

The Mirror Matrix

Book Club Kit

A six-session guide for reading together

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For groups of 4–12 · Six sessions of 60–90 minutes

No preparation beyond reading the chapters

No leader training required

“Clarity is easier to sustain when it’s shared.”

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Before you begin

This kit is for anyone gathering around *The Mirror Matrix* — book clubs, church groups, women’s groups, men’s groups, couples, housemates, or any combination. The only qualification for facilitating is a willingness to hold space.

What this kit is not

It is not a Bible study, a curriculum, or a course. There are no right answers. No one is teaching. The book has already done the heavy lifting. Your job is to create a room where people feel safe enough to say what’s true.

The rhythm of each session

Arrive (5 min) — A simple ritual to help people land in the room. This matters more than you think. Most of your group will have come straight from performing somewhere.

Read aloud (5 min) — One passage from the book, read slowly. Hearing the words spoken aloud unlocks something different from reading alone.

Reflect and discuss (40–60 min) — Questions are starting points, not checklists. Follow the thread that’s alive in the room. If someone’s answer opens a door, walk through it.

Close (5–10 min) — A prayer prompt and a take-home practice. Not homework — a gentle experiment for the week ahead.

A note on silence

Silence is not failure. It is often where the most important things happen in a *Mirror Matrix* group. When someone shares something vulnerable, resist the urge to fix, advise, or relate. The most powerful response is often: “Thank you for saying that out loud.”

Protect the room

Consider establishing one agreement at the start: **“What’s said here stays here. What’s learned here leaves with us.”** This lets people be honest. Honesty is the only thing that makes a group like this work.

At a glance

Session 1 — Chapters 1–2

The Mirrors We Trust: Naming the invisible patterns that have been shaping you

Session 2 — Chapters 3–5

When the Mirror Cracks: What happens when performance, approval, and image stop working

Session 3 — Chapters 6–7

The Fog Between: Sitting with not-knowing — and discovering what's underneath

Session 4 — Chapters 8–9

Opening the Heart: Learning what it means to be seen by God rather than evaluated by culture

Session 5 — Chapters 10–11

The Cost of Clarity: What authenticity requires — and what it protects

Session 6 — Chapters 12–13 + Epilogue

Living Without the Matrix: Sustaining clarity, and extending grace outward

Each session also includes:

- An **arrival ritual** to help people transition from performing to being present
- A **passage to read aloud** from the book itself
- A **facilitator note** for navigating the room
- A **take-home practice** to carry through the week
- A **reflection card** — a single question to sit with (can be printed or texted to the group)

SESSION 1

The Mirrors We Trust

Chapters 1–2: The Shattered Self · How We Get Lost

Characters: Leah · Jessica

Arrive

As people settle, ask everyone to put their phone face-down on the table. Then ask: “*On a scale of performing to present, where are you arriving tonight?*” No explanation needed. Just a word.

Read aloud

“I stopped asking who I was and started asking how long I could keep this up.”

— Preface

Read aloud the Preface paragraph beginning “Nothing was obviously wrong” through to “...we come to trust these evaluations more than we trust ourselves.” Let the words land for 15 seconds before moving on.

Scripture

For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

1 Corinthians 13:12, NIV

Discuss

- 1. The book names four cultural mirrors: performance, digital, relational, and relevance. Without thinking too hard — which one did your body recognise first?*
- 2. Leah wore busyness like a shield “because she learnt love was given for how well she performed.” Where did you learn your version of that lesson?*
- 3. Jessica’s curated online self became someone she was jealous of. Have you ever felt a gap between the version of you that people see and the version that exists when no one’s watching?*
- 4. “I’m fine, just busy.” How often do you use this phrase — and what does it protect you from having to say?*

For the facilitator

This is the first session. People may stay surface-level. That’s fine. Don’t push for tears or breakthroughs. Trust that the book is already working beneath what people are willing to say tonight.

Close

God, we come as we are tonight — tired in ways we haven't said out loud. Show us the mirrors we've been trusting. Begin to show us how You see us instead.

Take-home practice

This week, catch yourself saying “I’m fine, just busy.” When you hear it, pause. Ask yourself: *What is the more honest sentence I didn't say?* You don't have to say it to anyone. Just notice it exists.

* Reflection card for this week

What is the most honest sentence you didn't say today?

SESSION 2

When the Mirror Cracks

Chapters 3–5: Voices in the Void · Crossroads of Offence · Testing & Transformation

Characters: Michael · Leah

Arrive

Light a candle in the centre of the room. Say: *“Tonight we’re talking about things that break. If something comes up that feels tender, you’re welcome to sit with it quietly. You don’t have to share.”*

Read aloud

“I’ve earned this anger. It’s all I have left.”

— Michael, Chapter 4

Read aloud from Chapter 4: the scene where Michael sits at Emily’s wedding, watching Karen read a psalm, torn between her sweet voice and his need for revenge. Pause after: “Was this anger truly all he had left?”

Scripture

The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Psalm 34:18, NIV

Discuss

- 1. Michael learned to disappear emotionally as a child. “Silence was safer.” Where did you learn that hiding parts of yourself was the smart thing to do?*
- 2. At Emily’s wedding, Michael stands at a crossroads: hold onto righteous anger or release it. Have you ever stood at a similar crossroads? What did you choose?*
- 3. Bernard tells Leah: “Tests are set up to destroy everything, overriding your greatest days ahead.” Have you experienced a season that felt like destruction but turned out to be refinement?*
- 4. The book uses the Reflect — Reframe — Respond pattern. As a group: what is one thing you’ve been reflecting on since starting this book that you haven’t yet reframed?*

For the facilitator

This session may surface grief, anger, or divorce. Be comfortable with tears and silence. If someone shares something raw, don’t rush to comfort or resolve it. The most powerful thing is: “Thank you for trusting us with that.”

Close

God, we acknowledge that some mirrors have cracked. We don't know what comes next. Hold us gently in the in-between.

Take-home practice

This week, use the Reflect — Reframe — Respond pattern from the book's Mirror Work on one situation that still stings. You don't have to resolve it. Just walk through the three steps. Bring what you noticed to next session if you're willing.

* Reflection card for this week

What are you still carrying that was never yours to hold?

SESSION 3

The Fog Between

Chapters 6–7: Elena · The Perfect Mirror

Characters: Elena · Michael · The group begins praying together

Arrive

Begin with 60 seconds of silence. Not awkward silence — intentional silence. Say: *“Before we talk, let’s practise being in the room without filling it.”* Time it. It will feel long. That’s the point.

Read aloud

“God, I don’t really know how to talk to you anymore. I think I’ve been talking to a version of You I learned a long time ago.”

— Michael’s prayer, Chapter 7

Read aloud Michael’s prayer from Chapter 7, slowly. Then read the passage where he admits: *“I tell other people that You’re gracious. I just never believed You’d be gracious to me.”* Let the room breathe.

Scripture

Be still, and know that I am God.

Psalm 46:10, NIV

Discuss

- 1. Elena clings to her house because leaving feels like “an amputation.” What are you holding onto — not because it’s good for you, but because letting go feels like losing yourself?*
- 2. The book describes “heart walls” — protections that once served us but now imprison us. Can you name one of yours?*
- 3. Michael admits he’s been praying to a version of God he learned as a child — patient but disappointed. What version of God have you been assuming? Where did that image come from?*
- 4. The Mirror Work asks: “Write one sentence that names the God you’ve been assuming. Then write a second that leaves room for who He might actually be.” Does anyone want to share theirs?*

For the facilitator

This is the most vulnerable session. Some people may not speak much. Protect the silence — it’s doing important work. If the group has been surface-level until now, this is often the session where something shifts. Don’t force it. Just hold the space.

Close

God, we sit in the fog with You. We don't ask You to remove it yet. We ask that You stay close. And that we learn to trust Your presence more than our need for answers.

Take-home practice

This week, try Michael's prayer. In a quiet moment, say to God: "I think I've been talking to a version of You I learned a long time ago." Then wait. You don't need Him to answer right away. Just notice what it feels like to say it.

*** Reflection card for this week**

What version of God have you been assuming — and where did that image come from?

SESSION 4

Opening the Heart

Chapters 8–9: Opening of the Heart · Michael's Reconciliation

Characters: Leah at the chapel · Michael and Karen

Arrive

Ask each person to share one moment from the past week where they caught themselves “performing.” Keep it light. This builds the muscle of noticing.

Read aloud

“Do You even see me? Do I matter to You if I’m not impressive?”

— Leah’s prayer, Chapter 8

Read aloud the chapel scene from Chapter 8: Leah slipping into the back row, the old reflex stirring (“You don’t belong here”), her silent question, the tears that came before she could stop them.

Scripture

The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.

1 Samuel 16:7, NIV

Discuss

1. Leah asks: “Do I matter to You if I’m not impressive?” If you sat in honest silence with God, what would your version of that question be?
2. Michael goes to Karen’s house to say what he should have said years ago: “I can’t continue to live in darkness.” Is there a conversation you’ve been avoiding that clarity is now asking of you?
3. The book suggests moving from “How am I doing?” to “How does God see me?” What changes when you ask the second question instead of the first?
4. Michael says: “I don’t expect this to change everything between us.” Have you learned to take steps without needing to know the outcome?

For the facilitator

People may begin to open up in ways that surprise them. Honour what’s shared. Avoid advice-giving. If someone has a breakthrough, let it land in silence for a moment before moving to the next question.

Close

God, teach us to ask the real questions — the ones we've been afraid might have the wrong answer. And help us trust that You have been looking at our hearts all along.

Take-home practice

Find a quiet moment this week. Ask God Leah's question in your own words: *Do You see me? Do I matter to You when I'm not performing?* Don't rush to answer it yourself. Sit with the question. Let it be a prayer.

* Reflection card for this week

What would you ask God if you weren't afraid of the answer?

SESSION 5

The Cost of Clarity

Chapters 10–11: Identity Under Fire · The Hidden Place of Our Heart

Characters: Alex · Michael and Jason

Arrive

Ask: “What is one thing — even something small — that has shifted in you since we started reading together?” Go around the room. Every person speaks.

Read aloud

“I can’t align with something that depends on me staying quiet about how it lands.”

— Alex, Chapter 10

Read aloud Alex’s boardroom scene: the silence after he speaks, the response “This kind of stance can slow things down,” and the weight of choosing integrity over belonging.

Scripture

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28, NIV

Discuss

1. Alex learned as a child that “belonging required editing yourself.” Where do you still edit yourself to fit? What do you trim away?
2. Michael tells Jason the truth about his marriage: “Your mom and I both made mistakes.” Jason says: “That’s not what I expected you to say.” When has someone’s honesty changed how you saw them?
3. Michael has a vision of God kneeling to meet him eye to eye. He whispers: “That’s who you’ve been all along, isn’t it?” What image of God are you beginning to trust more than the old one?
4. The book says: “God’s heart is a refuge. No one else can access the part of God’s heart that He has set aside exclusively for you.” What does that stir in you?

For the facilitator

This session is about integration — head meeting heart. Encourage people to be specific: “What does this look like for you on a Tuesday morning?” is better than “That’s really good.”

Close

God, we are learning to rest in who You say we are. Where we still strive, loosen our grip. Where we still perform, remind us that we are already loved.

Take-home practice

This week, use the Mirror Work: choose one moment where you remain present without performing. No explanation. No self-editing. Notice what it costs — and what it protects in you. If you're willing, whisper: *God, help me stay and not run away from being authentic.*

* Reflection card for this week

Where are you still editing yourself to belong?

SESSION 6

Living Without the Matrix

Chapters 12–13 + Epilogue: When the Light Costs You Something · Shining

Characters: All five characters gather at Emily's table

Arrive

Set an empty chair at the table. Say: *“This chair is for the person you thought of while reading this book — someone who needs it but would never ask for it.”* Pause. Then begin.

Read aloud

“When you're not carrying around a suitcase full of resentment, you have hands free to enjoy life.”

— Michael, Chapter 13

Read aloud the garden scene from Chapter 13: Michael smiling at Karen and Greg. Emily's toast. The characters sitting together as people who have walked through transformation “not by achieving more or becoming someone else, but by discovering who they had been created to be all along.”

Scripture

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Corinthians 3:18, NIV

Discuss

1. *Looking back, which character's story stayed with you most? Not which you admired — which one you recognised?*
2. *Leah goes to her father's house and keeps quiet instead of performing. “Her burdens would no longer decide her actions.” What is one burden you're ready to set down?*
3. *The Epilogue says: “Erosion rarely announces itself. It happens when you stop telling the truth in small ways.” What small truth do you need to keep telling?*
4. *The book ends with an invitation: “You don't come because you need fixing. You come because clarity is easier to sustain when it's shared.” Who came to mind while you read that?*

For the facilitator

This is the final session. Leave extra time for the close. Let people say what they need to say — to each other, not just about the book. Consider going around the room and having each person name one thing they're taking away. If anyone cries, let the room hold it.

Close

God, thank You for this journey. For the mirrors that cracked and the clarity that followed. As we leave this table, help us carry what we've learned — gently, honestly, and with grace for ourselves and others.

Teach us to live as people who are fully known and fully loved. Amen.

Take-home practice

The book ends with an invitation to give a copy to someone who needs it. This week, think about the person in the empty chair. You don't have to explain why. Just pass it along. **You give one. We give one.**
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* Reflection card for this week

Who needs this book — but would never ask for it?

After the final session

Some groups end after six sessions. Others decide to keep meeting. Both are fine.

If your group wants to continue, here are three options:

Option A: Read it again. The book is different the second time. You'll see things you weren't ready to see before.

Option B: Choose a character. Spend 4 weeks going deeper with one character's story. Reread their chapters. Ask: "Where is my journey like theirs? Where has it diverged?"

Option C: Meet monthly. Use the reflection cards from each session as check-in questions. No new reading required — just ongoing honesty.

Give one. We give one.

If this book reached you at the right moment, you can extend that same grace to someone else. Purchase an extra copy as a gift, and we will donate a matching copy to a partner organisation — a women's shelter, a church library, or wherever a quiet word of truth might land well.

No tracking. No pressure to explain why. Just the same grace that reached you, extended outward.

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Reflection cards

Cut these out, or text them to your group between sessions.

Session 1

What is the most honest sentence you didn't say today?

Session 2

What are you still carrying that was never yours to hold?

Session 3

What version of God have you been assuming — and where did that image come from?

Session 4

What would you ask God if you weren't afraid of the answer?

Session 5

Where are you still editing yourself to belong?

Session 6

Who needs this book — but would never ask for it?

Scriptures from The Mirror Matrix

For now we see only a reflection as in a mirror; then we shall see face to face.

1 Corinthians 13:12

The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Psalm 34:18

Be still, and know that I am God.

Psalm 46:10

The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.

1 Samuel 16:7

Come to me, all you who are weary and burdened, and I will give you rest.

Matthew 11:28

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory.

2 Corinthians 3:18

See, I have taken away your sin, and I will put rich garments on you.

Zechariah 3:4

How precious are your thoughts about me, O God. They cannot be numbered.

Psalm 139

You are the light of the world. A town built on a hill cannot be hidden.

Matthew 5:14–16

When you pray, go into your room, close the door and pray to your Father, who is unseen.

Matthew 6:6