

*When a person places their faith in Jesus Christ,
life-changing things happen.
The Gospel is the transformation.*

Gospel Longings

5-Week Devotional



Knowing who you are and *Whose* you are

by Amy Masters
The Enneagram, Gospel, & You

Week 1

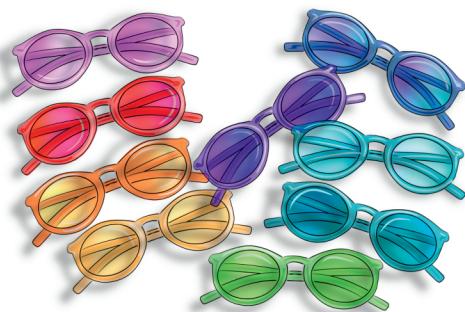
UNDERSTANDING YOUR ENNEAGRAM TYPE



The Enneagram is a helpful tool that illuminates our hearts to reveal where we are aligned with the Gospel and where we need to adjust our thinking; however, it is Christ who does the transformation. Christ has already regenerated every believer into his new creation. He gives us his forgiveness and righteousness instead of shame and condemnation.

When we learn to understand ourselves through the lens of the Gospel as well as through the lens of the Enneagram, we have a full picture of who we truly are. Because each Enneagram Type has a different Core Longing, Jesus uniquely speaks the Gospel to each Type. We can learn about our personality, but better yet, we can KNOW who we are IN CHRIST.

The Enneagram does not focus on our outward behavior, but on our INWARD MOTIVES, revealing to us why we make the choices and have the reactions that we do. No personality is better than another. We all have desires, fears, longings, and weaknesses. The goal is not to change our personality, but to live in our healthiest aspects. This can be vulnerable, but is how we move past our failing patterns.



Each personality type sees the world through their own-colored lens. We assume most people see things from the same perspective as we do, but you will quickly learn, this is not the case! Understanding the color of others' lenses gives us compassion and eases frustration. Conflict can be reduced and repeating previous mistakes can be avoided.

9 Types of the Enneagram



Core Motivations

- ! Core Fear**
Being wrong, bad, evil, inappropriate, unredeemable, or corruptible.
- ☀ Core Desire**
Having integrity, being good, balanced, accurate, virtuous, and right.
- 🌀 Core Weakness**
Resentment—Repressing anger that leads to continual frustration and dissatisfaction with yourself, others, and the world for not being perfect.
- 🔥 Core Longing**
“You are good.”

Core Motivations

- ! Core Fear**
Being rejected and unwanted. Being thought worthless, needy, insignificant, dispensable, or unworthy of love.
- ☀ Core Desire**
Being appreciated, loved, and wanted.
- 🌀 Core Weakness**
Pride—Denying your own needs and emotions, you use your amazing intuition to discover and focus on the feelings and needs of others. You confidently insert your helpful support in hopes that others will say how grateful they are for your thoughtful care.
- 🔥 Core Longing**
“You are wanted and loved.”

Core Motivations

- ! Core Fear**
Being exposed as or thought incompetent, inefficient, or worthless; failing to be or appear successful.
- ☀ Core Desire**
Having high status and respect, being admired, successful, and valuable.
- 🌀 Core Weakness**
Deceit—Deceiving yourself into believing you are only the image you present to others; embellishing the truth by putting on a polished persona for everyone (including yourself) to see and admire.
- 🔥 Core Longing**
“You are loved and valued for simply being you.”

Core Motivations

- ! Core Fear**
Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant.
- ☀ Core Desire**
Being unique, special, and finding your authentic self.
- 🌀 Core Weakness**
Envy—Feeling that you're tragically flawed, something foundational is missing inside you, and others possess qualities you lack.
- 🔥 Core Longing**
“You are seen and loved for exactly who you are—special and unique.”

Core Motivations

- ! Core Fear**
Being annihilated, invaded, or not existing; being thought incapable or ignorant; having obligations placed upon you or your energy depleted.
- ☀ Core Desire**
Being knowledgeable, capable, and competent.
- 🌀 Core Weakness**
Avarice—Feeling you lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding yourself from contact with the world; holding onto your resources, and minimizing your needs.
- 🔥 Core Longing**
“Your needs are not a problem.”

Core Motivations

- ! Core Fear**
Fearing fear itself, being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned.
- ☀ Core Desire**
Having security, guidance, and support.
- 🌀 Core Weakness**
Anxiety—Scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry.
- 🔥 Core Longing**
“You are safe and secure.”

Core Motivations

- ! Core Fear**
Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun.
- ☀ Core Desire**
Being happy, fully satisfied, and content.
- 🌀 Core Weakness**
Gluttony—Feeling a great emptiness inside and having an insatiable desire to “fill yourself up” with experiences and stimulation in hopes of feeling completely satisfied and content.
- 🔥 Core Longing**
“You will be taken care of.”

Core Motivations

- ! Core Fear**
Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice.
- ☀ Core Desire**
Protecting yourself and those in your inner circle.
- 🌀 Core Weakness**
Lust/Excess—Constantly desiring intensity, control, and power; pushing yourself willfully on life and people to get what you want.
- 🔥 Core Longing**
“You will not be betrayed.”

Core Motivations

- ! Core Fear**
Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection with others.
- ☀ Core Desire**
Having inner stability and peace of mind.
- 🌀 Core Weakness**
Sloth—Remaining in an unrealistic and idealistic world to keep the peace, remain easy-going and not be disturbed by your anger; falling asleep to your passions, abilities, desires, needs, and worth by merging with others.
- 🔥 Core Longing**
“Your presence matters.”

Review the 9 Enneagram Types. Think of yourself when life is going well. Don't think of your innermost circle of relationships, but focus on what your thoughts would be at work, church, school, or out with friends.

CORE MOTIVATIONS

Narrow down your top three possible Types. List examples of when you felt each motivation for each possible Type. Continue reflecting upon these motivations throughout the coming week. Many of us are unaware of our thoughts and motivations. Start paying attention to what you are thinking. Take that even deeper by asking yourself why you thought that.

For example, many people may have the outward behavior of cleaning the garage Saturday morning, but for an assortment of differing motivations.

Example One:

I'm going to clean the garage this morning.

Why: My mother is coming over this afternoon.

Deeper why: I want to impress my mother by having the cleanest garage she's ever seen.

Notice the Core Desire of being admired – Type 3

Example Two:

I'm going to clean the garage this morning.

Why: It's a mess. There are toys all over.

Deeper why: Someone might trip over a toy and twist their ankle.

Notice the Core Longing to feel safe and secure – Type 6

Example Three:

I'm going to clean the garage this morning.

Why: My spouse will be upset with me if I don't.

Deeper why: I want to avoid conflict with others.

Notice the Core Fear of being in conflict – Type 9

You can also take an online test to help you get started at www.assessment.yourenneagramcoach.com; however, online tests are only about 80% accurate. The only way to truly identify your Type is to identify and listen to your own Core Motivations.

Core Fears

Type A _____

Type B _____

Type C _____

Core Desires

Type A _____

Type B _____

Type C _____

Core Weaknesses

Type A _____

Type B _____

Type C _____

Core Longings

Type A _____

Type B _____

Type C _____

Continue listening to your thoughts and motivations throughout the week.
List as many examples as you can.

Week 2

UNDERSTANDING WHO YOU ARE IN CHRIST

Now that you've had a week to understand yourself at a deeper level, what Type have you landed on? _____

Because the Enneagram is based on inward motivations and not outward behaviors, it is not possible for us to Type anyone other than ourself. Share your Type with your group and include your reasons. Spend some time discussing and encouraging one another. Many people do not like their Type. It can be painful to see our sin and weaknesses that we may have tried to ignore.

Continue listening to your thoughts and motivations throughout the week. List as many examples as you can.

THE GOSPEL IS THE GOOD NEWS OF JESUS CHRIST!

Spend time this week growing in your understanding of the Gospel message.

Write out 5 verses of your choice that explain the Gospel.

Write the Gospel in your own words to share with your group next week.



Write out 5 verses of your choice that tell you whom you are as a child of God.

Week 3

GOSPEL LONGINGS

Because each Enneagram Type has a different Core Longing, Jesus uniquely speaks the Gospel to each Type. We can learn about our personality, but better yet, we can KNOW who we are IN CHRIST. The following texts credits are by Beth McCord.

Type 1 Jesus' death on the cross fully paid for all your sins—past, present, and future. Not only has Christ forgiven your debt, but He has also satisfied your need for goodness. God has declared you righteous, not because of your perfections, but because He has credited Christ's perfect righteousness to you. Therefore, when God looks at you now, He only sees Christ's goodness.

Type 2 Jesus pursued you, enduring difficulties and dying a painful death because He wanted YOU. You are so valuable to Him that He laid His own life down for you.

Jesus demonstrated the ultimate act of love, care, and support by sacrificing Himself for you. You had a great need because of your sin, and He perfectly took care of this need so you can have His righteousness and be forgiven.

Type 3 God demonstrated that He values you by sending His son to accomplish what you could not—your salvation. Your failures do not equal your value. Your Father values and cherishes you because of Christ's accomplishments on your behalf. Therefore, you do not need to earn your value through our achievements anymore.

God invites you to be honest, transparent, and genuine, revealing your true self rather than an image or persona. He calls you to rest in your true identity in Christ, and trust in His love for you without fearing what people think. Focus only on what He thinks of you. He loves you!

Type 4 Not only does Christ see all your unique abilities that reflect Him, but He also sees your depravity. He sees your sorrows and needs. He came specifically to rescue you from this fallen world and from yourself. He delights in seeing you and coming to your rescue with His great love.

You feel misunderstood and different, but the good news is that God completely understands, loves, and cherishes you for precisely who you are. God created you uniquely, and He delights in His creation. Knowing this, you can fully rest in the truth that you are seen and loved for exactly who you are!

Type 5 You do not need to worry that your resources will run out. Christ knows exactly what you need and provides for you out of His immense love.

Christ knows your relational battery gets drained quickly, and you need solitude to recharge and to process your thoughts and feelings. Go to Him in solitude, and He will recharge and replenish you with more satisfying energy! He will give you what you need. He delights in pouring out blessings on you. Receive and be filled.

Type 6 You feel you are all alone and need to protect yourself from uncertainty and danger. You cannot accomplish this because you are finite, but God can and will protect you with His wisdom and strength because He loves you.

Your “inner committee” gives too many contradictory messages, causing confusion and doubt. The Holy Spirit provides clarity, peace, and assurance. He will assure you that you are not alone, but guided and directed in every way.

Type 7 We all have a void inside that needs filling. Christ is our stream of living water that never runs dry and is always satisfying. As His beloved child, you can enjoy as much living water as you need.

Christ knew that neither you nor others could take care of all your real needs, so He came to earth to take care of all your needs. Rely on His provision for you!

Type 8 We all fall short of God’s glory and desperately need a Savior. We are too weak and frail to save ourselves, but Jesus Christ accomplished for us what we could not.

We have a true advocate whom we can trust. He took perfect care of us through His life and death, and then through conquering death in His resurrection. Nothing can stop Christ from protecting and providing for you. Rest in His power and strength.

Type 9 Your presence matters and that is why God sent His only son to live a hard life for you and die on a cross to have an intimate relationship with you. He is calling you to wake up to yourself, show up, and bless the world with your full presence.

Bless others by asserting yourself, voicing your opinions and desires. You have the unique ability to see all viewpoints, yet God wants you to express your thoughts, feelings, and opinions. By faith, trust He has given you an important voice. Assert yourself in life so everyone can be blessed hearing your viewpoint!

How does the Gospel Longing for your specific Type speak to you?

What lies from Satan have you been believing instead of the truth of whom God says you are?

Think of a challenging situation you are currently experiencing. Knowing these truths from Scripture, how can you see the other people involved in this situation differently?

Look at the Gospel Longings for the other Enneagram Types. It can be easy for us to see the Gospel is obvious in the other Types, but we struggle to see the truths for our own Type. Our Core Motivations are wired so deeply within us, we can only see the world through our Type's colored lenses. But Scripture is true! We can believe what God says about us instead of the lies and insecurities our Core Fears speak to us.

Week 4

CORE DESIRES & CORE LONGINGS

Write out the Core Desires for your Type.

Write out the Core Longings for your Type.

Write out 5 Bible verses that speak to these Core Desires and Longings.

Share a good memory of when your Core Desire was met.

Describe a painful time when your Core Desire was NOT met.

How does applying the Gospel to this painful memory help you?

List some ways you could use your Core Desires and Longings to better serve the Lord.

Continue listening to your thoughts and motivations throughout the week. List as many examples as you can.



Week 5

CORE FEARS & CORE WEAKNESSES

Write out the Core Fears for your Type.

Write out the Core Weaknesses for your Type.

Write out 5 Bible verses that speak to these Core Fears and Weaknesses.

Share a somewhat difficult time and how that triggered your Core Fears.

How does applying the Gospel to this painful memory help you?

Privately think of a very painful time in your life. How was this impacted by your Core Fears?

Can you also apply the truths of the Gospel to this painful memory?

Describe a time when you overreacted to someone who triggered one of your Core Fears?

The Enneagram shines a light on a specific weakness or sin for each Type that we may have been especially blind. This sin is also likely to be a root cause for failing patterns in our lives. List five areas of your life that you would consider to be a valley or repeating problem. Can you find your Type's sin at the root?

Example One: Quitting multiple roles in life
Type 2's weakness is pride. Two's can fail to see they cannot endlessly meet others' needs at the expense of their own, eventually quitting instead of learning to work at a realistic level and ask others for help.

Example Two: Things become more important than people
Type 7's weakness is gluttony. Seven's craving for exciting, new experiences can appear more valuable than their close relationships. Others become offended, leading to shallow relationships and the pain 7's are desperately trying to avoid.

Example Three: Lack of close friendships
Type 9's weakness is slothfulness. In efforts to avoid conflicts, they do not initiate or even neglect others' bids at reconciliation. Their relationships erode and the Type 9 doesn't know why.

Continue listening to your thoughts and motivations throughout the week.
List as many examples as you can.



Would you like to grow further in your understanding of who you are and Whose you are in Christ? Certified Enneagram Coaching can help you! Go to www enneagramgospelandyou.com.

- Full typing session including your main type, wing, and instinct, plus:
- Session 1: Understanding your core fear, desire, weakness, and longing; Enneagram paths; and false internal message
 - Session 2: Your hidden side, relationship issues, and the Gospel as the antidote
 - Session 3: Wings and levels of alignment (health)
 - Session 4: Childhood patterns and defense mechanisms
 - Session 5: Implications of grace