

Weekly Study of Sunday's Message.

Sunday July 10, 2022. "The Story of You. I'm not good enough. Battling shame."

I Intro.

Welcome to the weekly devotional that gives you some specific things to work through from the message Sunday. Whether you were able to participate in this service or not, this devotion is free-standing, and you can use it to help you dig deeper into your own spiritual walk. As we move forward we've got some big things planned. Our children's area is expanding, and we are changing up how we include our children in worship. We also have many ways you can plug into life at NCC. You can check all that out through our newly upgraded app, and social media sites. We're so encouraged by your love and presence when you gather with us. A great group of familiar and new faces join us each Sunday. If you're joining us online, we appreciate your presence also. We are 100% committed to our virtual attenders. We are your church family, and if there is anything you need, prayer, ideas or suggestions, please pass them our way. We know the future is still uncertain, but we are committed to making our virtual congregation as central to NCC as our in person group.

II Sunday.

After a Sunday off celebrating the 4th, and having a church-wide fellowship, we were solidly back in our summer more laid back teaching series. In June we dug through 1 & 2 Peter. And for July we're doing the book, *"The Story of You: An Enneagram Journey to Becoming Your True Self"*. For those of you unfamiliar with the Enneagram, we did a series on it back in August of 2020. We've included a very brief synopsis at the bottom of this devotional, along with a couple of links if you want to do a deeper dive. Basically the Enneagram is a model of human behaviors based on 9 types. And is described as a low resolution image of who we believe we needed to be growing up in order to receive love, acceptance, and to feel like we belong. The premise we've always taken about the Enneagram is, this is NOT who you are. But it is who you believed you had to be because of expectations from those around you. Spoken or unspoken. Once you discover your 'type', you can use it to identify passions, struggles, traits and more, that are automatic habits and relating to others, and begin to let those go so you can reveal your true inner divine self.

This series will be divided into three Sundays, and look a little deeper into three emotions that the 9 types are often grouped in. Today we'll hit types 2-4 and their tendency to battle shame. Next Sunday we'll hit types 5-7 and their tendency to battle fear and anxiety. We'll take a week off, and then on July 31st we'll hit 8,9, and 1, (this is the one of the ways they're organized), and the primary emotion they battle is anger or aggression.

The basic themes we will be hitting in this series is identifying the old story we're living in. And this will require a good bit of genuine self-awareness. And an honesty in examining our upbringing to see what was expected of us to be loved and accepted. No matter how wonderful our childhood was, we all had expectations placed on us, (whether spoken or unspoken). And our personality, who we are, formed around those expectations. They don't have to be bad or unhealthy. This is not a good vs. bad conversation. It's a 'being unique' conversation, and helps us see some things deeply embedded in us, (we ALL have them), that limit our ability to feel and receive grace from God. So, let's start here.

What were important values in your childhood?

What have you held onto? What have you let go of?

And just for fun, what things did your mom or dad always say that now you hear coming out of your mouth? Scary isn't it?

Again, the old story is understood as who we needed to be in order to find love and acceptance. This doesn't mean it was good or bad. Those expectations just formed who you are. And since each one of us struggle with worldly expectations, we just need to be aware of them. What we want to help you do is discover a new story. Your worth, identity, value, ability to be loved is not based on anything you can do, or not do, but rather the unconditional, limitless love and grace of God.

This truth is found beautifully in our scripture passage. It's a familiar story, so let's read it and then unpack it. Read **John 4:1-26**, and answer the questions.

What jumped out to you about this story?

What 'old story' do you believe this woman was living in? Be creative in trying to understand why she had found herself in the situation she was in.

How did Jesus transform her old story into a new one?

How did that change this woman and the way she saw herself?

There are two primary truths we want to pull out from this story.

1. Sometimes our old story causes us to feel shame, not enough, and so we tend to hide ...even from God.

This unnamed woman was doing the best she could considering her circumstances. Throughout history the church has leaned towards painting her as this loose out of control woman. Truth is she may have simply been trying to just get by in a society that didn't allow her the privileges it did men. Jesus NEVER condemned her for her lifestyle. He merely pointed it out, freed her of the shame of it, and gave her permission to live a different story.

What 'story' from your childhood is it time to let go of?

2. God already knows our story, all about us, and removes the shame, and replaces that shame with grace and love.

This woman was amazed that Jesus already knew everything about her. And that he never shamed or judged her for it. He simply gave her a new and greater story to live into. This is the nature and root of true salvation and wholeness...of grace. Not that we didn't do things that hurt our relationship with God or others. It's just that there's always enough grace, and forgiveness to remove the shame, and replace it with a new identity and a covering of grace, that allows us to live whole no matter what we've done.

What new 'story' do you need to hear from God?

What could you actively do to begin to live in that new story?

III Challenge.

This Sunday we primarily dealt with 2's, 3's, and 4's, and their battle with shame, and having to carry the weight of that shame as they seek love and belonging. Jesus comes to erase that shame from your story, and replace it with his full on unconditional acceptance.

How can you live into this new story of grace, and also help others to cast off the chains of shame?

Next week we deal with the feelings of 'not enough' and talk about 5's, 6's, and 7's.

BONUS MATERIAL.

1. Brief description of each of the 9 types.

Type One: *The Perfectionist/Improver.*

Honest, conscientious, detail-oriented, self-disciplined, and high moral standards. Ethical, dedicated, and reliable. Ones are motivated by a desire to live the right way, improve the world, and avoid fault or blame. They have a loud and ever present inner-critic of how they and the world can be 'better'.

Story- the belief that the world loves and rewards the "good" people and judges the "bad" ones.

Type Two: *The Helper.*

Warm, caring, and giving, servant-hearted. Easily sacrifices own needs and wants to serve the needs and wants of others. Twos are motivated by a need to be loved and needed, and to avoid acknowledging their own needs. Often 'helping others' can be a hidden expression of their own subconscious needs.

Story- the belief that they can't be loved for who they are, but what they can do or be for others.

Type Three: *The Performer.*

Success-oriented, goal-crushing, image-conscious, and wired for productivity. Threes are motivated by a need to be (or appear to be) successful, accomplished, and to avoid failure. Love public recognition, (awards, and plaques). Can often put the importance of the task over the needs of others.

Story- the belief that love and acceptance comes by avoiding failure and receiving public attention.

Type Four: *The Romantic.*

Creative, sensitive, and temperamental, not necessarily moody, and are often the artists and poets. Fours are motivated by a need to be understood, experience their oversized feelings, and avoid being ordinary. Authenticity, being real, is the highest value. The least judgmental of all types. They feel your pain, get you, and can be addicted to their own suffering and pain.

Story- the belief that something crucial inside is missing, and they'll never be loved or understood until that missing thing is found.

Type Five: *The Investigator.*

Analytical, detached, private, highly observant, can be emotionally distant. Sometimes the world feels like it makes more demands than they can meet. Fives are motivated by a need for mastery by gaining knowledge, conserving energy, and avoiding relying on others. When social or emotional situations become too much they can retreat into the intellectual world, or inside their own library brain.

Story- the belief that living a simple and modest life and gaining knowledge/info will fend off feelings of ineptitude and inadequacy.

Type Six: *The Loyalist.*

Committed, loyal, practical, warm and witty. Sixes are worst-case-scenario thinkers who are motivated by fear and a need for security and knowing every possible thing there is to know about an issue. They often experience higher levels of anxiety and can either blindly rush into fearful situations confronting their fear, or hide from them in indecision. Sixes are the least confident of their own opinions, and will endlessly seek input from trusted others.

Story- the belief that fear can be conquered, can feel safe and prepared, by forging strong alliances and seeing every angle of every situation.

Type Seven: *The Enthusiast*.

Fun, spontaneous, often charming, and adventurous. Sevens are motivated by a need to be happy, to constantly plan stimulating new experiences, and to avoid pain. They often nostalgize the past avoiding the more difficult parts of it. Can lose being in the moment because they're focused on the next big thing. Live in the fear of missing out. Sometimes focusing on fun can keep them from staying on task.

Story- the belief that negative emotions are bad and to be avoided, so to be loved and accepted, have to hide the inner pain and struggle they work to ignore.

Type Eight: *The Challenger*.

Believe it's a dog eat dog world, where the powerful dominate and take advantage of the weak and innocent. Commanding, intense, and confrontational. Eights are motivated by a need to be strong and avoid feeling or appearing weak or vulnerable. Fierce advocates for the underdog, and rescuer of others who appear weak or are being taken advantage of.

Story- the belief they cannot be loved or accepted if they appear weak or as losers.

Acceptance comes by always appearing strong and in control.

Type Nine: *The Peacemaker*.

Pleasant, laid back, and accommodating. Nines are motivated by a need to keep the peace, merge with others, and avoid conflict. They go with the flow, hold feelings and opinions to themselves unless pushed, and can come across as not caring or complacent. They often will surrender power and control to a more assertive person in the room.

Story- the belief that they can only be accepted by sacrificing their own opinions and beliefs for the greater good or to satisfy stronger personalities.

2. Websites for a deeper dive into the Enneagram.

<https://www.enneagraminstitute.com/>

<https://www.beatricechestnut.com/enneagram>

<https://cac.org/daily-meditations/the-enneagram-an-introduction/>