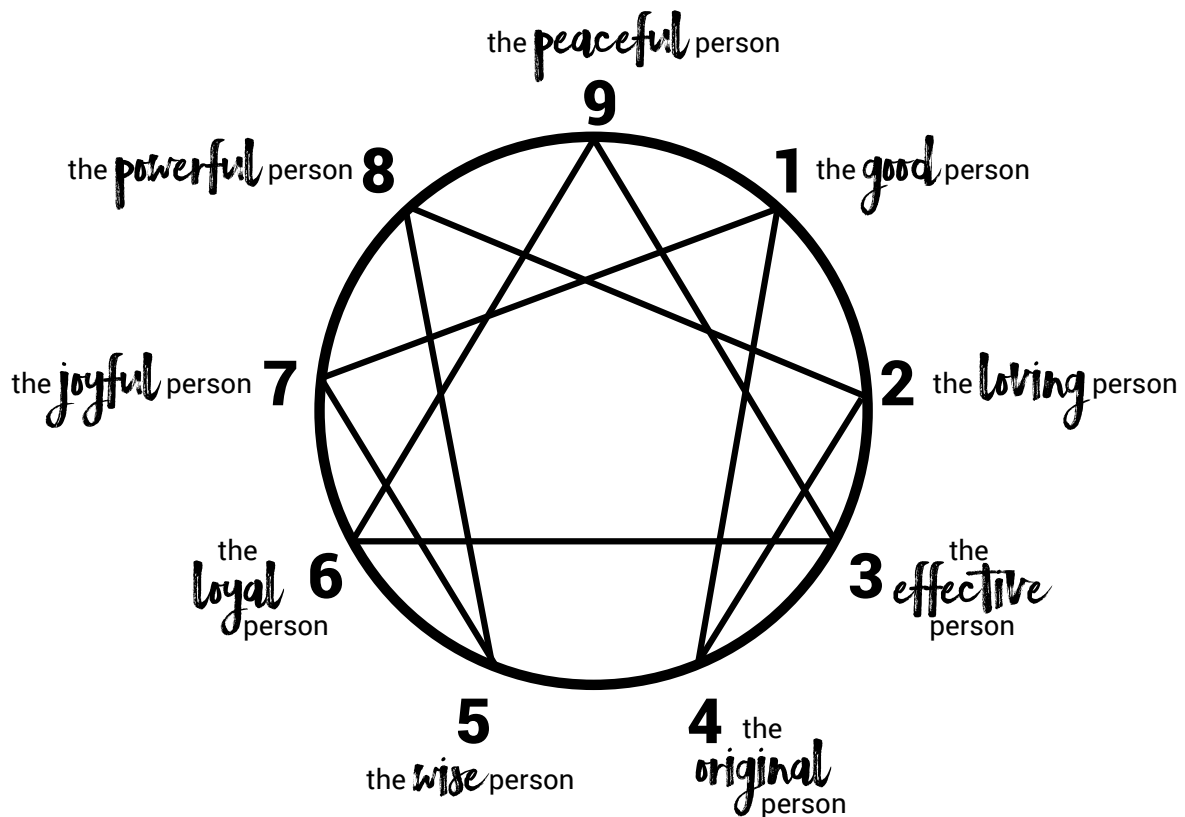


THE ENNEAGRAM

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.

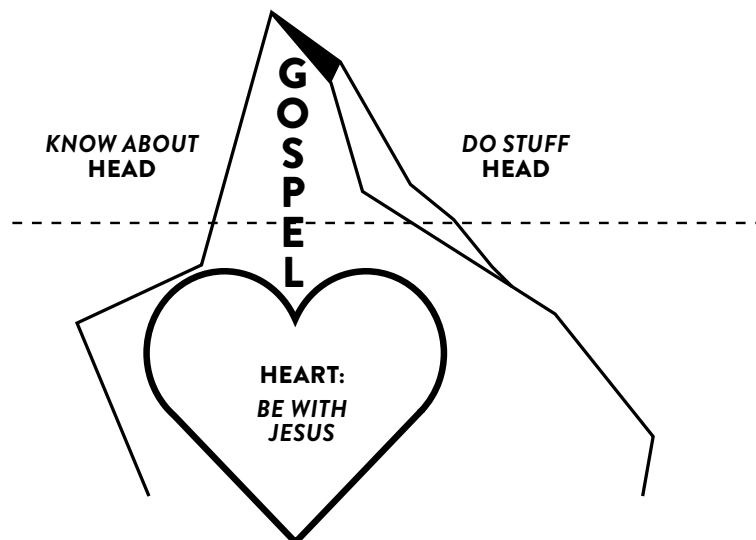
“... THAT ACCORDING TO THE RICHES
OF HIS GLORY HE MAY GRANT
YOU TO BE STRENGTHENED WITH
POWER THROUGH HIS SPIRIT IN
YOUR INNER BEING ... TO KNOW THE
LOVE OF CHRIST THAT SURPASSES
KNOWLEDGE ... ”

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?

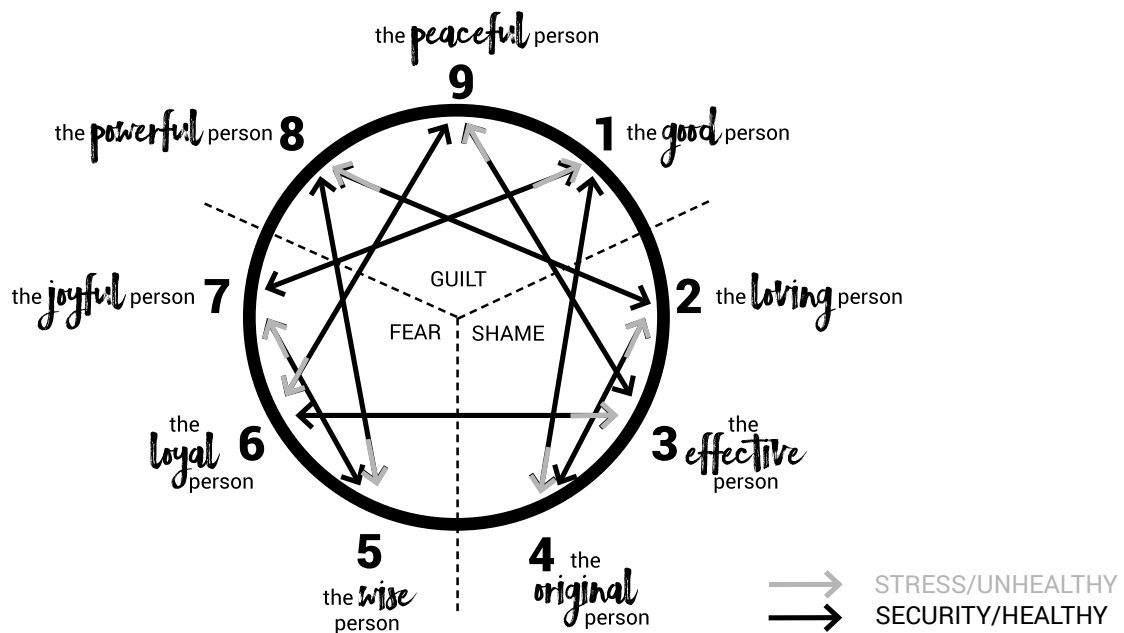
But how do we follow Jesus on this inward journey? How do we drive the gospel beneath the surface to strengthen our hearts in such a way that we can experience deep relationships with God and others?

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.

1

TYPE ONE

THE GOOD PERSON

IMAGE OF GOD

Ones reflect the goodness and righteousness of God.

IN GENERAL

Principled, Purposeful, Perfectionist, Critical

CORE DESIRE

To be right, good, perfect

FOCUS OF ATTENTION

What's wrong & needs correction

AVOIDANCE

Mistakes & being criticized

DRIVING EMOTION

Guilt

BESSETTING SIN

Anger / Resentment

CHILDHOOD WOUND

Hurt by criticism, correction, high standards, pressure to be good, praised only when they performed well.

LIES ONES BELIEVE (FALSE NARRATIVE)

It's not okay to make mistakes. I am worthy of love and approval when I am good, right and perfect.

SURVIVAL STRATEGY/DEFENSE MECHANISM

I must be good enough. I must be perfect. I have to make this better.

HEALTHY - THEIR BEST

Passionate
Principled
Righteous
Just
Idealistic
Ethical
Strives for excellence
Works for the good of all
Orderly
Persevere
Grace-driven

UNHEALTHY - THEIR WORST

Angry (raging)
Legalistic, rigid
Have to be right
Judgmental
Intolerant
Dogmatic
Perfectionistic
Criticize others (& self)
Obsessive compulsive
Impatient
Guilt-driven

Ones are attracted to and value goodness. They believe life is about doing your best, setting high standards and goals and living up to them. Many Ones report growing up in families with high standards and the pressure to perform, often being criticized for their mistakes. As a result, they developed a fear of failure and an incessant need to be perfect and good enough, unconsciously seeking to earn the love and acceptance of their caregivers. They become “model children who are motivated to ‘be good,’ ‘try harder’ and ‘get it right.’”¹ 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.

WEAKNESSES: For a One, the besetting sin 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.”² This is not only how Ones tend to relate to themselves, but to God and others, through performance and criticism.

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.³ Healthy Ones are grace-driven, not guilt-driven.

The lies Ones believe: *“It’s not ok to make a mistake.”*⁴ *“I have to be perfect.”*

The truth Ones need: *“You are loved for who you are, not how good you are.”*

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. **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.⁵

DOWNSTREAM PRACTICES

- **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.

UPSTREAM PRACTICES

- **Journaling Confession & Assurance:** *“To articulate imperfection is difficult [for a One], but to record it on paper can be emotionally painful...When one writes out the cries of the heart it can feel more official and truer than if it remains in the head.”*⁴ Writing out one’s confession solidifies his imperfections and sinfulness. The One can rest assured that he is doing good by confessing his sin, trusting that this kind of inner confrontation will serve as a channel to the gracious and loving presence of Christ (Heb. 4:14-16). After confession, the One must move to professing his assurance of pardon found in the sacrifice and resurrection of Jesus. Ones need to write out the truth that while they are still sinners, God loves them, and he demonstrated His love on the cross (Rom. 5:8).
- **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 (Gal. 2:20).

KEY BIBLE MEMORY VERSE

The key verse that Ones must commit to memory is Romans 5:8, *“God shows his love for us in that while we were still sinners, Christ died for us.”*

THE GOSPEL ONES NEED FOR HEALING & GROWTH

I don’t have to be perfect because Jesus was perfect in my place. I am free to do my best trusting that Jesus has lived the perfect life on my behalf and given me his righteousness. I am made right in the eyes of God; I can rest—thank you, Jesus!

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

- Make sure you take your share of the responsibilities, so I don't have to end up with all the work.
- I'm very hard on myself so reassure me often and tell me that I'm doing good.
- Tell me when you value my advice.
- Be as fair and considerate as I try to be.
- Help me name and tell the truth about my anger and fears.
- First listen to my worries or concerns, then help me to lighten up by having fun (push me to my 7 arrow).
- Make me take a vacation.

HOW I CAN LOVE OTHERS WELL

- Realize that not everyone is as critical, driven or organized as me and that's okay.
- Listen to people without just trying to fix them.
- Realize I can be overly critical and judgmental. Although I think I'm trying to help, I can be insensitive and hurtful.
- Embrace the real over the ideal (acknowledge that ideals are good, but life is messy and nothing will ever be perfect this side of Christ's return. But relax, it's in the messiness that we receive more grace!).
- Share my own needs and feelings (especially my anger) with others.

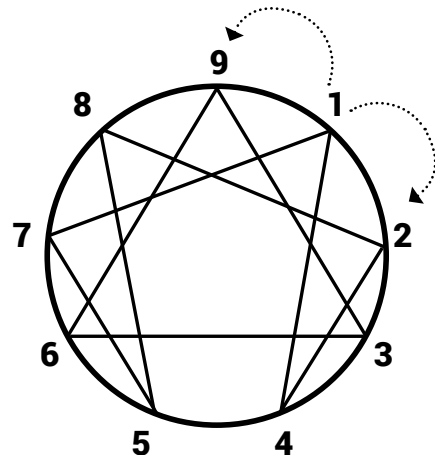
WINGS

Type One with Nine wing – 1w9 “Idealist”

They tend to be cooler, more relaxed, introverted, cerebral, impersonal, objective, and detached.

Type One with Two wing – 1w2 “Advocate”

They tend to be warmer, more helpful, critical, fiery, vocal, sensitive, action-oriented, and controlling.



STRESS

What we are like when we are UNDER STRESS

Type 1 moves to Average to **Unhealthy Type 4**

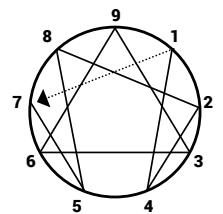
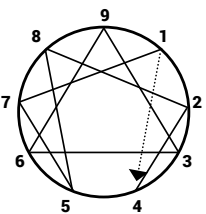
- They feel indignant that expectations are not achieved by themselves and others.
 - They turn their anger inward on themselves and become depressed.

GROWTH

When the Holy Spirit enables us to begin to transform.

Type 1 moves toward **Healthy side of Type 7**

- They become less critical and more self-accepting.
- They become more enthusiastic and optimistic.
- They have more fun and are more spontaneous.



TYPE ONE :: 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.⁷

HEALTHY LEVELS

- **Level 1** (at their best): Become extraordinarily wise and discerning. By accepting what is, they become transcendently realistic, knowing the best action to take in each moment. Humane, inspiring, and hopeful; the truth will be heard.
- **Level 2**: Conscientious with strong personal convictions, they have an intense sense of right and wrong, personal religious and moral values. Wish to be rational, reasonable, self-disciplined, mature, moderate in all things.
- **Level 3**: Extremely principled, always want to be fair, objective, and ethical: truth and justice primary values. Sense of responsibility, personal integrity, and of having a higher purpose often make them teachers and witnesses to the truth.

AVERAGE LEVELS

- **Level 4**: Dissatisfied with reality, they become high-minded idealists, feeling that it is up to them to improve everything: crusaders, advocates, critics. Into “causes” and explaining to others how things “ought” to be.
- **Level 5**: Afraid of making a mistake, everything must be consistent with their ideals. Become orderly and well-organized, but impersonal, puritanical, emotionally constricted, rigidly keeping their feelings and impulses in check. Often workaholics—“anal-compulsive,” punctual, pedantic, and fastidious.
- **Level 6**: Highly critical both of self and others: picky, judgmental, perfectionist. Very opinionated about everything: correcting people and badgering them to “do the right thing”—as they see it. Impatient, never satisfied with anything unless it is done according to their prescriptions. Moralizing, scolding, abrasive, and indignantly angry.

UNHEALTHY LEVELS

- **Level 7**: Can be highly dogmatic, self-righteous, intolerant, and inflexible. Begin dealing in absolutes; they alone know “The Truth.” Everyone else is wrong; very severe in judgments, while rationalizing own actions.
- **Level 8**: Become obsessive about imperfection and the wrongdoing of others, although they may fall into contradictory actions, hypocritically doing the opposite of what they preach.
- **Level 9**: Become condemnatory toward others, punitive and cruel to rid themselves of wrongdoers. Severe depressions, nervous breakdowns, and suicide attempts are likely. Generally corresponds to the Obsessive-Compulsive and Depressive personality disorders.

⁷ Riso & Hudson, 78.