

AD IMAGINEM · TO THE IMAGE

The Pastor's Field Guide

*The working part of the Metron, carried in the room: to locate the
person before you speak, and walk them home.*



RYAN BRAITHWAITE · KINGDOM ALIGNMENT LABS

Contents

ORIENTATION

What This Is 1

The System at a Glance 4

How to Use This Guide 5

The One Idea 6

THE MAP

The Seven Levels 7

A Page for Each Level 8

The Twelve States 15

The Descent, Staged in Scripture 16

The Five Expressions 17

The Faculties 18

The Descent in the Body 19

THE DESIGN

The Design Side 20

THE OPERATION

Reading the Report 27

The Combinations and the Mirror 28

The Walk and the Re-Read 29

THE MIRROR

The Routing Index 30

A Worked Read 32

REFERENCE

The Word Index 34

The Pocket Card 37

NOTES

Notes 38

The Metron System

An introduction for those who shepherd.

THE ONE THING A SHEPHERD COULD NEVER SEE

Every pastor knows the ache. You preach the truth on Sunday, and you watch someone you love carry it out the door and fail to live it by Tuesday. Not because their faith is false, but because the truth never reached the place they actually live. You can see the drift, the burnout, the slow leaving. What you cannot see is where it began, how far down it goes, or what to do about it before you lose them. You are handed a symptom and asked to heal a person.

God's oldest charge against the shepherds of His people was not a failure of love. It was a failure of sight. "The weak you have not strengthened, nor have you healed those who were sick, nor sought what was lost" (Ezekiel 34:4). They could not see beneath the wound to the person underneath it. You can love a sheep with your whole heart and still lose it in the dark.

And it is not only you. When Barna and NavPress went looking, they found the whole church standing in the same blind spot. Fewer than one in a hundred church leaders use any tool to measure whether their discipleship is actually working. Only nine percent of pastors feel able to measure the spiritual health of their own people at all. Only eight percent say they disciple a new believer well. Half the people in the pews cannot even say what their church means by spiritual maturity.

Read that plainly, because it is the truth no one says out loud. The church has been discipling in the dark, pouring out love it cannot aim, toward a maturity it cannot define, with no way to know whether a single soul is actually moving. The problem was never the love. The church has never lacked love. It has lacked sight.

Findings: Barna Group and NavPress, The State of Discipleship (2015).

The First Question: “Where Are You?”

The first question God ever asked a human being was not what have you done. It was “Where are you?” (Genesis 3:9), asked of a man already hiding, and asked though God already knew. He asked it because a person cannot be led home until he has first been located. Sight comes before the summons. It always has.

That is where the Metron begins. It is a way for a shepherd to see the one thing he has never been able to see: where a person actually is, and who that person was made to be, the design underneath the distortion, held together without blinking. Not a flattering mirror that only praises. Not an accusing one that only condemns. The true one, that shows a person their own face and names the way home. It runs in a loop plain enough to hand to any leader.

Locate →

A short, careful assessment reads where a person is and who they were made to be. They receive a plain, honest report: where you are, the pattern beneath it, a man or woman in Scripture who once stood in that exact place, and one next step, with a quiet read for the one shepherding them.

Walk →

Not a program. One small daily practice, a single area of life surrendered back to the Lord, walked out in the small group over a season. This is where the change actually happens.

Recalculate ↻

A brief re-read shows where the person is now and reroutes them, without condemnation, from wherever they honestly stand. The loop repeats until they can navigate on their own.

Everyone begins with the Core. From there it opens into the places your church already gathers: marriage, calling, serving, the way a person bonds, the gifts they carry. One assessment, read through whatever lens the moment calls for. It asks nothing new of your calendar; it gives new eyes to what is already on it.

What Becomes Possible

Now imagine the church where the shepherd can see. No one lost in the size of the crowd. Every person located, and every person handed a real next step: the struggling one met before he leaves, and the strong one, who used only to know more, turned around to carry someone else. The body doing what a body does, because for the first time its shepherds can tell who is where.

And imagine the thing not one church in that study could do: formation you can actually measure, without ever reducing a soul to a number. A person takes the assessment, walks the season, and takes it again. The numbers move, or they do not. “He who has begun a good work in you will complete it” (Philippians 1:6) stops being a verse you hope is true and becomes something you can watch happen. Not to grade a soul, but to shepherd it with your eyes open.

This is the instrument fewer than one percent of churches have ever had, and it drops into what you already do: the small groups, the new-believer classes, the counseling across the desk. It hands all of it the one thing it has always been missing: eyes.

“Where are you?” is still the first question. The church has spent a very long time answering everything but that one. This answers it, plainly, biblically, one soul at a time, and then hands back the next step toward home. A shepherd who has once seen his people this clearly cannot go back to not seeing them. That is the change, and it begins the moment someone finally looks.

“For now we see in a mirror, dimly, but then face to face.” · 1 Corinthians 13:12

The Metron System

The whole of it, on one page.

One vision, built all the way out: the theology it rests on, the instrument that reads a soul, the library of lives it hands back, the daily practices that walk it, the guide that puts it in a pastor's hands, and the log that remembers a people. **This is what stands behind the report.**

THE WORK



WHAT A PERSON RECEIVES · TWO REPORTS

THE FIRST READING

The Locate Report

where a person stands, and who they were made to be

One plain, honest report of **where a person stands** today, who they were made to be, and the next faithful step. From the same answers it opens into the areas the church already gathers around: *marriage, vocation, leadership, relationships, gifts, and more*, each opened as a person is ready. One assessment, many views, nothing re-taken.

THE RE-READ, AFTER THE WALK

The Recalculate Report

what moved, measured and not guessed

The same design carried forward and read again on the same items, so movement is **measured, not guessed**: the level, the openness, and the mirror, and how much more of the person is now reaching the world. Not a new person. **More of the real one getting through.**

“Write the vision, and make it plain on tablets, that he may run who reads it.” · Habakkuk 2:2

How to Use This Guide

Locate the person before you speak the word.

Walk into almost any faithful church and you will find sincere people who love God, who are present every week, and who are still not living the peace and freedom they were promised. The pastor preaches true and anointed messages, and the same word lands in one heart and bounces off the next. The problem is rarely the message. It is that no one can see where each person is actually standing on the inside.

Jesus could. He always knew exactly where a person was before He spoke, and so He never gave the same word twice. This guide exists to give an ordinary pastor that one capacity: to locate the person before speaking, and then to walk them home along a road Scripture already mapped.

It is not a book to read once and shelve. It is a field guide, carried and flipped open in the room. The whole system stands behind it in the System Theology; what is gathered here is the working part, the part you reach for while a real person is in front of you. Read the short front pages once so the frame is yours, then keep the guide close and turn to the map when you need it.

The One Idea

Underneath every reading is one question: who is on the throne.

Everything in this guide is finally a reading of one thing: who is seated on the throne of a person's life. The design is who God made them to be when He reigns. The distortion is what every faculty, capacity, virtue, and gift becomes when the self reigns instead. The same gift points one way under God and the opposite way under the self: responsibility becomes control, discernment becomes suspicion, leadership becomes domination, compassion becomes enabling.

The seven levels are the degree of it, how far the self has climbed back onto the throne. And the way home is not better information or more effort. It is the throne changing hands, the self coming down and Christ being seated. Every reading in this guide is, underneath, a throne reading, and every walk it points to is the same descent walked back the way it came.

The Seven Levels

Where a person is standing, from peace down to shutdown. Not a mood, an operating state of the whole person.

The levels are the degree of the descent, how far the self has climbed back onto the throne. Each is anchored in Scripture's own Hebrew and Greek, and each names an operating state, not an identity: a person is not a Reactivity person, they are a person whose current functioning shows the signature of L4. The framework locates, so a pastor can meet them there and walk them home. Read a level with its body reading beside it, because at L4 and below, content alone does not reach a person until the body is stabilized first.

Beneath the scale is one picture. In the design, God is the organizing center of a life. In the descent, the self has climbed onto the throne it was never built to hold, and the levels read how far that transfer has gone and how far the return has come. The finer twelve states collapse into these seven because seven is what a pastor can act on in a real encounter: the precision is there when it is needed, but the level is what the walk is calibrated to. Read the bottom of the scale with particular care. L5 and L6 are not only spiritual readings; the body may have crossed from strain into genuine load, which is why Overwhelm and Shutdown call for clinical referral alongside pastoral care.

LEVEL	NAME	WORD	HOW IT LOOKS	IN THE BODY
 L0	Peace	<i>shalom</i>	The design state, the mind stayed on God, where stressors do not produce the cascade. Not a place any living person stays; the reading is how close the walk runs to it.	Full ventral vagal. Regulated, at rest, wholly present.
 L1	Healthy	<i>meno</i>	Life is working, and it is not carrying you. Pressure comes and you feel it, then you return to rest. Alignment in motion.	Ventral vagal. Social engagement, emotion regulated, fully reachable.
 L2	Burden	<i>merimnao</i>	You can still do it all, and you can no longer put it down. Something is always unresolved, and rest no longer restores. You have begun carrying what was never yours.	Sympathetic boundary. Activation present, holding regulation under load.
 L3	Guarded	<i>gregoreo</i>	You are not in crisis and not visibly anxious. You are watchful, and you cannot stand down, even when things are fine. Vigilance that will not switch off.	Sympathetic boundary. The watchman will not stand down; reachable but braced.
 L4	Reactivity	<i>the reactive range</i>	You move faster than you mean to. Small things set you off, and you watch yourself react before you can choose. The body discharges before reflection can engage; the past is operationally present.	Sympathetic threshold. The reactive system runs the encounter; content alone will not reach.
 L5	Overwhelm	<i>hyper dynamin</i>	The load has outgrown you. Simple things feel harder than they should, and you are running past empty. Beyond capacity, above strength.	Sympathetic to dorsal. The system is crossing toward shutdown; stabilize first.
 L6	Shutdown	<i>zanach / damam</i>	You have gone quiet inside. You are here, but you do not feel here, and even prayer meets silence. The soul cast from peace, the body gone still.	Dorsal vagal collapse. Protective immobilization; presence and the body before any word.

■ L0 Peace

shalom, the mind stayed on God

WHAT YOU SEE

The destination, not a place any living person stays. Full alignment with God as source. What the reading measures is how close a walk runs to it.

IN THE BODY

Full ventral vagal. Regulated, at rest, wholly present.

THE EXPRESSIONS THAT CLUSTER HERE

None. No misalignment is present.

THE MIRROR

Christ glorified, the image restored. Adam before the fall, the image as it was made.

THE MOVE

The aim of every walk. Orient the person toward it from within Level One; it is where the road leads, not a rung to stand on.

■ L1 Healthy

meno, to remain, to abide

WHAT YOU SEE

Life is working, and it is not carrying you. Pressure comes and you feel it, then you return to rest. Alignment in motion.

IN THE BODY

Ventral vagal. Social engagement, emotion regulated, fully reachable.

THE EXPRESSIONS THAT CLUSTER HERE

Aligned. No dominant bend; the person walks from basic alignment.

THE MIRROR

Routed by the season a person is in, not a bend: the long wait (Abraham), a new assignment (Joshua), a hostile system (Daniel), displacement and loss (Ruth).

THE MOVE

Sustaining work. Keep the walk that is already holding, and deepen it.

■ L2 Burden

merimnao, a mind divided in many directions

WHAT YOU SEE

You can still do it all, and you can no longer put it down. Something is always unresolved, and rest no longer restores. You have begun carrying what was never yours.

IN THE BODY

Sympathetic boundary. Activation is present; the system holds regulation under a load that is depleting it.

THE EXPRESSIONS THAT CLUSTER HERE

Responsibility, and Control.

THE MIRROR

Martha, serving from the assumption that love is provision. Moses in Numbers 11, the burden grown too heavy to bear alone.

THE MOVE

Releasing work. Set down what belongs to God, and cast the care that was never yours to hold.

■ L3 Guarded

gregoreo, watchfulness that will not stand down

WHAT YOU SEE

You are not in crisis and not visibly anxious. You are watchful, and you cannot stand down, even when things are fine. Vigilance against a threat that is not present.

IN THE BODY

Sympathetic boundary. The watchman will not stand down; the person is reachable but braced.

THE EXPRESSIONS THAT CLUSTER HERE

Fear, anticipatory, and Control.

THE MIRROR

Saul, the warning, whose wall consumed everything inside it. Jacob at Peniel, the hope, the watchman renamed Israel only after he stopped wrestling.

THE MOVE

Settling work. The guarding returned to the God who never asked one person to hold the wall alone; perfect love casting out fear.

■ L4 Reactivity

the reactive range

WHAT YOU SEE

You move faster than you mean to. Small things set you off, and you watch yourself react before you can choose. The body discharges before reflection can engage, and the past is operationally present.

IN THE BODY

Sympathetic threshold. The reactive system is running the encounter; content alone will not reach the person.

THE EXPRESSIONS THAT CLUSTER HERE

Fear, reactive, and Control.

THE MIRROR

Moses striking the rock, the reaction that outran him. Peter in the garden, the sword drawn before the thought.

THE MOVE

Restoration work. Restore the pause between the moment and the response; regulate the body before the word.

■ L5 Overwhelm

hyper dynamin, beyond capacity

WHAT YOU SEE

The load has outgrown you. Simple things feel harder than they should, and you are running past empty. Above strength.

IN THE BODY

Sympathetic to dorsal. The system is crossing toward shutdown; stabilize before anything else.

THE EXPRESSIONS THAT CLUSTER HERE

Exhaustion, and Fear.

THE MIRROR

Moses at the manna, relieved by sharing the load. Elijah under the broom tree, met with food and rest before a word. Paul in Asia, beyond strength, taught to trust not himself but God who raises the dead.

THE MOVE

Structural relief. Lift the load. Body first, food and rest, before any content; sometimes the weight has to be shared.

■ L6 Shutdown

zanach and damam, cast off, gone silent

WHAT YOU SEE

You have gone quiet inside. You are here, but you do not feel here, and even prayer meets silence. The soul cast from peace, the body gone still.

IN THE BODY

Dorsal vagal collapse. Protective immobilization; presence and the body come before any word.

THE EXPRESSIONS THAT CLUSTER HERE

Exhaustion.

THE MIRROR

Elijah at the bottom of it, Jonah in the deep, the prodigal in the far country, Mary Magdalene before the morning.

THE MOVE

Presence and referral. Presence and the body before any word. The person is not to be left alone, and reaching for clinical help is not a failure of faith.

The Twelve States

The lexical resolution beneath the seven levels, each named in Scripture's own Hebrew or Greek.

The twelve states are the fine grain of the descent. They collapse into the seven levels a pastor works from, so the states do not have to be carried in active memory; they are here for when the lexical resolution is needed, to name precisely what a person is in. The cascade runs from peace down to shutdown, and it is never terminal: the same road that goes down is the road that comes back.

These twelve were not chosen and then given verses. The Hebrew and Greek words were examined first, studied for their lexical contours in the standard lexicons, and the most diagnostically precise word in its clearest verse was taken as each anchor. The order was then confirmed against the canonical sequence in Psalm 38, Lamentations 3, and 1 Kings 19, where the descent from disturbance to collapse to shutdown is itself narratively staged. This is why the scale can be audited rather than trusted: a pastor or a scholar can check each anchor against the lexicon directly. And it reads a state, not a trait. The same person reads near peace after a season of alignment and far down the scale after accumulated burden, and a low reading is weather, not a verdict, never a measure of standing before God.

	STATE	WORD	WHAT THE WORD NAMES	VERSE
0	Peace	<i>shalom</i> שָׁלוֹם / εἰρήνη	a state of well being, the mind stayed on God, where stressors do not produce the cascade	Isaiah 26:3
1	Micro disturbance	<i>rogez</i> רָגַז	inner agitation, the first tremor when the quiet is broken	Psalm 38:8
2	Uneasiness	<i>deagah</i> הִגָּדָה	the low disquiet that something is not right, before it is named	Proverbs 12:25
3	Concern	<i>merimnao / thorybazo</i> μεριμνάω / θορυβάζω	to be apprehensive, unduly concerned, the mind divided in many directions	Luke 10:41
4	Apprehension	<i>sarappim / prosdokia</i> סָרַפְּיָם / προσδοκία	branching thoughts, anxious anticipation of what has not arrived	Psalm 94:19; Luke 21:26
5	Anxiety	<i>metsuqah / agonia</i> מִצְּוָקָה / ἀγωνία	sustained cognitive and somatic load, the constriction felt in the body	Psalm 25:17
6	Fear activation	<i>pachad / deilia</i> פָּחַד / δειλία	the disabling activation of fear, the fear that produces incapacity	2 Timothy 1:7
7	Overwhelm	<i>atap</i> אָטַפּ	the spirit wrapping inward, outward engagement ceasing	Psalm 61:2
8	Distress	<i>tsar / metsar</i> צָר / מִצָּר	the constricted strait place from which one cannot exit unaided	Psalm 118:5
9	Desperation	<i>rav</i> רָב	the cry that has reached its end, Enough now, LORD	1 Kings 19:4
10	Collapse	<i>massa kabad</i> מַשָּׂא כָבֵד	a crushing weight, too heavy to be borne	Psalm 38:4
11	Shutdown	<i>zanach / damam</i> זָנַח / דָּמַם	the soul cast from peace, the body gone silent and still	Lamentations 3:17, 28

The Descent, Staged in Scripture

The same twelve states, read down three chapters that walk the whole cascade.

The scale is not imposed on Scripture; it was read out of it. Three chapters walk the full descent in sequence: Lamentations 3, Psalm 38, and Elijah's collapse in 1 Kings 18 and 19. Where a cell is **bold**, the state's own Hebrew or Greek anchor word is present in that verse; where it reads *staged*, the state's reality is carried in the narrative without the exact word. Notice the bottom of the scale: collapse and shutdown are lexically nailed in all three, the same roots, the same order, independently. That convergence is the argument. The descent is complete and undeniable in the chapters' own construction, especially Lamentations 3, which does not end at the bottom but arrives at the mercies of the LORD that do not fail.

#	STATE	LAMENTATIONS 3	PSALM 38	1 KINGS 18 TO 19
0	Peace	3:17*	38:3*	18:41
1	Micro disturbance	<i>staged</i>	38:8	19:2
2	Uneasiness	3:6-9	<i>staged</i>	<i>staged</i>
3	Concern	3:6-9	<i>staged</i>	<i>staged</i>
4	Apprehension	3:6-9	<i>staged</i>	<i>staged</i>
5	Anxiety	<i>staged</i>	38:7	<i>staged</i>
6	Fear activation	<i>staged</i>	38:19	<i>staged</i>
7	Overwhelm	3:20	38:6	19:4
8	Distress	<i>staged</i>	<i>staged</i>	19:4
9	Desperation	<i>staged</i>	<i>staged</i>	19:4
10	Collapse	3:7	38:4	19:7
11	Shutdown	3:17, 28	38:13-14	19:5

Bold = the state's anchor word appears in that verse. *Staged* = the state is present in the narrative without its exact word. * = the state named by its absence (peace named where peace is lost). Lamentations 3 and Psalm 38 are lexically confirmed at collapse (kabed) and shutdown (zanach, damam); 1 Kings 19 confirms desperation (rav) and collapse (kabed) explicitly.

The Five Expressions

The primary diagnostic vocabulary: the five shapes misalignment takes as it works into a life.

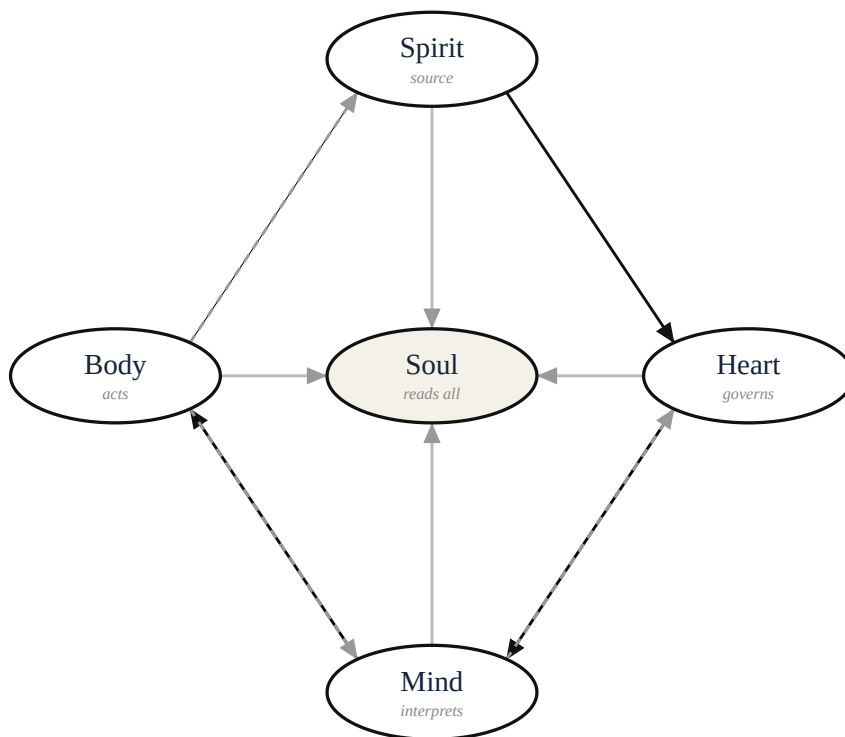
Expressions are not types; they do not divide people into five kinds. They name five ways the heart organizes around misalignment, and they are what the assessment is built to identify, what the biblical profiles are mapped against, and what the studies are built to address. A pastor who can recognize them in how a person talks and behaves has the framework's most useful diagnostic tool. Each carries the life in Scripture that shows it most clearly.

Hold the level and the expression together. The level tells a pastor where a person is standing; the expression tells him what the standing is built on. Two people at the same level are not the same, because the expression reads the governing posture of the heart underneath it. Each of the five is grounded in the canon's own vocabulary, a Hebrew or Greek construct that names both the posture and its cost, so they are not psychological categories imported from outside but the biblical grammar of how a bent heart organizes under pressure. And the expression is not a label; it names where a person is so the conversation has a direction, a starting point for movement rather than a box they live in.

EXPRESSION	MIRROR	HOW IT ORGANIZES A LIFE	WHERE
Fear	<i>Saul</i>	Perception narrows to threat. It rarely presents as fear; it presents as vigilance, discernment, and appropriate concern, until it endangers the people closest to it.	1 Samuel
Control	<i>Abraham and Sarah</i>	Managing what belongs to faith. The outcome is forced onto a timeline the system can hold, and the body never settles into the rest that safety would allow.	Genesis 16
Responsibility	<i>Martha</i>	Identity organized around contribution. Love is expressed through provision and managing the welcome, and the carrying becomes the self before it is ever chosen.	Luke 10
Relationship	<i>Peter</i>	The interior life organized around the bond. Worth and steadiness are sought through attachment, and restoration comes through the relational axis: do you love Me more than these.	John 21
Exhaustion	<i>Elijah</i>	Carrying total responsibility until the system stops. The collapse after total cost. The way back is God's own protocol: food, rest, food again, then one next step.	1 Kings 19

The Faculties

Five parts, one living system. Not a stack, a web.



Formation runs one way, the solid arrows: the **spirit** sources the life, the **heart** governs what it loves, the **mind** interprets, the **body** acts, and the **soul** reads the result of them all. But the faculties cross-reference constantly, the dashed lines: the body runs back into the mind, the mind back into the heart. This is why a single thing lives in several parts at once. **Doubt** is not only a thought in the mind; it drops into the body as unrest and vigilance, and underneath it is a face of **fear**. Reach it in the mind alone and it returns, because it is still lit in the body. Because the parts form one system, the whole can be reached through any one of them: settle the body, reorder the heart, or renew the mind, and the doubt loosens everywhere at once.

Solid arrows: the order of formation, spirit to soul. Gray arrows into the soul: the soul reads them all. Dashed arrows: the feedback, the body and mind running back up the chain.

The Descent in the Body

What the nervous system is doing at each level. Read the level, see the body.

Beneath experience, the body runs two systems. The autonomic nervous system acts immediately: the sympathetic branch mobilizes, the parasympathetic branch settles. The hypothalamic pituitary adrenal (HPA) axis acts over time, releasing cortisol to sustain energy under prolonged demand. Together they produce what we experience as stress. The descent can be read biologically: peace reflects parasympathetic regulation, threat activation engages sympathetic arousal, chronic stress reshapes the physiology, and collapse comes when the system can no longer sustain the load. This is why, at the lower levels, the body has to be reached before the mind can receive a word.

This is also what a feeling is. The soul reads the whole system's state and returns it as a feeling, which makes a feeling true information about the system, though not always about the world. A racing heart and a narrowed mind report accurately that the body is mobilized; they do not prove the threat is real. So renewal of the mind is not the denial of a feeling. It re-reads the trigger at the one link where the cascade begins, and lets the body settle, so the feeling can change because its cause has.

LEVEL	AUTONOMIC STATE	WHAT THE BODY IS DOING
L0 / L1	Ventral vagal predominance	Social engagement, emotion regulated, full access to cognition. The physiology of peace: heart rate slows, breathing deepens, the body settles and returns to baseline after pressure.
L2 / L3	Sympathetic boundary	Activation is present and the system is working to hold regulation under load. The amygdala grows more watchful; the body is mobilizing but still reachable.
L4	Sympathetic threshold	The reactive system is running the encounter: heightened arousal, vigilance, racing thought. The prefrontal cortex becomes less effective as threat signals grow louder.
L5 / L6	Sympathetic to dorsal collapse	Protective immobilization: withdrawn, flat, low energy, unreachable. What can look like depression or spiritual deadness is, at the autonomic level, the dorsal vagal system in its deepest shutdown.

The autonomic signature for each level, from the polyvagal reading of three states: ventral vagal engagement, sympathetic mobilization, and dorsal vagal shutdown. Noted as corroboration with the physiology, not as proof.

The Design Side

Who a person is made to be, and how it bends under fear. The design does not change between sittings; the operating state does.

The design side is the stable half of a reading, the person as God made them, carried forward from one sitting to the next. It runs through the five faculties and reads in four registers a pastor sees on a report: the **capacities**, the powers each faculty was made to use; the **gifts**, the graces the Spirit works through a formed life to build up others; the **virtues**, the character the Spirit forms within; and the **domains**, the seven arenas where the same alignment, or the same bend, shows its face. Each entry names the design and the shadow it casts under fear, because a pastor reading a low number needs to know what the gift looks like when it is bent, not only what it is at its best.

On a report, each of these reads as a **percentage**. The design itself does not move between sittings; it is who the person was made to be. What the percentage reads is how much of that design is actually reaching the world at the level the person stands on. Under fear the design bends into its shadow, and less of it gets through. As a person comes up the descent and the bend loosens, more of the design reaches others, and the number rises. That rise is what the **recalculate** report shows: not a new person, but more of the real one getting through. It is usually felt before it is measured, and it is felt first in how a person relates to others.

The Capacities

The power each faculty was made to use, and how it bends. One per faculty.

CAPACITY	FACULTY	THE DESIGN	WHEN IT BENDS	MIRROR
To Commune	Spirit	to walk with God	Under fear, communion collapses into self-sufficiency, long stretches of handling life alone, or into hiding, the shame-driven distance that keeps religion while losing nearness	Enoch
To Choose and to Love	Heart	to give itself freely	The same power of choice serves the self, spends love on lesser treasures, or withholds love out of fear of being hurt, closing the hand the design meant to open	Ruth
To Know and to Name	Mind	to see truly and speak it	Knowing curves into autonomy, the mind trusting itself above God, seizing the right to define good and evil, and into self-deception, telling a version of things that protects the self more than it tells the truth	Solomon
To Work, to Keep, to Rule, and to Fill	Body And Strength	to act on the world	Work becomes toil and striving, dominion becomes domination and exploitation, keeping becomes fearful control, and the steward forgets he is a steward and plays the owner	Joseph
To Rest and to Receive Life	Soul	to live from God	Rest is lost to restless striving, the person who can no longer stop, identity staked on output, life grabbed and earned rather than received, and the striving leaves the soul empty	Elijah

The Gifts

The sixteen the instrument scores, from the New Testament gift lists (and Bezalel in Exodus 31).

GIFT	WORD	THE DESIGN	WHEN IT BENDS	MIRROR
Prophecy	<i>prophēteia</i> προφητεία פְּרֹפְהִיָּה	This gift names what is true, calls what is real, and does so in a way that strengthens rather than wounds	Prophecy curdles into harshness or silence	Jeremiah
Teaching	<i>didaskalia</i> διδασκαλία	This gift takes complexity and makes it navigable	Teaching becomes information-hoarding or complexity-performance	Ezra
Exhortation	<i>paraklēsis</i> παράκλησις	This gift calls forward the best in people and steadies them in their present reality	Exhortation becomes flattery or enabling	Barnabas throughout Acts
Wisdom	<i>sophia</i> σοφία חָכְמָה	This gift weighs rightly and counsels well	Wisdom curdles into cynicism and paralysis	Solomon
Knowledge	<i>gnōsis</i> γνώσις תְּבִינָה	This gift holds what has been hard-won, the understanding that only comes through sustained study and experience, and delivers it at the right moment for the right person	Knowledge becomes hoarding or gatekeeping	Daniel
Evangelism	<i>euangelistēs</i> εὐαγγελιστής	This gift goes where others don't and sits with people others avoid, not to perform but to genuinely care	Evangelism becomes agenda-driven and relational-transaction	Philip
Service	<i>diakonia</i> διακονία	This gift notices the need no one else sees and quietly fills it, setting up the chairs, doing the dishes, handling what falls between the cracks	Service turns into self-neglect and martyrdom	Martha
Helps	<i>antilēmpseis</i> ἀντιλήψεις	This gift removes the load from a person's shoulders so they can do what they were made to do	Helps becomes enabling or self-erasure	Aaron and Hur holding Moses' arms
Leadership	<i>proistēmi</i> προϊστέμι	This gift goes ahead and absorbs the difficulty so others can follow	Leadership becomes control and domination	Moses
Administration	<i>kybernēsis</i> κυβέρνησις	This gift takes the vision and makes it workable, structures it, resources it, sequences it, and brings enough order to the confusion that people can actually move together toward the goal	Administration becomes rigidity and control-through-process	Joseph
Shepherding	<i>poimēn</i> ποιμήν הֹדֵם	This gift tends people through time, noticing the one who is struggling, staying present through the hard seasons, and providing the consistent care that builds genuine trust and safety	Shepherding becomes enabling and enmeshment	David as shepherd before he was king
Mercy	<i>eleos</i> ἔλεος רַחֲמִים	This gift goes where others don't and sits with what others can't bear	Mercy becomes enabling and boundaries-erasure	The Good Samaritan
Generosity	<i>metadidous</i> μεταδιδούς חֶסֶד	This gift gives freely and without the interior calculation that turns giving into a managed transaction	Generosity becomes financial anxiety or transactional giving	Zacchaeus

GIFT	WORD	THE DESIGN	WHEN IT BENDS	MIRROR
Discernment	<i>diakrisis</i> διάκρισις תב	This gift sees through to what is real, in a room, in a conversation, in a spiritual dynamic	Discernment becomes suspicion and cynicism	Samuel
Faith	<i>pistis</i> πίστις תאמנא	Holds the rope when others have let go, confident expectation when evidence has run out	Becomes presumption and magical thinking	Abraham
Creativity	<i>hokmāh</i> חכמה תב	makes things that matter beyond the moment, that last and serve	becomes perfectionism or identity-through-production	Bezalel

The Virtues

The seventeen the Spirit forms within, each with the life in Scripture that mirrors it.

VIRTUE	WORD	THE DESIGN	WHEN IT BENDS	MIRROR
Love	<i>agapē</i> ἀγάπη 1 Corinthians 13:1	self-giving love that seeks another's good	Love bends into approval-seeking and people-pleasing	Saul
Calm / Steadiness	<i>hēsychia</i> ἡσυχία 1 Timothy 2:2	inward stillness, settled calm	Under exhaustion the same stillness slides into passivity, a detachment that will not engage the very trouble it should face	Gideon
Patience	<i>makrothymia</i> μακροθυμία Galatians 5:22	long-tempered; patient toward people	Slides into passivity, enabling what should be confronted and failing to act when action is called for	Isaac
Empathy	<i>sympatheō</i> συμπαθέω Hebrews 4:15	to suffer with; enter another's pain	Under exhaustion the same open heart floods, over-identifying until there is no boundary between their pain and someone else's	Jeremiah
Faithfulness	<i>emunah</i> אֱמוּנָה Habakkuk 2:4	steadfast firmness; covenant fidelity	Faithfulness stiffens into rigidity and rule over relationship	Josiah
Loyalty	<i>chesed</i> חֶסֶד Ruth 1:8	steadfast covenant loyalty	Power becomes codependence, clinging to a person even when that person is leading them away from God	Ruth
Self-Discipline	<i>enkrateia</i> ἐγκράτεια Galatians 5:23	self-mastery over impulse	Under the grip of control the same mastery curdles into legalism and harsh self-judgment, ruling the soul with a rod instead of shepherding it	Paul
Humility	<i>anav</i> אָנָּב Numbers 12:3	strength submitted to God	Collapses into self-erasure, a false modesty that hides the very strength God gave to be used	Moses
Perseverance	<i>hypomonē</i> ὑπομονή Hebrews 12:1	to remain under; steadfast endurance	Under fear the same strength that endures refuses to release	Caleb
Excellence	<i>aretē</i> ἀρετή 2 Peter 1:5	moral excellence worthy of praise	Under the weight of responsibility that same standard hardens into perfectionism, and grace drains out of it	Isaiah
Hope / Vision	<i>elpis</i> ἐλπίς Romans 4:18	confident expectation of what God promised	Hope detaches from the ground and becomes fantasy	Abraham
Boldness	<i>parrēsia</i> παρρησία Acts 4:13	fearless, free confidence	Boldness outruns wisdom and becomes recklessness	Peter

VIRTUE	WORD	THE DESIGN	WHEN IT BENDS	MIRROR
Confidence	<i>pepoithēsis</i> πεποίθησις 2 Corinthians 3:4	settled reliance and assurance	Under the grip of control the same assurance becomes presumption, a pride that stops asking God because it assumes it already knows	David
Conviction	<i>peithō</i> πείθω 2 Timothy 1:12	settled persuasion of the truth	Under the grip of control the same certainty becomes zealotry, and a persecuting spirit rises up to crush anyone who disagrees	Saul of Tarsus
Zeal / Passion	<i>qana</i> קָנָה 1 Kings 19:10	to burn with covenant passion	Under exhaustion the same fire either burns the person out, collapsing like Elijah under the broom tree, or turns to force and manipulation to get the results it craves	Elijah
Devotion	<i>proskartereō</i> προσκαρτερέω Acts 2:42	to continue steadfastly, to abide	Under exhaustion devotion can curdle into escapist piety, retreating into the prayer closet to avoid the dishes God actually put in front of them	Mary of Bethany
Faith / Trust	<i>pistis</i> πίστις Hebrews 11:1	trust resting on God's word	Under fear the same trust can bend two ways, into presumption that tests God recklessly, or into a passivity that will not act at all	Abraham

The Seven Domains

The arenas where the same alignment, or the same bend, shows its face. The reading crosses all seven.

DOMAIN	THE ARENA IT READS	WHEN IT BENDS
Self	the relationship to oneself, identity and self-image	Identity is seized and self-constructed, swinging between self-exaltation and self-contempt
God	the relationship to God, communion and trust	God becomes a doctrine affirmed rather than a Presence lived, near in religious moments and absent under pressure
Others	relationships, how a person loves and is bound	Relationship becomes a means of managing fear, so a person controls, withdraws, performs, or overgives, using others to stabilize the self rather than loving them freely
Work and Calling	vocation, labor, and the work God prepared	Work becomes toil and identity, a place to earn worth or to control outcomes, so that calling is either idolized or fled
Body and Wellbeing	health, rest, and the embodied life	The body carries the cost the mind denies, driven past its limits or numbed, so that the descent is written in tension, exhaustion, and the loss of rest
Provision and Money	trust for provision, and the treasure of the heart	Money becomes a rival master, and anxiety over provision reveals a heart that has moved its treasure and therefore its trust off of God
Time and Season	the season a person is in, and the stewardship of days	The person lives ahead of their days in anxious anticipation or behind them in regret, unable to be present, striving against the season instead of stewarding it

One root, seven arenas, so no single visible symptom is mistaken for the whole person.

Reading the Report

The instrument does one thing: it locates the person.

The instrument does not read history, intention, or theological statement. It reads the current operating state of the human system, what is actually running right now, beneath the surface of stated belief. It closes the gap between the levels a pastor knows exist and the level the person in front of them is actually in, and it does it in a way that can be tracked over time and handed to another pastor with confidence.

THE VALIDITY GATE RUNS FIRST

Before any score is trusted, the reading passes a gate. Read this before anything else on the page.

Valid. The reading is consistent and can be trusted. Proceed.

Review. Something in the pattern needs a second look, inconsistency, unusual response style. Hold the numbers loosely and let the conversation confirm or correct them.

Invalid. The reading cannot be trusted as a score. When it comes back invalid, the re-read is the conversation, not the numbers.

THEN READ IT IN MERCY'S ORDER

Who they are made to be. The design side first: the capacities, gifts, and virtues, and how much of that design is reaching the world right now. Begin with the person God made, not the bend.

Where they are standing. The instrument hands you two things: a **level** and an **expression**. The level is how far the self has climbed back onto the throne; the expression is the shape the bend takes. Together they are the location.

The way back. Those same two things select the mirror and the walk. The report ends where the road home begins.

The Combinations and the Mirror

A level and an expression together choose one face in the text.

The level alone is not the read. A person at L4 driven by fear is not walking the same road as a person at L4 driven by exhaustion, and Scripture did not give them the same figure. The instrument hands the pastor both, the level and the dominant expression, and the two together are the location that matters.

Those two select the one figure in Scripture who stood in that same place and walked back, the person's own face in the text. This is why a mirror does what a general character study cannot: it is not held up as an example to admire, it is matched to where the person actually is, so that being seen becomes the beginning of being moved. For most levels the routing is determined by the score, the level and the dominant expression together select the figure whose documented state matches, resolved further by whether the person is a man or a woman.

Level One is the exception. Every L1 person functions from basic alignment, so the L1 mirrors are distinguished not by misalignment but by life-context: the long wait (Abraham), the new assignment (Joshua), the hostile system (Daniel), displacement and loss (Ruth). At L1 you route by the season a person is in, not by a bend.