



The 3 Colors of Your Spirituality

Your Mutual Mentoring pilgrimage

If you've made the decision to actively pursue spiritual growth in your life, Mutual Mentoring could become one of the most transformational aspects of that ongoing pilgrimage. Instead of being based on a hierarchical relationship of mentor to student as found in classical mentoring, a Mutual Mentoring relationship is based on the principle of mutuality: Each person strives to learn from the other.

Your Mutual Mentoring relationship

Embracing the 3 colors of your spirituality at a deep personal level is best done in the context of a Mutual Mentoring relationship. The Mutual Mentoring format outlined on the following pages consists of four weekly sessions of about one hour each, though you should feel free to adjust the outline to suit whatever time you have available. The sessions primarily consist of questions that you will ask your Mutual Mentoring partner/s and that they will ask of you, along with weekly homework. Before getting under way, here are some points to consider.

Choosing a Mutual Mentoring partner or partners

There are a number of different formats in which you can embark on your Mutual Mentoring pilgrimage. Here are the most common ones:

If you have had little opportunity to embrace your native spiritual style, it would be of great value for you to connect with someone who has the same native style as you.

If you would like to grow in some other styles but are hesitant about stepping out too far, you should join with someone whose native style is next to or close to yours on the spiritual style compass.

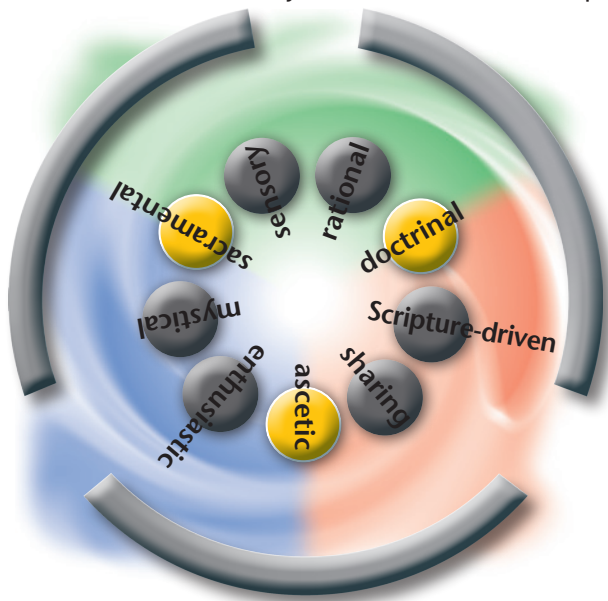
If you are willing to step further out of your comfort zone, find someone who is strong in one of your least developed styles. If you would really like a challenge, find two or more people with that style and invite them all to stretch you.

If you would like to connect with two different styles simultaneously, arrange to have a triologue. Starting from your own spiritual style on the Trinitarian Compass, you would look for a person three styles

away from your own in each direction (see example to the left). This kind of triologue can be useful for avoiding the danger of lumping together everything that is outside of your own style ("me-versus-you" mentality), by experiencing that the differences between the styles outside your comfort zone are as wide as the differences between your world and the world of the others.

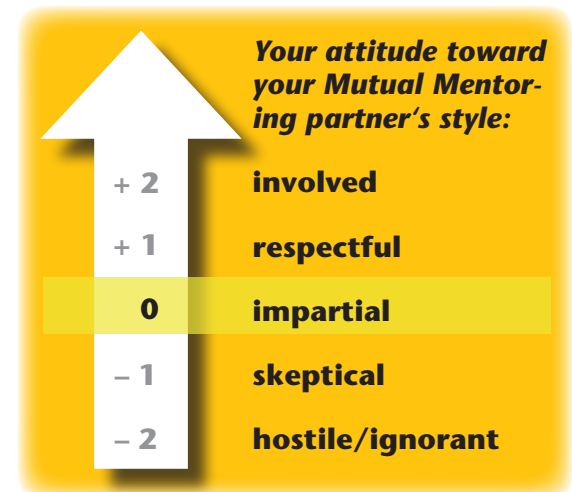
Your Mutual Mentoring partner/s might be someone you have known for a long time or someone you have just met. You might choose to meet with them in person or, because of distance, need to connect with them via the internet. However you do it, take the opportunity to have your heart and mind stretched through this process.

A Mutual Mentoring triologue: In this example, a person with the doctrinal style has agreed to meet with one person of the sacramental style and one of the ascetic style.



Maturity scale

As mentioned in *The 3 Colors of Your Spirituality* book (page 175), each member of a Mutual Mentoring relationship should have *at least* reached level 0 in their attitude toward the spiritual styles of their Mutual Mentoring partners. This impartial attitude as a minimum benchmark may be characterized by sentiments like, "I'm not opposed to that style, but I just don't see its practical relevance to my life" or "It seems that others perhaps connect with God by that means, but it doesn't speak to me." In Session 1 you will ask each other where you are up to on the scale relative to each other's styles.



Warm up and recovery

Throughout your Mutual Mentoring process, it is important that you both warm up and allow for recovery time as you would with any training endeavour. Some time before each session, you should connect with God in the way that is most natural to you. For example, this could involve listening to worship songs that touch your heart before meeting with someone from the doctrinal style; or, connecting with God in a highly sensory way before meeting with someone from the ascetic style. Since through your native style you are already connected to God, it is the ideal launch pad from which to enter each Mutual Mentoring session.

Recovery time is about allowing yourself the space to let the discussions and challenges of each Mutual Mentoring session sink in. It is at these times that growth in your spiritual muscles really takes place.

Preparing for Session 1

1. Ensure that each person has a copy of this download.
2. Visit the web site to subscribe to the free *28 days of discipline* process as part of your Mutual Mentoring relationship. In doing so, select the Spiritual style you would like to develop right now.
3. Review The 10 Rules of Mutual Mentoring on page 8 of this guide and prepare to tell your partner/s in your first session which rule you are most likely to struggle with.
4. Consider getting a copy of *The 3 Colors of Your Spirituality* book to learn more about your own and other styles, and in particular, reading the "How training works" chapter (pages 167-170).
5. Each person should take their Spiritual style Test results to each session and use them as a visual prompt during discussions.



Visit the web site for

- free downloadable copies of this Mutual Mentoring guide.
- the free 28 days of discipline process.
- information about the book, *The 3 Colors of Your Spirituality*

Session 1

Have you **warmed up** before this session? (see page 9)

Introductions

1. What is the most interesting or surprising thing to have emerged from the spiritual style discovery process so far for you?
2. What are the places or contexts that have shaped your spirituality the most (e.g. a church, a room, a favorite destination, etc.)?
3. Who are the people that have shaped your spirituality the most? How so?

Rules of engagement

4. Tell your partner/s where you are up to on the maturity scale in regard to their spiritual style/s and why.
5. Tell your partner/s which of the 10 Rules of Mutual Mentoring you are likely to struggle with or be in danger of breaking on occasion?

Learning from your mentoring partner/s

6. What are a couple of stories from the life of Jesus that most speak to you personally? Why?
7. What is it like for you to connect with God through your native spiritual style (e.g. what are the activities, what does it feel like, etc.)?

Homework

8. Have you already subscribed to *28 days of discipline* on the web site? If not, try to do so before the next session.
9. Prior to Session 2, re-read page 6 in your *Spiritual Style Personal Profile* (or pages 49-53 in *The 3 Colors of Your Spirituality* book) and consider questions 6, 7 and 8 coming up in Session 2.

Prayer

10. Tell your partner/s what you would like prayer for on your spiritual growth journey and ask them if they would feel comfortable praying for that (and anything else you might like prayer for).
-

Decide now when you personally will take time out for **recovery** from this training session and be sure to do it. (see page 9)



Initially, take turns to ask all of the questions in a given section (e.g. "Introductions") of one person at a time. As you progress through the sessions, allow the discussions to become more interactive, even leaving some of the suggested questions aside if they get in the way of deeper spiritual learning from each other.

Session 2

Have you **warmed up** before this session? (see page 9)

Greetings

1. At what point/s were you most aware of God this past week?
2. When did you feel most alive this week?
3. Which spiritual styles do you think those experiences most reflect?

28 days of discipline

4. What has your experience been of the *28 days of discipline* so far?
5. Have you made the exercises a priority within your day?

Learning from your mentoring partner/s

6. Can you think of an occasion or context where it seemed that your native style was insufficient for feeling close to God or for dealing with a real life situation? What was it like?
7. Do you see how the dangers of your own style could be overcome by the strengths of your opposite styles? What would that look like in your everyday life? Please give examples.
8. In your own life, have you seen any ways in which a one-sided focus on your native style has actually placed a barrier between yourself and God or his work in your life? Describe them.

Homework

9. Prior to Session 3, re-read page 6 in your *Spiritual Style Personal Profile* (or the chapter in *The 3 Colors of Your Spirituality* book that describes the style in which you want to grow), paying particular attention to questions 5, 6, 7 and 8 in Session 3.

Prayer

10. Invite your partner/s to pray that God will help you to be more aware of when the dangers of your spiritual style are affecting you and others?
-

Decide now when you personally will take time out for **recovery** from this training session and be sure to do it. (see page 9)



Feel free to ask whatever followup questions you believe may help your partner/s express themselves more fully.

Session 3

Have you **warmed up** before this session?

Greetings

1. At what point/s were you most aware of God this past week?
2. Which spiritual style do you think that experience most reflects?

28 days of discipline

3. What has your experience been of the *28 days of discipline* so far?
4. Which exercise have you found most meaningful? Why?

Learning from your mentoring partner/s

5. Having re-read this week about the spiritual style in which you would like to grow, what aspects about it are appealing to you and why?
6. Which aspects of the spiritual style you want to grow in are foreign to your spiritual experience or even disturbing? How so?
7. Have you ever had a bad experience with that spiritual style? What happened? What feelings did you have then and what feelings do you have now about the experience?
8. If you have read the chapter in the book about that style, how do you feel about the comments in the colored box, "To those approaching the ... style from the opposite side"? In what ways do the ideas expressed there affirm or challenge you?

Homework

9. Prior to Session 4, read through the "What next?" options on page 10 of this guide and be ready to share your chosen next steps at your next session. If you will not be continuing with your current partner/s, think of a meaningful way to bring this time to an end.

Prayer

10. Invite your partner/s to pray for you that God will reveal the unique value of the spiritual style in which you would like to grow, and heal you of any pain or confusion that has come from those who've not represented it well.
-

Decide now when you personally will take time out for **recovery** from this training session and be sure to do it. (see page 9)

Session 4

Have you **warmed up** before this session?

Greetings

1. When did you feel most alive this week?
2. Which spiritual style do you think that experience most reflects?

28 days of discipline

3. Which exercise has been most difficult for you to do or to prioritize? Why?

Learning from your mentoring partner/s

4. Do you detect anything different in your life or experience of God as a result of our Mutual Mentoring sessions or the *28 days of discipline*? Where are you now up to on the maturity scale (page 3)?
5. If I had all of the answers and a wealth of experience in the spiritual style you would like to grow in, what one question would you want me to answer or what one thing would you like me to demonstrate?
6. For the sake of your ongoing growth, what do you think Jesus would say to you about the spiritual style in which you would like to grow?

What next?

7. Will you continue with the same spiritual style on the *28 days of discipline* or change to a different one in the coming week?
8. Which option on the "What next?" page have you chosen? If none of those listed, what will you be doing to be proactive in furthering your personal spiritual growth?
9. What has been the highlight of your spiritual style journey so far? Who could be encouraged by hearing about your experiences?

Prayer

10. Invite your partner/s to pray that you will experience the joy of God drawing nearer to you in whatever way he chooses but also keep stretching you on your spiritual journey for his glory and honor.
-

Decide now when you will take time out this week for **recovery**.



Think of some of your own extra questions before this session, but make sure they are aimed at you learning from your partner/s.



If your Mutual Mentoring relationship has made a significant difference in your life or perspective, why not celebrate it with your partner/s in some way?

The 10 Rules of Mutual Mentoring

1. **I am in this relationship, not to teach, but to learn.** Many people will have enormous difficulty sticking to this rule. Don't forget, your only goal is to change yourself, not to change others. This rule must be strictly applied.
2. **I expect neither to be understood nor to understand.** If the other person understands you, or the other way around, wonderful! But don't expect this to happen. Expect that you won't be understood. In order to reach your goal—i.e. to change yourself—deep mutual understanding is not a prerequisite.
3. **I have the right to be respected in my spiritual style.** The fact that you want to learn from someone who has a different style than you do, doesn't mean that you should talk down your own style or yourself. After all, around 11% of people have the same style as you do, and one third have the same style family. Your mentoring partner doesn't have to understand you, but he or she must respect you.
4. **My mentoring partner has a right to be respected in his or her spiritual style.** This is the inversion of rule three. Approach the other styles with respect, whether you understand them or not.
5. **I will only share critical observations about my mentoring partner if he or she has asked me to do so.** The principle of focusing on your own learning doesn't mean that you are not allowed to share critical observations about your partner. But you are only allowed to do this if your partner has explicitly asked you to.
6. **We both have the right to discontinue our interaction at any point in the process.** As a rule, you should anticipate a minimum of four sessions, but if you decide that you should leave the process, you can do so at any time.
7. **The focus of our interaction is not to discuss theology, but to share how we encounter God.** Of course, these dimensions cannot be completely separated from one another, but the main focus of your interaction should be how each of you experience God.
8. **I commit to speaking honestly about my feelings.** In a Mutual Mentoring session you shouldn't share pre-fabricated statements, but rather honestly express what you feel, including your insecurities and doubts.
9. **The mentoring relationship is based on the assumption that we need each other in order to grow our natives styles.** Your goal is not to change styles; neither is that the goal of your partner.
10. **I will treat my mentoring partner exactly as I would have him or her treat me.** This is the application of Jesus' "Golden Rule." Implicitly, one through nine have taken this concern into account already. Rule ten simply covers any situation that is not explicitly addressed by the first nine rules.



Highlight the rule or rules that you are most likely to break in your Mutual Mentoring relationship so as to remind you to be especially mindful of it during each session.

Warm-up and recovery

Having confidence in your own native style and feeling connected to God prior to your Mutual Mentoring sessions is very important. As your "spiritual muscles" are strained through interaction with other styles, you could at times come to doubt your relationship with God if you do not take the time to reaffirm it in ways that come naturally to you.

After your Mutual Mentoring sessions, recovery time is crucial. It is during this time that the spiritual muscles "strained" during your Mutual Mentoring training sessions grow stronger. Below are some suggestions for you to consider each week.

Warm-up options

- Take some time to fully embrace and enjoy your native style. During this time, thank God for relating to you through that style and ask that that connection would become even stronger over time.
- Spend time with people who share your native style.
- Revisit your Personal Profile and meditate on the image, motto, focus and key Scripture reference of your native style. Then reflect on the strengths of your partner/s style/s (page 6 in your Personal Profile or page 28 of *The 3 Colors of Your Spirituality* book).
- Ask some close friends what it is about God that they are able to see reflected in your life.
- If you have the *The 3 Colors of Your Spirituality* book, re-read the chapter that relates to your native spiritual style.
- Pray, asking God to help you stand firm in your native style while opening yourself to all that he still wants to teach you about himself, yourself, or his Kingdom through people with other spiritual styles.

Recovery options

- Re-read the questions from your Mutual Mentoring session and recall the responses given by your partner/s.
- Reflect on anything in your Mutual Mentoring session that made you feel uncomfortable. Ask God to help you understand why you felt that way and attempt to talk about it in your next session.
- Revisit the Strengths and Dangers table (page 6 of your Personal Profile or page 52 of *The 3 Colors of Your Spirituality* book) in order to help you regain a balanced perspective.
- Think through how the discoveries you are making about the spiritual style you are growing in will enhance your native spiritual style.
- Spend some time thanking God for your Mutual Mentoring session (whether it was good or bad) and for what he will bring from it.



Re-read *The 10 Rules of Mutual Mentoring* as part of either your warm-up or recovery from time to time in order to make sure you are mentoring and being mentored appropriately in each session.

What next?

So you've come to the end of a series of Mutual Mentoring sessions. What next? As with any type of training, consistency is of utmost importance. So, the following are some options that you should seriously consider for the time immediately ahead of you.

Perhaps a little less stretching next time

Maybe your first encounter with Mutual Mentoring was a little too ambitious. If you had difficulty believing that your partner/s were Christians at any sort of level or that they even came from planet Earth, don't give up on your spiritual growth journey! Perhaps you should simply look at connecting with someone from one of your neighboring spiritual styles or even get involved in a Mutual Mentoring triologue (see page 2) next time. Whatever you do, keep going, as there are likely lessons you have learnt from your initial encounter that will make more sense as soon as you begin connecting with others who are different to both yourself and those with whom you've just spent time.

Let's do it again

If your time together has been fruitful but you feel you are only just getting started, simply keep going with another round of sessions. Though, now that your relationship has developed a little further, be sure to ask more follow up questions and invent plenty of your own while pushing each other to be really honest in your answers.

Another perspective

Sometimes, Mutual Mentoring sessions can leave you with the sense that you really do need to explore the other style further, but may need another perspective in order to grasp what it is all about. If so, you may choose to thank your current partner/s for their time spent investing in your spiritual journey and then invite another person to mentor you in that style. Alternatively, you might simply choose to invite another person with the same style as your mentor to join them as you all work through the process again.

Taking the lead

If you have tasted what it is like to embrace a little more of the 3 colors of your spirituality and would like see others grow in passionate spirituality, perhaps you need to take the lead. Consider helping a small (or large) group of people discover their spiritual styles. You don't need to be a teacher or recognized leader to do so. You just need to help them through the same process you have been through up to this point. You will find step-by-step instructions for doing so on the web site. While there is a small cost per person for taking the test, discounts begin with just two people. Once each person has completed their test, you can also produce a free group profile to further discover how you can help each other. Following that, you can help guide them into their own Mutual Mentoring experience with yourself or with others.



Visit the web site for

- instructions on how to help a whole group of people to discover their spiritual styles.
- instructions on facilitating a church-wide spiritual style pilgrimage.