

Weekly Study of Sunday's Message.

Sunday August 16, 2020 "Invitation to a Journey: the road to self-discovery".

Taking responsibility for our mind.

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 third Sunday in our series about the Enneagram. And it dealt with the power of our mind and the thoughts we entertain. Last week we talked about the heart. We discovered it's the source of everything we are, and determines the course of our life. This week we understand the mind as the room in which all of our decisions are made. Kal compared it to a room we spend a lot of time in. And however we decorate that room will determine how we feel when we're in that room. In the same manner, the thoughts we entertain, the things we think about, will determine and direct the way we view life and the decisions we make. That's why this is so important to exercise some control over the things we think about. In addition, we covered the second triad of 5's, 6's, and 7's who are in the 'head triad'. And they deal with life through how they understand and think about it.

So, before we dive in...some questions about what goes on in our head.

Think about how you think about things...how do you struggle with your thoughts?

What type of thoughts do you wrestle with, what happens when thoughts get into your head?

Where does it usually take you?

And we'll talk about ways to take control of our minds and thoughts later.

We're going to split the two scriptures this time, so read the first passage used, we'll talk about that a bit, about the head triad, and then give some practical application. Read **Romans 12:2**.

What jumped out to you about this passage?

What would be the "ways of the world"?

What is involved with "changing the way we think"?

What are some of the difficulties in breaking habits of the way we think?

Let's go over the three types in the head triad, and then come back and talk about taking control of our thoughts.

Primary emotion driving these types is fear or anxiety. Not necessarily a fearful view of the world and threats. All types can have that. This type wants security, predictability, assurance, and some control. Fear and anxiety is often rooted in; *"do I know all there is to know, do I have all of the info, am I missing anything, what's happening out there, I don't know about?"* Anxiety is rooted in; is there something they're missing, unaware of, don't know, that could affect what they're doing or dealing with at the moment. So, it's controlling their thoughts they feel anxiety hoping to find the solutions.

III The three types.

Type 5 (The Investigator) — Analytical, innovative, often 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.

Famous 5's. Tim Burton, Mark Zuckerberg, Bill Gates, Einstein, Jane Austen, Jane Goodall.

When healthy. Can get stuff done with class. Visionary, creatively smart, understands big complex things. Open-minded and love to explore strange new worlds. Excited about learning new things. Curious, super observant, and can master whatever they set their mind to.

When stressed. Can slide into an isolated, reclusive, shut down place. Struggles with little things becoming big things. Prone to overreact. If someone else becomes too emotional, they either become a robot or disappear emotionally. Can slide into combat mode, abrasive with others who hold different views than their own.

HEAD. The danger for 5's is trying to understand, master, have everything figured out. Will disappear into their heads trying to play out every possible scenario. Also can become nihilistic or, *"why does it matter?"*

5's need to accept certainty or mastery will not fix anxiety, but just trusting in God over the need to understand.

Type 6 (The Loyalist) — Committed, practical, responsible, and witty. They are 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 become anti-authority. Fear of not being prepared, blindsided, caught off guard. They are the; *"what about..."* people, who will look for the possible blind spots. They usually aren't spontaneous and need all the details. They often want to know everything about everything.

Famous 6's. Ben Affleck, Jon Stewart, Tom Hanks. Bono, Chris Rock, Ellen Degeneres.

When healthy. Laid back, collaborative and cooperative. Enduring, encouraging when things are going well, when they feel like they have a handle on things. Loyal, consensus builders, hard working,

persevering, sacrificial. Endearing, loveable, affectionate and strong loyal friends. Build strong collaborative worlds, community, that values and honors everyone.

When stressed. Always working the list wanting to get things done... sometimes aggressively. Can feel persecuted, challenged. Will unload on others and berate them when their confidence is lacking. Can become panicky, and emotionally explosive, lashing out from anxiety of uncertainty. Will quickly cede power and authority looking to someone who they presume knows more, to fix things.

HEAD. Because 6's struggle with confidence, the ability to make the right decision, and a push-pull often rebellious relationship with authority, they can live out intense battles in their head with themselves, trying to find assurance they're okay and doing the right/better thing.

6's need to know that God has gifted them with intelligence, wisdom, and experience. And have confidence, not in themselves, but in the God who has gifted them.

Type 7 (The Enthusiast) — Fun, spontaneous, sometimes scattered. Always busy, and adventurous. They cannot stay in one place. Distractible, often running from one thing to another, leaving things unfinished. They are motivated by a need to be happy, to 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.

Famous 7's. Jim Carey, Elton John, George Clooney, Eddie Murphy, Jack Black, Tina Turner.

When healthy. Knowledgeable, informed, and a great source of guidance. Strong people skills. Always grateful and appreciative. Awed and amazed by the simple things. Down to earth and productive. Brings joy and enthusiasm to wherever they are. Most extroverted, and energetic. Actively practice and share in the goodness of life.

When stressed. Can become hypercritical and judgmental. To lessen anxieties, they can become impulsive, infantile and self-obsessed, and materialistic. Prone to erratic mood swings, and can slide into irresponsibility. Lack of stick-to-it-ness. Can become bored easily, spinning more and more plates actually getting little done. Also prone to materialistic addictions. Food, alcohol, spending, etc.

HEAD. 7's don't usually fall into the overthinking intellectual space 5's and 6's do, but still are quick and smart. And since they are motivated by fear, usually of missing out, they're always scheming to be in that next new place of excitement and thrill.

7's need to know that perseverance and resilience is a gift God offers to help them to focus their energy and giftedness towards finishing well.

From the brief description at the beginning of these, you can see that these types are driven by how they think about things. Which emphasizes the importance of controlling our thoughts. So, just like decorating a room affects how we are in that room, the thought we hold onto will affect decisions we make, the way we treat other people, and just how we go through life.

Where has this been a struggle for you?

Where have you found some success or ability to take control of your thoughts?

IV Challenge.

Read the second passage, and let's think about, (see what I did there?), the truths in them. Read **Philippians 4:6-8.**

What jumped out to you about this passage?

What would each of these descriptive words; “*whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy”, mean to you, and how would you think about those things?*

The mind is where we hold our daily thoughts, and where decisions we're facing go to hash things out. What we regularly think about will be the things that influence those decisions. So.

How will you decorate the room that influences all you do and believe. What will you surround, focus on, to move decisions in a life-giving direction?

A healthy mind- thinks thoughts of truth and beauty.

A healthy mind- is filled with the simple things/pleasures of life.

A healthy mind- imagines great possibilities.

In companionship with the heart, the mind is such an important place in determining the direction of our lives. Spend some time and effort designing and decorating the most life-giving place to make decisions you can.

How do you see those two working together in how they guide our life?