

Weekly Study of Sunday's Message.

Sunday August 23, 2020 "Invitation to a Journey: the road to self-discovery".

Taking responsibility for our body.

I Intro.

Welcome to the weekly devotional that gives you some specific things to work through from the message this Sunday. Whether you were able to watch the live stream service or not, this devotional is free-standing and you can still use it to help you dig deeper into your own spiritual walk.

Take as long as you need to dive into this material and feel free to share it.

We're still gathering in person. A small but dedicated group who follow all the guidelines and were so encouraging with your love and presence gathered with us. If you're still joining us online we love and so appreciate your presence also. We still are your church family and if there is ANYTHING you need, prayer, ideas or suggestions you have, please pass them our way. We feel just as isolated as you, and we want to maintain that connection with each of you.

II Sunday.

We hit our fourth Sunday in our series about the Enneagram. The first Sunday we did an overview, and the importance of living a life of active, intentional self-awareness. The only way for us to grow is to learn what other people experience when they experience us. On that first devotional is also a list of sources if you want to do a deeper dive into the Enneagram. The next two Sundays we covered 'triads' in the Enneagram. Those are groupings of three types and how they experience their emotions. On August 9th we talked about 2's, 3's, and 4's and caring for our heart. And on August 16th we talked about 5's, 6's, and 7's and taking control of our thoughts. Then this Sunday we talked about 8's, 9's, and 1's, how our bodies work. And what it means to program our instincts in such a way, that in those moments of decision, we can make the better wiser choice instinctively.

The first scripture is **Romans 12:1**. Go ahead and read it and we'll unpack it as usual.

What jumped out to you from this scripture?

How do you see this verse framing an understanding of our bodies?

Why would it be important to surrender our body?

III The Body Triad. (8's, 9's, 1's).

We'll go over each one of these three types in the body triad. They use their body in different ways, but it's about protecting boundaries, and self. Their desire is to not be affected by their surroundings, their world. They are very practical, direct...almost INSTINCTUAL. *"This is just how things are done"*.

A major battle for 8's, 9's, and 1's is learning how to express anger appropriately. There are things that are just the 'right things', the better thing. It just means their set of beliefs and values, practices and habits aren't always born out of a study or the expectations of others, but this **built in either spiritual or instinctual understanding...it just is. Programmed...instinctual.**

Type 8 (The Challenger) — Commanding, powerful, decisive, intense and often confrontational. They are motivated by a need to be strong, and avoid feeling or being perceived as weak or vulnerable or surrendering control. They're driven. Will overwork at the risk of their own health, and will take control in situations where there is a vacuum of leadership. Often are a loud advocate for the powerless.

Famous 8's. Toni Morrison, MLK, Mark Cuban, Dr. Phil, Barbara Walters, Picasso.

When healthy. Self-restrained, committed, passionate, confident, tireless worker, advocate for the "*least of these*". Decisive. Strong. Will step in in any situation, even if not fully qualified, just so it gets done. Provider. Protector. Champion of people.

When stressed. Don't get in my way. Can overestimate their ability to get something done to their own detriment. If they feel like they're trying to be controlled will push back to maintain perception of strength. Can become combative, intimidating to get their way. Everything becomes a test of wills and won't back down.

BODY. Because 8's feel this need to be seen and experienced as strong and run from appearing weak, they can feel this tension and stress in their bodies in a push-pull way.

8's need to know their body is the temple in which God resides, strength is found in him. And admitting weakness is what keeps them dependent on God.

Type 9 (The Peacemaker) — Pleasant, self-effacing, agreeable, laid back and accommodating. Wants everyone to just get along. They are motivated by a need to keep the peace, maintain general harmony. And will merge self or needs with others and avoid conflict. Can come across as complacent, or unmotivated. Will sacrifice their own wants and needs easily to help everyone get along. Tense situations create internal discomfort. They'll hide from any conflict.

Famous 9's. Rene Zellweger, Morgan Freeman, Marie Kondo, Walt Disney, Andy Griffith, Alicia Keys.

When healthy. At peace. Fulfilled. Content. At one with themselves. Brings calmness and security to people around them. Optimistic. Good natured. Genuinely likes everyone and is good to people. Just an all around good natured positive person.

When stressed. Can be immature, incapable of dealing with important or heavy matters. Gravitates towards 'numbing', disconnecting, distancing. Often cannot deal with highly emotionally charged situations. Will just check out. Can minimize or not take seriously other people's issues, and will just go along to get along.

BODY. Because 9's feel stress and conflict in their bodies, and often don't have the desire to step into difficult moments, they can shut down and detach.

9's need to know that whatever it is they feel they cannot handle God can provide and grow the ability within them.

Type 1 (The Perfectionist) — Ethical, reliable, precise. Tend to be black and white about most things, highly principled. They are motivated by a desire to live the right way, follow the rules. Beliefs

are internal/instinctual. Desire is to create a better world through specific rules. Control is over self, own wants and desires, and the ability to grit out self-discipline. Notice errors and mistakes in the world around them. Things can always be better, improved upon, and sometimes come across as critical. **Famous 1's.** Gandhi, Nelson Mandella, Bill Moyers, Julie Andrews, Steve Jobs, Martha Stewart.

When healthy. Wise, discerning. Incredibly insightful. Can see the 'best thing to do in the moment'. Inspiring. Brings out the best in others, especially when the other can't see it. Hopeful. Strong establishment of right and wrong. Principled. Fair. Ethical. Trustworthy.

When stressed. Can become rigidly dogmatic. Self-righteous, intolerant, impatient. They alone know the truth, and "everyone else is wrong". Impatient with slow growth in others, and perfectionistic in expectations. Can slide into judgmentalness, condemning, at times cruel.

BODY. Because 1's feel so much in their gut/body a sense of right and wrong, and are usually well grounded in their views, they can often run ahead of God trying to do his work.

1's need to grow their trust in the timely, (kairos vs chronos), work of God knowing that they may be right, but God is taking care of things.

IV Challenge.

The final scripture talked about how we understand and train our bodies to take control of the urges and appetites. Read **2 Corinthians 9:24-27.**

What jumped out to you about this passage?

What did it say about how we 'relate', (unusual word), to our body?

How can putting disciplines in place help us in understanding and controlling our bodies?

Our body is the home and source of our instinctual impulses and urges. And learning to master those by putting practices in place, can help you gain control over those impulses that seem to rise up without our conscious awareness.

So, what practices will you put into place to help program a healthy body?

Body- is healthy when filled with appetites that lead to excellent living.

Body- is healthy when it wants for nothing it doesn't possess.

Body- is healthy when it hungers to make sacrifices for the future. Loves it's future self more than it's current self.

We've talked about the heart and the importance of growing this self-awareness to check on it's condition and to make sure we're doing all we can to protect it. We've also talked about the mind, and to make sure we decorate that room, (yes...our mind), with all sorts of beautiful and life-giving things that will help us make better decisions.

But both our hearts and minds can be run over by a body that is not disciplined, and brought under control. And that comes from programming instincts into our bodies that help us in moments do the right, better thing, without even having to think about it.

What practices or disciplines could you work into your life to bring your body under your control?