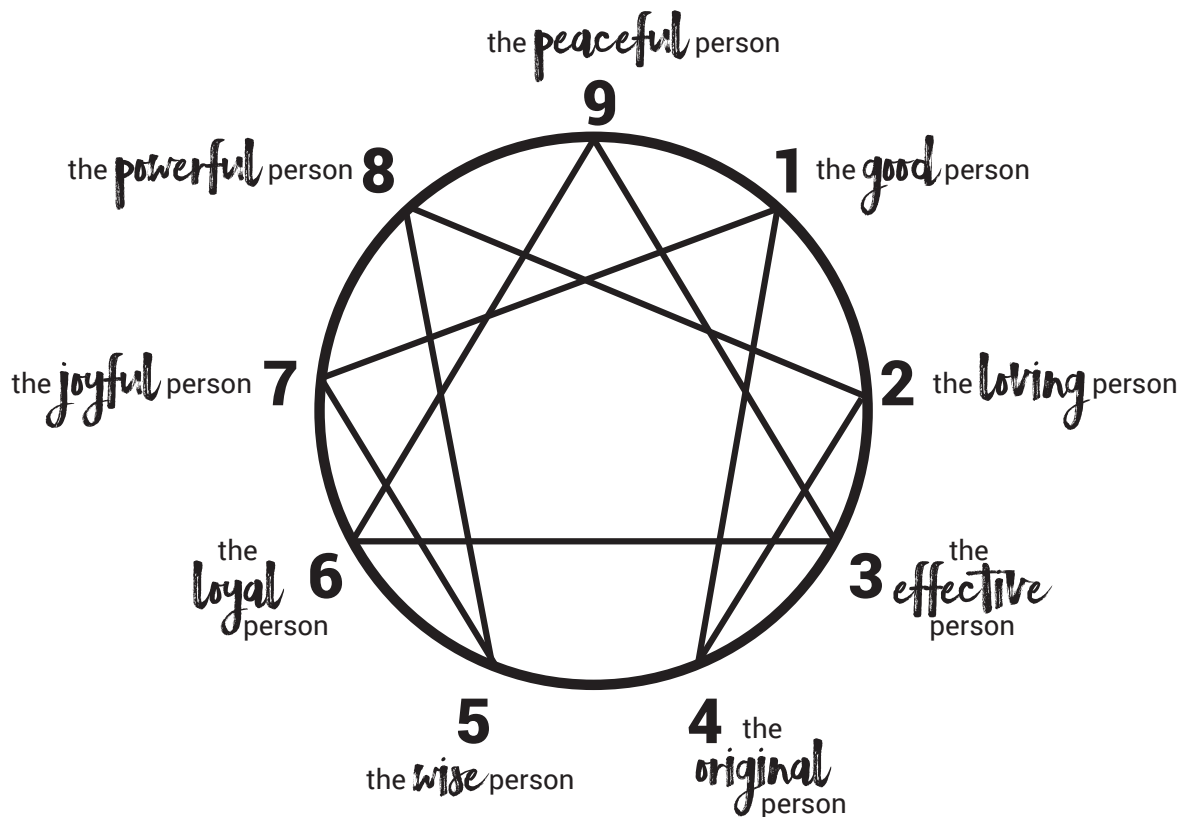


THE ENNEAGRAM

MOVING
FROM
FALSE
SELF
TO
DEEP
CONNECTION



“...that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.” (Eph. 3:16-19)

In the early hours of April 15, 1912, on its maiden voyage from South Hampton to New York City, the Titanic sank when it collided with an iceberg in the cold waters of the North Atlantic Ocean. Tragically, more than 1,500 people lost their lives. At the time, the Titanic was the largest, most well-built and luxurious ship ever conceived. It was thought to be unsinkable. As one crew member reportedly said, “Not even God himself could sink this ship.” But what those aboard the Titanic didn’t know was that hidden beneath the surface of the water something was waiting to sabotage the life of the great ship (and the lives of everyone on board). Ultimately the Titanic sank because people failed to acknowledge and deal with what was going on beneath the surface.

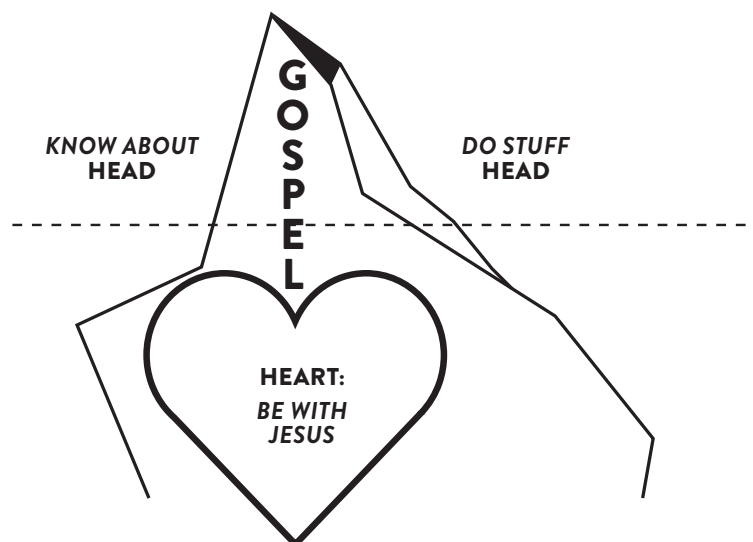
“... THAT ACCORDING TO THE RICHES
OF HIS GLORY HE MAY GRANT
YOU TO BE STRENGTHENED WITH
POWER THROUGH HIS SPIRIT IN
YOUR INNER BEING ... TO KNOW THE
LOVE OF CHRIST THAT SURPASSES
KNOWLEDGE ... ”

EPHESIANS 3:14-19

In the same way, our spiritual life—our relationships with God and others—is in danger of sinking if we don’t become aware of and deal with what’s going on beneath the surface in our lives.

GOING BENEATH THE SURFACE

Human beings are like icebergs—what you see on the surface is only a fraction of the truth. Only about 10% of an iceberg is visible to the human eye, but there is typically a whole lot more going on beneath the surface. Similarly, there are mass layers in our soul that are hidden and remain untouched and unaffected by the gospel of Jesus: mistrust, unrepentant sin, false narratives, guilt, fear, shame, emotional wounds, misplaced worship. To paraphrase Paul’s prayer in Ephesians 3:14-19, we desperately need the gospel to make its way from our heads to our hearts—into the core of our inner being—to the places that need to be healed and transformed by the love of Christ. In a culture obsessed with information and busyness, it’s easy for Christians to drift into a surface-level relationship with Jesus in which we know about Jesus (head) and do stuff for Jesus (hands), but at our core we remain functionally disconnected from relationship with Jesus (heart). Paul essentially prays that we would go beneath the surface, where the real us meets the real Jesus, and we come to know and trust the love of Christ intimately for our redemption and true identity. This is why many have emphasized



that the most difficult and significant journey we could ever take is only eighteen inches long, from our head to our heart.

HOW DO WE GO BENEATH THE SURFACE?

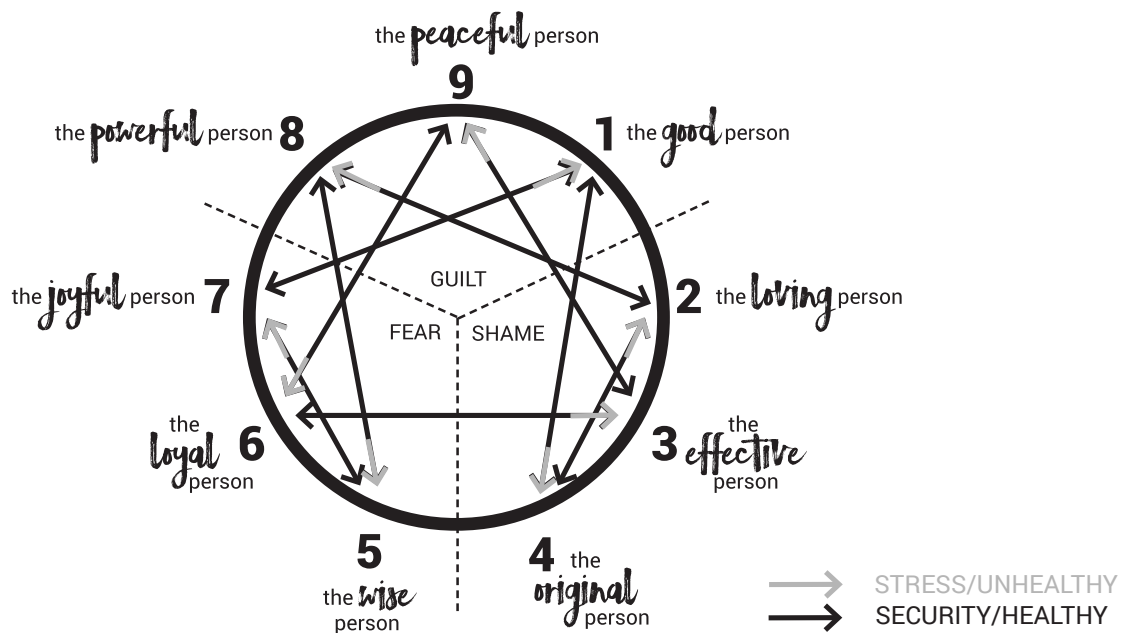
But how do we follow Jesus on this inward journey? How do we drive the gospel beneath the surface to strengthen our hearts in such a way that we can experience deep relationships with God and others?

We have found the Enneagram to be one of the most effective tools we can use to follow Jesus on the inward journey into our hearts. To be clear, there is no power in the Enneagram. The Enneagram is just a tool. All the power for salvation and transformation lies in the gospel of Jesus Christ (Rom. 1:16). The Enneagram is helpful because it has the ability to serve the gospel. The Enneagram is a vehicle the Holy Spirit can use to drive the gospel into the uncharted terrains of the soul, so that we can be strengthened with power in our inner being— to know and grow in the love of Jesus.

“THE MOST DIFFICULT AND SIGNIFICANT JOURNEY WE COULD EVER TAKE IS ONLY EIGHTEEN INCHES LONG, FROM OUR HEAD TO OUR HEART.”

WHAT IS THE ENNEAGRAM?

Unlike other personality theories that measure how you do tasks, the Enneagram is an ancient tool that describes your personality in terms of who you are and how you relate to God, to others, and to yourself. Enneagram is a Greek word—ennea meaning “nine” and gram meaning “diagram.” So, as you can see below, the Enneagram is a diagram that represents nine different yet interconnected personalities or ways of relating.



TRIADS

As the diagram also reflects, the nine personality styles are divided into three triads. The Gut triad consists of 8's, 9's and 1's; these are people who process the world and relate intuitively. The Head triad is made up of 5's, 6's and 7's; these are people who process the world and relate cognitively. In the Heart triad we have 2's, 3's and 4's; these are people who process the world and relate emotionally.

MOTIVATING EMOTION

As you can see, each triad shares the same core emotional struggle: Gut people battle guilt and a sense that they are not good enough, Head people battle fear and a sense that they are not safe, and Heart people battle shame and a sense that they are not accepted. These three primary emotions—guilt, fear, and shame—and the defenses we develop to manage and overcome them form the primary barriers in our relationships with God, others and ourselves. We see this for the first time after the fall in Genesis 3:

- Genesis 3:7 — underlying emotion: shame; defense strategy: I cover
- Genesis 3:8-10 — underlying emotion: fear; defense strategy: I hide
- Genesis 3:11-13 — underlying emotion: guilt; defense strategy: I blame

John Starke writes, *“The Enneagram helps us see how fear might be controlling us, how shame might be motivating us, how guilt might be crippling us. Like a tracer chemical in the blood stream that helps identify the disease, the Enneagram brings to the surface indicators of what might be motivating sinful or harmful actions and patterns. With those resources, we can press into Christ, seeking healing and transformation in the gospel.”*

HEALTHY & UNHEALTHY ARROWS

The above diagram also shows that each personality has stress and security arrows. These arrows indicate the direction of growth or integration and the direction of unhealth and disintegration. In other words, there's a number you slide to when you are growing in health and functioning out of your God-given identity in Christ and there's a number you slide to when you are not healthy and operating out of the flesh. As you grow, you tend to slide over and borrow from the blessings of that type. When you fail to grow, you tend to slide over and borrow from the brokenness of that type.

CHILDHOOD WOUND

The Enneagram resonates with most people as it aids our understanding of how the gospel story intersects with our personal story. The truth is, our present is shaped by our past; who we are is shaped by where we come from. No matter how healthy and godly your family of origin or childhood experience was, on some level every family is dysfunctional, and in a fallen world nobody gets out of childhood unscathed. We all carry emotional wounds from our earliest relationships and experiences. These wounds, if we do not name them and process them, will infect our relationships with God and others. The Enneagram helps us go back so that we can go

forward— identifying the childhood wounds we carry and the false scripts and defensive strategies we learned to help us survive, so that we can bring those to Jesus and begin to heal and re-learn to trust him completely.

Each personality has particular gifts and weaknesses they bring into their relationships. In essence, the Enneagram is trying to introduce you to your false self and the unique ways you bear the effects of the fall, and your true self and the unique ways you bear God's image in your relationships. The false self is an image we create in self-defense to help us feel safe, loved, and accepted apart from trusting in the love of Christ. In this way, the design of the Enneagram helps you take off the mask, so the real you can meet the real Jesus and you can experience the life you were made for in deep relationship with God and others.

2

TYPE TWO

THE LOVING PERSON

IMAGE OF GOD

Twos reflect the love and care of God.

IN GENERAL

Relational, Generous, People-pleasing, Insecure

CORE DESIRE

To be needed

FOCUS OF ATTENTION

The needs of others

AVOIDANCE

Their own needs

DRIVING EMOTION

Shame

BESETTING SIN

Pride

CHILDHOOD WOUND

Had to grow up too fast, provide emotional support for the family, emotional needs became buried, perceived a withdrawal of love and approval or an indifference to their own needs.

LIES TWOS BELIEVE (FALSE NARRATIVE)

It's not ok to be needy. I am loved and valued if I care for others without regard for my own needs.

SURVIVAL STRATEGY/DEFENSE MECHANISM

I must be helping and caring.

HEALTHY - THEIR BEST

Loving
Nurturing
Supportive
Hospitable
Generous
Unselfish
Healthy boundaries
Affirming
Benevolent
Supportive
Serving

UNHEALTHY - THEIR WORST

Smothering
Possessive
Manipulative
Flatterer
Needy
Selfless
Co-dependent, over attach
People pleasing
Martyr-like
Patronizing
Demanding

Twos see the world in terms of loving and serving people. Life is about being generous and meeting the needs of others. It's possible that Twos grew up in an environment where they had to step up at a young age and learn how to take care of themselves and others emotionally and/or physically. They may have had to provide emotional support from their parents and siblings, sometimes becoming the parent in the family. This means that Twos had to "grow up fast." As a result, Twos cultivated 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.

WEAKNESSES: They 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.

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,⁸ *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.

The lies Twos believe: *"It's not ok to be needy."*⁹

The truth Twos need: *"You are needy, and that's ok."*

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. **Downstream practices** are those that come naturally for this type. **Upstream practices** are those that are more challenging for this type because they confront the false self or flesh.¹⁰

DOWNSTREAM PRACTICES

- **Hospitality & Service:** ¹¹Twos 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. Twos enjoy the mutual and natural supply of support, encouragement, counsel, fun, growth, and value that goes with friendship. Spiritual friendship communicates the unique type of affection, vulnerability, and trust between friends produced by the Holy Spirit through faith in the gospel. Twos must create space in their lives to foster deep spiritual friendship with one or a few people, with whom they can be known and loved

UPSTREAM PRACTICES

- **Centering 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. With each breath inhaled and exhaled, acknowledge that God is present with you, loving you and delighting in you. This practices helps Twos embrace their own neediness, which is wrapped in God's sufficient love.
- **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.

KEY BIBLE MEMORY VERSE

The Scripture Twos should memorize is John 13:8. Jesus says to Peter, "Unless I wash you, you have no part in me."

THE GOSPEL TWOS NEED FOR HEALING & GROWTH

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.

⁸ Rison & Hudson, 97

⁹ Adapted from Sherrill, 28.

¹⁰ The language of upstream and downstream comes from Sherrill, chapter 5, Enneagram & the Way of Jesus.

¹¹ Sherrill, 94

HOW TO LOVE ME WELL

- Remind me who I am in Christ and to bring my needs to him.
- Tell me specifically what you appreciate about me.
- Enjoy sharing fun times with me.
- Take a real interest in my problems without letting me transfer the attention back to you (i.e., help me stop being a helper all the time).
- Encourage me to accept help. (cf. John 13:8)
- Please let me know that I am special and important to you. Tell me what you love about me.
- Be sure to ask what I need...be patient and help me clarify.
- If you need to point out something negative, please be gentle and tell me a few affirming things as well. I can be very sensitive to criticism.
- Gently helping me to risk expressing how I feel and engaging in conflict when needed (it is so hard to live with the fact that everyone will not love me)

HOW I CAN LOVE OTHERS WELL

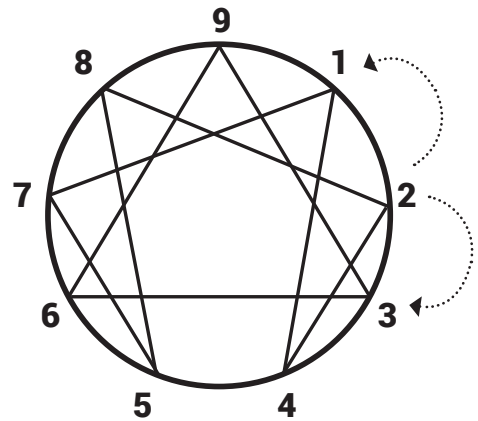
- Make space to be with Jesus and let him serve me so I don't pour from an empty cup.
- When I encourage or help you just to bless you, not to get your approval.
- Let go of my "Messiah complex" (i.e., feeling that I have to save or help everyone).
- Realize that everyone has limits including me (my pride tells me that I have no limits, but God's grace tells me that I do).
- Practice saying no. Have personal boundaries and feel no shame about it.
- Recognize that it's best to listen and provide honest feedback, but know it is not my responsibility to fix you.
- Have clarity about my own needs and desires and appropriately share those with others.

Type Two with One wing –2w1 "Servant"

They tend to be more idealistic, reasonable, objective, self-critical, quietly serving, and judgmental.

Type Two with Three wing –2w3 "Host/Hostess"

They tend to be more self-assured, charming, a flatterer, ambitious, outgoing, and competitive.



STRESS

What we are like when we are UNDER STRESS

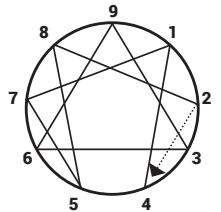
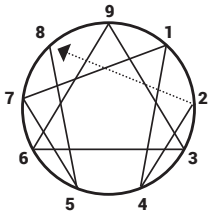
Type 2 moves toward Average to **Unhealthy Type 8**

- Needy Twos suddenly become irritable, aggressive, and dominating.
- They blame, make demands, and become controlling of everyone and everything.

GROWTH

When the Holy Spirit enables us to begin to transform.

- Type 2 moves toward **healthy side of Type 4**
- They become more self-nurturing and compassionate toward themselves.
 - They are more emotionally aware and begin to admit and accept painful feelings



TYPE TWO :: LEVELS OF DEVELOPMENT

The Levels of Development are measuring our capacity to be fully present in our relationships and use our personality and gifts in life-giving ways.¹²

HEALTHY LEVELS

- **Level 1** (at their best): Become deeply unselfish, humble, and altruistic, giving unconditional love to self and others. Feel it is a privilege to be in the lives of others.
- **Level 2**: Empathetic, compassionate, feeling for others. Caring and concerned about their needs. Thoughtful, warm-hearted, forgiving, and sincere.
- **Level 3**: Encouraging and appreciative, able to see the good in others. Service is important, but takes care of self too; nurturing, generous, and giving—a truly loving person.

AVERAGE LEVELS

- **Level 4**: Want to be closer to others, so start “people pleasing,” becoming overly friendly, emotionally demonstrative, and full of “good intentions” about everything. Give seductive attention: approval, “strokes,” flattery. Love is their supreme value, and they talk about it constantly.
- **Level 5**: Become overly intimate and intrusive; they need to be needed, so they hover, meddle, and control in the name of love. Want others to depend on them; give, but expect a return. Send double messages. Enveloping and possessive, the codependent, self-sacrificial person who cannot do enough for others—wearing themselves out for everyone, creating needs for themselves to fulfill.
- **Level 6**: Increasingly self-important and self-satisfied, feel they are indispensable, although they overrate their efforts in others’ behalf. Hypochondria, becoming a “martyr” for others. Overbearing, patronizing, presumptuous.

UNHEALTHY LEVELS

- **Level 7**: Can be manipulative and self-serving, instilling guilt by telling others how much they owe them and make them suffer. Abuse food and medication to “stuff feelings” and get sympathy. Undermine people, making belittling, disparaging remarks. Extremely self-deceptive about their motives and how aggressive and/or selfish their behavior is.
- **Level 8**: Domineering and coercive; feel entitled to get anything they want from others with the repayment of old debts, money, sexual favors.
- **Level 9**: Able to excuse and rationalize what they do since they feel abused and victimized by others and are bitterly resentful and angry. Somatization of their aggressions results in chronic health problems as they vindicate themselves by “falling apart” and burdening others. Generally corresponds to the Histrionic Personality Disorder and Factitious Disorder.

¹² Riso & Hudson, 78.