



# 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 client as found in classical mentoring, a Mutual Mentoring relationship is based on the principle of mutuality: Each of the partners 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 style,** it would be of great value for you to connect with someone with the same native style but who has perhaps more experience in it.

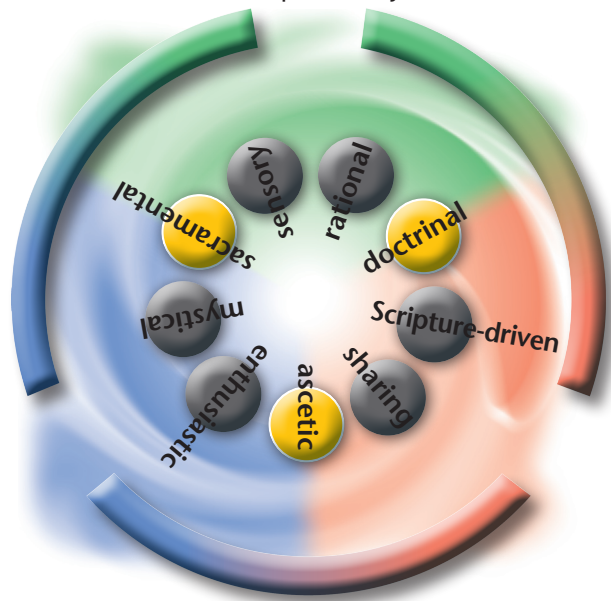
**If you would like to grow in some other styles but are hesitant about stepping out too far,** you should join with someone from one of your adjacent spiritual styles according to the Trinitarian Compass.

**If you are willing to step further out of your comfort zone,** find someone with your opposite style. If you would really like a challenge, find two or more people with your opposite 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.

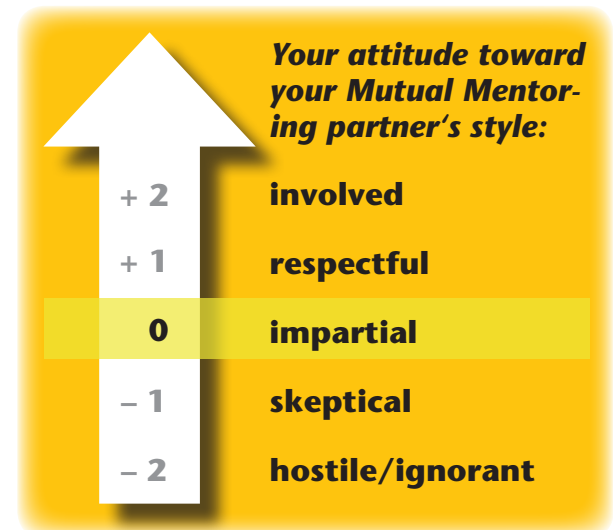
Your Mutual Mentoring partner/s might be someone you journeyed with on *The 3 Colors of Your Spirituality* small group pilgrimage. Alternatively, you might find an ideal Mutual Mentoring partner with the help of the *Trinitarian Monastery* and then connect in person or via the internet (see the web site for details).

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* (page 175), each member of a Mutual Mentoring relationship should have at least reached stage 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 to God in a 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 or the workbook, *How to Embrace The 3 Colors of Your Spirituality in Your World*.
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 of one of your Mutual Mentoring partners.
3. Review The 10 Rules of Mutual Mentoring on page 8 of this guide and prepare to confess to your partner/s in your first session with which rule you are most likely to struggle.
4. Re-read the "How training works" chapter in *The 3 Colors of Your Spirituality* (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

- help in finding Mutual Mentoring partners.
- free downloadable copies of this Mutual Mentoring guide.
- the free 28 days of discipline process.

# Session 1

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

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## Introductions

1. Please tell me something about yourself (e.g. what you mainly do during the day, your hobbies, something about your family, etc.).
2. What are the places that have shaped your spirituality the most (e.g. a church, a room, a favorite destination, etc.)?
3. Who has 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 their spirituality

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*? If not, try to do so before the next session.
9. Prior to Session 2, re-read "The perils of each spiritual style" (pages 49-53 in *The 3 Colors of Your Spirituality*) paying particular attention to questions 6, 7 and 8 in Session 2. Bring your book to Session 2 as a prompt for you.

## Prayer

10. Invite your partner/s to pray that God will continue to strengthen you and be revealed to you through your native spiritual style?
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Decide now when you 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)

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## Greetings

1. At what point were you most mindful 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 their spirituality

6. Can you think of an occasion when 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 perils of your own style could be overcome by the strengths of your opposite style? What would that look like in your everyday life? Give at least one example.
8. In your own life, have you seen any ways in which overemphasis of 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 the chapter in *The 3 Colors of Your Spirituality* that describes your partner/s native spiritual style, paying particular attention to questions 5, 6, 7 and 8 in Session 3. Bring your book to Session 3 as a prompt.

## Prayer

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

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### Greetings

1. At what point were you most mindful 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 their spirituality

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. How do you feel about the comments in the colored box in that chapter, "To those approaching the ... style from the opposite side"? In what ways do the ideas expressed there affirm or challenge you?
8. 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?

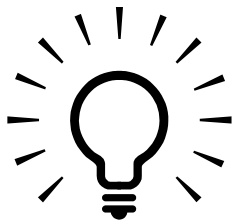
### Homework

9. Prior to Session 4, read through the "What next?" options on page 10 of this workbook 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 that God will reveal the unique value of their spiritual style/s for your life and heal you of any pain or confusion that has come from those who've not represented it well.
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Decide now when you will take time out this week for **recovery** from this training session and be sure to do it. (see page 9)



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

## Session 4

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

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### 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 their spirituality

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 *28 days of discipline* course or change to a different spiritual style 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. With whom will you share *The 3 Colors of Your Spirituality* so that they can learn from your experiences?

### Prayer

10. Invite your partner/s to pray that God will continue to draw near to you in whatever way he chooses but also keep stretching you on your spiritual journey for his glory and honor.
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Decide now when you will take time out this week for **recovery**.



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.** This is the practical application of the “altruism forbidden” principle (page 183 of *The 3 Colors of Your Spirituality*). Many Christians 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 should understand 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, 11% of all Christians represent 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 she or he 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, without explanation.
- 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 especially focus on 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 stretched 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.

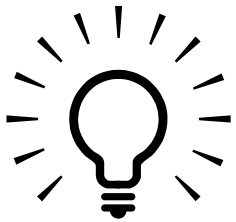
On the other side of your Mutual Mentoring sessions, recovery time is crucial. It is during this time that the spiritual muscles “strained” during your Mutual Mentoring training sessions grow stronger. Below are some suggestions for you to consider each week.

### 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 friends who share your native style.
- Revisit the spiritual style summary table on page 28 of *The 3 Colors of Your Spirituality* and meditate on the image, motto, focus and key Scripture reference of your native style. Then do the same for your partner/s style/s.
- Ask some close friends what it is about God that they are able to see reflected in your life.
- Re-read the chapter in *The 3 Colors of Your Spirituality* 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 and yourself 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 look at how you can raise it in your next session.
- Revisit the Strengths and Perils table on page 52 of *The 3 Colors of Your Spirituality* 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 dialogue (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 others to experience renewal in their own lives, perhaps you need to take the lead. If you've not done so already or would like to do so again, seriously consider getting a copy of *How to Embrace The 3 Colors of Your Spirituality in Your World* and bringing together a group of two or more people to be part of a small group pilgrimage with you (Part 1 of that workbook). Following that, you can help guide them into their own Mutual Mentoring experience (Part 2 of that workbook). If you are really convinced that many people in your world would greatly benefit from embracing *The 3 Colors of Your Spirituality*, then perhaps you need to take the lead in setting in motion a church-wide pilgrimage (Part 3 of that workbook).



Visit the web site for

- more information about the small group and church-wide workbook, "How to Embrace The 3 Colors of Your Spirituality in Your World".
- help in finding Mutual Mentoring partners.
- the opportunity to share your thoughts and questions with others in the Trinitarian Monastery.