



THIS IS US

ABOUT THE SERIES: When asked what the greatest commandment was, Jesus said, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ But then He said, a second is equally important—meaning just as important as loving God!—that being, love your neighbor... as you love yourself. It’s a weird thought for Christians that we should love ourselves but that is the commandment. How can we love ourselves if we don’t know and understand ourselves? That’s what we’ll be seeking to do in this study entitled **THIS IS US**.

MESSAGE OVERVIEW: Jesus called us in the Great Commandment to love our neighbors as ourselves. We can more effectively love other people when we love ourselves and we can’t love ourselves without knowing and understanding ourselves. This series will take us through the Enneagram – an ancient system of categorizing people according to nine personality types. It is represented by a circle with inner triangles connecting the different types. The origins are unclear, although many claim that it has Christian origins dating back to the 4th century. Learning about ourselves can help us grow, make changes in our lives and move forward as healthier individuals. Many people have habits, hang-ups, and hurts from their past and struggle to move beyond to healthier patterns of life. The Enneagram is meant to be used as a tool. Tools can be used as something good or something bad. When we read a book other than the Bible there will be parts of it we will not agree with based on our theological stance. That is one of the reasons we are to be grounded in the Bible so we have a solid foundation in which to evaluate everything else. The Enneagram tool is used in a variety of Christian spaces, including but not limited to Christian Universities to help students better understand themselves and others and in Christian counseling practices helping individuals in a hurting marriage understand one another better. By using biblical characters to understand the Enneagram, we seek to incorporate the Word of God as we believe the Word of God is always the BEST go-to in evaluating ourselves. But we acknowledge that there are many other tools, including the Enneagram, that can be helpful as well.

WEEK 1 | THIS IS US

Sunday, Sept. 19

Notes:

The Big “So What?” We love better when we know better.

The Big “Now What?” This Is Us online assessment - assessment.yourenneagramcoach.com

ASSESS YOURSELF AND YOUR CORE LONGINGS

You and Your Core Longings

Before you take this assessment, pray Psalm 139, especially v 23-24:

Search me, O God, and know my heart—test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24

Let King David remind you: **No one knows you like God knows you.** And He loves you. Obviously, no assessment can prove or disprove your worth to God, however this assessment can help you understand yourself better.

Beth McCord, of ‘Your Enneagram Coach’ reminds us that Christ completely satisfies every core longing, allowing our hearts to find true rest in Him. May you use this knowledge not as a burden, but as a reminder of the beautiful and intricate way in which God made you.

Core Longing for Each Type

- 1—Reformer:** You are good.
- 2—Helper:** You are wanted and loved for just being you.
- 3—Achiever:** You are loved and valued for simply being yourself.
- 4—Individualist:** You are fully seen for who you are.
- 5—Investigator:** Your needs are not a problem.
- 6—Loyalist:** You are safe.
- 7—Enthusiast:** You will be taken care of.
- 8—Challenger:** You will not be betrayed.
- 9—Peacemaker:** Your presence matters.

After the assessment, hold your results loosely. They may be accurate; they may not be. As we continue through the series, it may become more clear.

Find the assessment here: assessment.youenneagramcoach.com

Series Memory Verse

Jesus replied, “You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ Matthew 22:37-39

Prayer Requests | Answered Prayer | Group Needs:

DISCUSSION QUESTIONS:

1. How do we balance knowing ourselves and knowing God so that people pay attention to God and not us?
2. Who is someone you know who has appropriate, gospel-informed self-awareness? Why?
3. Why do I think or feel like I do about God? About myself? About others?
4. Have you heard of the Enneagram before? If so, how were you introduced to it?
5. Read Matthew 22:37-39. What does it mean to love your neighbor as yourself?