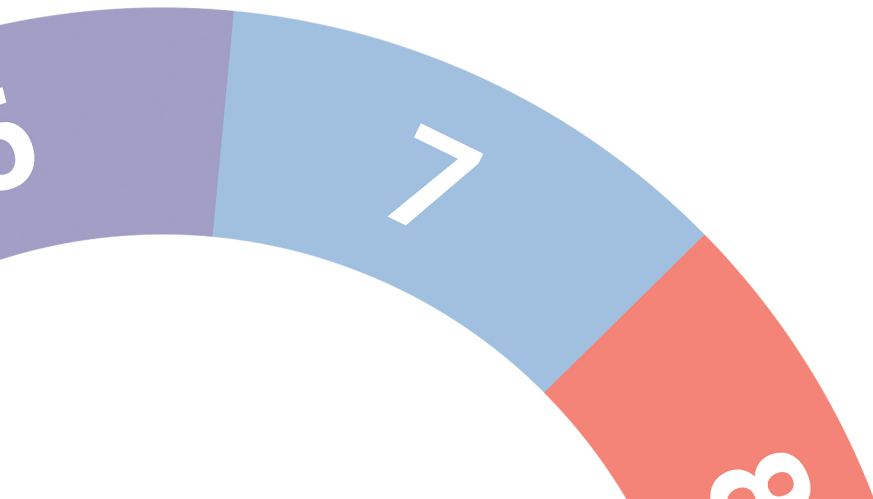


# Jesus Calling<sup>®</sup>

## Enneagram Discussion Guide



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## Enneagram Discussion Guide

### Enneagram Type 7

#### **Description:**

The Enneagram 7—or, as they are often referred to, the Enthusiasts—are part of a triad of personalities who operate out of their heads—or their thoughts—as their center. They are motivated to have a positive attitude and seek to have worthwhile experiences in the world.

7s can be used greatly by God if they can harness their ability to envision good in the world. Their natural sense of enthusiasm and curiosity can embolden others, helping them have courage to pursue their dreams.

#### **Positive Traits:**

Optimistic, versatile, adventurous

#### **Potential Trouble Spots:**

Easily distracted, impatience, impulsiveness

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](https://assessment.youenneagramcoach.com). And ask your loved ones to take the test, too!

# Discussion 1: Revel in Spontaneous Praise

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

## Questions:

1. Enneagram 7s are adventurous, versatile, and spontaneous. Do these traits show up in your relationship with God? When does spontaneous joy for God and His creation fill you up?

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2. We find true satisfaction in practicing gratefulness, and enjoying the gift of life. Think of times when you've intentionally stopped to tell God you're thankful for the life He's given you. How has that practice drawn you closer to Him?

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3. While we dwell in optimism and unknowns, it's crucial for 7s to remember that we have to give thanks in all circumstances, like it says in 1 Thessalonians 5:18. Do you struggle to have a consistent, dedicated routine of prayer and thankfulness? What might be a baby step to planning more intentional time to be with Him?

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## Discussion 2: Calm Your Racing Mind

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passage from *Jesus Calling* dated June 11th, and then answer/discuss these questions.

### Questions:

1. Type 7s place a high value on worthwhile, unforgettable experiences. Do you believe that cultivating a richer, more intimate relationship with God is worth the effort? What do you think we can gain by dedicating our minds, hearts, and souls to the cause?

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2. When 7s are stressed, we get easily scattered and distracted. But this passage reminds us that we have to guard our thoughts, because there's a battle for our attention. In those moments, how would asking the Spirit to help us, as this passage suggests, change the direction of your thoughts?

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3. When we aren't in a good place, we can be critical, and even overly perfectionistic. Romans 8:9 shares who does—and who does not—control us and our tendencies. How can we use our gifts of optimism to see the Spirit of God working in our lives?

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## Discussion 3: God's Vision Is Greater Than Ours

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passage from *Jesus Calling* dated September 2nd, and then answer/discuss these questions.

### Questions:

1. Type 7s love having a vision, and we're full of big ideas. Do you ask God to help you accomplish the ideas you have in your mind? What would it look like if we worked in collaboration with Him, versus conceiving and executing on our own?

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2. Do you ever have a hard time executing your vision? How does that make you feel? How would you think about that situation differently if you "accepted that weakness as a gift" from God, like it says in this *Jesus Calling* passage?

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3. Acts 17:28 and John 14:20 emphasize how God is within us, and we are in Him. Do you ever stop to consider adventures God has put into your life? How do you think being so intimately familiar with God makes that adventure even more worthwhile?

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# Discussion 4: God Will Rein in Your Impulses

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passage from *Jesus Calling* dated October 29th, and then answer/discuss these questions.

## Questions:

1. When 7s aren't in a healthy state, our spontaneous nature turns into an impulsive one. Have you ever acted on impulse in a way that hurt you or your loved ones?

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2. How has pursuing a relationship with God helped you rein in your impulses and given you peace in knowing you can trust His plan? Do you feel more equipped/prepared to take on the day?

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3. Ephesians 2:10 shares that we were created by God to do good works. How can we use our enthusiasm and insatiable curiosity to inspire others to have the courage to dream big and reach for God?

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## Discussion 5: Finding Contentment in Jesus

Please read the devotion (or listen if you have the *Jesus Calling* audiobook) and related Scripture passage from *Jesus Calling* dated September 11th, and then answer/discuss these questions.

### Questions:

1. Type 7s are high-energy individuals, but even the most enthusiastic people need rest. What are some ways we can train our minds to seek Jesus as a place of calm healing?

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2. High-spirited 7s are constantly envisioning and dreaming, but it's important that we remember God is what we're looking for. Can you remember a time when you were chasing a fantasy of something that wasn't real? How did that chase make you feel?

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3. In Philippians 4:4, 12 it says that God is the secret of always being content. Is there a place in your life where you aren't feeling steady and sure? How could trusting God help you release your grip on the situation you're dreaming of and instead feel a bit of peace in the moment?

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