

KNOW WITH YOURSELF

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DISCUSSION GUIDE

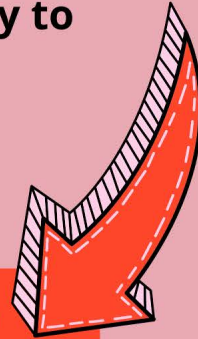
KNOW WITH YOURSELF

KNOW WITH YOUR **SELF**

WHO AM I?

The biggest questions in life are rooted in identity. Some people discover the answers easily and live out their purpose and plan, while others find themselves on a difficult journey of self-discovery. In this series, we'll go on a journey of self-awareness and self-discovery.

Together, we'll discover that our identity isn't something that needs to remain a question and that God has uniquely wired each one of us...and that in him, there is a way to



KNOWTHYSELF

WHAT IS THE ENNEAGRAM?

What you don't know about yourself can hurt you and your relationships—and even keep you in the shallows with God. Do you want help figuring out who you are and why you're stuck in the same ruts?

*The Enneagram is an ancient personality typing system with an uncanny accuracy in describing how human beings are wired, both positively and negatively.

In this series Scott will explore a practical way of accessing Enneagram wisdom and exploring its connections with Christian spirituality for a deeper knowledge of ourselves, compassion for others, and love for God.

The wisdom of the Enneagram can help take you further along into who you really are—leading you into places of spiritual discovery you would never have found on your own, and paving the way to the wiser, more compassionate person you want to become.

For an in-depth exploration on this subject we recommend purchasing the book **The Road Back to You** by Ian Morgan Cron.

KNOW THYSELF

PART 1 - "THE BIG REVEAL"

So...why isn't everyone a little more like you?

The world would be a better place, would it not?

 Apparently, not. 

When God designed humankind, he pronounced his work to be very good. However, as the Enneagram reveals, He didn't make us all the same.

Maybe the differences aren't deficiencies.

Maybe they're design.

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PART 1 - "THE BIG REVEAL"

Scripture: Genesis 1:24-31

Discussion Questions

1. Have you heard of the Enneagram before? If so, how were you introduced to it?
2. What part of your personality do you and others love?
3. What bothers you (and other people) about the way you're designed?
4. Read **Genesis 1:24-31**. Think about what the text teaches about how God created variety when he created the world. Also, reflect on the diversity of creation as you've experienced it in nature or travel. Why do you think God made our planet so diverse and varied?

5. Creation is vast and diverse. So is humanity. That's reflected in the way God designed different people differently. While it could take a while for you to decide which Enneagram Type you are, here's a list (See *Resources Section* at back for more in-depth type descriptions). Any idea which type best describes you?

- **Type One** – The Perfectionist
- **Type Two** – The Helper
- **Type Three** – The Performer
- **Type Four** – The Romantic
- **Type Five** – The Investigator
- **Type Six** – The Loyalist
- **Type Seven** – The Enthusiast
- **Type Eight** – The Challenger
- **Type Nine** – The Mediator

KNOW THYSELF

PART 1 - "THE BIG REVEAL"

6. If you know (or think you know) your Enneagram type...what are you learning about yourself?
7. It's easy to judge other people and devalue them, thinking other people should be just a little more like you. How would the way you view others change if you realized that some of the differences you see in others aren't deficiencies, but design?
8. Think specifically about someone close to you (your spouse if you're married, a child, a best friend or a parent). How would you treat them differently this week if you came to realize that some of the differences you see in them were actually design differences, not deficiencies?

Moving Forward

If you're interested, take the free Enneagram assessment at bridgechurches.ca/Enneagram to see if it helps you determine your type.

Don't worry if you can't figure it out quickly...it often takes time.

As you learn about yourself, also take some time to learn about the other personality types (hint...most of the people in your life do NOT have the same type as you). Then ponder this truth: what if some of the differences that bother you in others aren't defects, but design—a reflection of the glory and variety God appears to love?

Changing Your Mind

"Then God looked over all he had made, and he saw that it was very good!" **Genesis 1:27**

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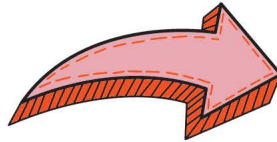
PART 2 - "WHAT'S WRONG WITH ME?"

So you were created by God to be a certain way, but somehow

sin

got in the way.

You have great intentions, but they're difficult to realize.
You try your best, but you fail.



WHAT GIVES?

Were your personality flaws part of God's design?
Is this just how He made you?

When sin entered the picture, so did un-health.
And as we'll see this week,
lurking beneath your wiring is a wound.

KNOW THYSELF

PART 2 - "WHAT'S WRONG WITH ME?"

Scripture: Romans 7:14-25

Discussion Questions

1. What have you discovered about yourself so far in this series?
2. What have you discovered about your spouse, kids or close friends?
3. It's easy to use the Enneagram to justify your personality, but that's a mistake. For each Enneagram type, there's an underlying sin. To what extent has the sin associated with your type shown up in your life? Use the list on the right to see the sin associated with each type.

- **Type One** The Perfectionist — Anger
- **Type Two** The Helper —Pride
- **Type Three** The Performer — Deceit
- **Type Four** The Romantic — Envy
- **Type Five** The Investigator — Avarice (Greed)
- **Type Six** The Loyalist—Fear
- **Type Seven** The Enthusiast—Gluttony
- **Type Eight** The Challenger—Lust
- **Type Nine** The Mediator—Sloth

KNOW THYSELF

PART 2 - "WHAT'S WRONG WITH ME?"

4. In what ways can you relate to Paul's struggle in Romans 7:14-25?
5. How does the unhealthy side of your personality hurt or harm the people around you?
6. The struggle with sin can be discouraging for anyone, but especially for a Christian who thinks they should be further ahead than they are. Yet Tim Keller argues that the most dangerous enemy is the one we don't see, and the fact that we're engaged in a battle is actually an encouraging sign of progress. What does the battle over your particular sin look like? What happens when you lose? What happens when you win?
7. Underneath your wiring is a wound that only God can heal. This isn't an easy question to answer, but what wound do you think God may want to heal in your life? Think back to your childhood or a time in your life where a wound caused you pain you're still trying to recover from.
8. If God would desire to change one thing about you, what might he change?
9. How do you think you would benefit and others would benefit if you became more healthy?

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PART 2 - "WHAT'S WRONG WITH ME?"

Moving Forward

On your bad days, remember that underneath your wiring is a wound and that your wound is probably what's hurting. Ask God to heal it. And embrace the healthier characteristics you see for your Enneagram Type at the end of the chapter for your type in The Road Back to You.

Changing Your Mind

"Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind, I really want to obey God's law, but because of my sinful nature I am a slave to sin." **Romans 7:25**

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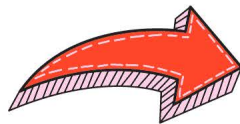
PART 3 - "COOKIE CUTTER"

If you were designed by God and sin marred that design, how do you push past those limits to reach your potential?

The answer is, surprisingly, through the redemptive work of **Jesus**.

Following Jesus doesn't just change

eternity



it changes your

present

The path to spiritual and emotional health is the key to redeeming



the image of God in you.

KNOW THYSELF

PART 3 - "COOKIE CUTTER"

Scripture: Ephesians 2:1-10

Discussion Questions

1. Which part of your personality do you think has the most potential to generate good in your relationships and in the world?
2. Review the list on the right and reflect with the group on the ways your personality reveal the character and heart of God:

- **Type One** The Perfectionist — God's perfection
- **Type Two** The Helper — God's unstoppable, selfless giving
- **Type Three** The Performer — God's glory
- **Type Four** The Romantic — God's creativity and pathos
- **Type Five** The Investigator — God's omniscience
- **Type Six** The Loyalist—God's steadfast love and loyalty
- **Type Seven** The Enthusiast—God's childlike joy and delight in creation
- **Type Eight** The Challenger—God's power and intensity
- **Type Nine** The Mediator—God's love of peace and desire for union

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PART 3 - "COOKIE CUTTER"

3. How does what we've learned so far in the series emphasize what Paul is trying to teach us about God in Ephesians 2:1-10?
4. Paul makes an outstanding claim in verse 10: you are God's masterpiece, his poem. It's the same word in Greek that was used to describe God's work in creation. What difference does it make to you that you were created by God with a purpose in mind?
5. Having spent three weeks on this topic, in what ways do you think your self-knowledge has grown because of what you've learned about God?
6. Similarly, in what ways has your knowledge or understanding of God grown because of what you learned about yourself?
7. The healthier you become, the more you take on all the traits described in the Enneagram. Which of the other Enneagram types also, describe aspects of your personality?
8. Finally, one of the goals of the Enneagram is to help you understand other people (who are different from you) and empathize with them. Pick a scenario—home, work or your next family gathering. Given what you know about the Enneagram, imagine how you might respond differently (and more maturely) to the people who would otherwise irritate you.

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PART 3 - "COOKIE CUTTER"

9. The process of growing healthier is something Christians have called spiritual maturity. Review the Ten Paths to Transformation section at the end of the relevant chapter for your personality type. Which action step will you embrace next?

Moving Forward

Use the Enneagram as a way of getting to know yourself and God better. Growing healthier and more mature isn't nearly as complete unless you pair it with a growing knowledge of God. As you grow healthier and more mature, use it as an opportunity to get to know God better.

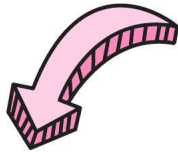
If you're new to faith, three of the best ways to grow spiritually are to:

- **Read your Bible regularly.** The free YouVersion Bible app is available on your phone or tablet and has many great plans.
- **Pray.** Praying is not nearly as hard as people make it out to be. It's a conversation with God through Jesus. You can watch a series about prayer, here: bridgechurches.ca/series/dial/
- **Register for Alpha.** We suggest journeying through Alpha -> bridgechurches.ca/alpha.

Changing Your Mind

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." **Ephesians 2:10**

Relationships are a part of life.



They're meant to bring joy and diversity into our lives and yet, many times, they actually bring **tension** and **division**.



What if our frustration is due to the way we have viewed what relationships actually are?

What if we aren't just individuals, and we're actually a significant part of something

bigger ?



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PART 4 - "3 + 9 = 1"

Scripture: 1 Corinthians 12:12-31

Discussion Questions

1. As we come to the end of this series how has knowing what number you are impacted your understanding of how you are 'wired'? How has it impacted your relationships?
2. Have you ever looked at someone in your group of friends or at work and thought, "I wish I was more like ___?" Why is that? What about that person is appealing to you?
3. What has this pandemic been like for you? How does understanding your personality help you face the challenges presented by this experience?
4. Although it may feel like it sometimes we do not live alone. Relationships are, for better or worse, an integral part of life. Take some time to discuss how the Enneagram helps you relate to those around you? To help with this go to: enneagraminstitute.com/the-enneagram-type-combinations and explore how the personality types in your group or family relate to each other.
5. How does what we've learned so far highlight what Paul says in 1 Corinthians 12:12-14?

KNOW THYSELF

PART 4 - "3+9=1"

6. When you think about the idea of conflict what does your Enneagram number reveal about you in that conflict? How could it help you to navigate that relationship/dynamic moving forward?

Moving Forward

1 Corinthians 12:12-31 speaks of diversity but also of unity. As we move forward we must understand that no number is better or worse than another number. Each of us has been created uniquely and are a vital part of the Body of Christ. Consider how having a greater understanding of who you are, and who others are, can build the type of unity that Paul speaks about.

Changing Your Mind

"You are the body of the Anointed, the Liberating King; each and every one of you is a vital member."

1 Corinthians 12:27 The Voice

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RESOURCES

***This is not the end.
The journey is only just beginning.***



Thank you for starting this journey with us. We hope, and pray, that this is just the beginning of a journey of discovering who God has uniquely made you to be and how you relate to others in our world. The following resources section is intended to help you on this journey. If you have any questions or would like help understanding your role in the body of christ please go to bridgechurches.ca, click on the contact us button and let us know.

Much love and God Bless,

Jeremy Sauvé

"For You shaped me, inside and out.
You knitted me
together
in my mother's womb
long before I took my first
breath."

Psalm 139:13

Type 1

The Perfectionist

Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake.

Well-organized, orderly, and fastidious, they try to maintain high standards but can slip into being critical and perfectionistic.

They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble.

Can be morally heroic.

Type 2

The Helper

Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs.

At their Best: unselfish and altruistic, they have unconditional love for others.

Type 3

The Performer

Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be—role models who inspire others.

Type 4

The Romantic

Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious.

Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.

Type 5

The Investigator

Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

Type 6

The Loyalist

The committed, security-oriented type. Sixes are reliable, hard-working, responsible, and trustworthy. Excellent "troubleshooters," they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it.

They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. At their Best: internally stable and self-reliant, courageously championing themselves and others.

Type 7

The Enthusiast

Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

Type 8

The Challenger

Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be ego-centric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

Type 9

The Mediator

Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. At their Best: indomitable and all-embracing, they are able to bring people together and heal conflicts.

KNOW THYSELF

RESOURCES

The following is a list of resources to help you in your journey.

(To access the simply click on the link or type the URL into your browser)

[RightNow Media*](https://www.rightnowmedia.org)

<https://www.rightnowmedia.org>

[The Road Back to You - Ian Morgan Cron](http://bit.ly/roadbacktoyouresource)

<http://bit.ly/roadbacktoyouresource>

[Ian Morgan Cron's Website](https://ianmorgancron.com)

<https://ianmorgancron.com>

[Typology Podcast](https://www.typologypodcast.com)

<https://www.typologypodcast.com>

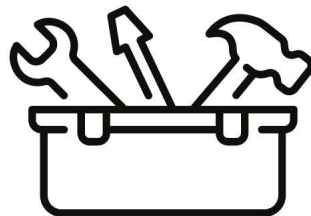
[The Enneagram Institute](https://www.enneagraminstitute.com)

<https://www.enneagraminstitute.com>

[Understanding How You Relate to Other Numbers](https://www.enneagraminstitute.com/the-enneagram-type-combinations)

<https://www.enneagraminstitute.com/the-enneagram-type-combinations>

*If you do not have an account you can get a free one by going to <https://www.rightnowmedia.org/Account/Invite/TheBridgeON>



DATE NIGHT

FEATURING THE MARRIAGE COURSE BY ALPHA

The
Marriage
Course

COMING SOON

WWW.BRIDGECHURCHES.CA/DATENIGHT