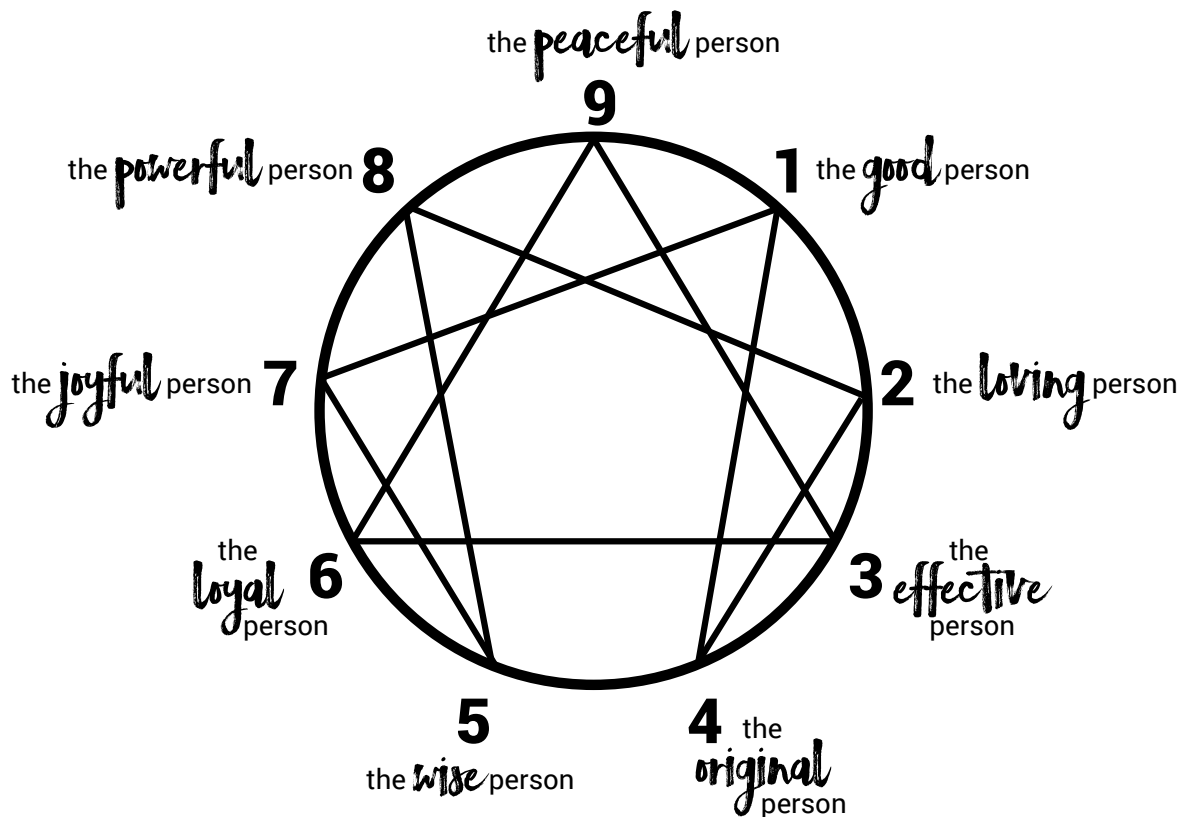


THE ENNEAGRAM

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.

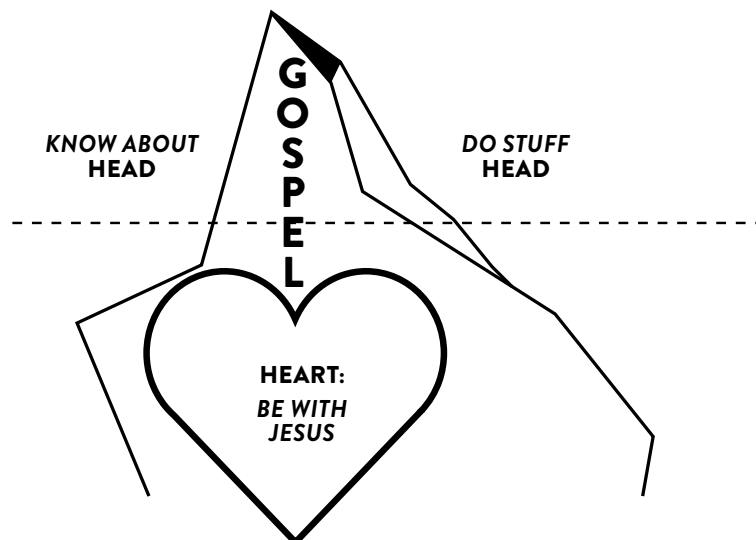
“... THAT ACCORDING TO THE RICHES
OF HIS GLORY HE MAY GRANT
YOU TO BE STRENGTHENED WITH
POWER THROUGH HIS SPIRIT IN
YOUR INNER BEING ... TO KNOW THE
LOVE OF CHRIST THAT SURPASSES
KNOWLEDGE ... ”

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?

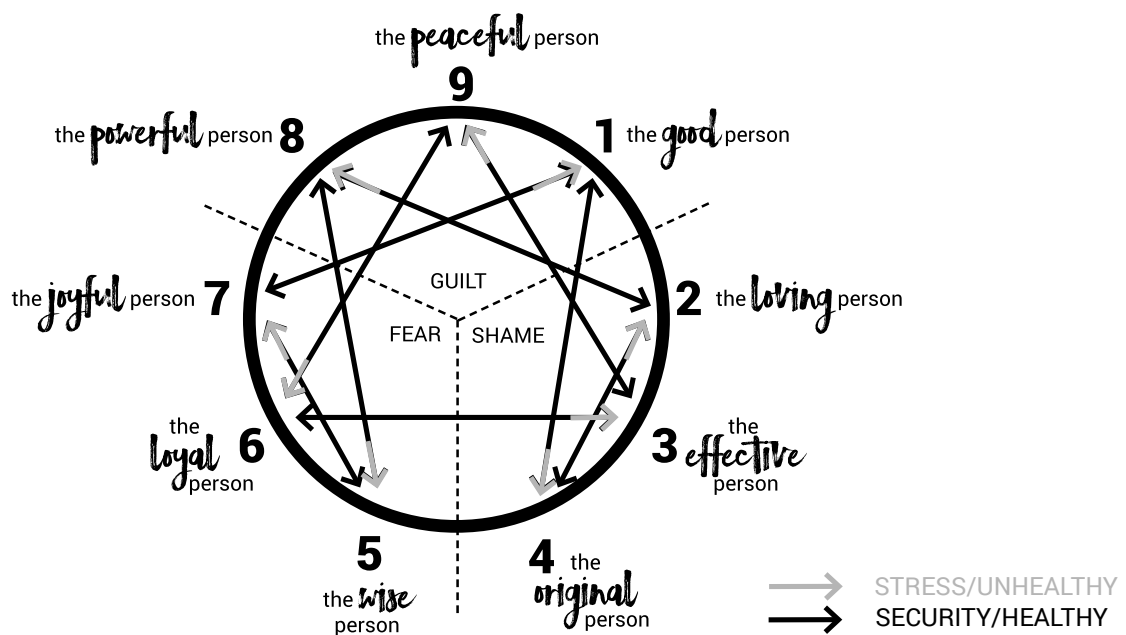
But how do we follow Jesus on this inward journey? How do we drive the gospel beneath the surface to strengthen our hearts in such a way that we can experience deep relationships with God and others?

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.

5

TYPE FIVE

THE WISE PERSON

IMAGE OF GOD

Fives reflect the wisdom and knowledge of God.

IN GENERAL

Perceptive, Innovative, Introverted, Isolated

CORE DESIRE

To know enough

FOCUS OF ATTENTION

What makes sense

AVOIDANCE

Being foolish or uninformed

DRIVING EMOTION

Fear

BESSETTING SIN

Greed

CHILDHOOD WOUND

Demanding environment, intrusive, no privacy, lack of emotional availability, maybe felt stupid or caught off guard.

LIES FIVES BELIEVE (FALSE NARRATIVE)

It's not safe to depend on others. It's not safe to be vulnerable.

SURVIVAL STRATEGY/DEFENSE MECHANISM

I must be self-sufficient, put up walls, and store up information.

HEALTHY - THEIR BEST

Analytical
Wise
Insightful
Perceptive
Curious
Objective
Witty
Persevering
Thorough
Knowledgeable
Rational

UNHEALTHY - THEIR WORST

Over analyze
Heady
Cynical
Fear their feelings
Detached
Distant
Closed off
Aloof
Self-reliant
Stubborn
Stingy

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. Many Fives report growing up in a disruptive, somewhat intrusive environment. It's possible that they were interrupted a lot and also emotionally and/or physically neglected. As a result, Fives learned that it was safer to do everything alone, and they 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.

WEAKNESSES: Fives perceive the world as a dangerous place and battle an underlying emotion of **fear**. Their besetting sin 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 defense 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.²⁹

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 counselors.

The lies Fives believe: *“You are strong enough to not need the assistance and comfort of others.”*³⁰

The truth Fives need: *“Your needs are not a problem.”*³¹

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. **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.³²

THE DOWNSTREAM PRACTICES

- **Inductive Bible Study:**³³ 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.

THE UPSTREAM PRACTICES

- **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.³⁴

KEY BIBLE MEMORY VERSE

The Scripture Fives is the shema in Deuteronomy 6:4. This verse reminds us that human beings are made to worship God with their whole selves and not just the mind. Engaging the emotions and the body is necessary for ongoing transformation for Fives.

THE GOSPEL FIVES NEED FOR HEALING & GROWTH

The only knowledge that can protect me is a saving knowledge of the truth (1 Tim. 2:4). Jesus is my refuge and when I hide in him I am free to live an open life with God and others.

²⁹ Riso & Hudson, 71.

³⁰ Sherrill, 36.

³¹ Ibid.

³² The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

³³ Ibid., 97.

³⁴ Ibid., 98.

HOW TO LOVE ME WELL

- Be independent and not clingy
- Give me space. I need a lot of alone time to recharge and process my thoughts and especially my feelings.
- Speak in a brief and straightforward manner.
- Appreciate my objectivity, intellect and wit.
- Know that I express my feelings often by doing things for you.
- Never embarrass me publicly or put me on the spot. I typically don't like surprises.
- Know that I don't like intrusions on my privacy, but help me not to live there.
- Don't force me to act more enthusiastic than I feel I can act (you've got to trust me that I am enjoying the party or am on-board with the project even when it may not look like I am).
- Help me move forward instead of being only in my head (but do it gently and repeatedly).

HOW I CAN LOVE OTHERS WELL

- Be more aware of the emotional side of life, so I must do all I can to feel what is happening, not simply think of what is happening.
- Be aware of my tendency to withdraw/detach, so I must stay in the game and remain emotionally present.
- Be aware of my tendency to withhold myself. Be willing to share who I am and what I know. I have a gift of objective observation and assessment; it must be shared.
- Know there are worse things than being vulnerable and open (like failing to give and receive love).
- Remember that it's easier for others to experience me as detached, so I shouldn't be put off when someone wants to know I am with them.

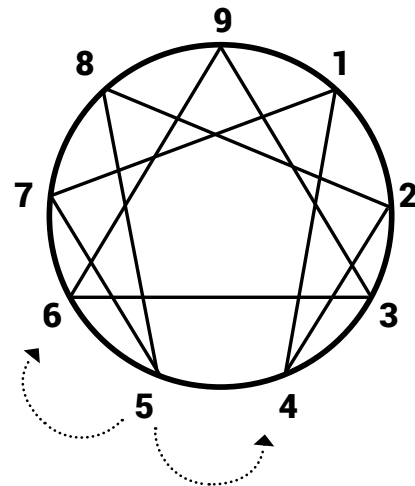
WINGS

Type Five with Four wing — 5w4 “The Iconoclast”

They tend to be more creative, humanistic, sensitive, empathetic, withdrawn, and self-absorbed.

Type Five with Six wing — 5w6 “The Problem Solver”

They are more extroverted, loyal, anxious, skeptical, cautious, and tend to be interested in the sciences.

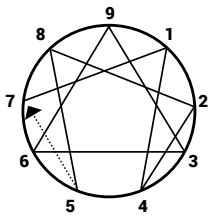


STRESS

What we are like when we are UNDER STRESS

Type 5 moves toward average to **unhealthy Type 7**

- They become hyperactive and scattered.
- They will take on new projects impulsively.
- They become unfocused and distracted.

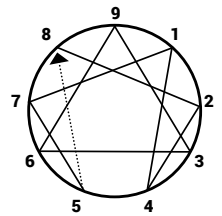


GROWTH

When the Holy Spirit enables us to begin to transform.

Type 5 moves toward **healthy side of Type 8**

- Insecure Fives become more self-confident and decisive at Eight.
- They get in touch and active with their body.
- They trust their instincts more and become more assertive and confident.



TYPE FIVE :: 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.³⁵

HEALTHY LEVELS

- **Level 1** (at their best): Become visionaries, broadly comprehending the world while penetrating it profoundly. Open-minded, take things in whole, in their true context. Make pioneering discoveries and find entirely new ways of doing and perceiving things.
- **Level 2**: Observe everything with extraordinary perceptiveness and insight. Most mentally alert, curious, searching intelligence; nothing escapes their notice. Foresight and prediction. Able to concentrate; become engrossed in what has caught their attention.
- **Level 3**: Attain skillful mastery of whatever interests them. Excited by knowledge; often become expert in some field. Innovative and inventive, producing extremely valuable, original works. Highly independent, idiosyncratic, and whimsical.

AVERAGE LEVELS

- **Level 4**: Begin conceptualizing and fine-tuning everything before acting—working things out in their minds: model-building, preparing, practicing, and gathering more resources. Studious, acquiring technique. Become specialized and “intellectual,” often challenging accepted ways of doing things.
- **Level 5**: Increasingly detached as they become involved with complicated ideas or imaginary worlds. Become preoccupied with their visions and interpretations rather than reality. Are fascinated by off-beat, esoteric subjects, even those involving dark and disturbing elements. Detached from the practical world, a “disembodied mind,” although high-strung and intense.
- **Level 6**: Begin to take an antagonistic stance toward anything that would interfere with their inner world and personal vision. Become provocative and abrasive, with intentionally extreme and radical views. Cynical and argumentative.

UNHEALTHY LEVELS

- **Level 7**: Become reclusive and isolated from reality, eccentric and nihilistic. Highly unstable and fearful of aggressions; they reject and repulse others and all social attachments.
- **Level 8**: Get obsessed yet frightened by their threatening ideas, becoming horrified, delirious, and prey to gross distortions and phobias.
- **Level 9**: Seeking oblivion, they may commit suicide or have a psychotic break with reality. Deranged, explosively self-destructive, with schizophrenic overtones. Generally corresponds to the Schizoid Avoidant and Schizotypal personality disorders.

³⁵ Riso & Hudson, 78.