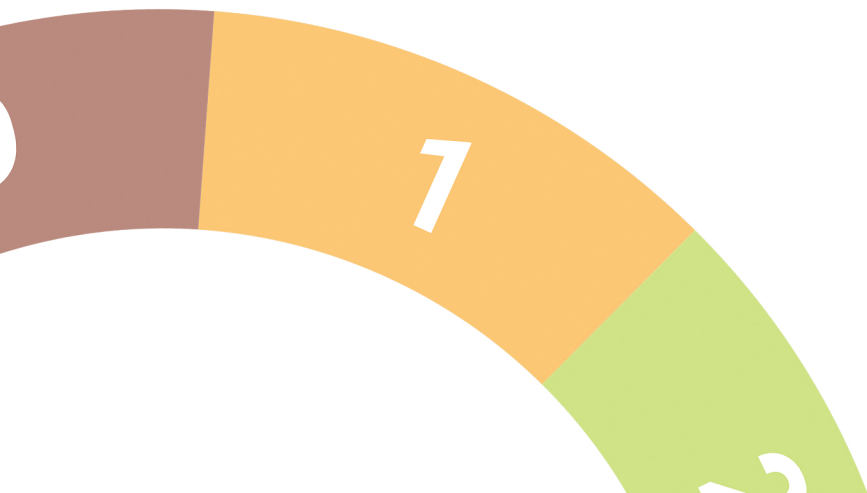


Jesus Calling[®]

Enneagram Discussion Guide



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Enneagram Type 1

Description:

The Enneagram 1s—or as they are often referred to, the Reformers—are a part of the triad of personalities that feel emotions in their body and show it through their actions.

Often seen as perfectionists, 1s make sure from the way they dress to how they approach their work that they are always “getting it right.”

Type 1s can be mightily used by God in the world if they strive to have an open mind and willingness to try new things. They can create much-needed structure here on Earth, which can help others find order and discipline.

Positive Traits:

rational, purposeful, responsible

Potential Trouble Spots:

anger, envy, closed-mindedness

Find out more about other Enneagram types, and how each Enneagram number has a special purpose in God's family by watching "Relating to God Through the Enneagram," a special series on

[YouTube.com/JesusCallingBook](https://www.youtube.com/JesusCallingBook)

Take a free Enneagram Assessment to identify your Enneagram type. Visit assessment.youenneagramcoach.com. And ask your loved ones to take the test, too!

Discussion 1: You Are Always Worthy

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passages from *Jesus Calling* dated December 26, and then answer/discuss these questions.

Questions:

1. We Enneagram 1s tend to believe that if we do things perfectly, we'll be worthy in the eyes of God. Can you think of a time when you did something, just because you thought it would earn you God's affection?

2. Today's *Jesus Calling* passage reminds us that the amount of love God has for us never wavers or changes, but our awareness of His presence can. How does it harm our relationship with God when we distance ourselves from Him and try to hide things about ourselves we've deemed "unworthy"?

3. 1 John 4:18 says that "perfect love drives out fear, because fear has to do with punishment." When we mess up, how can we retrain our response to be, "Jesus, I need You to be my safe place," instead of beating ourselves up and hiding in shame?

Discussion 2: Jesus Doesn't Fit in a Box

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passages from *Jesus Calling* dated July 13, and the answer/discuss these questions.

Questions:

1. You are God's beloved child, no matter how shiny and perfect you may be—or not. What are some ways we Enneagram 1s tend to be harsh on ourselves, or expect levels of perfection that aren't attainable? How can we shift our focus from striving to be perfect for other people to pleasing God, who loves us no matter how well we perform?

2. When things in an Enneagram 1's world aren't just right, we look for something to fix: *Maybe if I organize this one area of my life, the rest will fall into place, or, If I could just figure this out, it'll all be okay.* Structure makes us feel better, but a relationship with God doesn't fit in the nicely packaged boxes we prefer. How can we work toward building a relationship with God that's outside our comfort zone and learn to be okay with the unpredictable?

3. Are you holding on to guilt or pain from something in your past? Jesus tells us in Psalm 34:5 that God's radiance lights up our faces, removing all shame. What imperfections do you want to release into God's hands today?

Discussion 3: Learning to Depend on Him

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passages from *Jesus Calling* dated November 27, and then answer/discuss these questions.

Questions:

1. Enneagram 1s like to be independent, so it's easy to forget that we have to rely on God in order to have a relationship with Him. We have to be in the practice of needing something from Him, because our need for Jesus strengthens our bond with Him. What's one thing you can ease your grip on and give over to God?

2. Because Enneagram 1s are hard working, responsible, and self-controlled, we have a tendency to think our lives are something we built on our own—meaning, it's easy to forget to praise God for all that He has done for us. What are some ways we can put thanksgiving and prayer into our daily routines?

3. Because Enneagram 1s like to be in control, sometimes we can be close-minded to other possibilities that don't fit into our plans. Like in Acts 9:18, we need to let the "scales fall off of our eyes." What are some small steps we can take to train ourselves to be open to new possibilities?

Discussion 4: Relinquishing Control to Find Peace

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passages from *Jesus Calling* dated November 7, and then answer/discuss these questions.

Questions:

1. God is an organizer, just as Enneagram 1s are. Like this *Jesus Calling* passage says, “He’s cleaning through the debris to take possession of our beings fully.” What kinds of “clutter” is piling up in your life—the things that you can’t let go of?

2. Enneagram 1s like to take charge and get things done, but we have to shift that dominant aspect of our minds to come to a place of receptivity. Stop and listen to what God’s priorities are. What is He saying to you?

3. We thrive when we’re in control, but sometimes that desire for control comes from a lack of trust. Maybe we don’t trust someone to do a job the right way, maybe we don’t trust that everything will turn out well if we’re not micro-managing. But in Psalm 52:8, it says to “trust in God’s unfailing love.” How does putting our trust in Him give us peace to trust that everything will be okay?

Discussion 5: Fix Your Eyes on What's Eternal

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passages from *Jesus Calling* dated December 7, and then answer/discuss these questions.

Questions:

1. When we're angry, or when things aren't going as expected, Enneagram 1s can come across as judgmental and narrow-minded—we zero in on what's wrong, versus seeing the bigger picture. How would being open to other points of view help us face conflict in a healthier way?

2. If you seek to try new things and open your mind to the ways God can work through you, how do you think He could use your talents to do good in the world?

3. In 2 Corinthians 4:18, we're reminded to fix our eyes not on what's in front of us, but on God's constant presence. What are some of the trivial matters here on earth that steal our attention, and what are some eternal things that matter deeply and deserve our full focus?
