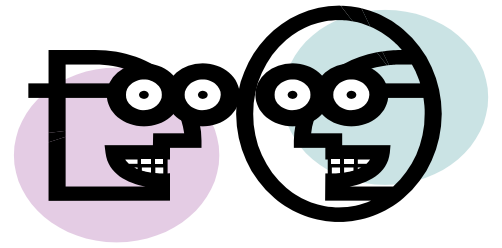


The Mirror Image



The Apostle Paul told the Ephesians believers

Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.

Ephesians 5:1-2

Paul was in essence challenging the Ephesians to become mirror images of Jesus in the way He loved the people around Him. That same challenge applies to us today.

The Mirror Image is a tool to help us see clearly the areas where we need improvement as we strive to love one another as Christ has loved us.

Part 1 – Complete the Questionnaire

Follow the instructions at the top of each page.

Instructions: Circle the number between 0 and 5 that best describes the frequency of each behavior.

1. When someone doesn't accept me or what I do, I try to avoid them.

Never	Seldom				Often
0	1	2	3	4	5

2. When I don't get what I want, I try to get people to give it to me.

Never	Seldom				Often
0	1	2	3	4	5

3. When someone or something interferes with my plans, I become visibly angry or use insulting words.

Never	Seldom				Often
0	1	2	3	4	5

4. When people do something to make me angry, I react sharply, and sometimes violently.

Never	Seldom				Often
0	1	2	3	4	5

5. When someone doesn't do things just the way I want, I point out all the mistakes and make them do it over again, or I do it over myself.

Never	Seldom				Often
0	1	2	3	4	5

6. When people around me are unhappy, I go out of my way to try and make them happy.

Never	Seldom				Often
0	1	2	3	4	5

7. When people ignore me, I become angry and go away physically or emotionally.

Never	Seldom				Often
0	1	2	3	4	5

8. When people tell me not to do something, I do it anyway just to prove I can.

Never	Seldom				Often
0	1	2	3	4	5

Instructions: If **any part** of the statement is true of you, circle the number between 0 and 5 that best describes the frequency of your feelings.

1. I struggle with feeling worthless when people disapprove of me or what I do, **and/or** I feel like I need to do things to get people's approval.

Never	Seldom				Often
0	1	2	3	4	5

2. I feel like I am entitled to get what I want, **and/or** I feel like I have the right to demand fair treatment.

Never	Seldom				Often
0	1	2	3	4	5

3. I feel angry when my desires are interfered with, **and/or** I feel like other people are responsible for my misfortunes.

Never	Seldom				Often
0	1	2	3	4	5

4. I feel like hiding when I am around certain kinds of conflict, **and/or** I feel like I use anger to control people or situations, **and/or** that my anger gets out of control.

Never	Seldom				Often
0	1	2	3	4	5

5. I struggle with feelings of self-doubt, bitterness, or perfectionism, **and/or** I feel like I need to do things like hand washing, germ killing, illness prevention, nail biting, constant movement or constant cleaning when I am nervous.

Never	Seldom				Often
0	1	2	3	4	5

6. I feel like I am responsible for trying to make the people around me happy, **and/or** I feel like I have to please everyone.

Never	Seldom				Often
0	1	2	3	4	5

7. When people treat me with indifference I feel unlovable, **and/or** I feel like people need to prove their love for me.

Never	Seldom				Often
0	1	2	3	4	5

8. I feel unloved when people don't let me do what I want, **and/or** I feel like I need to get people's attention at any cost.

Never	Seldom				Often
0	1	2	3	4	5

Instructions: Now transfer the number you circled for each question on the first page of Part 1 into the Page 1 column below.

Sample: I answered a three for question number one on Page 1

Question number (1) 3 + (1) = (1)

Then place the number you circled for each question on page two into the Page 2 column below.

Sample: I answered a five for question number one on Page 2

Question number (1) 3 + (1) 5 = (1)

Once you have filled in the blanks, add the numbers across each row (do not include the question numbers in the equation). Write the total in the blank on the right

Sample: My total for question number one on page one 3 and page two 5 is 8

Question number (1) 3 + (1) 5 = (1) 8

Fill in the appropriate columns below.

<u>Page 1</u>		<u>Page 2</u>		<u>Total</u>
Question number (1) <u> </u>	+	(1) <u> </u>	=	(1) <u> </u>
Question number (2) <u> </u>	+	(2) <u> </u>	=	(2) <u> </u>
Question number (3) <u> </u>	+	(3) <u> </u>	=	(3) <u> </u>
Question number (4) <u> </u>	+	(4) <u> </u>	=	(4) <u> </u>
Question number (5) <u> </u>	+	(5) <u> </u>	=	(5) <u> </u>
Question number (6) <u> </u>	+	(6) <u> </u>	=	(6) <u> </u>
Question number (7) <u> </u>	+	(7) <u> </u>	=	(7) <u> </u>
Question number (8) <u> </u>	+	(8) <u> </u>	=	(8) <u> </u>

Instructions: Write the number from the Total column on the previous page in the corresponding numbered blank below.

Sample: My total for question number one was eight

(1) 8 Proud

Fill in your **totals** below.

(1) ____ Proud

(2) ____ Boasting

(3) ____ Jealous

(4) ____ Easily Angered

(5) ____ Keeping Records of Evils Done

(6) ____ Self Seeking

(7) ____ Rude

(8) ____ Rejoices with Evil

If your total score is “0”, please prayerfully reconsider your answers throughout the questionnaire. You may want to ask someone you trust, who knows you well, to help you answer the questions. Until we are ready to look honestly at our hearts we cannot benefit from the promise in 1 John 1:7 “But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”

Part 2 – Identify your Response

Instructions: Place the totals for each number on the previous page in the corresponding numbered blanks below.

Sample: I had a total of 8 for proud and a 2 for boasting

(1) 8 Proud

(2) 2 Boasting

After you fill in the totals, go back and put a check next to the top two or three behaviors in which you scored the highest.

(1) 8 Proud ✓

(2) 2 Boasting

Read through the definitions of those behaviors to see if they describe your behavior. If you can't see yourself in the description, seek help from a trusted friend, someone who knows you well and who will give you an honest assessment. Ask them if they see any of the behaviors described.

(1) Proud

Defining Characteristics: People who score high in *pride* tend to be independent, have a hard time submitting to authority, and are quick to reject ideas and people instead of seeking a compromise. They are driven to establish their worth through personal effort, are generally insecure, and struggle with feeling worthless.

(2) Boasting

Defining Characteristics: People who score high in *boasting* tend to exaggerate, often in humor. They talk about their connections (name dropping) or accomplishments around people they want to impress, and usually take more than they should. They feel like they are entitled to get what they want, whether its food, money, service, etc., and therefore often feel cheated when their expectations aren't met.

(3) Jealous

Defining Characteristics: People who score high in *jealousy* tend to be chiders; persecuting someone verbally when that person either gets something they wish they had or keeps them from getting something they want. They often have a victim mindset, feel like they are missing out on life, and struggle with regret.

(4) ____ Easily angered ____

Defining Characteristics: People who score high in *easily angered* are marked by at least one of two extremes. Either they react with verbal or physical sharpness when they or someone else is in danger of being hurt, or they hide around certain kinds of conflict. They may also use verbal or physical sharpness to control those under their authority. They feel like it is their responsibility to protect the people around them, and they struggle with feelings of shame.

(5) ____ Keeping record of evils done ____

Defining Characteristics: People who score high in *keeping record of evils done* remember all the bad things others have done to them and they constantly bring up those things in arguments to remind people of past offenses. They may have compulsive tendencies like nail biting, hand washing, and germ removal. They struggle with feelings of bitterness, perfectionism, and not being good enough.

(6) ____ Self Seeking ____

Defining Characteristics: People who score high in *self seeking* try to make the people around them happy. However, the underlying purpose is to ensure their own happiness, thinking “I’m happy when the people around me are happy.” They may resort to lying as a tool to make people happy and may struggle with phobias and panic attacks. They are also prone to burning bridges with people when their attempts to make them happy are unsuccessful, deciding, “I’m done with you.”

(7) ____ Rude ____

Defining Characteristics: People who score high in *rudeness* have a hard time connecting with people emotionally. They tend to ignore people and pretend like they are unaware of their presence. They like connecting with impersonal objects like plants, animals, books, TV, or projects. They also tend to create obstacles in their relationships by their rude behavior. These fits of rudeness end up being tests that follow the mindset of “if they loved me they would ...” They try to control their environment by removing themselves physically, socially, or emotionally.

(8) ____ Rejoicing with evil ____

Defining Characteristics: People who score high in *rejoicing with evil* like to be the center of attention. They tend to be loud or obnoxious. They believe attention equals love, so when someone tries to limit their behavior they react with intense anger toward that individual. They believe they should be able to do whatever they want. They enjoy activities where there is danger, and entertainment where people are harmed or things are damaged.

Part 3 – Tools for Overcoming

Now that you have identified the top two or three areas where you struggle to love others, pray and ask God to show you which one He wants you to work on. Put a check next to that issue and use the *Actions Steps* to help you move in the right direction. Remember what Paul says in Philippians 2:12-13.

Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for *His* good pleasure.

God is the one who works to give you the desire and the power to change. All you have to do is cooperate and participate in that work through obedience. Once you have gotten victory in one area, move on to another. If you have any questions you may email them to Pastor Tracy at pastortracy@newlifebiblechurch.info

1. Proud _____

Action Steps:

Repent – In order to get victory over pride you need to acknowledge that independence from authority and rejecting the value of others by puffing yourself up or putting them down are sin. Accept the truth that when you work to establish your own worth you are not doing God's work no matter how spiritual the task.

Prayer Steps:

Confess – Ask God to forgive you for your pride and to open your eyes to your prideful behavior. Ask Him to convict you every time you do something prideful. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with pride and ask him or her to come along side you to encourage, challenge and pray for you as you seek to become poor in spirit.

Pursue – Ask God to teach you how to be more reliant on Him. Make it your goal to become poor in spirit (Matthew 5:3) by learning to accept the worth God gives you as His child and learning to reject the voices from the past that tell you that you are worthless.

Pray – Ask God to deliver you from the fear of rejection; from feelings of worthlessness when people reject you or things important to you; from trying to establish your worth through personal effort; and from an independent spirit.

Renewing Steps:

Transform your mind by studying and memorizing passages that address pride: Matthew 5:3; Matthew 6:11; James 4:4-10; Daniel 4:37; Psalm 101:5.

2. Boasting _____

Action Steps:

Repent – In order to get victory over boasting you need to acknowledge that exaggerating to impress people with your connections and accomplishments; putting your desires first above others; taking more than you should; and demanding your “rights” are sin. Accept the truth that your “rights” are not more important than your responsibility to love others.

Prayer Steps:

Confess – Ask God to forgive you for boasting and to open your eyes to your boastful behavior. Ask Him to convict you every time you say or do something boastful. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with boasting and ask him or her to come along side you to encourage, challenge and pray for you as you seek to become meek, accepting what God gives you.

Pursue – Ask God to teach you how to rely on Him for what you need. Make it your goal to become meek (Matthew 5:5) by accepting what God gives you.

Meekness – Being content with what you are given.

Pray – Ask God to deliver you from the fear of being cheated; from feeling like you are entitled to get what you want; and from demanding special treatment.

Renewing Steps:

Transform your mind – study and memorize passages that address boasting: Matthew 5:5; Matthew 6:11; Proverbs 27:1; James 4:13-17; Proverbs 25:14; Psalm 5:5; 2 Timothy 3:1-5.

3. Jealous _____

Action Steps:

Repent – In order to get victory over jealousy you need to acknowledge that jealousy, chiding, using anger to protect yourself from the pain of loss and guilt, and persecuting people because you have lost something important to you are sin. Accept the fact that no one can deal with your pain but you.

Prayer Steps:

Confess – Ask God to forgive you for being jealous and to open your eyes to your jealous behavior. Ask Him to convict you every time you say or do something because you are jealous. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with jealousy and ask him or her to come along side you to encourage, challenge and pray for you as you seek to learn how to mourn.

Pursue – Ask God to teach you how to mourn a loss by verbalizing it, and to defeat the regret of past failures through confessing and visualizing God's removal of it. Make it your goal to walk through your grief and to find renewal from God by taking responsibility for your actions.

Pray – Ask God to deliver you from the fear of being oppressed; from feeling like a victim; from blaming others for your misfortunes; and from living with regret.

Renewing Steps:

Transform your mind – study and memorize passages that address jealousy: Matthew 5:4; Matthew 6:12; Psalm 86:1-7

Complete the workbook [Conflict, Anger and Forgiveness](#) by Pastor Tracy McConnell. Free downloads are available at mynlbc.org. Give special attention to Chapter 9 - *Forgiving Yourself*.

4. Easily Angered _____

Action Steps:

Repent – In order to get victory over being easily angered you need to acknowledge that using verbally or physically sharp attacks is sin. Accept the fact that hiding from conflict is an escape, not a solution.

Prayer Steps:

Confess – Ask God to forgive you for being easily angered and to open your eyes to your easily angered behavior. Ask Him to convict you every time you say or do something from being easily angered. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with being easily angered and ask them to come along side you to encourage, challenge and pray for you as you seek to become a peacemaker instead of a protector.

Pursue – Ask God to teach you how to overcome being easily angered by learning how to use God's tools for forgiveness, repentance and personal renewal. Make it your goal to learn how to be a peacemaker (Matthew 5:9) instead of a protector.

Pray – Ask God to deliver you from the fear that you or the people around you will be hurt; from hiding emotionally or physically around conflict; from withdrawing in conflict; from controlling the people around you with sharp verbal or physical attacks; and from responding to your failures with shame instead of true repentance and confession.

Renewing Steps:

Transform your mind – study and memorize passages that address being easily angered: Matthew 5:9; Matthew 6:12; James 1:19-10; Proverbs 15:18; 16:32; 19:11; 22:24-25; 29:22

Complete the workbook Conflict, Anger and Forgiveness by Pastor Tracy McConnell. Free downloads are available at mynlbc.org.

5. Keeping record of evils done _____

Action Steps:

Repent – In order to get victory over keeping record of evils done you need to acknowledge that being unforgiving of others' offenses is sin. Accept the fact that striving for perfection is a waste of time because it is impossible to attain here on earth.

Prayer Steps:

Confess – Ask God to forgive you for keeping record of evils done and to open your eyes to your keeping record of evils done behavior. Ask Him to convict you every time you say or do something from keeping record of evils done in reaction to past evils done to you. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with keeping record of evils done. Ask him or her to come along side you to encourage, challenge and pray for you as you seek to realize and accept that God uses bad things in your life for your good (Matthew 5:10) and not as punishment, and learn how to forgive others as God has forgiven you.

Pursue – Ask God to teach you how to overcome keeping record of evils done by learning how to follow God's commands to forgive. Make it your goal to look for the blessing within negative experiences to see the good that God is doing through them.

Pray – Ask God to deliver you from the fear that if you are not perfect bad things will happen; from feelings of self-doubt; from compulsive behavior patterns; and from bitterness.

Renewing Steps:

Transform your mind – study and memorize passages that address keeping record of evils done: Matthew 5:10; Matthew 6:12; Ephesians 4:26-27; James 1:2-13; Genesis 50:15-21; Romans 8:28.

Complete the workbook Conflict, Anger and Forgiveness by Pastor Tracy McConnell. Free downloads are available at mynlbc.org.

6. Self seeking _____

Action Steps:

Repent – In order to get victory over self seeking you need to acknowledge that cutting off relationships with people who are unhappy is not a solution to your unhappiness because it's sin. You must accept the fact that happiness found by making others happy isn't true happiness.

Prayer Steps:

Confess – Ask God to forgive you for being self seeking and to open your eyes to your self seeking behavior. Ask Him to convict you every time you say or do something from a self seeking heart. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with self seeking. Ask him or her to come along side you to encourage, challenge and pray for you as you seek to become a person who is merciful enough to make people unhappy in order to help reconcile them to God.

Pursue – Ask God to teach you how to overcome self seeking by being merciful (Matthew 5:7):

Mercy – Benevolently merciful thoughts and actions selflessly carried out toward others to bring about reconciliation with God.

Ask Him to help you visualize the possible long term results of your attempts to make people momentarily happy. Make it your goal to do the merciful thing by doing what it takes to try and reconcile them to God even though it may make them unhappy for the moment.

Pray – Ask God to deliver you from the fear that people will be unhappy; from feeling responsible for other people's happiness; from trying to please everyone; from ending relationships with difficult people; and from unforgiveness.

Renewing Steps:

Transform your mind – study and memorize passages that address self seeking: Matthew 5:7; Matthew 6:15; 2 Corinthians 12:15; James 5:19-20; 2 Corinthians 12:20-13:10.

You can learn how to confront and forgive by completing the workbook Conflict, Anger and Forgiveness by Pastor Tracy McConnell. Free downloads are available at mynlbc.org.

7. Rude _____

Action Steps:

Repent – In order to get victory over rudeness you need to acknowledge that ignoring people is sin. Accept the fact that disconnecting from people and creating obstacles through tests of their love that are impossible to pass does not make you unlovable.

Prayer Steps:

Confess – Ask God to forgive you for being rude and to open your eyes to your rude behavior. Ask Him to convict you every time you say or do something rude. Then tell a brother (if you are a man) or sister (if you are a woman) in Christ about your struggle with rudeness. Ask him or her to come along side you to encourage, challenge and pray for you as you learn how to hunger and thirst for a connection with God, and how to endure the pain of relationships so you can connect with people.

Pursue – Ask God to teach you how to overcome rudeness by helping you to believe He loves you, and by healing you of the pain from the evil you have endured. Ask Him to help you recognize the fact that He demonstrates His love for you by delivering you from the evil you don't even know you would have suffered if He wasn't constantly intervening for you. Make it your goal to connect with God by hungering and thirsting for righteousness (Matthew 5:6) instead of connecting with things.

Pray – Ask God to deliver you from the fear of being unlovable; from feeling unlovable when people are indifferent to you; from creating hurdles that constantly test the love of others; from negative self-talk, and from being indifferent to the people around you.

Renewing Steps:

Transform your mind – study and memorize passages that address being rude: Matthew 5:6; Matthew 6:13; Hebrews 12:4-13; Luke 7:36-50; 2 Chronicles 16:9a; Psalm 34:12-16.

You can learn how to forgive the people who have hurt you by completing the workbook Conflict, Anger and Forgiveness by Pastor Tracy McConnell. Free downloads are available at mynlbc.org.

Practice the discipline of fasting and prayer as a conscious choice to hunger and thirst for righteousness and a connection with God. This will help you, as you learn to endure pain for the sake of your relationship with God, to be able to endure the pain associated with having close relationships with people.

8. Rejoicing with evil _____

Action Steps:

Repent – In order to get victory over rejoicing with evil you need to acknowledge that being the center of attention by being loud and obnoxious, attacking people who try to limit your behavior with intense anger, and doing things that are harmful to yourself or others is sin. Accept the fact that attention does not equal love.

Prayer Steps:

Confess – Ask God to forgive you for rejoicing with evil and to open your eyes to your rejoicing with evil behavior. Ask Him to convict you every time you say or do something that rejoices with evil. Then tell a brother (if you are a man) or sister (if you are a woman) in

Christ about your struggle with rejoicing with evil. Ask them to come along side you to encourage, challenge and pray for you as you seek to become pure in heart.

Pursue – Ask God to teach you how to overcome rejoicing with evil by looking to God for His leading and for His deliverance from the evil you need not endure. Make it your goal to rejoice with truth, and to be pure in heart (Matthew 5:8).

Pray – Ask God to deliver you from the fear of not being loved; from feeling unloved when people don't let you do what you want; from trying to get people's attention at any cost; from finding pleasure in the suffering of others; and from moral and physical carelessness.

Renewing Steps:

Transform your mind – study and memorize passages that address rejoicing with evil:

Matthew 5:8; Matthew 6:13; Hebrews 12:4-13; Luke 10:20; 2 Timothy 2:19; 1 John 1:9;

Romans 6:13

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Free downloads are available at mynlbc.org

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