



PASSION: FIVE WEEK DISCUSSION GUIDE



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?

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?

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 team-mates 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.

DAILY AND WEEKLY SPIRITUAL DISCIPLINES

Your group journey will begin with an introductory session to familiarise everyone with the book and process. Over the next five weeks, members will engage in daily readings and come together each week to share insights and questions

WEEKLY MEETING COMPONENTS

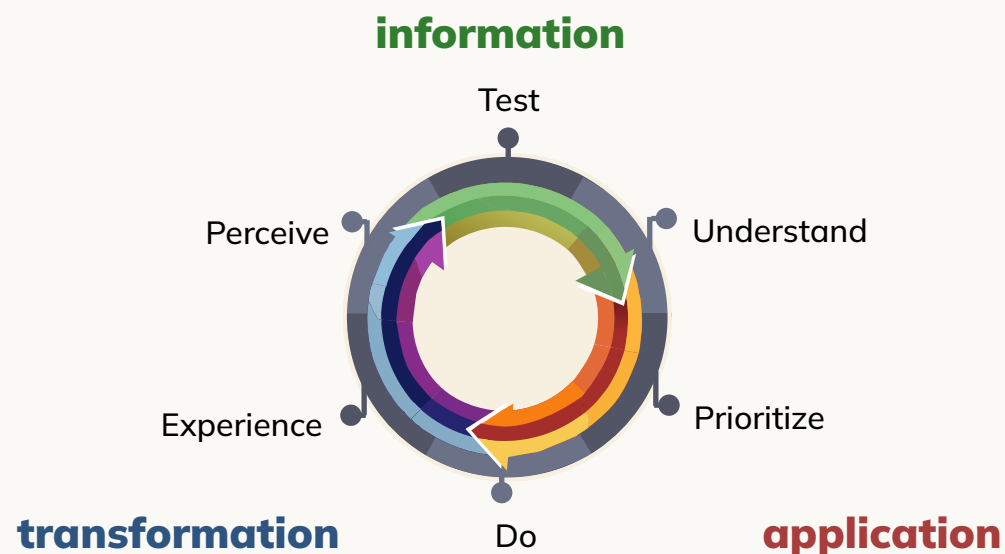
Each gathering has a plan for you to follow or adapt. Some of the weekly plans contain special activities relating to that week of the process, but all contain the following components...

- **Accountability/Vow** — a mutual dedication to each other’s spiritual growth and progress, with members holding one another accountable 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 YOU WILL REQUIRE

- Each weekly plan includes a checklist indicating what you need for that gathering.
- Each person will require their own copy of The 3 Colors of Your Spirituality and a copy of the free downloadable Reading Guide.
- The passion test can be found online
- At the end of each week's gathering, you are encouraged to step through the passion review cycle. Ideally, do this with one of the other members in order to gain an additional perspective.



SENDING OUT THE CALL

When inviting others to join you on this journey, you may find it helpful to ask them the following questions from The 3 Colors of Your Spirituality to guide their decision.

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?

WEEK 0 DEDICATION GATHERING

Pre-gathering checklist

I have...

- ☐ a copy of The 3 Colors of Your Spirituality for each group member
- ☐ downloaded and made copies of the Reading Guide for each group member (or sent them the PDF file).
- ☐ read through the Introductory Session Plan 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.

INTRODUCTORY SESSION 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.

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 out loud the following sections while you ask the questions and encourage discussion after each.

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 found in the Reading Guide. 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.

The Reading Guide (____ minutes)

Distribute copies of the Reading Guide or get participants to pull out their digital versions, 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.

Accountability (____ minutes)

Read the following to the group:

Keeping each other accountable and being invested in each other's spiritual growth creates a strong foundation for lasting transformation. When we walk alongside one another, offering encouragement, challenge, and support, we are less likely to become stagnant or discouraged in our journey.

As the leader, feel free to adapt this to suit your group.

There are two options you can consider: **Commitment to Accountability** or a **Small Group Pilgrimage Vow**.

Commitment to Accountability

Read the following to your group if you are personally prepared to declare a commitment of accountability.

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 showing our intent and making us accountable.

Let's take this opportunity to speak out our commitment, close your eyes and pray alongside me:

We commit to walking this journey of pursuing the true, the good, and the beautiful, alongside our group with honesty and openness. We ask the Holy Spirit to reveal areas needing attention and we choose to speak life into those situations. May our words and actions reflect truth in love, listening with humility, and creating a space where growth can flourish. With God's help, we will be intentional in our relationships and genuine in our pursuit of the true, the good, and the beautiful.

Amen

(Adapt as suits your group)

Small Group Pilgrimage Vow.

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 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.

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.

You can provide copies of this vow or email it to participants so they have it on hand if you choose to repeat it during your journey together.

Prayer ideas (_____ minutes)

Take time to pray for one another — being mindful of your participants either pray over the group or have the group partake.

- 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

Encourage people to engage with their Reading Guides as they go their separate ways.

PRACTICAL TIP

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 partway through each week, indicating where they are meant to be up to in the readings.

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

Accountability/The vow (____ minutes)

Accountability

Ask participants to take a moment to reflect on their commitment to pursuing the true, the good, and the beautiful and the impact on their own journey this week and the desire to see growth in both their own lives and the lives in this group.

The Vow

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.

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 practical tips throughout this guide 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?*

PRACTICAL TIP

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.

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 gain an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that lead on from the one before:

1. **Experience:** What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
2. **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?
3. **Test:** Have you discussed what you see happening within the group with someone else to test your perceptions?
4. **Understand:** In what ways has your understanding about the small group members, and what is necessary for a fruitful gathering, been refined this week?
5. **Prioritize:** What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
6. **Do:** Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

Reflect on your answers and jot down any thoughts, questions or actions steps that will help you guide your group.

WEEK 2 GATHERING: DISCOVERING WHERE DARKNESS HAS NO POWER

Pre-gathering checklist

I have...

- ☐ worked through the Pilgrimage Review Cycle.
- ☐ 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 or online).
- ☐ either pencils for everyone to do their Spiritual Style Test or familiarised myself with the process of engaging with the online system.
- ☐ 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 ncd.life/character/passion for instructions on how to produce our Group Profile online.

Accountability/The vow (____ minutes)

Accountability

Ask participants to take a moment to reflect on their commitment to pursuing the true, the good, and the beautiful and the impact on their own journey this week and the desire to see growth in both their own lives and the lives in this group.

The Vow

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?

PRACTICAL TIP

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

The Spiritual Style Test (____ minutes)

Two options for taking the Spiritual Style Task:

One: Online

1. Ask members to create an account and log into ncd.life and direct them to "Take the test" on the [Passion Character page](#). (Members should use the free token from each book to access the test)
2. Members then share their reports with your ncd.life account in order for you to create the Advanced Profile for the Week 3 Gathering.

Two: In their Book

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

Remind participants to keep up with their personal readings and reflection time as they go their separate ways, highlighting the value of staying consistent with the material.

PRACTICAL TIP

Be encouraged to keep a journal to track the group's progress, noting any insightful promptings that can help you shape your meetings to better suit the needs of your group.

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 gain an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that lead on from the one before:

1. **Experience:** What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
2. **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?
3. **Test:** Have you discussed what you see happening within the group with someone else to test your perceptions?
4. **Understand:** In what ways has your understanding about the small group members, and what is necessary for a fruitful gathering, been refined this week?
5. **Prioritize:** What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
6. **Do:** Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

Reflect on your answers and jot down any thoughts, questions or actions steps that will help you guide your group.

CALCULATING YOUR GROUP SPIRITUAL PROFILE

If your group completed the Spiritual Style Test online, visit ncd.life/passion for details about producing your Group Profile online. Otherwise, follow the instructions below and complete the next page:

1. Enter your group member's names in the table on the next page.
2. Enter the page 70 book values for each person in the respective rows.
3. 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.
4. Repeat step 3 for each row.
5. 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.
6. On the Small Group Spiritual Profile template to the right, on the following page, write down the rank number next to each style.
7. 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

1. Our Native Style
2. Our Style Family
3. Our lowest style

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 or completed this online and shared a copy with each member of the group.

Optional ideas for setting the scene

- download the [spiritual style signs](#), print and place them around the room in the same order as the Trinitarian compass. Ask group members to sit according to their native spiritual style, using this as a visual reminder of our group's strengths and imbalances.

Accountability/The vow (____ minutes)

Accountability

Ask participants to take a moment to reflect on their commitment to pursuing the true, the good, and the beautiful and the impact on their own journey this week and the desire to see growth in both their own lives and the lives in this group.

The Vow

Invite those who would like to renew the vow.

Life experience (____ minutes)

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

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 on **our** connection with God and on **their** connection with God?*

PRACTICAL TIP

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.

Reading guide discussion questions (_____ minutes)

Select about three of the questions below 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?*

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

Suggest that everyone take a few moments on their own to reflect on what God has been showing them and consider what steps they can take in response.

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 gain an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that lead on from the one before:

1. **Experience:** What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
2. **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?
3. **Test:** Have you discussed what you see happening within the group with someone else to test your perceptions?
4. **Understand:** In what ways has your understanding about the small group members, and what is necessary for a fruitful gathering, been refined this week?
5. **Prioritize:** What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
6. **Do:** Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

Reflect on your answers and jot down any thoughts, questions or actions steps that will help you guide your group.

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 ncd.life

Optional ideas for setting the scene

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

Accountability/The vow (____ minutes)

Accountability

Ask participants to take a moment to reflect on their commitment to pursuing the true, the good, and the beautiful and the impact on their own journey this week and the desire to see growth in both their own lives and the lives in this group.

The Vow

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.)

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 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...

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?*

PRACTICAL TIP

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

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 following the final formal meeting. If time constraints are an issue, consider postponing the celebration to the week after your Week 5 meeting for a more relaxed experience. Be sure everyone is aware of the date. 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 whenever you are placing that style at 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

Bring the gathering to a close

Let people know they'll have an opportunity to share how the readings and discussions are impacting them at the next gathering.

PRACTICAL TIP

Plan ahead for the celebration by assigning roles based on each person's strengths or native styles. Make sure that everyone has had a chance to be involved.

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 gain an additional perspective. The sooner after the gathering, the better. Here are some questions to consider that lead on from the one before:

1. **Experience:** What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
2. **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?
3. **Test:** Have you discussed what you see happening within the group with someone else to test your perceptions?
4. **Understand:** In what ways has your understanding about the small group members, and what is necessary for a fruitful gathering, been refined this week?
5. **Prioritize:** What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
6. **Do:** Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

Reflect on your answers and jot down any thoughts, questions or actions steps that will help you guide your group.

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 group 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.

Accountability/The vow (____ minutes)

Accountability

Ask participants to take a moment to reflect on their commitment to pursuing the true, the good, and the beautiful and the impact on their own journey this week and the desire to see growth in both their own lives and the lives in this group.

The Vow

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.)

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.

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 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...

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?*

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?*

PRACTICAL TIP

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

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 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 learned 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.

Bring the gathering to a close and enjoy your celebration

During the celebration, take the time to encourage each person to highlight their most meaningful experiences, whether it's a moment of personal growth, a breakthrough in their relationship with God, or a lesson learned. As you wrap up, remind everyone that this celebration isn't the end but a new beginning — encourage them to keep applying the lessons learned, stay connected, and continue their spiritual journey.

PRACTICAL TIP

While you've been using the Pilgrimage Review Cycle alongside a specific topic in your group, please take note that the same review cycle 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 another person's perspective.

PILGRIMAGE REVIEW CYCLE

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

Here are some questions to consider that lead on from the one before:

1. **Experience:** What was the most enjoyable experience to come from this week's readings or gathering? What was the most unpleasant experience?
2. **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?
3. **Test:** Have you discussed what you see happening within the group with someone else to test your perceptions?
4. **Understand:** In what ways has your understanding about the small group members, and what is necessary for a fruitful gathering, been refined this week?
5. **Prioritize:** What is the most important thing for you to do in the coming week for your group's pilgrimage to become more fruitful?
6. **Do:** Should you invite God and another member to work with you even more in the preparation for, or during, next week's gathering?

Reflect on your answers and jot down any thoughts, questions, or about your experiences.



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