

Background - Enneagram

<Provide some context to your group on why we're talking about the Enneagram.>

More recently in our sermons during liturgy, we have been talking through the framework of our true self (living knowing that we are loved by God — living into God's original vision for our lives) and our false self (living in order to be loved by God and others — what we choose to pursue and build in addition to or in opposition of God's original vision of our lives).

Enneagram is a tool that helps us discover our motivation for how we perceive and engage with others and God. It gives us a framework and understanding of when we are at our best and living into our true selves and when we are at our worst when we are living into our false selves.

At this time we are just giving a high level overview so that our community can have some initial exposure to the Enneagram and have have similar language to talk about this. Your group can do a more deep dive by studying one of the recommended books in the resources listed below. Our plan is to do a retreat next fall (2016) to go deeper into the Enneagram as individuals and a church community.

Enneagram: Session 1 Objectives

These objectives might be helpful in shaping and guiding the discussion to a healthy landing spot by the end of the night.

- a. take an online inventory for an initial understanding of your personal enneagram type
- b. get an overview of the enneagram
- c. research and reflect on your type and how it reveals and challenges who you are and how you should live into your true self

Personal Online Inventory

Start off the time by having everyone take the online inventory either on their laptops or phones (takes no longer than 10 minutes).

1. Go online to the following link to take the inventory:

<http://www.enneagramtest.net/>

Enneagram Overview

Once everyone has had a chance to take the inventory, talk through the background of the Enneagram and a summary of the different types (the presentation link is below).

<https://voxveniae.box.com/shared/static/2a3xvr47irme7tl1yzquim1ech60k10m.pdf>

Remind people that this is just a very high level overview and just to get people familiar with the concept and language.

2. Talk through or show the “Introduction Presentation” to give background on the Enneagram and the different types.

<the link to download the presentation slides is above>

Enneagram Reflection

Spend some time reflecting on your type and dialoguing with others in your group about each type. Here are a couple of questions that can also guide the reflection and dialogue. If it's helpful, you can break up into smaller groups if the group is too large.

Handout the “Enneagram at a Glance” printout or send everyone the link for people to reference as they dialogue. (link below)

http://www.tapestryliferesources.com/pdf/At_a_Glance.pdf

3. What are the things that you connect to with your enneagram type? What are the things that you find challenging?

4. How would understanding your type be helpful in understanding yourself better and how you can engage in more healthy ways with God and others?

5. Which types do you connect with easily or find challenging to interact with?

Prayer

Close your time in prayer for any reflections that came from this time of dialogue and also allow space for any personal areas that require care.

Appendix - Other Resources

Enneagram Overview

- MWG Enneagram Introduction Presentation
 - <https://voxveniae.box.com/shared/static/2a3xvr47irme7tl1yzquim1ech60k10m.pdf>
- The Enneagram Institute Overview
 - <https://www.enneagraminstitute.com/how-the-enneagram-system-works/>
- 9Types.com Overview
 - <http://9types.com>
- Enneagram Overview
 - <http://www.explorefaith.org/tools/enneagram/index.php>
- Enneagram At a Glance
 - http://www.tapestryliferesources.com/pdf/At_a_Glance.pdf

Online Inventories

- <http://www.enneagramtest.net/>
- <http://www.eclecticenergies.com/enneagram/test.php>

Books

- Discovering Your Personality Type
 - <http://smile.amazon.com/dp/061821903X/>
- The Enneagram: A Christian Perspective
 - <http://smile.amazon.com/Enneagram-Christian-Perspective-Richard-Rohr/dp/0824519507/>
- The Wisdom of the Enneagram
 - <http://smile.amazon.com/dp/0553378201/>

Vox Sermon Podcasts

- Pt I: "Loving With Your Heart" (Jason Minnix)
 - <http://voxveniae.com/loving-with-your-heart/>