row and divide the total for each row by the number of people in the sample then write the result in the Average box.
- Repeat step 3 for each row.
- In the Rank column, place a 1 next to the highest scoring style and a 9 next to the lowest style and then also fill in rankings 2-8.
- On the Small Group Spiritual Profile template to the right, write down the rank number next to each style.
- Then, in the same way as you applied them for your Personal Spiritual Profile results, use the evaluation questions on pages 71-72 of *The 3 Colors of Your Spirituality* to help you complete the boxes below the group profile diagram.

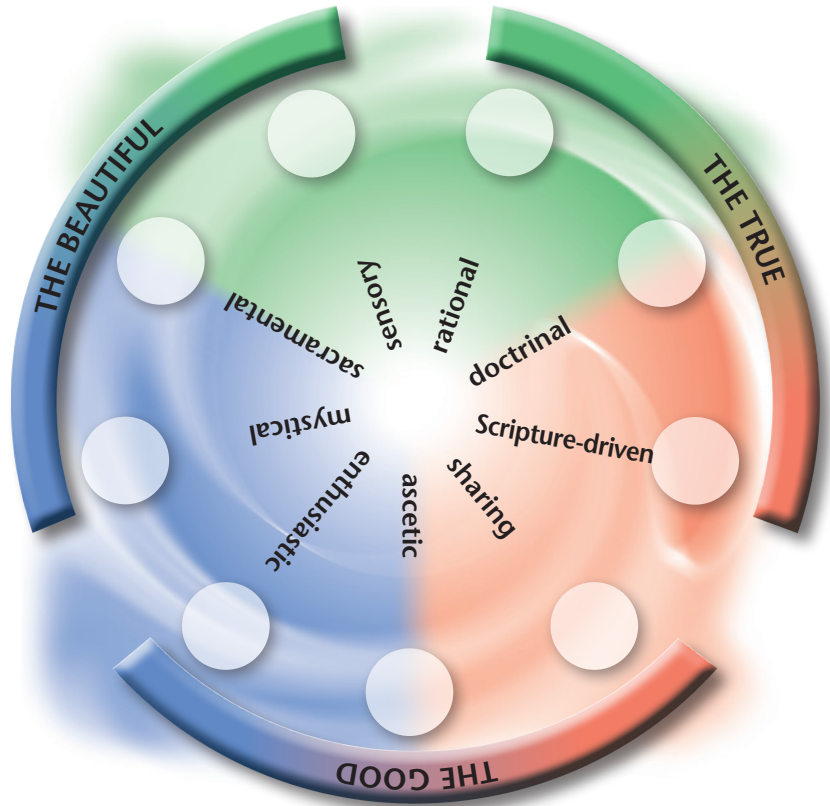
Small group members							

*If your group completed the Spiritual Style Test online, visit the web site for details about producing your Group Profile online.*

Average	Rank	Name of style
		Sensory
		Rational
		Doctrinal
		Scripture-driven
		Sharing
		Ascetic
		Enthusiastic
		Mystical
		Sacramental

# Group Spiritual Profile

Group name: \_\_\_\_\_ Date: \_\_\_\_\_



- Our native style:**
- Our style family:**
- Our lowest style:**



## Week 4: Attaining to the fullness of Christ

Spiritual training is the center point of Week 4. If in any way you see the disciplined life of Jesus as one to be imitated, then training will at some stage need to be on your agenda.

### Day 1

**The essence of Level B growth** (pages 153-157)

Introduction: page 153 and first paragraph of page 154

Explanation: all except the page 156 firebox

One more thing... Learning from individuals or churches? (page 156)

*What barriers (intellectual, practical, emotional) do you currently have when it comes to actively exploring your lowest styles? Is it the right time to face them, or is it better at the moment for you to spend time in renewal with the help of your native style?*

### Day 2

**Don't worship your style** (pages 158-160)

Introduction: first paragraph

Explanation: all except the page 160 firebox

One more thing... Theoretical versus practical polytheism (page 160)

*Can you see any ways in which you might be in danger of worshipping your spiritual style instead of seeking to worship God more fully?*

### Day 3

**Your own style and your opposite style** (pages 161-163)

Introduction: first two paragraphs

Explanation: all except the page 162 firebox

One more thing... Leaving your comfort zone (page 162)

*If you have any uneasiness at all regarding your opposite or lowest styles, what might God be wanting to teach you about himself or yourself through those negative feelings?*

### Day 4

**Level B and the "dark night of the soul"** (pages 164-166)

Introduction: first two paragraphs

Explanation: all except the page 166 firebox

One more thing... My own "dark night" experiences (page 166)

*Have you ever had a "dark night of the soul" experience? If so, what came of it? Did it lead you to ultimately experience the light of God more fully?*

### Day 5

**How training works** (pages 167-170)

Introduction: first two paragraphs

Explanation: all except the page 170 firebox

One more thing... Physical, intellectual, and spiritual training (page 170)

*How long since you personally participated in an intensive training process targeted at growing a specific aspect of your spiritual life? Should you do so now? Why or why not?*

### Day 6

**28 days of discipline** (pages 171-172)

Introduction: first two paragraphs

Explanation: all except the page 172 firebox

One more thing... Feeling spiritual versus being spiritual (page 172)

*Why not look into the 28 days of discipline training process on the [www.3colorsofyourspirituality.org](http://www.3colorsofyourspirituality.org) web site?*

### Day 7

**Pausing to pray**

Today, allocate for prayer the full amount of time that you've been using to read and reflect on previous days. Listen and speak to God about all that you have learnt over the past 4 weeks.



#### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

## Week 4 Gathering: Attaining to the fullness of Christ

### Pre-gathering checklist

I have...

- worked through the Pilgrimage Review Cycle (page 28).
- completed this week's readings and reflections.
- read through this week's gathering outline and made adjustments to suit the group and the time available.
- looked into the *28 days of discipline* process on the web site.

### Optional ideas for setting the scene

- thought about the kind of Week 5 celebration I would like to propose to my group and have thought about what I will suggest for them to bring or do for it.

## Gathering plan

**The vow** ( \_\_\_\_ minutes)

Invite those who would like to renew the vow, to recite it together now, from memory if possible. (You may invite them to kneel or stand.)

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

**Life experience** ( \_\_\_\_ minutes)

Ask your members to share about when they felt most alive during the past week. This week, follow their response with these questions.

*What spiritual style do you believe that experience best reflects?*

*Is it natural for you to be mindful of God at such a time?*

*What did you or could you say to God in that situation?*



Visit the web site for

- the free 28 days of discipline process.

### Reading guide discussion questions ( \_\_\_\_ minutes)

Select about three of the questions below from this week's readings to ask the members.

#### 1. The essence of Level B growth

*What barriers (intellectual, practical, emotional) do you currently have when it comes to actively exploring your lowest styles? Is it the right time to face them, or is it better at the moment for you to spend time in renewal with the help of your native style?*

#### 2. Don't worship your style

*Can you see any ways in which you might be in danger of worshipping your spiritual style instead of seeking to worship God more fully?*

#### 3. Your own style and your opposite style

*If you have any uneasiness at all regarding your opposite or lowest styles, what might God be wanting to teach you about himself or yourself through those negative feelings?*

#### 4. Level B and the "dark night of the soul"

*Have you ever had a "dark night of the soul" experience? If so, what came of it? Did it lead you to ultimately experience the light of God more fully?*

#### 5. How training works

*How long since you personally participated in an intensive training process targeted at growing a specific aspect of your spiritual life? Should you do so now? Why or why not?*

#### 6. 28 days of discipline

*Has anyone subscribed to the 28 days of discipline?*

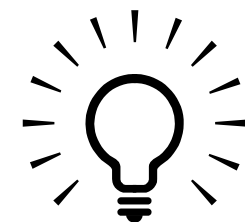
#### 7. Pausing to pray

*Does anyone have anything they would like to share from their Day 7 prayer time?*

Any of the questions can be followed up by asking...

*What new insights did the readings give you on that question?*

*Are there any questions you would like to ask others in the group?*



*If you can see that a particular group member has strongly engaged with The 3 Colors of Your Spirituality, you might like to encourage them to consider leading another group through the process.*

The 3 Colors of Your Spirituality

**Further discussion** ( \_\_\_\_ minutes)

If time permits, consider some of these additional discussion questions...

- Which other topics or ideas within this week’s readings did you find particularly helpful or interesting? Why?
- Think of a significant problem in your world or the world at large. If appropriate, share that problem and also suggest which spiritual style/s you believe would best equip those involved to deal with that issue in partnership with God?

**Spiritual style celebration** ( \_\_\_\_ minutes)

Present the idea to your group of having a special celebration next week as part of your final formal meeting. You could theme your party...

- with contributions from each person according to their native style.
- with 3 color food, clothes and decor.
- according to anything else you can dream up!

**Prayer ideas** ( \_\_\_\_ minutes)

- Ask God for emotional strength, for answers to your deeper questions, or for practical opportunities to fully embrace your lowest styles.
- Thank God that your relationship with him is about more than your native style and ask him to show you each time you are placing that style in the center of your life instead of him.
- Pray spontaneously for each other based on what each person has shared over recent weeks.

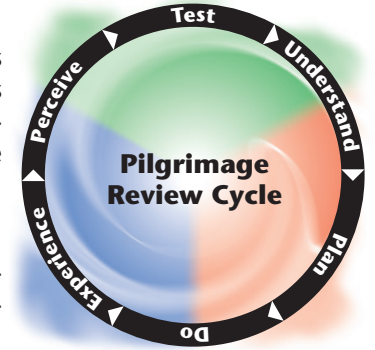
**Bring the gathering to a close.**



*If your weekly meetings have tight time constraints on them, you might decide it better to push your celebration back to the week after your Week 5 meeting to make it a more relaxed occasion. If so, make sure that everyone is clear about the date.*

**Pilgrimage Review Cycle**

Shortly after this week’s gathering, take a few moments to review your group pilgrimage so far. Ideally, do this with one of the other members in order to get an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that each lead on from the one before...



- *Experience:* What was the most enjoyable experience to come from this week’s readings or gathering? What was the most unpleasant experience?
- *Perceive:* What do you see happening within your group that may be a sign of something fresh emerging? How could you creatively and delicately nurture that even more?
- *Test:* Have you discussed what you see happening within the group with someone else to test your perceptions?
- *Understand:* In what ways has your understanding about the small group members, and what is necessary to have a fruitful gathering, been refined this week?
- *Plan:* What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
- *Do:* Should you invite God and another member to work with you even more in the preparation for, or during, next week’s gathering?

**My thoughts and questions**

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## Week 5: Transforming your world

Week 5 opens the door to how spiritual growth in your life can lead to transformation of the world around you. It is a call for the realistic renewal of radically balanced Christianity that will bring an entirely new level of hope and healing to the world.

### Day 1

**The essence of spiritual maturity** (pages 173-175)

Introduction: first two paragraphs

Explanation: all except the page 174 firebox

One more thing... Don't expect everything from your church (page 174)

*Which level on the maturity scale represents your attitude towards your opposite or lowest styles? For the sake of increased maturity, are you prepared to stretch yourself to the next level (e.g. through 28 days of discipline, Mutual Mentoring, etc.)?*

### Day 2

**Spiritual styles in a Three-Color Church** (pages 176-178)

Introduction: first paragraph

Explanation: all except the page 178 firebox

One more thing... The power of red shoes (page 178)

*Do you know your local church's predominant spiritual style? If not, who could you speak to in order to find out or to help your church to discover it?*

### Day 3

**How to explore your opposite style** (pages 179-181)

Introduction: first paragraph

Explanation: all except the page 180 firebox

One more thing... My own pilgrimage (page 180)

*Who in your world would best be able to walk with you as you explore one of your lowest styles? When will you approach them?*

### Day 4

**How spiritual mentors can help you grow** (pages 182-185)

Introduction: first paragraph

Explanation: all except the page 184 firebox

One more thing... Accept your responsibility! (page 184)

*Which of the rules of Mutual Mentoring are easy for you? Which ones are you most likely to struggle with or to break?*

### Day 5

**The fruit of Level B growth** (pages 186-188)

Introduction: first paragraph

Explanation: all except the page 188 firebox

One more thing... Process versus breakthrough (page 188)

*Which of the listed fruits of Level B growth appeal to you the most for the sake of people generally? Yourself personally? Why?*

### Day 6

**Change is possible** (pages 189-192)

Introduction: first two paragraphs

Explanation: all except the page 192 firebox

One more thing... Two hours to change your church (page 192)

*To what extent are you willing to adjust priorities in your life in order to experience a fuller relationship with God? With whom will you share about your spiritual style discovery experience?*

### Day 7

**Planning the next steps of your spiritual journey**

Today, visit the [www.3colorsofyourspirituality.org](http://www.3colorsofyourspirituality.org) web site to explore the options available to you for further deepening your spiritual growth and helping others to discover their native spiritual style and a fuller experience of God.



#### The vow

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

# Week 5 Gathering: Transforming your world

## Pre-gathering checklist

I have...

- worked through the Pilgrimage Review Cycle (page 41).
- completed this week's readings and reflections.
- read through this week's gathering outline and made adjustments to suit the members and the time available.
- considered my next steps as the leader of this group and at a personal spiritual growth level and am ready to share my intentions with the group.

## Optional ideas for setting the scene

- prepared my contributions to our group celebration and, if necessary, reminded my group members about it.

## Gathering plan

**The vow** ( \_\_\_\_ minutes)

Invite those who would like to renew the vow, to recite it together now, from memory if possible. (You may invite them to kneel or stand.)

*I commit myself to pursuing the true, the good, and the beautiful that is offered to me by God, the One who is love. To this end, I invite the light of Christ to flood whatever darkness is within me, until life is made complete—for the glory of God.*

**Life experience** ( \_\_\_\_ minutes)

Ask your members to share about when they felt most alive during the past week. This week, follow their response with these questions.

*What spiritual style do you believe that experience best reflects?*

*Is it natural for you to be mindful of God at such a time? What did you or could you say to God in that situation?*

## Reading guide discussion questions ( \_\_\_\_ minutes)

Select about three of the questions below from this week's readings to ask the members.

### 1. The essence of spiritual maturity

*Which level on the maturity scale represents your attitude towards your opposite or lowest styles? For the sake of increased maturity, are you prepared to stretch yourself to the next level (e.g. through 28 days of discipline, Mutual Mentoring, etc.)?*

### 2. Spiritual styles in a Three-Color Church

*Do you know your local church's predominant spiritual style? If not, who could you speak to in order to find out or to help your church to discover it?*

### 3. How to explore your opposite style

*Who in your world would best be able to walk with you as you explore one of your lowest styles? When will you approach them?*

### 4. How spiritual mentors can help you grow

*Which of the rules of Mutual Mentoring are easy for you? Which ones are you most likely to struggle with or to break?*

### 5. The fruit of Level B growth

*Which of the listed fruits of Level B growth appeal to you the most for the sake of people generally? Yourself personally? Why?*

### 6. Change is possible

*To what extent are you willing to adjust priorities in your life in order to experience a fuller relationship with God? With whom will you share about your spiritual style discovery experience?*

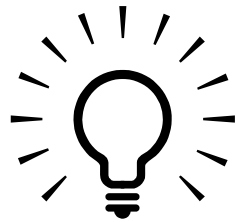
### 7. Planning the next steps of your spiritual journey

*What can you share with the group about your intentional next steps?*

Any of the questions can be followed up by asking...

*If any, what new insights did the readings give you on that question?*

*Are there any questions you would like to ask others in the group?*



*Feel free to interrupt the outline this week if it seems appropriate for the group to pray for a particular group member on the basis of their sharing or commitments.*

## The 3 Colors of Your Spirituality

### Further discussion ( \_\_\_\_ minutes)

If time permits, consider some of these additional discussion questions...

- Which other topics or ideas within this week's readings did you find particularly helpful or interesting? Why?
- What are one or two of the most significant discoveries you've made during our group pilgrimage of the last five weeks?
- If you are inclined to, with whom will you share *The 3 Colors of Your Spirituality* and how will you do so?

### Prayer ideas ( \_\_\_\_ minutes)

- Sit in silence for a short period of time contemplating your next step and committing it to God.
- Pray that God will bring people into your path who will both be able to encourage you in your native style and stretch you toward a more radically balanced relationship with him.
- Ask God to guide you in how best to share what you have learnt over these past weeks with the right people at the right time.
- Pray for the next steps for your small group that they will be clear and purposeful.
- Pray for the leadership of Natural Church Development internationally, that they will continue to pursue an increasing understanding of God, will continue to empower leaders and individuals around the world, and have opportunity to enjoy the fruit of their labors, all to the glory of God.
- Thank God for whatever it is that has most impacted your life from *The 3 Colors of Your Spirituality*.

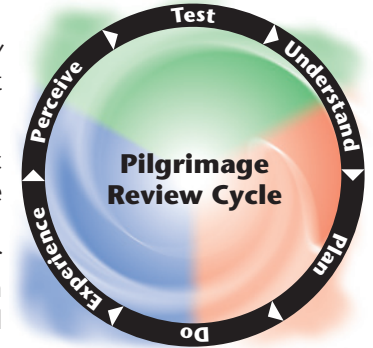
### Bring the gathering to a close and enjoy your celebration!

(and take a look at the modified small group review cycle on the next page straight after this week's gathering).

### Pilgrimage Review Cycle

Having completed *The 3 Colors of Your Spirituality* readings as a group, it would be valuable to conduct another review.

While you've been using the cycle alongside a specific topic in your group, please take note that the same questions can be used to review any small group you are leading in the future in order to increase your fruitfulness as a leader. As always, use the cycle with another person's input in order to get an additional perspective.



- *Experience*: What was the most enjoyable experience to come from this week's homework or small group gathering? What was the most unpleasant experience?
- *Perceive*: What do you see happening within your group that may be a sign of something fresh emerging? How could you creatively and delicately nurture that even more?
- *Test*: Have you discussed what you see happening within the small group with someone else to test your perceptions?
- *Understand*: In what ways has your understanding about the small group members, and what is necessary to have a fruitful gathering, been refined this week?
- *Plan*: What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
- *Do*: Should you invite God and another member to work with you even more in the preparation for, or during your next gathering?

### My thoughts and questions

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