



ENNEAGRAM

SPIRITUAL FORMATION PLAN

HOW DO WE APPLY THE GOSPEL TO OUR HEARTS IN SUCH A WAY THAT WE BECOME EMOTIONALLY HEALTHY AND ARE ABLE TO ENJOY DEEP RELATIONSHIPS WITH GOD AND OTHERS?

As Christians, it's easy for us to drift into a surface-level spiritual life that hinders our relationships with God and others. We often live lives marked by busyness, overcommitment, overworking, and a lack of self-care. On the outside we might be seen as someone who is passionate about Jesus and making disciples, but beneath the surface we often find an anxious soul that struggles to say no, a soul that is easily controlled by other people's opinions, a defensive soul that strives to cover up its weaknesses and that doesn't know what to do with all its anger, sadness, and fear. Ultimately we find a soul that doesn't know how to be vulnerable and trust God and others fully.

Paul's prayer in Ephesians 3:14-19 teaches us that if we were created to know the love of Christ intimately the love of Christ and be filled with all the fullness of God (i.e., to grow & mature to the image of Jesus), then we must be willing to go beneath the surface and be "strengthened with power through [the] Spirit in [our] inner being." According to Paul, 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 remain untouched and unaffected by Jesus, to the places where we need to be healed and transformed.

How do we drive the gospel beneath the surface so we can enjoy a first-hand experience of Christ's love and grow into the men and women God made us to be?

At Fellowship Paragould, we have found the Enneagram to be one of the most effective vehicles for driving the gospel into the deep places in my heart. 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; 16:25). 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 in the uncharted terrains of our souls so that we can be strengthened with power in our inner being to know and grow in the love of Jesus. We use the Enneagram in our church as one of the primary tools for the spiritual formation of our people.

WHAT IS THE ENNEAGRAM?

Unlike other personality tests 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.

According to the Enneagram there are nine personality types. Each personality has particular gifts and weaknesses they bring into their relationships. In addition, each has a besetting sin and a core underlying emotion they are trying to overcome: either

guilt, fear, or shame (Gen. 3:7-13).

In essence, the Enneagram is trying to introduce you to your false self, 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 true self is the person God made us to be, who trusts and knows that at the core of our being that we are deeply loved by God. The false self is an image we create, a mask we wear in self-defense to help us feel safe, loved, and accepted apart from trusting in the love of Christ for our identity.

In this way, the design of the Enneagram helps you take off the mask, so the real you can meet the real Jesus and be transformed into the person God made you to be, for His glory and the good of others.

The Enneagram resonates with most people as it aids our understanding of how we've been shaped by our stories. No matter how godly and wonderful your parents may have been, in a fallen world nobody comes out of childhood unscathed. The Enneagram helps us identify the childhood wounds we carry and the defensive strategies we developed to compensate for those wounds, so that we can bring those to Jesus and begin to heal and re-learn to trust Him completely.

THE ENNEAGRAM SPIRITUAL FORMATION PLAN

To make the Enneagram accessible in our church we held a two-day Enneagram workshop and developed a personal spiritual formation plan for each of the nine personalities. The plan includes a brief introduction to your personality, your strengths and weaknesses, the lies you tend to believe and the truth you need to hear, specific spiritual disciplines, a key Bible memory verse and a tailored gospel expression for your personality.

We work through these plans together in our missional communities and DNA groups to help us be more fluent in speaking the gospel to each other's hearts, so that we can grow up in every way into Christ and be healthy disciples who are making healthy disciples (Eph. 4:15).

USING THIS TOOL

1. Take an enneagram test. The Wagner Enneagram Personality Style Scales (WEPSS) is our favorite. It costs ten dollars, but it's worth it!
2. Match your results with your specific personality spiritual formation plan.
3. Discuss with your community or DNA group. What resonates? What doesn't seem like a good fit? How do you see evidence of the sin you are prone to seek, and how do you need others to remind you of the gospel?
4. Regularly refer to and revisit these plans as you walk through missional community life together. Many disciples continually revisit their personal plan throughout the year.

We made our Enneagram spiritual formation plan available on Saturate because it's formed and shaped our people. We pray the Holy Spirit uses this resource to help you and your people go beneath the surface so your hearts may be strengthened by the gospel of Jesus Christ, for the sake of your relationships with God, others, and yourself.

1

TYPE ONE

FOUR WORDS

Perfectionist, Idealist,
Principled, Critical

BESSETTING SIN

Anger

UNDERLYING EMOTION

Guilt

SURVIVAL STRATEGY:

I must be perfect and good.

BIBLE MEMORY VERSE

“but God shows his love for us in that while we were still sinners, Christ died for us.” Romans 5:8

FAMOUS ONES

the Apostle Paul, St. Augustine,
Martin Luther, John Calvin, Harry
Truman, Tom Brokaw, Ted Koppel,
Brian Williams, Anderson Cooper,
Hilary Clinton, Harrison Ford

THE GOOD PERSON

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 TO BELIEVE

This verse tells me that God knows all my sin and imperfections and still loves me. In Christ, I am truly known and fully loved. I am loved for who I am, not because of how good I am, but solely because of Jesus. Jesus was good in my place. All of my imperfections were put on Jesus, the Perfect One, who loved me and gave Himself up for me. He walked out of the grave to reform and perfect every part of creation and every part of me in due time. Through His Spirit I now have his righteousness credited to me. This means God doesn't see me and love me just as I am; even better, God sees me and loves me just as Jesus is—righteous.

¹ Sherrill, 26.

² Riso & Hudson, *Discovering Your Personality Type*, 91.

³ *Ibid.*, 88.

⁴ Sherrill, 26.

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

⁶ *Ibid.*, 92.

⁷ Riso & Hudson, 78.

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, perfectionistic. 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.

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TYPE TWO

FOUR WORDS

Relational, Generous,
Insecure, Self-Unaware

BESETTING SIN

Pride

UNDERLYING EMOTION

Shame

SURVIVAL STRATEGY:

I must be helping and caring.

BIBLE MEMORY VERSE

Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." John 13:8

FAMOUS TWOS

Barnabas, Mother Teresa,
Elvis Presley, Madonna, Dolly Parton,
Danny Glover, Bill Cosby, Mr. Rogers

THE LOVING PERSON

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: Their 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:**¹¹ Twos 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 practice 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." Twos are more comfortable doing the washing. Pride will cause them to want to resist being served by others. But Jesus solemnly warns Peter that if he doesn't humble himself and admit his weakness and neediness, then he cannot have a relationship with Jesus. For Jesus came to serve, not to be served. Twos must allow themselves to be served by Jesus and others, in order to experience the love they long for.

THE GOSPEL TWOS NEED TO BELIEVE

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.

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.

3

TYPE THREE

FOUR WORDS

Image-Conscious, Ambitious,
Adaptable, Motivated

BESETTING SIN

Image/self-promotion

UNDERLYING EMOTION

Shame

SURVIVAL STRATEGY:

I must be impressive and look
accomplished and successful.

BIBLE MEMORY VERSE

*"If I speak in the tongues of men and of
angels, but have not love, I am a noisy
gong or a clanging cymbal."*

1 Corinthians 13:1

FAMOUS THREES

King Saul, Michael Jordan,
Muhammed Ali, Lance Armstrong,
Tiger Woods, Elvis Presley, Will
Smith, Courteney Cox, Tom Cruise,
Mick Jagger

THE EFFECTIVE PERSON

Threes see the world in terms of accomplishments and achievements. Life is about being productive, getting things done, accomplishing goals, and winning. Above all, Threes want to be the best at whatever they do, "basically doing whatever it takes to shine."¹³ It's possible that Threes grew up in an environment where there was a high value on looking presentable and put together or maybe there was an unusual emphasis on excellence and being the best. There was a greater emphasis on how you looked and how you performed and less emphasis on who you were. As a result, Threes learned to use popularity and the image of success as a way to feel loved and accepted rather than receiving love through vulnerability and trust. "Threes are driven 3 C's: Competency, Comparison, and Competition."¹⁴ This can lead Threes to accomplish great things, but it can also lead to self-promotion and exaggerated feelings of shame.

WEAKNESSES: For Threes, the besetting sin is **deceit** or projecting a false image, and the underlying emotion they are trying to resolve is **shame**. Whereas Ones desire to be perfect, Threes desire to look perfect. Unhealthy Threes relate through performance and perception, striving to be or at least be seen as good enough. The question Threes are asking is, "Who am I if I'm not seen as successful?" Threes tend to shine on the outside in whatever they do, while their inner life remains disconnected. Preoccupied with speed and efficiency in accomplishing their goals, Threes rarely slow down and press inward to get in touch with their emotions.

STRENGTHS: God has gifted Threes to bear His image to the world uniquely. When emotionally and spiritually healthy, Threes are effective, competent, adaptable, authentic, gracious, humble, hard-working yet restful, tolerant of their failures, accepting of their limits and losses, and interested in others.¹⁵ Healthy Threes are more concerned with faithfulness to Jesus over the appearance of excellency. They're driven by love instead of shame. Their love and effectiveness point to the character of God and the quality of His creative work.

The lies Threes believe: *"It's not ok to be seen as a failure."*

The truth Threes need: *"You are loved for who you are, not for what you do."*¹⁶

SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Threes are tempted to be preoccupied with their image and live with feelings of shame related to their failures. The Spirit of Christ wants to transform the fruit of self-promotion and shame into love, humility, and rest in the Father's approval (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.¹⁷

THE DOWNSTREAM PRACTICES

- **Bible Reading Plan:** Threes will enjoy the structure of a Bible-Reading Plan. We recommend the 365-day reading plan by the Bible Project.
- **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. Again, the idea of a plan will play to the Threes' sense of achievement. "Interestingly, however, fixed-hour prayer can also be an upstream practice for Threes.

THE UPSTREAM PRACTICES

- **Fixed-Hour Prayer:** Stopping to pray three times a day can be frustrating for Threes because it interrupts their to-do lists. The temptation that needs to be challenged is that there isn't enough time for prayer; there's too much that needs to be done. On the contrary, Martin Luther is famous for commenting, "I have so much to do today that I'm going to need to spend three hours in prayer in order to be able to get it all done." Threes need this perspective. Their greatest accomplishment and use of time is to be with Jesus. Lastly, the interruption of prayer reminds Threes to be OK with the journey of sanctification and less obsessed with needing to feel like they've arrived.
- **Confession of Sin:** James 5:16 exhorts us to "confess sin to one another." Confession can be difficult for

any disciple, but especially Threes because it forces them to deal with what’s going on beneath the surface of their busyness. Confession requires self-examination and humility, both of which are threatening to a Three’s good image. Threes need a context (like fight clubs or DNA groups) to take off the mask and be real, a context to be known and loved, to confess and rest in the gospel.

- **Social Media Fasts:** Threes may be tempted to use social media as a way for self-promotion and projecting their image. Threes must learn to listen to the check in their spirits before they hit “post.” Frequent fasts from social media help put to death a false image and give Threes more emotional margin to be themselves with God and others.¹⁹

KEY BIBLE MEMORY VERSE

The Scripture Threes should commit to memory is 1 Corinthians 13:1. Successes or failures don’t matter. “What matters is whether or not the motive behind the behavior is love or self-exaltation.” Without the core motivation of love, Paul says our efforts are but a noisy gong or clanging cymbal. In other words, we are only seeking to draw attention to ourselves and impress. When ambition and accomplishments are the ultimate goal, love is never present. Threes must remember the love of Christ that leads to humility and looking after the interests of others (Phil. 2:4).

THE GOSPEL THREES NEED TO BELIEVE

Jesus loved me and gave Himself for me, not my successful, accomplished, perfect image (Gal. 5:20). I am naked and exposed before Him (Heb. 4:12). He knows the real me—with all my sin and imperfections. The good news is that He has covered up my shame with His unconditional love and mercy (Rom. 5:8). I don’t have to present myself as accomplished and put-together because Jesus is my true identity. Right now I am being transformed by the Holy Spirit into my true self, which bears the image of Jesus (2 Cor. 3:18).

¹³ Riso & Hudson, 107.

¹⁴ Sherrill, 29.

¹⁵ Riso & Hudson, 106.

¹⁶ Sherrill, 30.

¹⁷ The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

¹⁸ Sherrill, 95.

¹⁹ *Ibid.*, 96.

TYPE THREE :: 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.²⁰

HEALTHY LEVELS

- **Level 1** (at their best): Self-accepting, inner-directed, and authentic, everything they seem to be. Modest and charitable, self-deprecatory humor, and a fullness of heart emerge. Gentle and benevolent.
- **Level 2**: Self-assured, energetic, and competent with high self-esteem: they believe in themselves and their own value. Adaptable, desirable, charming, and gracious.
- **Level 3**: Ambitious to improve themselves, to be “the best they can be”—often become outstanding, a human ideal, embodying widely admired cultural qualities. Highly effective; others are motivated to be like them in some positive way.

AVERAGE LEVELS

- **Level 4**: Highly concerned with their performance, doing their job well, constantly driving self to achieve goals as if self-worth depends on it. Terrified of failure. Compare self with others in search for status and success. Become careerists, social climbers, invested in exclusivity and being the “best.”
- **Level 5**: Become image-conscious, highly concerned with how they are perceived. Begin to package themselves according to the expectations of others and what they need to do to be successful. Pragmatic and efficient, but also premeditated, losing touch with their own feelings beneath a smooth facade. Problems with intimacy, credibility, and “phoniness” emerge.
- **Level 6**: Want to impress others with their superiority; constantly promoting themselves, making themselves sound better than they really are. Narcissistic, with grandiose, inflated notions about themselves and their talents. Exhibitionistic and seductive, as if saying, “Look at me!” Arrogance and contempt for others is a defense against feeling jealous of others and their success.

UNHEALTHY LEVELS

- **Level 7**: Fearing failure and humiliation, they can be exploitative and opportunistic, covetous of the success of others, and willing to do “whatever it takes” to preserve the illusion of their superiority.
- **Level 8**: Devious and deceptive so that their mistakes and wrongdoings will not be exposed. Untrustworthy, maliciously betraying or sabotaging people to triumph over them. Delusionally jealous of others.
- **Level 9**: Become vindictive, attempting to ruin others’ happiness. Relentless, obsessive about destroying whatever reminds them of their own shortcomings and failures. Psychopathic behavior. Generally corresponds to the Narcissistic Personality Disorder.

20 Riso & Hudson, 78.

4

TYPE FOUR

FOUR WORDS

Dramatic, Artistic,
Melancholic, Intuitive

BESETTING SIN

Envy

UNDERLYING EMOTION

Shame

SURVIVAL STRATEGY:

I must be unique and different.

BIBLE MEMORY VERSE

“These things I have spoken to you, that my joy may be in you, and that your joy may be full.” John 15:11

FAMOUS FOURS

Bob Dylan, Paul Simon, Judy Garland,
Michael Jackson, Jack Kerouac,
Thomas Merton, Michelangelo,
Vincent Van Gogh, Jim Morrison,
Stevie Nicks, Edgar Allan Poe, Alan
Rickman, Gene Wilder

THE ORIGINAL PERSON

Fours are sometimes called “the romantics of the Enneagram.”²¹

They see the world in terms of beauty, the arts, and authentic expression. They value being original and unique. Fours are also very aware of their emotional states. “This does not mean they always have musical instruments, microphones, or paint brushes in hand, but they often do. They often express their feelings in dance, music, painting, acting, and literature.” Many Fours report growing up with a sense of loss, and therefore they carry a deep sense that something is always missing. There might have been some form of abandonment or neglect, emotional and/or physical, from their childhood or the loss of someone really important to them. They may have interpreted their experience to mean that something was wrong with them, that they weren’t wanted or weren’t special enough to be noticed. To compensate, Fours learned to present themselves as unique and extra special, so that others would notice them and affirm their worth.

WEAKNESSES: For Fours, the besetting sin is **envy**. At some level, Fours believe they are missing something that other people seem to have. Naturally, this can lead to be envious of others. The driving emotion beneath the surface is **shame** and a low view of self. Unhealthy Fours are known to give themselves to a sort of a critical, melancholy, depressed, self-loathing spirit. While they don’t like it, they can easily get comfortable in a dark place and sort of wear that for their identity. Their own darkness becomes another means of being different and trying to overcome shame. This is a self-destructive pattern.

STRENGTHS: For all their desire to be unique, Fours can take heart knowing that God has uniquely gifted them to bear His image to the world. Fours express the beauty, creativity, and emotional honesty of God. God is an emotionally expressive God—He tells us how He feels, which is expressed in his word story, song, and poetry. When emotionally and spiritually healthy, Fours are not only in touch with their own emotions but with the emotional state of others; they are compassionate, empathetic, great listeners, sensitive, impressionable, passionate, romantic, elegant, witty, imaginative, self-expressive, creative, inspired, not self-absorbed or self-pitying, and emotionally strong for themselves and others.²²

The lies Fours believe: *“It is not ok to be too functional or too happy.”*²³

The truth Fours need: *“You are seen and valued for who you are.”*²⁴

SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Fours are prone toward envy and an underlying shame. The Spirit of Christ wants to transform the fruit of envy and shame into the fruit of love, joy, and kindness (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.²⁵

THE DOWNSTREAM PRACTICES

- **Solitude:**²⁶ Fours tend to be more introverted and imaginative. Solitude provides them the space to be alone with God and with themselves. Fours need a daily rhythm of getting alone with God to be still, listen, pray, read the Bible, and/or journal. In addition, Fours would be well-served by personal spiritual retreats—maybe a half day or full day every month, a few days or a week every year to go away and be alone with God, to recharge and be released back into the life God has called them to live.
- **Journaling:**²⁷ Journaling comes naturally to a Four because it offers them the ability to explore their imagination and process what they’re feeling. Fours should avoid focusing only on the negative and practice journaling about what they have to be thankful for.

THE UPSTREAM PRACTICES

- **Fellowship:** Practicing fellowship is a necessary rhythm for us all, but especially for Fours, who are prone toward introversion and isolation. Fours need to be with others in order to be drawn out of themselves and toward people. They should schedule regular times of eating, drinking, and fellowshiping with their closest friends and missional community. Being in the loving presence of others will help to fill the sense of void that Fours carry and remind them that they are loved for who they are in community.

•**Thanksgiving:** Because Fours tend to drift toward melancholy, the practice of Thanksgiving is a must. When Fours are experiencing a critical spirit, anger, frustration, dissatisfaction, or depression, they must learn to interpret these emotions as invitations to press into the Spirit of Jesus and offer thanksgiving to God. Speaking out what one is thankful for forces Fours away from extreme melancholy and opens the soul to experience the joy of God’s presence. When unhealthy negative feelings emerge, Fours need to stop and ask, “What do I have to be thankful for in this situation?”

KEY BIBLE MEMORY VERSE

The Scripture Fours should commit to memory is John 15:11, “These things I have spoken to you, that my joy may be in you, and that your joy may be full.” The “these things” that Jesus is referring to are unpacked in John 15:1-10, the essence of which is summed up when He says, “Abide in me, and I in you” (15:4). Jesus is describing the glorious reality of the mutual indwelling of God and man through faith in the gospel. This is uniquely meaningful for a Four in that it reassures them that nothing is missing. Their identity and sense of self is complete in Christ. Their joy is full, for it is the very joy of Jesus Himself. This reassures the Four that in the end melancholy will not win, for joy comes in the morning.

THE GOSPEL FOURS NEED TO BELIEVE

Because of Jesus I can be unique or different without using my uniqueness as a way of measuring my self-worth. Jesus demonstrated a particular love for me when He gave His life for me on the cross (Gal. 5:20). What his love says about me is more than enough for me and completes my identity and joy. I don’t have to live out the false narratives in my mind. Instead, I can live out the infinitely beautiful narrative of the gospel about the God who became man and lived, died, and was raised for me, so that I can know Him as Father and be part of His family. This is the greatest expression of truth, beauty, and goodness, which has become my own expression through the power and presence of the Holy Spirit.

²¹ Riso & Hudson, 119.

²² Ibid., 116.

²³ Sherrill, 33.

²⁴ Ibid.

²⁵ The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

²⁶ Sherrill, 96.

²⁷ Ibid.

TYPE FOUR :: 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.²⁸

HEALTHY LEVELS

- **Level 1** (at their best): Profoundly creative, expressing the personal and the universal, possibly in a work of art. Inspired, self-renewing, and regenerating. Able to transform all their experiences into something valuable; self-creative.
- **Level 2:** Self-aware, introspective, on the “search for self,” aware of feelings and inner impulses. Sensitive and intuitive both to self and others; gentle, tactful, compassionate
- **Level 3:** Highly personal, individualistic, “true to self.” Self-revealing, emotionally honest, humane. Ironic view of self and life; can be serious and funny, vulnerable and emotionally strong.

AVERAGE LEVELS

- **Level 4:** Take an artistic, romantic orientation to life, creating a beautiful, aesthetic environment to cultivate and prolong personal feelings. Heighten reality through fantasy, passionate feelings, and the imagination.
- **Level 5:** To stay in touch with feelings, they interiorize everything, taking everything personally, but become self-absorbed and introverted, moody and hypersensitive, shy and self-conscious, unable to be spontaneous or to “get out of themselves.” Stay withdrawn to protect their self-image and to buy time to sort out feelings.
- **Level 6:** Gradually think that they are different from others and feel that they are exempt from living as everyone else does. They become melancholy dreamers, disdainful, decadent, and sensual, living in a fantasy world. Self-pity and envy of others leads to self-indulgence and to becoming increasingly impractical, unproductive, effete, and precious.

UNHEALTHY LEVELS

- **Level 7:** When dreams fail, become self-inhibiting and angry at self, depressed and alienated from self and others, blocked and emotionally paralyzed. Ashamed of self, fatigued, and unable to function.
- **Level 8:** Tormented by delusional self-contempt, self-reproaches, self-hatred, and morbid thoughts; everything is a source of torment. Blaming others, they drive away anyone who tries to help them.
- **Level 9:** Despairing, feel hopeless, and become self-destructive, possibly abusing alcohol or drugs to escape. In the extreme: emotional breakdown or suicide is likely. Generally corresponds to the Avoidant, Depressive, and Narcissistic personality disorders.

²⁸ Riso & Hudson, 78.

5

TYPE FIVE

FOUR WORDS

Perceptive, Detached,
Informed, Introverted

BESETTING SIN

Greed

UNDERLYING EMOTION

Fear

SURVIVAL STRATEGY:

I must be knowledgeable and
equipped.

BIBLE MEMORY VERSE

*"Hear, O Israel: The Lord our God, the
Lord is one."* Deuteronomy 6:4.

FAMOUS FIVES

Nicodemus, St. Thomas Aquinas,
Albert Camus, Charles Darwin,
René Descartes, T. S. Elliot, Albert
Einstein, Sir Isaac Newton, Bill Gates,
Stephen Hawking, Daniel Day-Lewis,
Robert DeNiro, Al Pacino, Anthony
Hopkins, George Lucas, David
Lynch, Tim Burton, Alfred Hitchcock

THE WISE PERSON

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 TO BELIEVE

Because of Jesus I do not have to protect myself from intrusion and letting myself be known. The gospel tells me that Jesus has broken into my world and invaded me (Luke 2:8-14; Acts 9:1-19). This is good news because it means that Jesus knows the real me and He loves the real me (Gal. 2:20). I no longer have to live a compartmentalized life of strategic self-protection. The Spirit of God has given me the only knowledge I need to feel safe—a saving knowledge of the truth (1 Tim. 2:4).

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.

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.

6

TYPE SIX

THE LOYAL PERSON

FOUR WORDS

Fearful, Loyal,
Procrastination, Committed

BESETTING SIN

Anxiety

UNDERLYING EMOTION

Fear

SURVIVAL STRATEGY:

I must be secure and safe.

BIBLE MEMORY VERSE

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.” 1 Peter 5:6-7

“There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.” 1 John 4:18

FAMOUS SIXES

the Apostle Peter, Richard Nixon, George Bush, Woody Allen, Merle Haggard, Dustin Hoffman, Tommy Lee Jones, David Letterman, Marilyn Monroe, Richard Pryor, Chris Rock, Ben Stiller, Bruce Springsteen

Sixes value being faithful, reliable, prepared, dutiful, responsible, and conscientious. Above all, they value safety, security, and stability. Many sixes report growing up in unstable homes, where the emotional atmosphere was up and down. It's possible that the authoritative figures in their lives didn't use their power in a way that made them feel safe. They might have been emotionally unreliable, overly protective, or even abusive. Basically, they were inconsistent in their care. As a result, Sixes struggle to trust authority and learned they need to try to win over the authoritative figures in their life in order to feel protected or oppose them in order to protect themselves.

WEAKNESSES: The underlying emotion Sixes are trying to overcome is **fear**, and their besetting sin is **anxiety**. They are the most anxious type of all the personalities. They live in their heads and let their thoughts run away them. They tend to worry about what they're going to worry about. It's not just that they struggle to trust others, but Sixes really struggle to trust themselves. Sixes are plagued with self-doubt. They tirelessly look for some kind of structure to hide in, an environment that will reassure them and make them feel safe and secure and stable. The questions their soul is asking are, Where am I? Am I safe? Unhealthy Sixes are suspicious of others, especially authority.

STRENGTHS: Sixes bear the image of God particularly in their faithfulness, steadfastness, and loyalty. When emotionally and spiritually healthy, Sixes are a very stabilizing presence. They

have the ability to ground people in reality and draw out their emotions. They are faithful, reliable, hard-working, courageous, leaders, self-expressive, vigilant, secure, charming, funny, and affectionate. ³⁶

The lies Sixes believe: *“It is not ok to trust yourself.”* ³⁷

The truth Sixes need: *“You are safe.”* ³⁸

SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Sixes are tempted to be anxious and afraid, leading them to struggle to trust God, others, and themselves. The Spirit of Christ wants to transform the fruit of anxiety, fear, and mistrust into joy, peace, courage, and the capacity to trust deeply (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. ³⁹

THE DOWNSTREAM PRACTICES

- **Singing & Journaling:** These are grounding practices that come naturally for Sixes. Singing and journaling are ways of expressing faith in the face of fear and solidifying the truth that in Christ they are truly safe. ⁴⁰
- **Meditating on God’s Word:** Sixes should commit to a specific way of reading Scripture known as *lectio divina* (Latin for “divine reading”). This method invites the Holy Spirit into the reading as it moves through four distinct phases: read, meditate, pray, and contemplate. ⁴ This practice encourages Sixes to slow down and have their fears confronted by God’s voice and cast out by God’s love as revealed in His Word.

THE UPSTREAM PRACTICES

- **Scripture Memory:** ⁴¹ This practice challenges the anxious, busy mind for Sixes. It requires discipline and focused effort. Scripture memory can be transformative for Sixes because it anchors them in God’s Word and anchors God’s Word in them. This means that God’s Word is hidden in their hearts to remind their conscience that they are hidden safely in Christ. The Word of God goes with them consciously everywhere they go. Whatever is going on in their soul to make them anxious, they can call the truth of God to memory and have courage.
- **Fasting:** This discipline of fasting is good for Sixes 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 Sixes should commit to memory is 1 Peter 5:6-7. Sixes will have their fear transformed into courage and confidence as they humble themselves before God and cast their anxieties on Him. The most important thing for Sixes to remember is that they are safe to come to God with their fears because “He cares for them.” Sixes can rest and act courageously because they have a God who promises to take care of them. When they doubt this truth, they need only to look at the cross to see the extent of God’s loving care. Sixes should regularly call to memory the truth of 1 John 4:18, that “perfect love casts out fear.” God has stewarded His authority to love and not harm. God’s love is ultimately safety, for it is our salvation.

THE GOSPEL SIXES NEED TO BELIEVE

Jesus subjected Himself to the anxieties and dangers of this world and of sin, death, and the devil so that I can be safe. Ultimately, “fear has to do with punishment,” and Jesus has taken my punishment and saved me from God’s wrath (1 John 4:18). By faith, Jesus dwells in my heart and I dwell in Him (Eph. 3:17). We are safe at home in one another (John 14:20). I am fully hidden in Christ, my refuge, my rock (Col. 3:3).

³⁶ Riso & Hudson, 135.

³⁷ Sherrill, 38.

³⁸ *Ibid.*

³⁹ The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

⁴⁰ Sherrill, 98.

⁴¹ Sherrill, 99

TYPE SIX :: 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. ⁴²

HEALTHY LEVELS

- **Level 1** (at their best): Become self-affirming, trusting of self and others, independent yet symbiotically interdependent and cooperative as an equal. Belief in self leads to true courage, positive thinking, leadership, and rich self-expression.
- **Level 2**: Able to elicit strong emotional responses from others; very appealing, endearing, lovable, affectionate. Trust important; bonding with others, forming permanent relationships and alliances.
- **Level 3**: Dedicated to individuals and movements in which they deeply believe. Community builders; responsible, reliable, trustworthy. Hard-working and persevering, sacrificing for others, they create stability and security in their world, bringing a cooperative spirit.

AVERAGE LEVELS

- **Level 4**: Start investing their time and energy into whatever they believe will be safe and stable. Organizing and structuring, they look to alliances and authorities for security and continuity. Constantly vigilant, anticipating problems.
- **Level 5**: To resist having more demands made on them, they react against others passive-aggressively. Become evasive, indecisive, cautious, procrastinating, and ambivalent. Are highly reactive, anxious, and negative, giving contradictory, “mixed signals.” Internal confusion makes them react unpredictably.
- **Level 6**: To compensate for insecurities, they become sarcastic and belligerent, blaming others for their problems, taking a tough stance toward “outsiders.” Highly reactive and defensive, dividing people into friends and enemies, while looking for threats to their own security. Authoritarian while fearful of authority, highly suspicious, yet, conspiratorial and fear-instilling to silence their own fears.

UNHEALTHY LEVELS

- **Level 7**: Fearing that they have ruined their security, they become panicky, volatile, and self-disparaging with acute inferiority feelings. Seeing themselves as defenseless, they seek out a stronger authority or belief to resolve all problems. Highly divisive, disparaging and berating others
- **Level 8**: Feeling persecuted, that others are “out to get them,” they lash-out and act irrationally, bringing about what they fear. Fanaticism, violence.
- **Level 9**: Hysterical and seeking to escape punishment, they become self-destructive and suicidal. Alcoholism, drug overdoses, “skid row,” self-abasing behavior. Generally corresponds to the Passive-Aggressive and Paranoid personality disorders.

42 Riso & Hudson, 78.

7

TYPE SEVEN

FOUR WORDS

Entertaining, Accomplished,
Uninhibited, Manic

BESETTING SIN

Gluttony

UNDERLYING EMOTION

Fear

SURVIVAL STRATEGY:

I must be fun and entertained.

BIBLE MEMORY VERSE

"These things I have spoken to you, that my joy may be in you, and that your joy may be full." John 15:11

FAMOUS SEVENS

Solomon, Winston Churchill, Franklin Roosevelt, George W. Bush, John Belushi, Chevy Chase, Stephen Colbert, Billy Crystal, Jay Leno, Martin Short, Robin Williams, George Clooney, Tom Hanks, Robert Downey Jr., Leonardo DiCaprio, Vince Vaughn, Babe Ruth

THE JOYFUL PERSON

Sevens are all about fun and joy and excitement. They are probably the most upbeat, extroverted, outgoing type of the Enneagram. They light up a room with their presence. There is a glow and positive energy that emanates from them. Many Sevens report carrying a deep childhood wound, which they try to avoid at all costs through the pursuit of new experiences, staying active, and entertainment. Their strategy is to repress their traumatic experiences from childhood and "paint their life story in positive colors, even when the scenario was anything but beautiful." "Appearing to be full of heart, Sevens actually operate from the head." They carefully think through their lives so that every day will promise as much fun and as little pain as possible.

WEAKNESSES: Sevens are driven by an underlying **fear** that goes back to their childhood. Their coping strategy is to have as much fun and entertainment as possible, which is why their besetting sin is **gluttony**. Sevens are prone to constant stimulation and consumption as a way of distracting themselves from an inner anxiety. This is their defense strategy against their emotional pain. They "gobble up" ⁴³ every experience but are always left hungry for more. Thus, they are always looking for the next thing or the perfect combination of things that will heal them and make them truly happy. They tend to be thrill seekers. Their avoidance of pain and endless hunger for more make them prone to various additions, including chronic anxiety. Unhealthy Sevens would rather keep relationships on the surface because it would be too painful to know

their whole story.

STRENGTHS: Sevens uniquely bear God’s image in the ways they manifest the joy, gladness, and genuine enthusiasm of God. Gospel means “good news” or “joyous, life-giving news”—Sevens naturally bring the vibe of the gospel into people’s lives. They naturally bring a “gospel mood” and “gospel presence” that awakens people to the joy of God. They’re the ones who get asked, “What is that you have that I don’t?” People love being around them—they’re typically the life of the party. When emotionally and spiritually healthy, Sevens are excitable, spontaneous, curious, optimistic, eager, outgoing, adventurous, talkative, appreciative, bountiful, thoughtful, accomplished, versatile, receptive, grateful, passionate, celebratory,⁴⁴ and most importantly satisfied, content, and at peace with their circumstances and life.

The lies Sevens believe: *“It is not ok to depend on anyone for anything.”*⁴⁵

The truth Sevens need: *“You will be taken care of.”*⁴⁶

SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Sevens are tempted to gluttony and being driven by an underlying fear. The Spirit of Christ wants to transform this kind of sinful fruit into the the fruit of self-control, love, joy, and peace (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.⁴⁷

THE DOWNSTREAM PRACTICES

- **Celebration:** The practice that will come most natural to Sevens is celebration. They should not feel shame over looking for ways to enjoy life to the fullest, to experience the abundant life that Jesus offers us in Himself (John 10:10). Sevens will feel alive through engaging with others through a variety of experiences: feasting, laughing, listening to music, watching movies, deep conversation, etc. Sevens should look to enter into these practices with a conscious awareness of God’s love and remember that true and lasting joy doesn’t depend on circumstances, but on the person and work of Jesus. This will help Sevens to use these practices as opportunities to open themselves up to others and share their story. The challenge for Sevens will be to not over-indulge.
- **Community:** Sevens are often extraverts or people-persons. They feel alive when surrounded by others. The practice of community will help them live into their true selves. They should look for weekly opportunities to connect with the body of Christ, where they can enjoy the sense of belonging and interdependence that comes with being part of God’s family. The weekly Sunday gathering, missional community family meal, participating in the MC mission, and fight clubs are the essential contexts for engaging and enjoying community in Fellowship.

THE UPSTREAM PRACTICES

- **Solitude and Silence:** ⁴⁸ Sevens should set aside time each day to get alone with God and be still and silent before Him. Solitude releases Sevens from their stage persona, need to perform, and over-dependence on others. Silence allow them to feel whatever they're trying to avoid beneath the surface and to meet with God in their inner being and emotional pain. Solitude and silence allows Sevens to slow down and enjoy the greatest gift of all—communion with God. It serves as a reminder that their identity and worth are not based on how others feel about them or how they feel about themselves, but on God's love for them in Christ.
- **Fasting:** This discipline of fasting is good for Sevens because it helps them to not become addicted and overly dependent upon experiences. It is a way of awakening what they are truly hunger for—the presence of God—and is a pathway for indulging in His love and grace.

KEY BIBLE MEMORY VERSE

The Scripture Sevens should commit to memory is John 15:11, “These things I have spoken to you, that my joy may be in you, and that your joy may be full.” The “these things” that Jesus is referring to are unpacked in John 15:1-10, the essence of which is summed up when He says, “Abide in me, and I in you” (15:4). Jesus is describing the glorious reality of the mutual indwelling of God and man through faith in the gospel. This is uniquely meaningful for a Seven in that it reassures them that no experience or substance can give them the joy they're longing for. Their identity and sense of self is complete in Christ. Their joy is Jesus' joy. This is the essence of the abundant life Sevens long for (John 10:10).

THE GOSPEL SEVENS NEED TO BELIEVE

The world is so broken that Jesus had to come and die to restore it. This means I don't have to paint my life in beautiful colors. The cross frees me to be honest about the painful parts of my story and about my own brokenness. I am so bad Jesus had to die for me to save me. It is also true that I am so loved that Jesus was glad to die for me! It was for the joy set before Him that He endured the cross (Heb. 12:1). I do not have to try to fill the void in my life or cover up my pain because in spite of my brokenness Jesus loves me and gave Himself for me.

⁴³ Riso & Hudson, 149.

⁴⁴ *Ibid.*, 145.

⁴⁵ Sherrill, 41.

⁴⁶ *Ibid.*

⁴⁷ The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

⁴⁸ Sherrill, 100.

TYPE SEVEN :: LEVELS OF DEVELOPMENT

The Levels of Development are measuring our capacity to be fully present, bearing the image of God uniquely as persons He made us to be and using our personality and gifts in life-giving ways.”⁴⁹

HEALTHY LEVELS

- **Level 1** (at their best): Assimilate experiences in depth, making them deeply grateful and appreciative for what they have. Become awed by the simple wonders of life; joyous and ecstatic. Intimations of spiritual reality, of the boundless goodness of life.
- **Level 2:** Highly responsive, excitable, enthusiastic about sensation and experience. Most extroverted type: stimuli bring immediate responses—they find everything invigorating. Lively, vivacious, eager, spontaneous, resilient, cheerful.
- **Level 3:** Easily become accomplished achievers, generalists who do many different things well; multi-talented. Practical, productive, usually prolific, cross-fertilizing areas of interest.

AVERAGE LEVELS

- **Level 4:** As restlessness increases, want to have more options and choices available to them. Become adventurous and “worldly wise,” but less focused, constantly seeking new things and experiences; the sophisticate, connoisseur, and consumer. Money, variety, keeping up with the latest trends important.
- **Level 5:** Unable to discriminate what they really need, become hyperactive, unable to say “no” to themselves, throwing self into constant activity. Uninhibited, doing and saying whatever comes to mind: storytelling, flamboyant exaggerations, witty wise-cracking, performing. Fear being bored; in perpetual motion, but do too many things—many ideas but little follow-through.
- **Level 6:** Get into conspicuous consumption and all forms of excess. Self-centered, materialistic, and greedy, never feeling that they have enough. Demanding and pushy, yet unsatisfied and jaded. Addictive, hardened, and insensitive.

UNHEALTHY LEVELS

- **Level 7:** Desperate to quell their anxieties, can be impulsive and infantile: do not know when to stop. Addictions and excess take their toll; debauched, depraved, dissipated escapists, offensive and abusive.
- **Level 8:** In flight from self, acting out impulses rather than dealing with anxiety or frustrations; go out of control, into erratic mood swings, and compulsive actions (manias).
- **Level 9:** Finally, their energy and health is completely spent: become claustrophobic and panic-stricken. Often give up on themselves and life; deep depression and despair, self-destructive overdoses, impulsive suicide. Generally corresponds to the Bipolar disorder and Histrionic personality disorder.

49 Riso & Hudson, 78.

8

TYPE EIGHT

FOUR WORDS

Self-Confident, Decisive,
Just, Leader

BESETTING SIN

Lust

UNDERLYING EMOTION

Guilt

SURVIVAL STRATEGY:

I must be strong and in control.

BIBLE MEMORY VERSE

“So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited ...” 2 Corinthians 12:7-10

FAMOUS EIGHTS

Theodore Roosevelt, Martin Luther King Jr., Jesse Jackson, Donald Trump, Johnny Cash, John Wayne, Wilt Chamberlain, Morgan Freeman, Ernest Hemingway, Sean Penn, Fidel Castro, Friedrich Nietzsche, John Gotti

THE POWERFUL PERSON

Eights are powerful personalities. They have a very intense and commanding presence. Eights endeavor to be strong, independent, straightforward, assertive persons who use their strength and influence to make the world a more just place. Eights see the world in black and white—it’s either the greatest or the worst idea of all time, right or wrong, true or false, friend or enemy. Eights are energized by disagreement and don’t like to admit their faults, for this is a sign of weakness.⁵⁰ Many Eights report being taken advantage of or treated unfairly in their childhood. As a result, they learned to develop an image of power and strength, believing weakness to be unacceptable. They learned to dominate lest they be dominated. This is their defense strategy. .

WEAKNESSES: The underlying emotion Eights are trying to conquer is **guilt**, feeling as though they aren’t good enough. Their survival strategy is to be powerful and take control. This leads to their besetting sin of **lust**—the passion for power. They become very angry, confrontational and aggressive and “throw their weight around.”⁵¹ People can feel dominated, controlled, and belittled by Eights, but rarely do Eights notice how they make others feel. They can be emotional bulldozers.

STRENGTHS: God has uniquely gifted Eights to manifest the glory of His image to the world. Eights reflect the power and assertiveness of God’s presence. God is in the business of fighting against evil and injustice and fighting for the oppressed—this is reflected in Eights. When emotionally and spiritually healthy,

Eights steward their power to serve the weak and marginalized of society. They are strong and courageous and take a bold stand against injustice. Healthy Eights are big-hearted, merciful, forbearing, leaders, determined, resourceful, pragmatic, honorable, heroic, empowering, generous, initiating, decisive, vulnerable, accepting of their weaknesses, and leading with a limp.⁵²

The lies Eights believe: *“It is not ok to be weak and vulnerable—you can’t trust people.”*⁵³

The truth Eights need: *“You do not have to be strong to be loved” or “It’s ok to be weak.”*

SPECIFIC PRACTICES FOR SPIRITUAL FORMATION

Eights are tempted to lust for power and control, while battling an underlying sense of guilt. The Spirit of Christ wants to transform this kind of sinful fruit into the the fruit of love, gentleness, and self-control (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.⁵⁴

THE DOWNSTREAM PRACTICES

- **Justice:** Eights are energized by regular opportunities to contend for the common good.⁵⁵ They shouldn’t feel bad about leading the way in doing Micah 6:8—“love justice and do mercy.” Eights must seek to learn the brokenness (e.g., poverty, homelessness, illiteracy, pollution, oppression, care for the marginalized: the widows, orphans, poor, and strangers) in their city or context and challenge it with gospel-motivations.
- **Compassion:** Eights are filled with compassion for the underdog. It’s not enough for them to speak out against injustice. Eights have to “get their hands dirty.” They feel the need to get involved, to stand in the shoes of those they’re trying to help. They have a great capacity for empathy. Showing compassion by stepping in and physically serving the underprivileged is a way of living into their true selves.

THE UPSTREAM PRACTICES

- **Accountability:**⁵⁶ Eights tend to avoid vulnerability and letting others get close out of fear of being controlled by them. To overcome this neurosis Eights need accountability from people they know they can trust. They need a context where they can be known—where they can be weak. If not, Eights will spend their lives hiding their true self behind an image of power.
- **Confession:** It’s not enough to be surrounded by people they can trust. Eights need to regularly practice the discipline of confession. They must open up and be honest about their struggles and weaknesses (James 5:16). In this way the Eight will learn his greatest secret—when he is weak, then he is strong (2 Cor. 12:10). Thus, Eights need to practice regularly boasting in their weakness as a pathway of spiritual formation into deeper Christ-likeness (2 Cor. 12:5, 9).

KEY BIBLE MEMORY VERSE

The Scripture Eights should commit to memory is 2 Corinthians 12:7-10. In this passage Paul admits that he is weak. Rather than defending himself through an image of power, Paul owns his weakness, which, he says, keeps him humble and dependent upon the grace and power of God. “Therefore,” Paul says, “I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me” (12:9).

THE GOSPEL EIGHTS NEED TO BELIEVE

I do not have to be strong and in control because Jesus is my strength, and He is in control. When I was weak and helpless, He used His perfect power to come to my aid and rescue me from my sin and false self. He has proven trustworthy and that His love for me is unconditional. This means I am free to be vulnerable with God and others and boast all the more of my weaknesses without fear of being dominated or controlled, for a I am controlled with the love of Christ (2 Cor. 5:14).

⁵⁰ Sherrill, 41.

⁵¹ Riso & Hudson, 157.

⁵² Ibid., 155.

⁵³ Sherrill, 42.

⁵⁴ The language of upstream and downstream comes from Sherrill, chapter 5, *Enneagram & the Way of Jesus*.

⁵⁵ Sherrill, 90.

⁵⁶ Ibid.

TYPE EIGHT :: LEVELS OF DEVELOPMENT

The Levels of Development are measuring our capacity to be fully present, bearing the image of God uniquely as persons He made us to be and using our personality and gifts in life-giving ways.⁵⁷

HEALTHY LEVELS

- **Level 1** (at their best): Become self-restrained and magnanimous, merciful and forbearing, mastering self through their self-surrender to a higher authority. Courageous, willing to put self in serious jeopardy to achieve their vision and have a lasting influence. May achieve true heroism and historical greatness.
- **Level 2**: Self-assertive, self-confident, and strong; have learned to stand up for what they need and want. A resourceful, “can do” attitude and passionate inner drive.
- **Level 3**: Decisive, authoritative, and commanding; the natural leader others look up to. Take initiative, make things happen; champion people, provider, protective, and honorable, carrying others with their strength.

AVERAGE LEVELS

- **Level 4**: Self-sufficiency, financial independence, and having enough resources are important concern; become enterprising, pragmatic, “rugged individualists,” wheeler-dealers. Risk-taking, hardworking, denying own emotional needs.
- **Level 5**: Begin to dominate their environment, including others; want to feel that others are behind them, supporting their efforts. Swaggering, boastful, forceful, and expansive: the “boss” whose word is law. Proud, egocentric, want to impose their will and vision on everything, not seeing others as equals or treating them with respect.
- **Level 6**: Become highly combative and intimidating to get their way; confrontational, belligerent, creating adversarial relationships. Everything a test of wills, and they will not back down. Use threats and reprisals to get obedience from others, to keep others off balance and insecure. However, unjust treatment makes others fear and resent them, possibly also band together against them.

UNHEALTHY LEVELS

- **Level 7**: Defying any attempt to control them, become completely ruthless, dictatorial, “might makes right.” The criminal and outlaw, renegade, and con-artist. Hard-hearted, immoral, and potentially violent.
- **Level 8**: Develop delusional ideas about their power, invincibility, and ability to prevail; megalomania, feeling omnipotent, invulnerable. Recklessly over-extending self.
- **Level 9**: If they get in danger, they may brutally destroy everything that has not conformed to their will rather than surrender to anyone else. Vengeful, barbaric, murderous. Sociopathic tendencies. Generally corresponds to the Antisocial Personality Disorder.

57 Ibid. Riso & Hudson, 78.

9

TYPE NINE

FOUR WORDS

Peaceful, Reassuring,
Complacent, Neglectful

BESSETTING SIN

Sloth

UNDERLYING EMOTION

Guilt

SURVIVAL STRATEGY:

I must maintain peace and calm.

BIBLE MEMORY VERSE

*“Rather, speaking the truth in love, we
are to grow up in every way into him
who is the head, into Christ,”
Ephesians 4:15*

FAMOUS NINES

Abraham, Abraham Lincoln, Dwight
Eisenhower, Ronald Reagan, Bill
Clinton, Will Ferrell, Matt Damon,
Sandra Bullock, Clint Eastwood, Jerry
Seinfeld, Frodo Baggins

THE PEACEFUL PERSON

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. 5:22). 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-likeness, 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 TO BELIEVE

My ultimate peace is found in Christ, not my circumstances. I have been justified by faith and have peace with God through my Lord Jesus Christ (Rom. 5:1). Jesus has solved my deepest conflict with God and has made me God's dear child. He has quieted my soul's deepest struggle with guilt by becoming my sin and my righteousness. I don't have to fear being good enough because I have Jesus, and He is my peace that surpasses all understanding (Phil. 4:7). He is the God of peace who is always with me (Phil. 4:9). I can rest because in Christ
I am known and loved by God.

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.*

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 Riso & Hudson, 78.