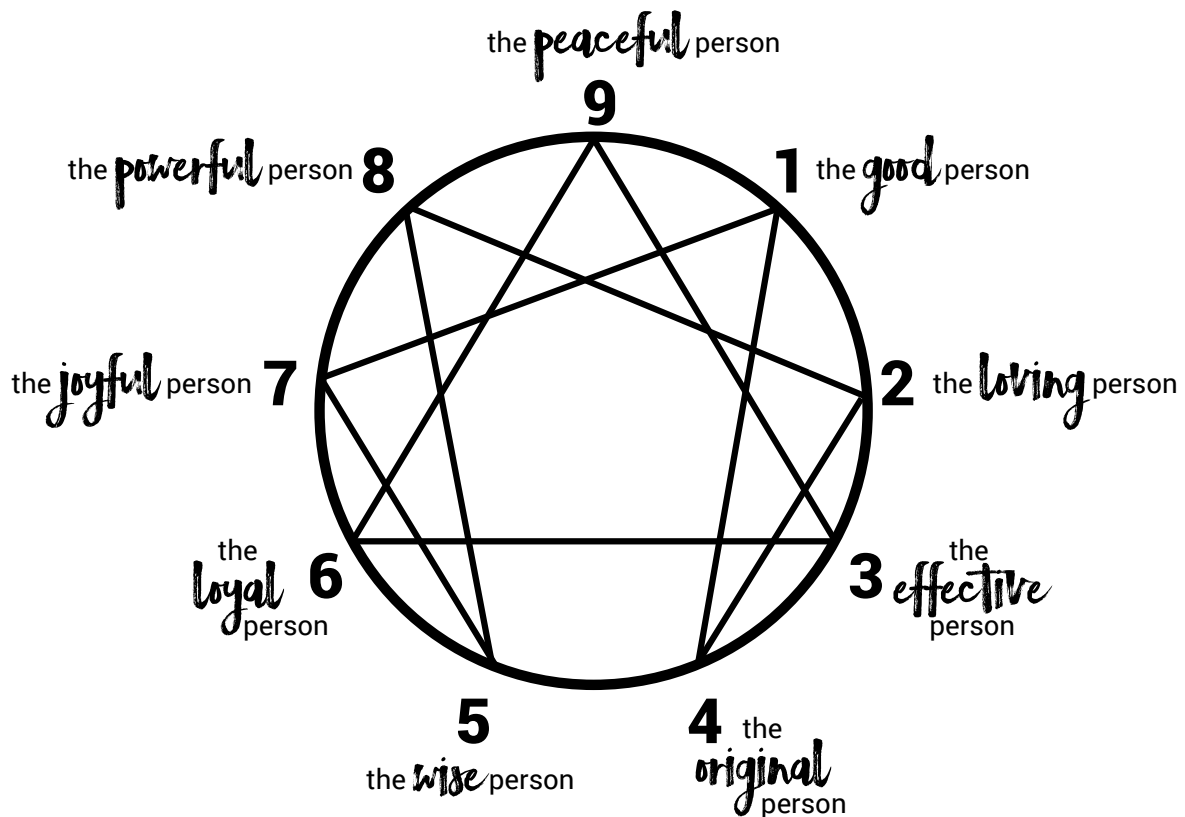


THE ENNEAGRAM

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.

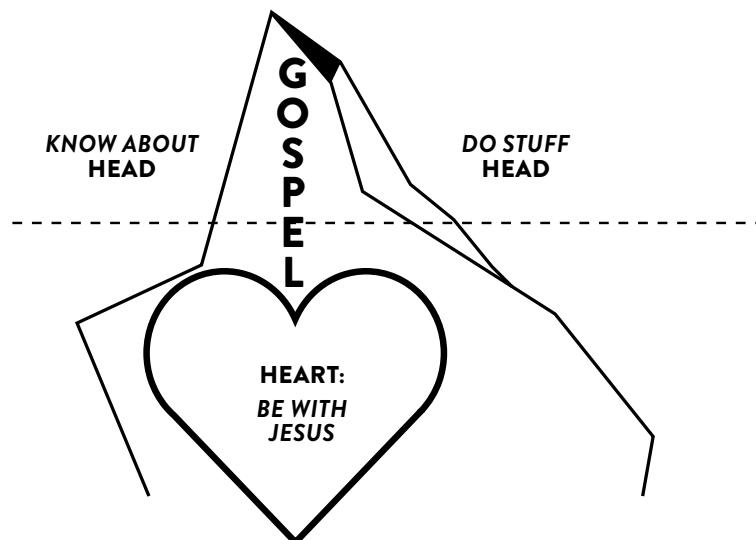
“... THAT ACCORDING TO THE RICHES
OF HIS GLORY HE MAY GRANT
YOU TO BE STRENGTHENED WITH
POWER THROUGH HIS SPIRIT IN
YOUR INNER BEING ... TO KNOW THE
LOVE OF CHRIST THAT SURPASSES
KNOWLEDGE ... ”

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?

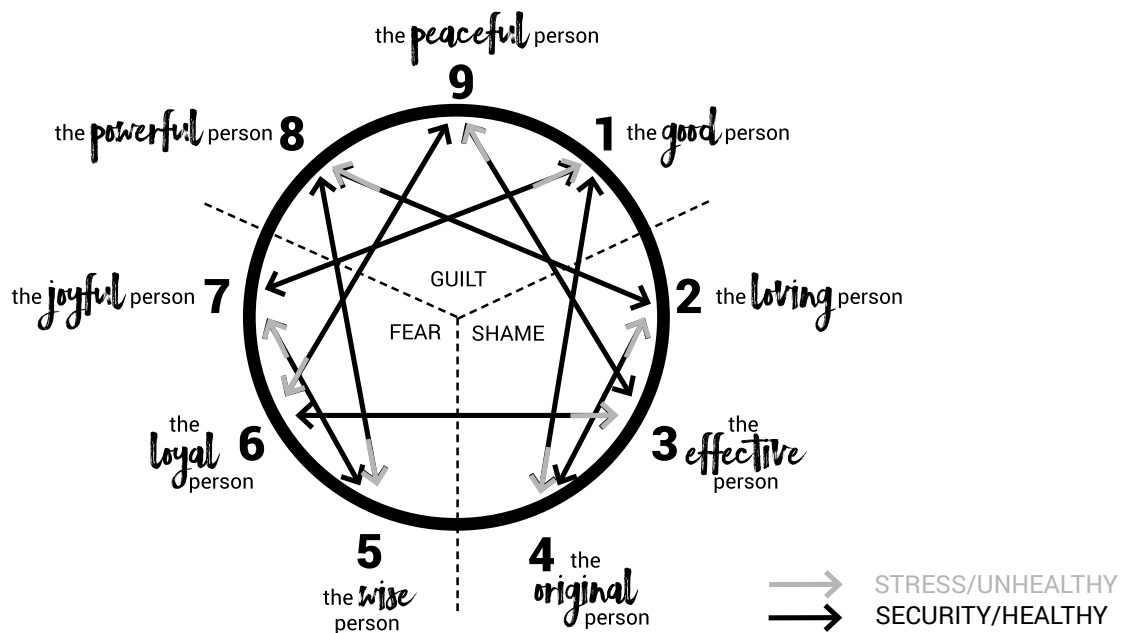
But how do we follow Jesus on this inward journey? How do we drive the gospel beneath the surface to strengthen our hearts in such a way that we can experience deep relationships with God and others?

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.

9

TYPE NINE

THE PEACEFUL PERSON

IMAGE OF GOD

Nines reflect the peace and oneness of God.

IN GENERAL

Peaceful, Reassuring, Complacent, Neglectful

CORE DESIRE

To be comfortable and settled

FOCUS OF ATTENTION

What others want or expect from me

AVOIDANCE

Conflict

DRIVING EMOTION

Guilt

BESETTING SIN

Sloth

CHILDHOOD WOUND

Felt overlooked, invisible, insignificant, their voice and presence didn't matter, had to keep the peace in the family.

LIES NINES BELIEVE (FALSE NARRATIVE)

My presence and voice don't matter. It's not okay to assert myself.

SURVIVAL STRATEGY/DEFENSE MECHANISM

I must "go along to get along." I must be calm and go with the flow to stay connected and comfortable.

HEALTHY - THEIR BEST

Easygoing
Content
Peaceful
Receptive
Empathetic
Diplomatic
Reassuring
Patient
Down to earth
Open-minded
Accepting

UNHEALTHY - THEIR WORST

Indifferent
Spaced-out
Stubborn
Passive-aggressive
Detached
Forgetful
Apathetic
Unassertive
Control through being victim
Uncommitted
Easily overwhelmed

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. Many Nines recall memories of being overlooked and neglected as a child. Their voice didn't matter. It's also reported that many Nines grew up in families with unhealthy patterns of dealing with conflict. For some, conflict was pushed down, "swept under the rug," and avoided at all costs. For others, conflict was processed through anger, verbal, or even physical assault. As a result, Nines developed a conflict within themselves, struggling to follow their intuition and be bold.

WEAKNESSES: For Nines, the besetting sin is **sloth**. 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.

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.⁵⁸ They are essential to a world of conflict and pain.

The lies Nines believe: *“It’s not ok to be bold and assert yourself.”*⁵⁹

The truth Nines need: *“Your presence and opinion matters.”*⁶⁰

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. 5:20). 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.⁶¹

THE DOWNSTREAM PRACTICES

- **Nature Walks:** The discipline of retreating for a walk through nature with God will come easily for a Nine. Walking trails, hiking, climbing, biking, jogging, strolling the park or beach aid 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. Nines feel the hope of Psalm 96 & 98 when in nature. They are led to rejoice with the heavens, seas, fields, and trees over the promised return of Jesus to reconcile all things to Himself in a harmonized whole (Col. 1:20).

- **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-likness, Nines must look for ways to use this gift.

THE UPSTREAM PRACTICES

- **Fixed-Hour Prayer:** In the New Testament world, the Jewish community oriented life around three specific times of prayer—morning, noon, and evening. The early Church continued this practice, which became known as fixed-hour prayer. Stopping routinely to pray is good for the Nine because it re-centers her 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.⁶³

- **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. We highly recommend the 365-day reading plan by the Bible Project.

KEY BIBLE MEMORY VERSE

The Scripture Nines should commit to memory is Ephesians 4:15: “Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ.” The temptation for Nines is to withdraw and check out. Therefore, they must learn to trust their intuition, assert their presence, and exercise their voice. This is what Paul is exhorting us to do in this verse. The body of Christ will not grow into the fullness of Christ apart from the boldness to speak the truth in love. Nines are good with the “in love” part. It’s lacking the courage and clarity to speak the truth that they struggle with. The world needs their objectivity and voice, for they have unique ability to harmonize and restore peace. So in faith they must learn to be bold and declare the truth in love. They can replace their fear of conflict with comforting reality that declaring the truth is the loving thing to do.

THE GOSPEL NINES NEED FOR HEALING & GROWTH

My peace and comfort are found in Jesus, not my circumstances or others’ expectations (Eph. 2:14; Phil. 4:7-9). Because of Jesus, I now have peace with God and have the power to live at peace with others and with myself (Rom. 5:1). I can walk in the power of the gospel and share my voice and presence, even if it rocks the boat.

⁵⁸ Riso & Hudson, 164.

⁵⁹ Sherrill, 44.

⁶⁰ Ibid.

⁶¹ The language of upstream and downstream comes from Sherrill, chapter 5, Enneagram & the Way of Jesus.

⁶² Sherrill, 91.

⁶³ Ibid.

HOW TO LOVE ME WELL

- Appreciate my kindness, gentleness, patience
- Be patient with me and don't rush me.
- Tell me that my presence matters.
- Listen to me until I am finished talking.
- Focus on what I got done, not what I didn't get done.
- Get me to do things with "Would you like to...?" or "Would you help me...?" rather than "Do this" or "You should do that" (I rebel under pressure, nagging or complaining!).
- Understand that I often interpret requests as accusations of something I haven't done but was supposed to do.
- Gently encourage me to prioritize or set goals and get things done.
- Encourage me to express my frustrations and grievances rather than sweeping them under the rug.

HOW I CAN LOVE OTHERS WELL

- Make decisions and not require you to decide everything for me or for us
- Stay present and use my gifts to bring about harmony in times of conflict
- Have greater confidence in who I am and my giftedness (what I bring to the table)
- Stop piddling...I will relate better if I stay focused on what really matters
- Name and share what I'm thinking and feeling (this will mean I must maintain my own self-clarity and not lose touch with myself).
- Be willing to stay engaged in the trouble or struggle others are experiencing. Don't check out or resent others over real or perceived expectations to fix them.

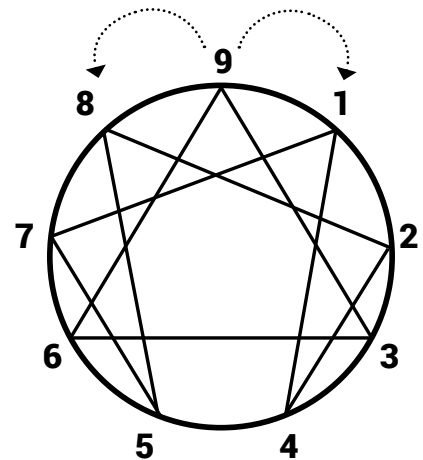
WINGS

Type Nine with Eight wing — 9w8 "The Dreamer"

They are more outgoing, assertive, anti-authoritarian, and may vacillate between being confrontational and conciliatory.

Type Nine with One wing — 9w1 "The Idealist"

They are more introverted, orderly, idealistic, critical, emotionally controlled, focused, cerebral, and compliant.



STRESS

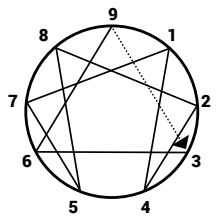
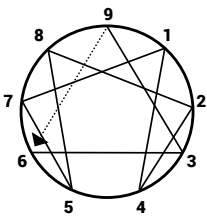
What we are like when we are UNDER STRESS

- Type 9 moves toward Average to **Unhealthy Type 6**
- They become anxious and worried.
 - They become testy and defensive.
 - Their mind starts racing and their internal anxiety increases.

GROWTH

When the Holy Spirit enables us to begin to transform.

- Type 9 moves toward **healthy side of Type 3**
- They become more self-developing and energetic.
 - They learn that the peace they seek comes from showing up, asserting themselves in life, and blessing others with their full presence.



TYPE NINE :: 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.⁶⁴

HEALTHY LEVELS

- **Level 1** (at their best): Become self-possessed, feeling autonomous and fulfilled: have great equanimity and contentment because they are present to themselves. Paradoxically, at one with self, and thus able to form more profound relationships. Intensely alive, fully connected to self and others.
- **Level 2**: Deeply receptive, accepting, unselfconscious, emotionally stable, and serene. Trusting of self and others, at ease with self and life, innocent and simple. Patient, unpretentious, good-natured, genuinely nice people.
- **Level 3**: Optimistic, reassuring, supportive; have a healing and calming influence—harmonizing groups, bringing people together. A good mediator, synthesizer, and communicator.

AVERAGE LEVELS

- **Level 4**: Fear conflicts, so become self-effacing and accommodating, idealizing others and “going along” with their wishes, saying “yes” to things they do not really want to do. Fall into conventional roles and expectations. Use philosophies and stock sayings to deflect others.
- **Level 5**: Active, but disengaged, unreflective, and inattentive. Do not want to be affected, so become unresponsive and complacent, walking away from problems, and “sweeping them under the rug.” Thinking becomes hazy and ruminative, mostly comforting fantasies, as they begin to “tune out” reality, becoming oblivious. Emotionally indolent, unwillingness to exert self or to focus on problems indifference.
- **Level 6**: Begin to minimize problems, to appease others and to have “peace at any price.” Stubborn, fatalistic, and resigned, as if nothing could be done to change anything. Into wishful thinking and magical solutions. Others frustrated and angry by their procrastination and unresponsiveness.

UNHEALTHY LEVELS

- **Level 7**: Can be highly repressed, undeveloped, and ineffectual. Feel incapable of facing problems; become obstinate, dissociating self from all conflicts. Neglectful and dangerous to others.
- **Level 8**: Wanting to block out of awareness anything that could affect them, they dissociate so much that they eventually cannot function; numb, depersonalized.
- **Level 9**: They finally become severely disoriented and catatonic, abandoning themselves, turning into shattered shells. Multiple personalities possible. Generally corresponds to the Schizoid and Dependent personality disorders.

⁶⁴ Rise & Hudson, 78.