



MAN IN THE MIRROR

A WORKBOOK FOR ACCOUNTABILITY,
RESPONSIBILITY & UNITY

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WELCOME TO THE MIRROR

This workbook is designed to help you move beyond inspiration and into honest reflection, spiritual alignment, and practical action. The goal is not condemnation. The goal is clarity. The mirror reveals where God is inviting you to grow.

Core Idea

The mirror does not show who is to blame. It shows where the change must begin.

YOUR INTENTION

What do you want God to accomplish in you through this teaching?

YOUR DESIRED OUTCOME

What would honest transformation look like in your relationships, church, family, or leadership?

A man with a beard and short dark hair is seen from the back, looking into a mirror. His reflection is not a simple mirror image but a surreal, composite image. The reflection shows the man's face, but the lower half is replaced by a landscape where a small figure of a person walks away on a path towards a bright light on the horizon. A glowing heart with radiating lines is superimposed on the reflection, and a crown is visible in the upper right corner of the reflection. The overall tone is dark and contemplative.

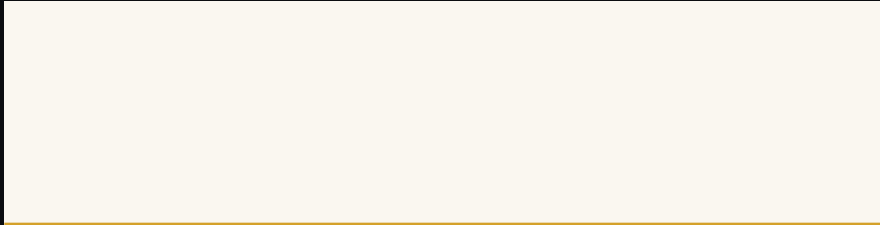
What do you want?

WHAT DO YOU WANT?

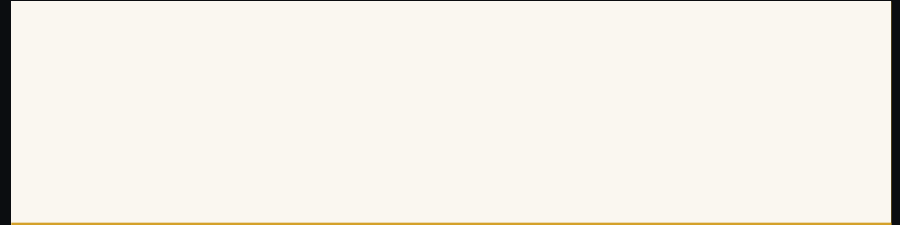
Clarity must come before change.

OPENING REFLECTION

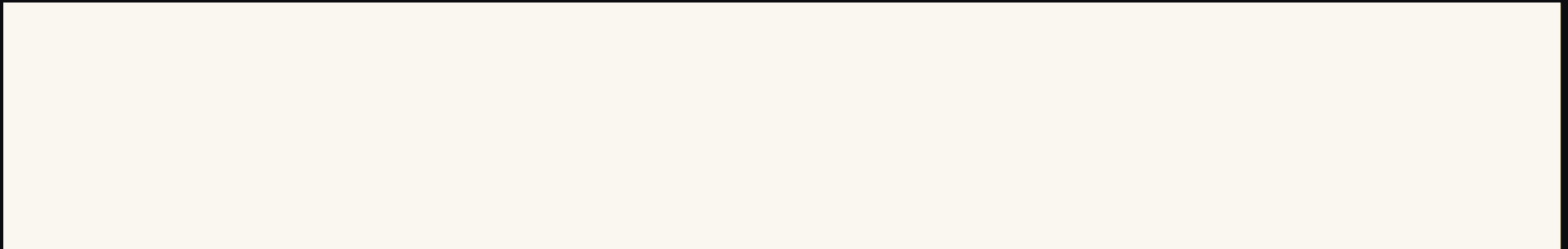
What do you genuinely want in this season of your life?

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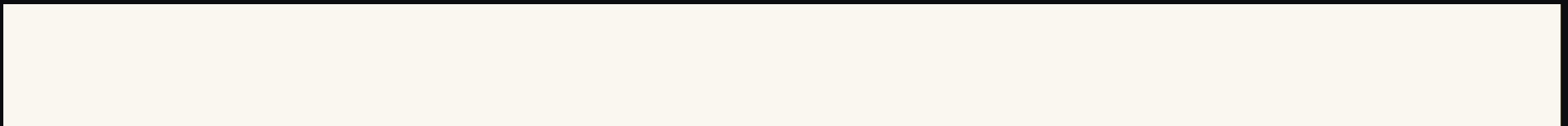
What do you believe God wants to develop in you?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the question above.

What is currently blocking you from recognizing the growth and progress you have already made?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the question above.

List three signs that you are not where you used to be.

A large, empty rectangular box with a thin black border, intended for a person to write their response to the question above.

Whenever God
deals with an individual,
He extracts
the root cause
of your trouble

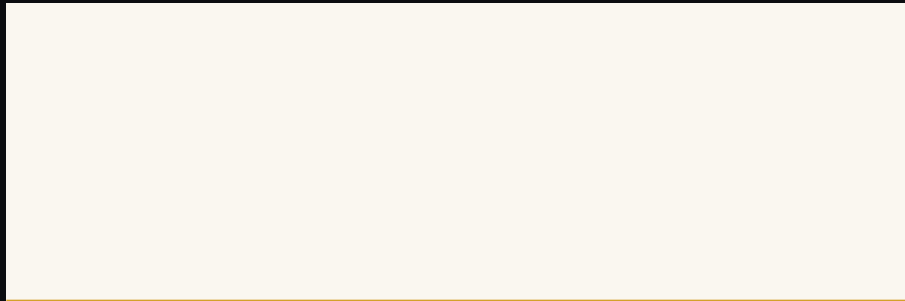
GOD DEALS WITH THE ROOT

Psalm 30:2

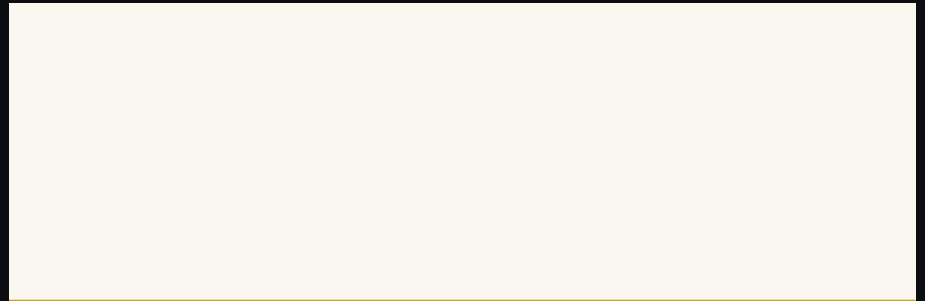
ROOT-CAUSE REFLECTION

God does not merely address surface behavior. He exposes what keeps producing the behavior. Healing becomes sustainable when we allow Him to reach the hidden pain beneath our reactions.

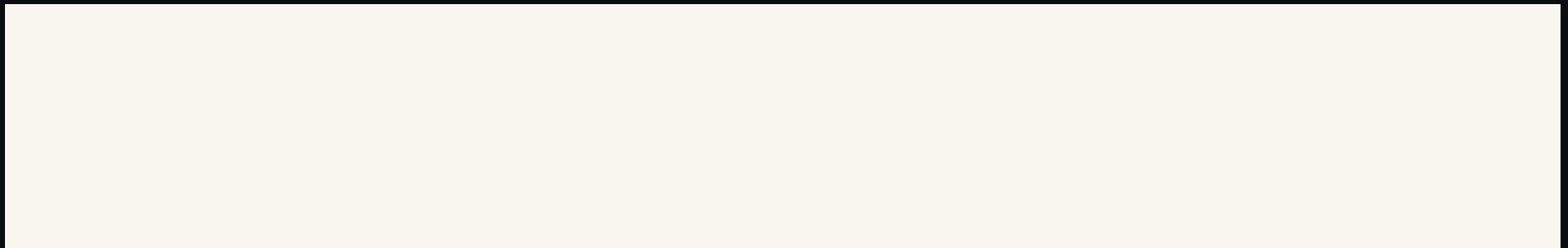
What recurring behavior, reaction, or conflict keeps showing up in your life?



What hidden pain, fear, rejection, grief, shame, or disappointment may be feeding it?



What would it look like to invite God into the root instead of only managing the symptom?



— Proverbs 18:16 (ESV) —

A group of diverse people, including men and women of various ages, are shown from the chest up. They are all looking down at a glowing, wrapped gift box they are holding in their hands. The gifts are wrapped in gold paper with a white bow and are emitting a bright, warm light. The background is a dark, moody city skyline at night, with many skyscrapers visible. The sky is dark with some clouds and a hint of light breaking through. The overall atmosphere is one of hope and positivity.

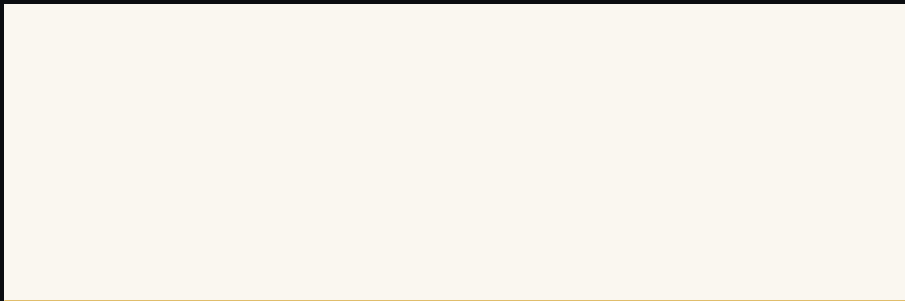
YOUR GIFT MAKES ROOM

Proverbs 18:16

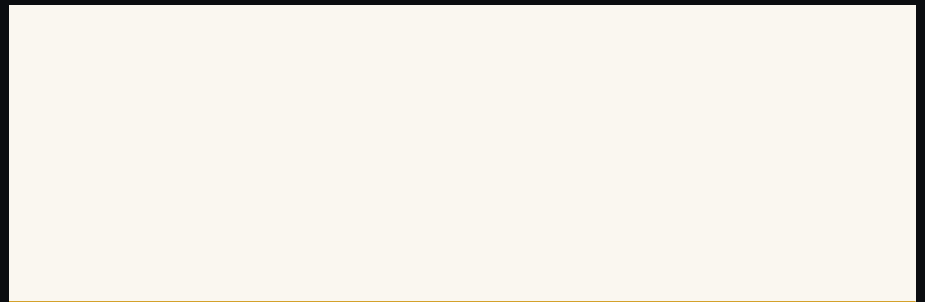
THE GIFT WITHIN YOU

Your gift is not merely for recognition. It is an assignment designed to serve people, solve problems, and strengthen community.

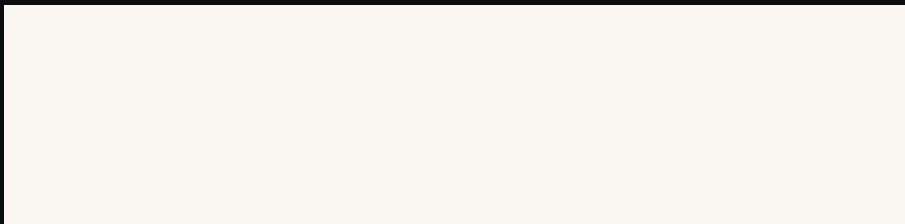
What gift, skill, testimony, or lived experience has God placed inside you?



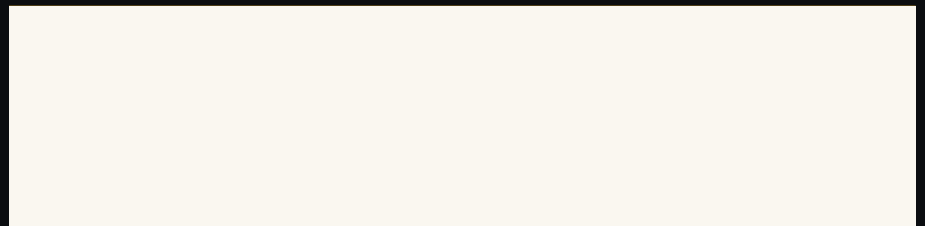
Who is helped when you use it faithfully?



Where have you hidden, minimized, or delayed using your gift?



What is one practical way you will use your gift this week?





SELF- COUNTABILITY

OWN YOUR PART.

SELF-ACCOUNTABILITY

Own your part. Change starts with you.



THE CHANGE STARTS
WITH ME.

1. STOP BLAMING WHAT HAPPENED TO YOU

Romans 14:12 - Each of us will give an account of ourselves to God.

You may not be responsible for what broke you, but you are responsible for what you do with the broken pieces.

What are you still blaming on your past that God is now requiring you to confront in your present?

Complete the sentence: My pain explains _____, but it will no longer control _____.

2. YOU CANNOT CHANGE WHAT YOU REFUSE TO OWN

Matthew 7:3 - Why do you see the speck in your brother's eye, but not notice the log in your own?

Whatever you constantly defend, minimize, or blame on others will remain unchanged.

What truth about yourself have you been avoiding because accepting it would require you to change or revisit past hurt?

Where do you tend to deflect, justify, minimize, or point fingers?

3. YOU ARE ACCOUNTABLE FOR YOUR PART

Ephesians 2:10 - We are God's workmanship, created in Christ Jesus for good works.

The vision does not only fail because of opposition. Sometimes it fails because people refuse to own their part.

What has God already told you to do that you are still waiting for someone else to initiate?

What is your specific part in the vision, relationship, ministry, family, or team?

SELF-ACCOUNTABILITY INVENTORY

Rate yourself from 1 (rarely) to 5 (consistently). Then write one action that would move each area forward.

1. I admit when I am wrong.

Rating: 1 2 3 4 5

2. I receive correction without becoming defensive.

Rating: 1 2 3 4 5

3. I follow through on what I say.

Rating: 1 2 3 4 5

4. I examine my contribution to conflict.

Rating: 1 2 3 4 5

5. I address root causes instead of repeating excuses.

Rating: 1 2 3 4 5

RESPONSIBILITY REQUIRES FOLLOW-THROUGH,



COMMITMENT IS
WHAT YOU **COMPLETE**
WHEN IT BECOMES
INCONVENIENT.



DO IT FOR GOD,
NOT FOR
APPLAUSE.



FINISH WHAT
YOU START.

FAITHFUL
UNTIL
FINISHED

RESPONSIBILITY

Do what you are called to do. Follow through.

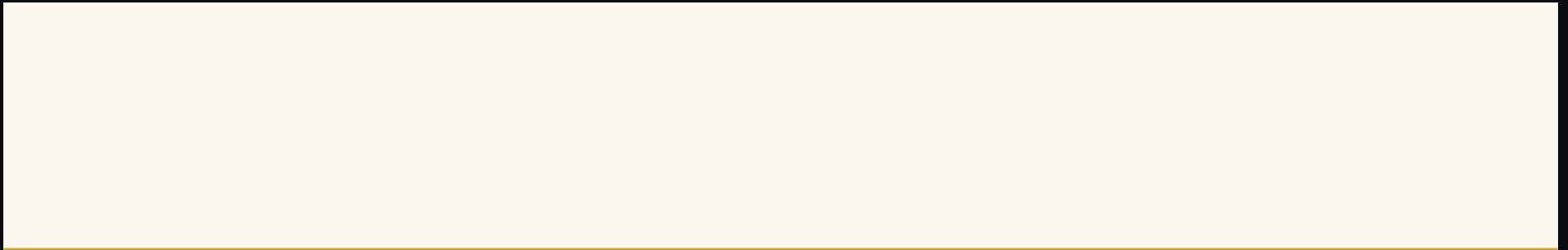
“Whatever you do, work heartily,
as for the Lord and not for men.”

1. BE FAITHFUL WITH WHAT IS IN YOUR HANDS

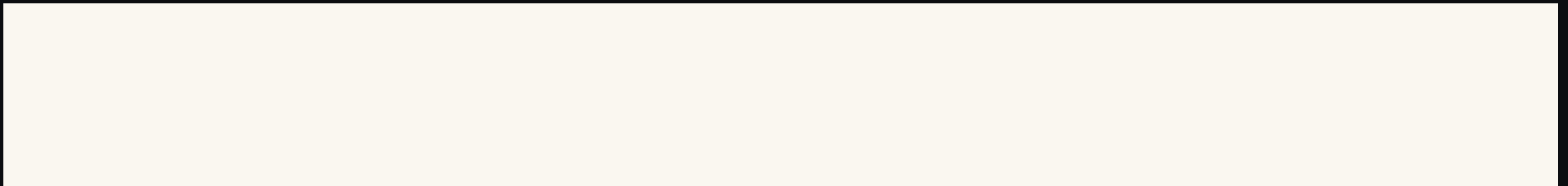
Luke 16:10 - One who is faithful in very little is also faithful in much.

Do not ask God for more while neglecting what He already gave you.

What have you been calling “small” that God may be using to test your faithfulness?



Name one current assignment, relationship, gift, or opportunity that requires better stewardship.



2. RESPONSIBILITY REQUIRES FOLLOW-THROUGH

Colossians 3:23 - Whatever you do, work heartily, as for the Lord and not for men.

Commitment is not what you say while inspired. It is what you complete when it becomes inconvenient.

What have you started but not finished?

Who has been forced to carry extra weight because you did not follow through?

What is your next measurable step, and by what date will it be completed?

RESPONSIBILITY ACTION PLAN

ASSIGNMENT	NEXT ACTION	DEADLINE	ACCOUNTABILITY

— BEHOLD, —
HOW GOOD &
PLEASANT
— IT IS WHEN —
BROTHERS DWELL
TOGETHER IN UNITY!



—  —
UNITY

PSALMS 133:1 (ESV)

Together, we go further. Stronger as one.

THE COMMUNITY CHALLENGE

The world has mastered community, but the church has often mastered selfishness and personal ambition for external validation.

Where have personal ambition, competition, insecurity, or the need for recognition weakened unity?

What would genuine biblical community look like in your church, team, or family?

HOW GOOD AND PLEASANT

Psalm 133:1 - Behold, how good and pleasant it is when brothers dwell in unity.

What makes unity difficult for you personally?

What do you need to release in order to walk in unity?

Whom do you need to understand, forgive, support, or reconnect with?

A dramatic scene of a seal on a piece of ice surrounded by orcas in a dark, stormy sea. The seal is perched on a large, jagged piece of ice, looking back over its shoulder with its mouth open. Several orcas are visible in the water, some partially submerged, creating a sense of tension and danger. The sky is dark and cloudy, and the water is a deep, turbulent blue.

THE ORCA STRATEGY

Coordinated action creates power no individual can produce alone.

LESSONS FROM THE ORCA POD

Orcas coordinate, communicate, position themselves, and take turns creating waves. Their strength is not merely size; it is synchronized responsibility.

Shared target

What common mission must everyone see clearly?

Defined roles

What part does each person need to own?

Timing

Where is coordination more important than individual speed?

Persistence

How will the group respond when the first attempt fails?

DIRECTION



THE WAGGLE DANCE

Communication turns discovery into shared direction.

WAGGLE DANCE

NATURE'S GPS

MAN IN THE MIRROR WORKBOOK | DR. MIKE LEWIS



ANGLE

of waggle run
tells direction
relative to the Sun



DISTANCE

Waggle run length
tells distance



NEAR



FARTHER



FARTHEST

YOUR TESTIMONY GIVES COORDINATES

Revelation 12:11 - They overcame by the blood of the Lamb and by the word of their testimony.

A bee that finds food does not keep the discovery to itself. It returns to the hive and communicates direction and distance. In the same way, your testimony can show someone else where grace, healing, wisdom, and freedom can be found.

What has God brought you through that could give direction to someone else?

Who needs to hear your testimony, and what part of the story are you willing to share?

D R I F T

- D** – Distraction (*Adam and Eve*)
 - R** – Routine and Relationships Broken (*Solomon*)
 - I** – Isolation (*David*)
 - F** – Flesh and feelings in decisions (*Esau*)
 - T** – **D R I F T**
Tolerate compromise (*Judas*)
- A framework taught by Mac Reed



Mac Reed

DRIFT SELF-ASSESSMENT

D - Distraction

What is pulling your attention away from God's assignment?

R - Routine & Relationships Broken

What healthy rhythm or relationship has been neglected?

I - Isolation

Where have you withdrawn from people who could strengthen you?

F - Flesh & Feelings

Where are emotions overruling wisdom and obedience?

T - Tolerating Compromise

What have you allowed that you once knew was unacceptable?

“
BEFORE I
FORMED YOU
IN THE WOMB
I KNEW YOU

KNOWN BEFORE YOU WERE FORMED

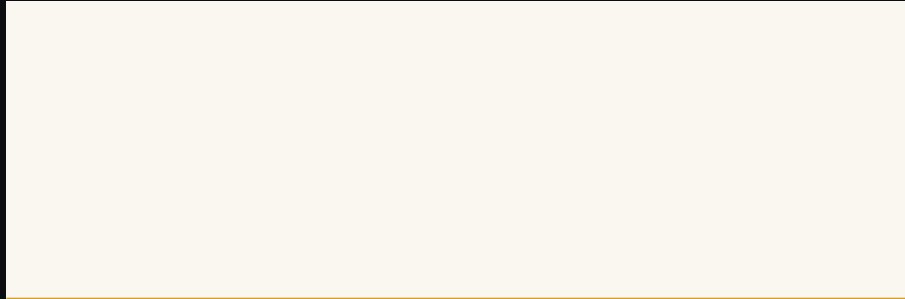
JEREMIAH 1:5
Jeremiah 1:5



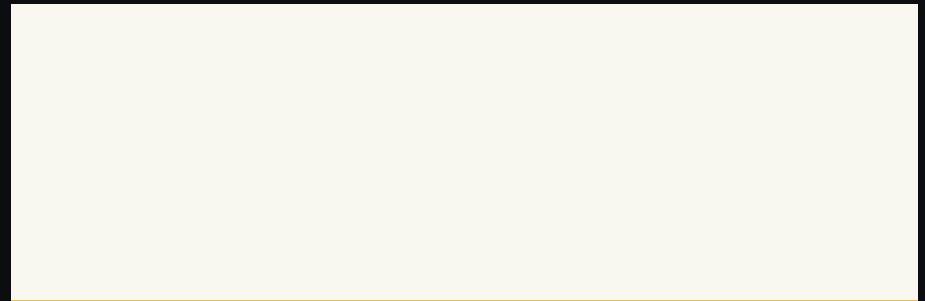
IDENTITY BEFORE PERFORMANCE

Your confidence cannot be sustained by applause, position, comparison, or external validation. God knew you before anyone formed an opinion about you.

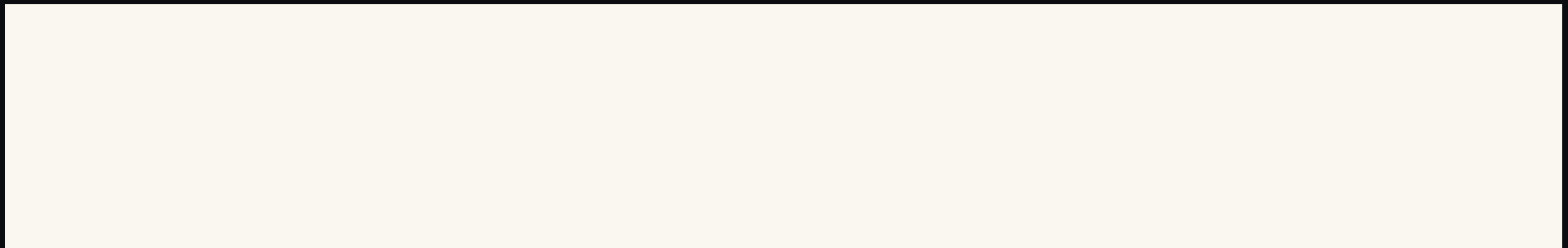
What labels have you allowed people, failure, success, or comparison to place on you?



What does God say about who you are?



Complete this declaration: I do not need _____ to prove _____. God has already _____.



30-DAY MIRROR PLAN

Transformation becomes visible when reflection produces consistent action. Choose one practice in each area.

Self-Accountability

One truth I will own:

Responsibility

One assignment I will finish:

Unity

One relationship I will strengthen:

Testimony

One story I will share:

Spiritual Alignment

One compromise I will remove:

MY COMMITMENT

I understand that the mirror is not an instrument of shame. It is an invitation to honesty, healing, obedience, and growth.

The truth I am choosing to own is:

The action I will take immediately is:

Signature _____

Date _____

MIRROR
ESN'T SHOW
O'S TO BLAME...

SHOWS WHERE THE
THE MIRROR DOES NOT SHOW WHO IS TO BLAME.
IT SHOWS WHERE THE CHANGE MUST BEGIN.

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