

## **Weekly Study of Sunday's Message.**

**Sunday August 2, 2020 "Invitation to a Journey: the road to self-discovery".**

### **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 for the time being. 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 took it on big time this Sunday. We introduced and did a deep dive into a personality device called the Enneagram. There is so much information available online, that it almost feels unnecessary to try to explain it here. But all of that to say...we still will. And just know this devotion will be much longer than the usual ones.

The Enneagram is an ancient device composed of 9 numbers representing personality types of different motives and drives that influence our choices and behavior. I know you're saying there are more than just 9 types of people in the world. And this is what makes the Enneagram so powerful and often uncomfortably on point. Within these 9 unique types, there are dozens of; subtypes, other categories, pairings and more that give the Enneagram an even more detailed, and uncanny accuracy at revealing the inner workings that guide our decisions and influence our relationships. The contemplative Christian community rediscovered the Enneagram about 50 years ago, and it has been continually growing in popularity and impact as those who follow Christ do the work of understanding their inner selves. It also has a growing appeal and ability to be helpful to those outside the Christian world also. We'll dive more deeply into the Enneagram in this devotion and over the next several weeks, but a few first opening questions.

**How would you describe your effort to learn about what motivates and drives you inside?  
Do you have anything in your life that helps you discover and reveal your inner workings?  
How scary does this sound? (And the answer has to be...VERY), and why is this so?**

### **III Scripture.**

There were two primary scriptures used Sunday.

One, talks about the importance of living a life of self-awareness and self-examination.

Two, piggy-backing last week's message by Kristen, the second scripture talks about the importance and intentional design of diversity and uniqueness.

So, read these two passages and we'll examine them a bit.

### **2 Corinthians 13:5-9.**

**What jumped out to you about this passage?**

**What does this passage say to you about the importance, necessity of growing an ability for self-evaluation?**

**What does that look like for you to do this inner work?**

### **Psalm 139:13-15.**

**What jumped out to you about this passage?**

**This passage has often been used for political purposes, but it speaks even more so to the beauty of our uniqueness. How do you see that expressed in this passage?**

**And, what does it say about how God sees that uniqueness in us?**

## **IV The 9 Enneagram types.**

Okay, those two scripture passages were the jumping off point to introducing the Enneagram to us, and to give us a specific tool to help us grow this self-awareness, and the ability to do some self-assessment also. So now we're going to look at the 9 Enneagram types, and group them in one of the many triads, or groupings of three. These groupings are based on the primary emotion each deals with, and how each experiences things in their life.

**Types 2, 3, 4.** These first three are in what's called the heart triad, decisions are made by how it feels, and are motivated by the expectations of others and battle with the emotion of shame.

**Type 2 (The Helper)** — Warm, caring, giving, outwardly focused on others. Sacrificial of time, resources. People-pleasing, generous, nurturing. They're motivated by a need to be loved and needed, and can often to the point of not acknowledging their own needs.

**Type 3 (The Performer)** — Success-oriented, image-conscious and wired for productivity and excelling. They are motivated by achievement, recognition, reaching milestones, and a need to be (or appear to be) successful and avoid failure. Can get frustrated with others who don't have the same drive.

**Type 4 (The Romantic)** — Creative, sensitive and sometimes moody. Often artistic and creative. They are motivated by a desire to be understood, while still being unique and authentic. They experience oversized feelings and fear being ordinary and inauthentic, and misunderstood. Often feeling no one gets them.

**Types 5, 6, 7.** These three types are in what's called the head triad, they make decisions based on considering all the options. And they battle the emotion of fear or anxiety. Not necessarily fear of things in the world, but anxiousness about being knowledgeable or competent enough or missing things they should know.

**Type 5 (The Investigator)** — Analytical, innovative, can be detached and private. They are perpetual students, and are motivated by a desire to gain knowledge which equals mastery and

acceptance. Want to avoid relying on others, and can often disappear into their heads. Fear being perceived as uninformed or incompetent. A conversation with a 5 can feel like opening up a Wikipedia page.

**Type 6 (The Loyalist)** — Committed, practical, responsible, and witty. They tend to be motivated by fear and/or anxiety, and the need for felt security and predictability. They're planners who need to know what every possible scenario is, will overthink things, and often point out potential threats no one else sees. Tend to be the advocates for others and sometimes has this push-pull relationship with authority. Fear of not being prepared, blindsided, caught off guard. They often want to know everything about everything.

**Type 7 (The Enthusiast)** — Fun, spontaneous, sometimes scattered. Always busy, going, and adventurous. They cannot stay in one place. Distractible, often running from one thing to another, and often leaves things unfinished. They are motivated by a need to be happy, at the next fun place, and plan stimulating experiences and to avoid pain or face too strong of feelings. They are often the life of the party, and interact with everyone. Fear is missing out on the thing they're not doing at the moment.

**Types 8, 9, 1.** These three are in what's called the body triad, and are motivated by an internal 'gut instinct' that something just feels right or correct. The emotion these three battle is anger, or a visceral reaction to people and experiences in their lives that are different.

**Type 8 (The Challenger)** — Commanding, powerful, decisive, intense and confrontational. They are motivated by a need to be strong, and avoid feeling or being perceived as weak or vulnerable or surrendering control. 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.

**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 own needs with others to 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.

**Type 1 (The Perfectionist)** — Ethical and reliable, precise. Tend to be black and white about most things, and highly principled. They are motivated by a desire to live the right way, follow the rules, usually internal. Their 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. Sometimes come across as critical.

This is a lot of information, and I know it can feel overwhelming. Our goal was not to give you all of the information about the Enneagram this first Sunday, and for you to know everything about it. We tried to cover as much as we felt you needed and helped you begin to possibly identify your type. Basically we wanted to set up a conversation about the importance of growing a sense of, and need

for, self-awareness, and wanting to do the hard intentional inner work of knowing who we are and what drives and motivates us.

The best way to begin to narrow down what type you might be is to eliminate first the ones you know you're most likely not. This should leave you with anywhere between 2-4 different possible types. From there you can do a deeper dive or even take a test to see which type you might be. If you're interested in further pursuing this, there are some great books, websites out there with tests to help you narrow your type down. A brief list of sources is available at the end of this devotion. Also feel free to email Kal, and he would be more than glad to have a more in depth conversation about this.

So, a couple of questions.

**Did any of these types jump out at you? (There could be more than one)**

**Were there any that you know are not you?**

**Here is a very technical question. All of us move towards a different type when we're stressed and then even another different one, when we're doing well and good. Did you notice any that you may lean towards when you're stressed or when things are ok?**

#### **V. Challenge.**

The soul purpose of this series is to grow a self-awareness and desire to do the work to grow a more Godly and healthier you. But you have to do the work. And this work is not to earn God's favor or grace. That is free. God already loves us unconditionally and without having to earn it. The work is the benefit for us of cultivating a life that brings all the happiness and joy God wants for us and to be better around the people who are important to us. And a growing ability to be self-aware and do the work of discovering who we are is the best gift we can give to those important people in our lives.

So, one final question.

**What would a journey of self-discovery look like for you?**

#### **Suggested content.**

There is an abundance of information on the Enneagram. Here are a couple of places to start.

##### Books.

*"The Road Back to You"*. Ian Morgan Cron and Suzanne Stabile.

*"The Enneagram; A Christian Perspective"*. Richard Rohr.

*"The Complete Enneagram"*. Beatrice Chestnut.

##### Websites.

[beatricechestnut.com/the-enneagram](http://beatricechestnut.com/the-enneagram)

[www.enneagraminstitute.com](http://www.enneagraminstitute.com)

[truity.com/test/enneagram-personality-test](http://truity.com/test/enneagram-personality-test)