

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

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

## Day 1

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

Introduction: page 11

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

## Day 2

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

Introduction: first two paragraphs

Explanation: all except the page 14 firebox

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

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

## Day 3

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

Introduction: first two paragraphs

Explanation: all except the page 18 firebox

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

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



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

## Day 4

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

Introduction: first four paragraphs

Explanation: all except the page 24 firebox

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

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

## Day 5

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

Introduction: first paragraph

Explanation: all except the page 32 firebox

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

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

## Day 6

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

Introduction: first paragraph

Explanation: all except the page 34 firebox

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

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

## Day 7

**Preparing for your Week 1 Gathering**

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

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



### The vow

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

## Week 2: Discovering where darkness has no power

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

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

### Day 1

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

Introduction: first two paragraphs

Explanation: all except the page 38 firebox

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

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

### Day 2

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

Introduction: first two paragraphs

Explanation: all except the page 42 firebox

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

*Who or what has most shaped your spirituality?*

### Day 3

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

Introduction: first paragraph

Explanation: all except the page 48 firebox

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

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

### Day 4

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

Introduction: first paragraph including dot points

Explanation: all except the page 54 firebox

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

*How would you define sin?*

### Day 5

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

Introduction: first two paragraphs

Explanation: all except the page 58 firebox

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

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

### Day 6

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

Introduction: first two paragraphs

Explanation (all except page 62)

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

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

### Day 7

**Preparing for the Spiritual Style Test**

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



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## Week 3: Your divine connection

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

### Day 1

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

Introduction: page 75 and first two paragraphs of page 76

Explanation: all except the page 78 firebox

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

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

### Day 2

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

Introduction: first two paragraphs

Explanation: all except the page 82 firebox

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

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

### Day 3

**Your native style**

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

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

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

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

### Day 4

**Your native style - continued**

If not finished, continue with your Day 3 reading.

### Day 5

**Your lowest styles**

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

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

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

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

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

### Day 6

**Your lowest styles - continued**

If not finished, continue with your Day 5 reading.

### Day 7

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

Introduction: first two paragraphs

Explanation: all except the page 152 firebox

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

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



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## Week 4: Attaining to the fullness of Christ

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

### Day 1

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

Introduction: page 153 and first paragraph of page 154

Explanation: all except the page 156 firebox

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

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

### Day 2

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

Introduction: first paragraph

Explanation: all except the page 160 firebox

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

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

### Day 3

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

Introduction: first two paragraphs

Explanation: all except the page 162 firebox

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

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

### Day 4

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

Introduction: first two paragraphs

Explanation: all except the page 166 firebox

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

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

### Day 5

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

Introduction: first two paragraphs

Explanation: all except the page 170 firebox

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

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

### Day 6

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

Introduction: first two paragraphs

Explanation: all except the page 172 firebox

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

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

### Day 7

**Pausing to pray**

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



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## Week 5: Transforming your world

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

### Day 1

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

Introduction: first two paragraphs

Explanation: all except the page 174 firebox

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

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

### Day 2

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

Introduction: first paragraph

Explanation: all except the page 178 firebox

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

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

### Day 3

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

Introduction: first paragraph

Explanation: all except the page 180 firebox

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

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

### Day 4

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

Introduction: first paragraph

Explanation: all except the page 184 firebox

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

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

### Day 5

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

Introduction: first paragraph

Explanation: all except the page 188 firebox

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

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

### Day 6

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

Introduction: first two paragraphs

Explanation: all except the page 192 firebox

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

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

### Day 7

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

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



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