

Healthy Feelings, Thriving Faith

Growing Emotionally & Spiritually
Through the Enneagram

By Bill & Kristi Gaultiere | Soul Shepherding



Understanding the Enneagram

- We get stuck in our personalities
- “Personality” denies emotion and distrusts God
- The Enneagram as a tool
 - ▶ Discipleship to Jesus (Matt. 9:9-13)
 - ▶ Self-awareness (Psalm 139: 23-24)
 - ▶ Empathy and love for others (Heb. 4:15-16)
- *Healthy Feelings, Thriving Faith* keys to each type
 - ▶ Felt need
 - ▶ Family formation
 - ▶ Root sin & defense mechanism

- ▶ Core hurt & secondary emotions
- ▶ Emotional alarm
- ▶ Stress type & growth type
- ▶ Jesus in your type (this is the best part!)
- ▶ Virtue to cultivate
- ▶ Key soul care practice

Enneagram Types & Emotions

1. Reformer

- Resentment and perfectionism
- Serenity

2. Helper

- Pride and codependency
- Humility

3. Achiever

- Vainglory and over-performing
- Authenticity

4. Individualist

- Envy and trying to be special
- Emotional balance

5. Observer

- Greed and living in your head
- Generosity

6. Loyalist

- Fear and ping-pong thinking
- Courage

7. Enthusiast

- Self-indulgence and always wanting more
- Cheerful sobriety

8. Challenger

- Lust for power and taking charge
- Innocence

9. Peacemaker

- Lethargy and getting on a roll
- Self-activation

Help for the Four Hurts

1. Anger (8, 9, 1)

- Hinders gut/body intelligence
- Jesus is your anger mediator (Matt. 11:20-30)

2. Shame (2, 3, 4)

- Hinders heart intelligence
- Jesus is your shame taker (Mark 15:15-24)

3. Anxiety (5, 6, 7)

- Hinders head intelligence
- Jesus is your anxiety bearer (Matt. 14:22-33)

4. Sadness (all types)

- Deep hurt, grief, unmet need, or longing for God
- Emotions stack or hide under each other
- Jesus is your sadness comforter (Luke 7:11-15)

Table Discussion

1. What is one insight you appreciated about personality or emotional health?
2. Which Enneagram type(s) do you relate to?
3. What characteristic of Jesus especially ministers to you in your personality?

Join our interest list to learn more about *Healthy Feelings, Thriving Faith* and get access to exclusive Enneagram & Emotions content.

