

# TYPE 1 ONE

## THE GOOD PERSON

### FOUR WORDS

Perfectionist, Idealist,  
Principled, Critical

### MEMORY VERSE

"but God shows his love for us  
in that while we were still  
sinners, Christ died for us."  
Romans 5:8

### THE STRUGGLE

Anger

### SURVIVAL STRATEGY

I must be perfect and good.

### GOOD TEAM FIT

Usher, Tech, Kids Teacher,  
Photographer, Videographer,  
Instrumentalist, Portability,  
Events, Design

### FAMOUS ONES

The Apostle Paul, St.  
Augustine, Martin Luther, John  
Calvin, Harry Truman, Tom  
Brokaw, Ted Koppel, Brian  
Williams, Anderson Cooper,  
Hilary Clinton, Harrison Ford

Enneagram Ones value principles and integrity and are driven by the motivational need to be good and right. Their name comes from their striving for perfection and self-control. Integrity and quality will also be important to them. Ones tend to appreciate standards, principles and structure. At their best, Ones are tolerant, self-accepting and serene, offering dignity and discernment to themselves and the world around them. Less-healthy type Ones tend to be judgmental, uncompromising and pedantic, driven by a critical gaze and an acute awareness of their own imperfections and sense of not being good enough.

Ones believe life is about doing your best, setting high standards and goals and living up to them. As adults, Ones are sometimes described as obsessive compulsive, always trying to perfect and make things better. There is always room for improvement for Ones. They are critical toward others' mistakes and especially critical toward their own. Their drive for perfection often leads them to reform what is broken and can be a blessing. However, it can also be a burden, leading to a deep sense of anger and guilt.

#### The gifts of the Enneagram One include:

**Principled:** Ones value integrity and want to lead by example. They stand for what is right and good.

**Objective:** Ones are able to see and judge details, people and situations objectively, without emotion.

**Conscientious:** Reliable and responsible, Ones stick to their word and diligently see things through to the end.

**Structured:** Ones enjoy opportunities to structure things and are naturally adept at organizing, prioritizing and creating order.

**Quality-minded:** Ones have a knack for detail and will pay attention to quality standards and the application of rules and procedures.

## STRENGTHS:

God has given Ones particular gifts that uniquely express His image to the world. When emotionally and spiritually healthy, Ones live with conviction, are bold and courageous, are willing to take a stand and sacrifice themselves for what's right, and keep the mission of God moving forward; they are sensible, responsible, ethical, self-disciplined, just, fair, tolerant of failure—both theirs and others—and accepting of their limits and losses. Healthy Ones are grace-driven, not guilt-driven.

The lies Ones believe: "It's not ok to make a mistake." "I have to be perfect." The truth Ones need: "You are loved for who you are, not how good you are."

**WEAKNESSES:** For a One, the usual struggle is anger, and the underlying emotion Ones are trying to conquer is guilt. Ones often carry a suppressed anger because nothing is ever good enough—including and especially themselves. This anger is driven by an exaggerated sense of guilt and a feeling of not measuring up, which leads Ones to be very hard on themselves. "Few casual observers would suspect how much [Ones] are suffering from the attacks of their Inner Critic." This is not only how Ones tend to relate to themselves, but to God and others, through performance and criticism.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

The tendency of a One is to carry feelings of anger and guilt over the fear of not being good enough. The Spirit of Christ wants to transform the fruit of anger and guilt into love, patience, and grace (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

**Meditating on God's Word:** God's Word is that standard of truth and goodness. Delighting in God's Word and "meditating on His law day and night" (Ps. 1:2) enliven the Ones intrinsic appreciation for goodness and reorients him around the perfection of God.

**Making things better:** Ones feel useful when they are able to speak into things, reform things, and make things better. The key to becoming healthy for a One is being motivated by a love for God's glory, performing from God's approval instead of for His approval, and by a love for others that sacrifices self for their good.

**Journaling Confession & Assurance:** To articulate imperfection is difficult [for a One], but to record it on paper can be emotionally painful. Writing out one's confession solidifies his imperfections and sinfulness.

**Nature Walks:** A walk through nature can be a calming and emotionally healing discipline for Ones, quieting their inner anger and reorienting them around the goodness and beauty of God. It invites Ones to slow down and reconnect with God and provides space for their inner critic to be crucified with Christ.

## THE GOSPEL ONES NEED TO BELIEVE

God knows all my sin and imperfections and still loves me. In Christ, I am truly known and fully loved. I am loved for who I am, not because of how good I am, but solely because of Jesus. Jesus was good in my place. All of my imperfections were put on Jesus, the Perfect One, who loved me and gave Himself up for me. He walked out of the grave to reform and perfect every part of creation and every part of me in due time. Through His Spirit I now have his righteousness credited to me. This means God doesn't see me and love me just as I am; even better, God sees me and loves me just as Jesus is—righteous.

# TYPE 2 TWO

## THE LOVING PERSON

### FOUR WORDS

Relational, Generous, Insecure, Self-Unaware

### MEMORY VERSE

Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." John 13:8

### THE STRUGGLE

Pride

### SURVIVAL STRATEGY

I must be helping and caring.

### GOOD TEAM FIT

Guest Centre, Bean Team, Next Steps, Prayer Team, Kids Team, Portability, Events Team

### FAMOUS TWOS

Mary- The mother of Jesus, Barnabas, Mother Teresa, Elvis Presley, Madonna, Dolly Parton, Danny Glover, Eleanor Roosevelt, Richard Simmons

Twos see the world in terms of loving and serving people. Life is about being generous and meeting the needs of others. Twos have a gift for empathy and moving toward others in love and service. However, the dark side of Twos is a desperate "need to be needed." This is the essence of their inner battle with shame and pride.

Enneagram Twos have a motivational need to be liked and appreciated. Twos value relationships and as a result kindness, generosity and self-sacrifice are important to them. Twos strive to make the world a more loving place, primarily by offering support and attention to those they care about. At their best, Twos are unconditionally supportive, able to practise self-care and offer the gift of humility to themselves and the world around them. Less-healthy Twos may seem flattering and manipulative as they 'give to get', motivated by a deep belief that they don't deserve to be loved for who they are.

#### The gifts of the Enneagram Two include:

**Warm:** Their demonstrative and warm nature makes it easy for others to connect with Twos and they are generally very likeable.

**Giving:** Twos are caring and have the capacity to anticipate the needs of others, generously giving of themselves to others.

**People-Centred:** The Two's focus on building relationships will impact positively on their capacity to step into roles where client and people relationships matter.

**Sacrificing:** To support and be there for others, Twos will put their own needs and feelings on the back burner.

**Praising:** Being around complimentary, supportive Twos can make people feel very special, giving them a confidence boost.

**STRENGTHS:** Twos uniquely express the image of God. Jesus said, “The Son of Man didn’t come to be served, but to serve” (Mark 10:45)—that’s a Two. When they are emotionally and spiritually healthy, Twos are humble, thoughtful, caring, empathetic, appreciative, generous, affectionate, encouraging, compassionate, self-sacrificing, others-oriented,<sup>8</sup> but are also willing to let their own feet be washed (John 13:8). In other words, healthy Twos are in touch with their own emotional and spiritual needs and are willing to be vulnerable before God and others.

**WEAKNESSES:** The underlying emotion Twos are battling is shame and a sense of worthlessness if they aren’t needed by others. “Who am I if I’m not helping others?” is the cry of the soul for a Two. Ironically, this leads to a form of pride that unconsciously motivates Twos in the sense that their service of others can be motivated by their own self-interest and need for approval. This can lead to people-pleasing, over-attachment to people, and the fear of man. Unhealthy Twos also deny their own needs. They are energized by meeting others’ needs but fear having the tables turned since it compromises their survival strategy of being the caregiver.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Twos are tempted towards pride, serving others with self-serving motivations. The underlying emotion driving Twos is shame at the possibility of being viewed as needy and unlovable. The Spirit of Christ wants to transform the fruit of pride and shame into love and humility (Gal. 5:22-23).

Spiritual disciplines should be selected with this trajectory in mind.

- **Hospitality & Service:** Twos feel most alive when they make space and seize opportunities to extend the welcome and service of Christ to others. They love to bless and serve. This gift comes naturally to them. Acts of hospitality and service such as opening their homes, entertaining guests, hosting dinners, exercising generosity, offering words of encouragement, and serving in the church should be regular rhythms for Twos. The key, obviously, is to do this without expecting anything in return.
- **Spiritual Friendship:** Twos tend to be energized by deep friendship and sharing life with others. Jesus said in John 15:13, “Greater love has no one than this, that someone lay down his life for his friends.” This is the essence of true friendship—intentional, self-giving love that is built on deep trust.
- **Centring Prayer:** This is a form of prayer that invites us to slow down and be still before God without the need to be doing something. It brings us into the posture of Mary who was sitting still and fully present with Jesus instead of Martha who was distracted with serving Jesus (Luke 10:38-42). A great way to do this is by focusing on your breathing.
- **Fasting:** This discipline of fasting is good for Twos because it helps ground them in the reality of God and helps them live consciously aware of His presence. Awakening their inner hunger for God is a way of reinforcing that God is enough and that He is faithful to have met their deepest need in Christ.

## THE GOSPEL TWOS NEED TO BELIEVE

Because Jesus’s grace is sufficient, I am free to assume the posture of a child, admit my neediness, and walk in humility (2 Cor. 12:9). His grace is sufficient for me, so I don’t have to feel shame related to my needs and weakness. And in Christ I have a High Priest who is able to sympathize with me, since Jesus became man (Heb. 4:15). In essence, Jesus became needy so that I can be needy with Him, without the feeling of shame. The incarnation and the cross tell me how much He wants me.

# TYPE 3 THREE

## THE EFFECTIVE PERSON

### FOUR WORDS

Image-Conscious, Ambitious, Adaptable, Motivated

### MEMORY VERSE

"If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging symbol.  
1 Corinthians 13:1

### THE STRUGGLE

Shame

### SURVIVAL STRATEGY

I must be impressive and look accomplished and successful.

### GOOD TEAM FIT

Worship Team, Events Team, Kids Team, Next Steps, Tech Team, Capture Team, Design

### FAMOUS THREES

Moses, Michael Jordan, Oprah Winfrey, Barbra Streisand, Will Smith, Reese Witherspoon, Tony Robbins, Justin Bieber, Mad Men's "Don Draper"

Threes see the world in terms of accomplishments and achievements. Life is about being productive, getting things done, accomplishing goals, and winning. Above all, Threes want to be the best at whatever they do, "basically doing whatever it takes to shine." Threes are driven 3 C's: Competency, Comparison, and Competition. This can lead Threes to accomplish great things, but it can also lead to self-promotion and exaggerated feelings of shame.

Enneagram Threes are likely to value achievement and want to be the best. As a result, efficiency, results, recognition and image are very important to them. Threes strive for success in their chosen field and tend to be highly flexible and willing to adapt to achieve their goals. At their best, others will experience Threes as hard-working, principled and receptive, offering the gifts of hope and integrity to the world. In an unhealthy state, the Three's over-expressed need for achievement may seem self-important and inconstant. This stems from a sense of self-worth that is built on what the Three does, rather than who they are.

#### The gifts of the Enneagram Three include:

**Ambition:** Threes are ambitious and have the will and energy to strive to be the best at whatever they take on. They believe in their ability to succeed.

**Efficient:** The resourceful Three knows how to do things in a way that is efficient and productive.

**Adaptable:** Along with being willing to adapt to achieve their goals, Threes are able to adjust to different situations, people or environments skillfully.

**Driven:** The Three's high energy and enthusiasm for projects gets things done and pushes others to perform as well.

**Results-Oriented:** Setting goals and applying themselves to achieve these are as natural to Threes as breathing. They are focused on the end-result.

**STRENGTHS:** God has gifted Threes to bear His image to the world uniquely. When emotionally and spiritually healthy, Threes are effective, competent, adaptable, authentic, gracious, humble, hard-working yet restful, tolerant of their failures, accepting of their limits and losses, and interested in others. Healthy Threes are more concerned with faithfulness to Jesus over the appearance of excellency. They're driven by love instead of shame. Their love and effectiveness point to the character of God and the quality of His creative work.

**WEAKNESSES:** For Threes, the struggle is deceit or projecting a false image, and the underlying emotion they are trying to resolve is shame. Whereas Ones desire to be perfect, Threes desire to look perfect. Unhealthy Threes relate through performance and perception, striving to be or at least be seen as good enough. The question Threes are asking is, "Who am I if I'm not seen as successful?" Threes tend to shine on the outside in whatever they do, while their inner life remains disconnected. Preoccupied with speed and efficiency in accomplishing their goals, Threes rarely slow down and press inward to get in touch with their emotions.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Threes are tempted to be preoccupied with their image and live with feelings of shame related to their failures. The Spirit of Christ wants to transform the fruit of self-promotion and shame into love, humility, and rest in the Father's approval (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

- **Bible Reading Plan:** Threes will enjoy the structure of a Bible-Reading Plan. We recommend the 365-day reading plan by the Bible Project.
- **Fixed-Hour Prayer:** Stopping to pray three times a day can be frustrating for Threes because it interrupts their to-do lists. The temptation that needs to be challenged is that there isn't enough time for prayer; there's too much that needs to be done. On the contrary, Martin Luther is famous for commenting, "I have so much to do today that I'm going to need to spend three hours in prayer in order to be able to get it all done." Threes need this perspective.
- **Confession of Sin:** James 5:16 exhorts us to "confess sin to one another." Confession can be difficult for any disciple, but especially Threes because it forces them to deal with what's going on beneath the surface of their busyness.
- **Social Media Fasts:** Threes may be tempted to use social media as a way for self-promotion and projecting their image. Threes must learn to listen to the check in their spirits before they hit "post." Frequent fasts from social media help put to death a false image and give Threes more emotional margin to be themselves with God and others.

## THE GOSPEL THREES NEED TO BELIEVE

Jesus loved me and gave Himself for me, not my successful, accomplished, perfect image (Gal. 5:20). I am naked and exposed before Him (Heb. 4:12). He knows the real me—with all my sin and imperfections. The good news is that He has covered up my shame with His unconditional love and mercy (Rom. 5:8). I don't have to present myself as accomplished and put-together because Jesus is my true identity. Right now I am being transformed by the Holy Spirit into my true self, which bears the image of Jesus (2 Cor. 3:18).

# TYPE 4 FOUR

## THE ORIGINAL PERSON

### FOUR WORDS

Dramatic, Artistic, Melancholic, Intuitive

### MEMORY VERSE

"These things I have spoken to you, that my joy may be in you, and that your joy may be full."  
John 15:11

### THE STRUGGLE

Envy

### SURVIVAL STRATEGY

I must be unique and different.

### GOOD TEAM FIT

Worship Team, Events Team, Dream Team Kids, Next Steps, Tech Team, Capture Team, Design, Bean Team

### FAMOUS FOURS

King David, Anne Frank, Prince, Judy Garland, Michael Jackson, Vincent Van Gogh, Jim Morrison, Edgar Allen Poe, Johnny Depp, Angelina Jolie

Fours are sometimes called "the romantics of the Enneagram." They see the world in terms of beauty, the arts, and authentic expression. They value being original and unique. Fours are also very aware of their emotional states. This does not mean they always have musical instruments, microphones, or paint brushes in hand, but they often do. They often express their feelings in dance, music, painting, acting, and literature. Fours have learned to present themselves as unique and extra special, so that others will notice them and affirm their worth.

Fours value individualism and as a result, feelings, self-expression and purpose will be important to them. They are quite romantic at heart and appreciate beauty and creating meaning for themselves and for others. At their best, Fours are experienced as sensitive yet content. They offer the gift of equanimity and authenticity to themselves and the world. A less healthy Four may feel misunderstood, while others experience them as melancholic and temperamental. This pattern stems from the Four's acute awareness of their own wounds and flaws

#### The gifts of the Enneagram Four include:

**Self-Aware:** Fours are aware of their own emotions and those of others and seek to understand these emotions. This enables them to connect deeply.

**Purpose Driven:** Being attuned to what has meaning and purpose drives Fours to express their personal purpose and contribution to the world.

**Inspired:** Their creative and imaginative capacity enables Fours to give unique expression to what matters to them.

**Sensitive:** Fours are able to recognize what is missing and will dive into the heart of matters. Their feeling-based intuition enables them to be highly attuned to the environment.

**Courage:** Fours don't shy away from suffering and the more painful aspects of the emotional world, and this gives them the courage to ask difficult questions.



**STRENGTHS:** For all their desire to be unique, Fours can take heart knowing that God has uniquely gifted them to bear His image to the world. Fours express the beauty, creativity, and emotional honesty of God. God is an emotionally expressive God—He tells us how He feels, which is expressed in his word story, song, and poetry. When emotionally and spiritually healthy, Fours are not only in touch with their own emotions but with the emotional state of others; they are compassionate, empathetic, great listeners, sensitive, impressionable, passionate, romantic, elegant, witty, imaginative, self-expressive, creative, inspired, not self-absorbed or self-pitying, and emotionally strong for themselves and others.

**WEAKNESSES:** For Fours, the struggle is envy. At some level, Fours believe they are missing something that other people seem to have. Naturally, this can lead to be envious of others. The driving emotion beneath the surface is shame and a low view of self. Unhealthy Fours are known to give themselves to a sort of a critical, melancholy, depressed, self-loathing spirit. While they don't like it, they can easily get comfortable in a dark place and sort of wear that for their identity. Their own darkness becomes another means of being different and trying to overcome shame. This is a self-destructive pattern.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Fours are prone toward envy and an underlying shame. The Spirit of Christ wants to transform the fruit of envy and shame into the fruit of love, joy, and kindness (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

- **Solitude:** Fours tend to be more introverted and imaginative. Solitude provides them the space to be alone with God and with themselves.
- **Journaling:** Journaling comes naturally to a Four because it offers them the ability to explore their imagination and process what they're feeling. Fours should avoid focusing only on the negative and practice journaling about what they have to be thankful for.
- **Fellowship:** Practicing fellowship is a necessary rhythm for us all, but especially for Fours, who are prone toward introversion and isolation. Fours need to be with others in order to be drawn out of themselves and toward people.
- **Thanksgiving:** Because Fours tend to drift toward melancholy, the practice of Thanksgiving is a must. When Fours are experiencing a critical spirit, anger, frustration, dissatisfaction, or depression, they must learn to interpret these emotions as invitations to press into the Spirit of Jesus and offer thanksgiving to God.

## THE GOSPEL FOURS NEED TO BELIEVE

Because of Jesus I can be unique or different without using my uniqueness as a way of measuring my self-worth. Jesus demonstrated a particular love for me when He gave His life for me on the cross (Gal. 5:20). What His love says about me is more than enough for me and completes my identity and joy. I don't have to live out the false narratives in my mind. Instead, I can live out the infinitely beautiful narrative of the gospel about the God who became man and lived, died, and was raised for me, so that I can know Him as Father and be part of His family. This is the greatest expression of truth, beauty, and goodness, which has become my own expression through the power and presence of the Holy Spirit.



# TYPE 5 FIVE

## THE WISE PERSON

### FOUR WORDS

Perceptive, Detached,  
Informed, Introverted

### MEMORY VERSE

"Hear, O Israel: The Lord our  
God, the Lord is one."  
Deuteronomy 6:4

### THE STRUGGLE

Greed

### SURVIVAL STRATEGY

I must be knowledgeable and  
equipped.

### GOOD TEAM FIT

Portability, Tech Team, Prayer  
Team, Guest Centre, Kids  
Team, Group Leader

### FAMOUS FIVES

Luke & Thomas from the Bible,  
Charles Darwin, T. S. Elliot,  
Albert Einstein, Sir Isaac  
Newton, Bill Gates, Daniel Day-  
Lewis, Anthony Hopkins, Jodie  
Foster, Agatha Christie, Mark  
Zuckerberg, Emily Dickinson

Fives see the world in terms of reason, knowledge, learning, and storing up information. Life is about having insights, learning about things, and seeing how everything fits together. They tend to be highly innovative and inventive. Fives lean into the thought that it is safer to do everything alone, and have created an intellectual world where they could function and feel safe. They live a compartmentalized life, detached from their emotions. If you ask a Five what he feels, he will tell you what he thinks.

Enneagram Fives have the motivational need to know and understand. Fives value making sense of the world around them and, as a result, objectivity and knowledge are important to them. Fives strive for independence, appreciate privacy and tend to conserve their resources to ensure future independence. At their best, others will experience Fives as visionary and mindful. They offer the gift of non-attachment to themselves and the world. At their worst, others may experience a Five as stingy, intellectually arrogant and disconnected from their heart, as they retreat into their mind to avoid being engulfed or intruded on.

#### The gifts of the Enneagram Five include:

**Perceptive:** Fives offer objective, in-depth and insightful observations of situations and information. They are able to hold complex problems and data.

**Curious:** Their interests and intellectual ideals enable Fives to explore and build expertise in a variety of fields, topics and theories.

**Unsentimental:** Fives approach life in an unsentimental way and can put emotions aside when needed.

**Self-Sufficient:** The independent Five will protect their autonomy and privacy. They prefer to ask little of others and are able to minimize their own needs.

**Inventive:** Fives' unconventional ideas and depth of knowledge enable them to be inventive, visionary and pioneering.

**STRENGTHS:** God created Fives to express his image uniquely to the world. G.K.

Chesterton once said, “We have sinned and grown old and cynical, but our Father is younger than we. He has the eternal curiosity of infancy.” Just like a Five, God is ever fascinated with the world He has made—He’s never bored! When emotionally and spiritually healthy, Fives are studious, perceptive, pioneering, innovative, focused, observant, curious, insightful, objective, understanding, playful, compassionate, and know how to love others with their information and knowledge rather than hide in it. Because they love to observe, they make wonderful listeners and counsellors.

**WEAKNESSES:** Fives perceive the world as a dangerous place and battle an underlying emotion of fear. Their struggle is greed. This is not a monetary greed; rather, it is the lack of ability to be open and generous with one’s self. The Five’s defence mechanism is to hide inside their wealth of knowledge and live inside their minds. Fives are afraid of their feelings, so they hide in their thoughts. They’re afraid of being vulnerable and known, so they withhold their true selves. Unhealthy Fives can be argumentative, high strung, cynical, reclusive, even nihilistic.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Fives are prone toward envy, motivated by an underlying fear. The Spirit of Christ wants to transform the fruit of envy and fear into love, peace, and generosity (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

- **Inductive Bible Study:** Fives are energized by digging into Scripture, observing all the facts and details, asking the who, when, where, and what questions. They enjoy trying to interpret and make sense of their observations, asking, “Why is this here? What does this mean?” Fives are the type who appreciate the literary and historical contexts of and the original languages of the Bible.
- **Reading Books:** Reading books on various subject matter is also a helpful practice for Fives. Fives would be well-served by setting a reading list each year of books they would like to engage—anything related to culture and/or the gospel would be beneficial.
- **Sharing:** Fives prefer to remain inside their heads and withhold themselves. A practice that will challenge this is generosity. Fives need to carve out space in their schedules to intentionally share themselves with others. They must learn to share what they know—especially the gospel!—but also how they feel. This takes time and practice but will be transformative for Fives.
- **Serving:** Where Fives are prone to secrecy and introversion, they must learn to get out of themselves and move toward others. To be more specific, they must get out of their heads and engage their hearts and hands. Regular acts of service provide a context for whole-person transformation: head, heart, hands. This is crucial for the emotional and spiritual health of Fives.

## THE GOSPEL FIVES NEED TO BELIEVE

Because of Jesus I do not have to protect myself from intrusion and letting myself be known. The gospel tells me that Jesus has broken into my world and invaded me (Luke 2:8-14; Acts 9:1-19). This is good news because it means that Jesus knows the real me and He loves the real me (Gal. 2:20). I no longer have to live a compartmentalized life of strategic self-protection. The Spirit of God has given me the only knowledge I need to feel safe—a saving knowledge of the truth (1 Tim. 2:4).

# TYPE 6 SIX

## THE LOYAL PERSON

### FOUR WORDS

Fearful, Loyal, Procrastination, Committed

### MEMORY VERSE

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

1 Peter 5:6-7

### THE STRUGGLE

Anxiety

### SURVIVAL STRATEGY

I must be secure and safe.

### GOOD TEAM FIT

Portability, Tech Team, Kids Team, Design, Bean Team, Ushers

### FAMOUS SIXES

the Apostle Peter, Dustin Hoffman, David Letterman, Marilyn Monroe, Chris Rock, Ben Stiller, Jennifer Aniston

Sixes value being faithful, reliable, prepared, dutiful, responsible, and conscientious. Above all, they value safety, security, and stability. Sixes struggle to trust authority and have learned they need to try to win over the authoritative figures in their life in order to feel protected or oppose them in order to protect themselves.

Enneagram Sixes value security and belonging, as this style stems from the motivational need to be safe and prepared. As a result, loyalty and trust are important to Sixes, who strive to be responsible and prepared at all times. At their best, Sixes are courageous and connected to a sense of inner knowing, offering the gift of devotion and trust to themselves and the world around them. Less-healthy Sixes have a tendency to worry excessively, fear letting down their defences and may be experienced as anxious, suspicious or doubting.

### The gifts of the Enneagram Six include:

**Devotion:** Sixes are committed to what they value, expressing duty and care in service of people, responsibilities and causes.

**Courage:** Sixes often courageously take a stand on behalf of the greater good, despite concerns and risks.

**Preparedness:** Being alert and risk-aware, Sixes pay attention to what is going on in their world and act to minimize risks and threats.

**Trustworthiness:** Once Sixes make a decision or commitment, they stick to it. They also respect rules and authority, as long as they feel like they can trust the source or intention.

**Team-Oriented:** Sixes enjoy the co-operation and collaboration of groups and thrive in a healthy team environment.

## STRENGTHS:

Sixes bear the image of God particularly in their faithfulness, steadfastness, and loyalty. When emotionally and spiritually healthy, Sixes are a very stabilizing presence. They have the ability to ground people in reality and draw out their emotions. They are faithful, reliable, hard-working, courageous, leaders, self-expressive, vigilant, secure, charming, funny, and affectionate.

**WEAKNESSES:** The underlying emotion Sixes are trying to overcome is fear, and their struggle is anxiety. They are the most anxious type of all the personalities. They live in their heads and let their thoughts run away from them. They tend to worry about what they're going to worry about. It's not just that they struggle to trust others, but Sixes really struggle to trust themselves. Sixes are plagued with self-doubt. They tirelessly look for some kind of structure to hide in, an environment that will reassure them and make them feel safe and secure and stable. The questions their soul is asking are, Where am I? Am I safe? Unhealthy Sixes are suspicious of others, especially authority.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Sixes are tempted to be anxious and afraid, leading them to struggle to trust God, others, and themselves. The Spirit of Christ wants to transform the fruit of anxiety, fear, and mistrust into joy, peace, courage, and the capacity to trust deeply (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

**Singing & Journaling:** These are grounding practices that come naturally for Sixes. Singing and journaling are ways of expressing faith in the face of fear and solidifying the truth that in Christ they are truly safe.

**Meditating on God's Word:** Sixes should commit to a specific way of reading Scripture known as *lectio divina* (Latin for "divine reading"). This method invites the Holy Spirit into the reading as it moves through four distinct phases: read, meditate, pray, and contemplate. This practice encourages Sixes to slow down and have their fears confronted by God's voice and cast out by God's love as revealed in His Word.

**Scripture Memory:** This practice challenges the anxious, busy mind for Sixes. It requires discipline and focused effort. Scripture memory can be transformative for Sixes because it anchors them in God's Word and anchors God's Word in them. This means that God's Word is hidden in their hearts to remind their conscience that they are hidden safely in Christ. The Word of God goes with them consciously everywhere they go. Whatever is going on in their soul to make them anxious, they can call the truth of God to memory and have courage.

**Fasting:** This discipline of fasting is good for Sixes because it helps ground them in the reality of God and helps them live consciously aware of his presence. Awakening their inner hunger for God is a way of reinforcing that God is enough and that he is faithful to have met their deepest need in Christ.

## THE GOSPEL SIXES NEED TO BELIEVE

Jesus subjected Himself to the anxieties and dangers of this world and of sin, death, and the devil so that I can be safe. Ultimately, "fear has to do with punishment," and Jesus has taken my punishment and saved me from God's wrath (1 John 4:18). By faith, Jesus dwells in my heart and I dwell in Him (Eph. 3:17). We are safe at home in one another (John 14:20). I am fully hidden in Christ, my refuge, my rock (Col. 3:3).

# TYPE 7 SEVEN

## THE JOYFUL PERSON

### FOUR WORDS

Entertaining, Accomplished,  
Uninhibited, Manic

### MEMORY VERSE

"These things I have spoken to  
you, that my joy may be in you,  
and that your joy may be full."  
John 15:11

### THE STRUGGLE

Gluttony

### SURVIVAL STRATEGY

I must be fun and entertained.

### GOOD TEAM FIT

Host, Bean Team, Kids Check-  
in, Dream Team Kids, Next  
Steps, Events Team, Guest  
Centre

### FAMOUS SEVENS

Solomon, Winston Churchill,  
Stephen Colbert, Leonardo  
DiCaprio, Robert Downey Jr.  
Miley Cyrus, Katy Perry, Steven  
Spielberg

Sevens are all about fun and joy and excitement. They are probably the most upbeat, extroverted, outgoing type of the Enneagram. They light up a room with their presence. There is a glow and positive energy that emanates from them.

Appearing to be full of heart, Sevens actually operate from the head. They carefully think through their lives so that every day will promise as much fun and as little pain as possible.

Enneagram Sevens have the motivational need to experience life to the fullest and avoid pain. Sevens value a sense of freedom and focus on optimism, being inspired and taking opportunities as they present themselves. Sevens approach life as an adventure and appreciate being playful and spontaneous. At their best, others will experience Sevens as content and serene, when they are able to embrace sobriety and become present to themselves and the world around them. At a less healthy level, others may experience Sevens as impulsive, uncommitted and unfocused as they are distracted by their insatiable search for fulfilment and a fear of missing out.

#### The gifts of the Enneagram Seven include:

**Optimistic:** The Seven's focus on what brings joy, happiness and pleasure to life enables them to exude optimism.

**Flexible:** As Sevens are attuned to possibilities and like to keep their options open, they will be adaptable in the face of change, setbacks and challenges.

**Future-Oriented:** By focusing on what is next, the Seven's enthusiastic and visionary qualities enable them to both anticipate and create an exciting future.

**Practical:** At their best, Sevens combine their ideas with a practical and productive focus that enables them to make things happen.

**Adventurous:** As a playful, versatile and spontaneous person, Sevens savour their freedom and like to explore new territories and experiences.

## STRENGTHS:

Sevens uniquely bear God's image in the ways they manifest the joy, gladness, and genuine enthusiasm of God. Gospel means "good news" or "joyous, life-giving news"—Sevens naturally bring the vibe of the gospel into people's lives. They naturally bring a "gospel mood" and "gospel presence" that awakens people to the joy of God. They're the ones who get asked, "What is that you have that I don't?" People love being around them— they're typically the life of the party. When emotionally and spiritually healthy, Sevens are excitable, spontaneous, curious, optimistic, eager, outgoing, adventurous, talkative, appreciative, bountiful, thoughtful, accomplished, versatile, receptive, grateful, passionate, celebratory, and most importantly satisfied, content, and at peace with their circumstances and life.

## WEAKNESSES:

Sevens are driven by an underlying fear that goes back to their childhood. Their coping strategy is to have as much fun and entertainment as possible, which is why their struggle is gluttony. Sevens are prone to constant stimulation and consumption as a way of distracting themselves from an inner anxiety. This is their defense strategy against their emotional pain. They "gobble up" every experience but are always left hungry for more. Thus, they are always looking for the next thing or the perfect combination of things that will heal them and make them truly happy. They tend to be thrill seekers. Their avoidance of pain and endless hunger for more make them prone to various additions, including chronic anxiety. Unhealthy Sevens would rather keep relationships on the surface because it would be too painful to know their whole story.

## SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Sevens are tempted to gluttony and being driven by an underlying fear. The Spirit of Christ wants to transform this kind of sinful fruit into the fruit of self-control, love, joy, and peace (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

**Celebration:** The practice that will come most natural to Sevens is celebration. They should not feel shame over looking for ways to enjoy life to the fullest, to experience the abundant life that Jesus offers us in Himself (John 10:10).

**Community:** Sevens are often extraverts or people-persons. They feel alive when surrounded by others. The practice of community will help them live into their true selves.

**Solitude and Silence:** Sevens should set aside time each day to get alone with God and be still and silent before Him. Solitude releases Sevens from their stage persona, need to perform, and over-dependence on others.

**Fasting:** This discipline of fasting is good for Sevens because it helps them to not become addicted and overly dependent upon experiences. It is a way of awakening what they are truly hunger for—the presence of God—and is a pathway for indulging in His love and grace.

## THE GOSPEL SEVENS NEED TO BELIEVE

The world is so broken that Jesus had to come and die to restore it. This means I don't have to paint my life in beautiful colours. The cross frees me to be honest about the painful parts of my story and about my own brokenness. I am so bad Jesus had to die for me to save me. It is also true that I am so loved that Jesus was glad to die for me! It was for the joy set before Him that He endured the cross (Heb. 12:1). I do not have to try to fill the void in my life or cover up my pain because in spite of my brokenness Jesus loves me and gave Himself for me.

# TYPE 8 EIGHT

## THE POWERFUL PERSON

### FOUR WORDS

Self-Confident, Decisive, Just, Leader

### MEMORY VERSE

"So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited..."  
2 Corinthians 12:7-10

### THE STRUGGLE

Lust

### SURVIVAL STRATEGY

I must be strong and in control.

### GOOD TEAM FIT

Kids Check-in, Next Steps, Events Team, Guest Centre, Ushers, Tech Team

### FAMOUS EIGHTS

Martin Luther King Jr., Donald Trump, Queen Latifah, Pink

Eights are powerful personalities. They have a very intense and commanding presence. Eights endeavour to be strong, independent, straightforward, assertive persons who use their strength and influence to make the world a more just place. Eights see the world in black and white—it's either the greatest or the worst idea of all time, right or wrong, true or false, friend or enemy. Eights are energized by disagreement and don't like to admit their faults, for this is a sign of weakness. They have learned to dominate lest they be dominated. This is their defence strategy.

Enneagram Eights have a motivational need to be strong and avoid showing vulnerability. They value having a sense of control and being direct and impactful. Eights love challenges and will embody a need for justice which enables them to protect others. Healthy Eights are experienced by others as strong, deeply caring and approachable. They offer the gift of innocence to themselves and the world around them when they align with the flow of reality. At their worst, others will experience Eights as domineering, aggressive and lustful, an image that stems from the Eight strategy to express themselves as larger than life in a threatening world.

### The gifts of the Enneagram EIGHTS include:

**Assertive:** Eights are confident and direct, say what they need to say and get on with things.

**Decisive:** Eights are quick to respond and willing to make decisions. They trust their gut instincts and will move things forward.

**Protective:** Under their toughness, Eights are bighearted and take people under their wing. They protect the people and things they care about and will fight against injustices.

**Independent:** Self-sufficient Eights dislike being dependent on others and maintain their autonomy.

**Influential:** Eights have their own way of taking charge and influencing others, which includes the capacity to influence the bigger picture.



## STRENGTHS:

God has uniquely gifted Eights to manifest the glory of His image to the world. Eights reflect the power and assertiveness of God's presence. God is in the business of fighting against evil and injustice and fighting for the oppressed—this is reflected in Eights. When emotionally and spiritually healthy, Eights steward their power to serve the weak and marginalized of society. They are strong and courageous and take a bold stand against injustice. Healthy Eights are big-hearted, merciful, forbearing, leaders, determined, resourceful, pragmatic, honourable, heroic, empowering, generous, initiating, decisive, vulnerable, accepting of their weaknesses, and leading with a limp.

**WEAKNESSES:** The underlying emotion Eights are trying to conquer is guilt, feeling as though they aren't good enough. Their survival strategy is to be powerful and take control. This leads to their struggle of lust—the passion for power. They become very angry, confrontational and aggressive and “throw their weight around.” People can feel dominated, controlled, and belittled by Eights, but rarely do Eights notice how they make others feel. They can be emotional bulldozers.

### SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Eights are tempted to lust for power and control, while battling an underlying sense of guilt. The Spirit of Christ wants to transform this kind of sinful fruit into the the fruit of love, gentleness, and self-control (Gal. 5:22-23). Spiritual disciplines should be selected with this trajectory in mind.

**Justice:** Eights are energized by regular opportunities to contend for the common good. They shouldn't feel bad about leading the way in doing Micah 6:8—“love justice and do mercy.” Eights must seek to learn the brokenness in their city or context and challenge it with gospel-motivations.

**Compassion:** Eights are filled with compassion for the underdog. It's not enough for them to speak out against injustice. Eights have to “get their hands dirty.” They feel the need to get involved, to stand in the shoes of those they're trying to help. They have a great capacity for empathy. Showing compassion by stepping in and physically serving the underprivileged is a way of living into their true selves.

**Accountability:** Eights tend to avoid vulnerability and letting others get close out of fear of being controlled by them. To overcome this neurosis Eights need accountability from people they know they can trust. They need a context where they can be known—where they can be weak. If not, Eights will spend their lives hiding their true self behind an image of power.

**Confession:** It's not enough to be surrounded by people they can trust. Eights need to regularly practice the discipline of confession. They must open up and be honest about their struggles and weaknesses (James 5:16). In this way the Eight will learn his greatest secret—when he is weak, then he is strong (2 Cor. 12:10).

## THE GOSPEL EIGHTS NEED TO BELIEVE

I do not have to be strong and in control because Jesus is my strength, and He is in control. When I was weak and helpless, He used His perfect power to come to my aid and rescue me from my sin and false self. He has proven trustworthy and that His love for me is unconditional. This means I am free to be vulnerable with God and others and boast all the more of my weaknesses without fear of being dominated or controlled, for I am controlled with the love of Christ (2 Cor. 5:14).

# TYPE 9 NINE

## THE PEACEFUL PERSON

### FOUR WORDS

Peaceful. Reassuring,  
Complacent, Neglectful

### MEMORY VERSE

"Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,"  
Ephesians 4:15

### THE STRUGGLE

Sloth

### SURVIVAL STRATEGY

I must maintain peace and calm.

### GOOD TEAM FIT

Prayer Team, Kids Team, Next Steps, Guest Centre, Ushers, Portability Team, Design, Capture Team

### FAMOUS NINES

Abraham, Ronald Reagan, Zooey Deschanel, Audrey Hepburn, Mister Rogers, Abraham Lincoln

Nines value peace, harmony, unity, and wholeness. For a Nine, life is about bringing people together and being at peace personally and interpersonally. Nines tend to go with the flow and want to avoid "rocking the boat," i.e., they don't want to assert themselves out of a fear of conflict. Nines have developed a conflict within themselves, struggling to follow their intuition and be bold.

Enneagram Nines are motivated by a need to be settled and in harmony with the world and, as a result, being accommodating and accepting will be important to them. They strive for a peaceful existence and appreciate stability, preferring to avoid conflict. At their best, Nines are experienced as self-aware and vibrant. They offer the gift of right, sustainable action to themselves and the world around them. Less-healthy Nines may be experienced as procrastinating, stubborn and self-denying. This stems from a pattern of going along to get along with others and the eventual discomfort that arises when this strategy is not satisfying.

#### The gifts of the Enneagram Nine include:

**Agreeable:** Nines are easy to get along with. Others experience them as open, receptive and peaceful.

**Understanding:** Nines are able to listen to differences and understand multiple perspectives, with a great skill in synthesis and finding commonalities across differences.

**Patient:** Nines do things in a calm, sustainable way, trusting the natural rhythm of projects and processes.

**Supportive:** Others feel accepted, heard and understood in the presence of Nines. They accept people for who they are and see their full potential.

**Genuine:** What you see is what you get with a Nine and they are unpretentious. Others can be at ease with them.

**STRENGTHS:** God created Nines with particular gifts for bearing His image to the world. Nines reflect the peaceful, comforting, reassuring presence of the Father. They have an intuitive sense for how to resolve conflict and to see how things fit together and harmonize. They make excellent mediators, having the ability to be objective and see all sides of an issue. When emotionally and spiritually healthy, Nines are patient, steady, receptive, relaxed, agreeable, comforting, self-aware, dynamic, proactive, healing, natural, imaginative, serene, engaged, and passionate. They are essential to a world of conflict and pain.

**WEAKNESSES:** For Nines, the struggle is slothfulness. Don't think in terms of physical laziness but think relational negligence. Nines tend to check out emotionally and relationally. When they're unhealthy, they will run from all conflict, and their defense strategy is to shut down and withdraw. They will no longer be fully present. They can lose themselves and retreat into inoculating activity, like watching TV, playing games on their phone, checking social media, doing busy work, distracting themselves from their emotional needs and the needs of others. This creates a deep sense of guilt in Nines, which is the underlying emotion they are trying to overcome

### **SPECIFIC PRACTICES FOR SPIRITUAL FORMATION**

The temptation for a Nine is sloth or to become passive and negligent. These patterns are typically driven by a deep sense of guilt. The Spirit of Christ wants to transform the fruit of negligence and passivity and guilt into peace, loving action, and faithfulness to their relationships and responsibilities (Gal. 5:22). Spiritual disciplines should be selected with this trajectory in mind.

**Nature Walks:** The discipline of retreating for a walk through nature with God will come easily for a Nine. It aids the Nine in restoring balance and return them to a sense of peace and calm. Nature reminds them that, though we live in a world of chaos, the Creator God is a God of peace and order.

**Peacemaking:** Nines shouldn't feel bad about their desire to help others resolve conflict. They feel alive when they get a chance to mediate, counsel, and encourage others with the gospel. To be healthy and grow in Christ-likeness, Nines must look for ways to use this gift.

**Fixed-Hour Prayer:** Stopping routinely to pray is good for the Nine because it re-centers them around the peaceful presence of Jesus. It is a way of calming down and remembering what is most urgent and important—one's relationship with God. This practice also helps to form diligence, steadfastness, faithfulness, and action in Nines.

**Bible-Reading Plan:** Nines need the structure of a Bible-reading plan. A plan helps them be focused and diligent in the Word, where they can hear the Father's voice and have their souls re-centered.

**THE GOSPEL NINES NEED TO BELIEVE** My ultimate peace is found in Christ, not my circumstances. I have been justified by faith and have peace with God through my Lord Jesus Christ (Rom. 5:1). Jesus has solved my deepest conflict with God and has made me God's dear child. He has quieted my soul's deepest struggle with guilt by becoming my sin and my righteousness. I don't have to fear being good enough because I have Jesus, and He is my peace that surpasses all understanding (Phil. 4:7). He is the God of peace who is always with me (Phil. 4:9). I can rest because in Christ I am known and loved by God.



\* The triangles represent where a number will go in health and in stress. (Example: A 3 will take on some 9's characteristics in stress and some of 6's characteristics in health)

\* Every person will have a wing (a second type that they carry many characteristics in). The wing is ALWAYS next to the number. (Example: A 9 will either have an 8 wing or a 1 wing.) It is impossible for a 9 to have a 3 wing. The 3 in this case would be indication that that person who is a 9 is taking on some healthy characteristics of the 3.