

# KNOW YOURSELF

A SHORTCUT TO WHO YOU REALLY ARE

**SMALL GROUP  
DISCUSSION GUIDE**



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## **Part One: Inside Job: The Image of God**

So...why isn't everyone a little more like you? The world would be a better place, would it not? Apparently, not. When God designed humankind, he pronounced his work to be very good. However, as the Enneagram reveals, He didn't make us all the same. Maybe the differences aren't deficiencies, they're design.

**Scripture:** Genesis 1:24-31 NLT

**Bottom Line:** Without knowledge of self there is no knowledge of God. Without knowledge of God there is no knowledge of self.

## **Discussion Questions**

1. Have you heard of the Enneagram before? If so, how were you introduced to it?
2. What part of your personality do you and others love?
3. What bothers you (and other people) about the way you're designed?
4. Read Genesis 1:24-31. Think about what the text teaches about how God created variety when he created the world. Also reflect on the diversity of creation as you've experienced it in nature or travel. Why do you think God made our planet so diverse and varied?
5. Creation is vast and diverse. So is humanity. That's reflected in the way God designed different people differently. While it could take a while for you to decide which Enneagram Type you are, here's a list. [www.yourenneagramcoach.com](http://www.yourenneagramcoach.com) Any idea which type best describes you?
  - Type One - The Perfectionist
  - Type Two - The Helper
  - Type Three - The Performer
  - Type Four - The Romantic
  - Type Five - The Investigator
  - Type Six - The Loyalist
  - Type Seven - The Enthusiast
  - Type Eight - The Challenger
  - Type Nine - The Mediator
6. If you know (or think you know) your Enneagram type...what are you learning about yourself?

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7. It's easy to judge other people and devalue them, thinking other people should be just a little more like you. How would the way you view others change if you realized that some of the differences you see in others aren't deficiencies, but design?

8. Think specifically about someone close to you (your spouse if you're married, a child, a best friend or a parent). How would you treat them differently this week if you came to realize that some of the differences you see in them were actually design differences, not deficiencies?

## **Moving Forward**

If you're interested, take the free Enneagram assessment [www.ConnexusChurch.com/Enneagram](http://www.ConnexusChurch.com/Enneagram) to see if it helps you determine your type. Then peruse through *The Road Back To You* to see if the chapter that describes your personality type really does describe you. Don't worry if you can't figure it out quickly...it often takes time (*Road Back to You* author Ian Morgan Cron says it took him years to determine he is a 4).

As you learn about yourself, also take some time to learn about the other personality types (hint...most of the people in your life do NOT have the same type as you). Then ponder this truth: what if some of the differences that bother you in others aren't defects, but design—a reflection of the glory and variety God appears to love?

## **Changing Your Mind**

"Then God looked over all he had made, and he saw that it was very good!" Genesis 1:27 NLT

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## Part Two: Good Day, Bad Day

So you were created by God to be a certain way, but somehow sin got in the way. You have great intentions, but they're difficult to realize. You try your best, but you fail. What gives? Were your personality flaws part of God's design? Is this just how He made you? When sin entered the picture, so did un-health. And as we'll see this week, lurking beneath your wiring is a wound.

**Scripture:** Romans 7:14-25 NLT

**Bottom Line:** Underneath your wiring is a wound that only God can heal.

### Discussion Questions

1. What have you discovered about yourself so far in this series?
2. What have you discovered about your spouse, kids or close friends?
3. It's easy to use the Enneagram to justify your personality, but that's a mistake. For each Enneagram type, there's an underlying sin. To what extent has the sin associated with your type shown up in your life? Use the list below to see the sin associated with each type.
  - Type One The Perfectionist — Anger
  - Type Two The Helper —Pride
  - Type Three The Performer — Deceit
  - Type Four The Romantic — Envy
  - Type Five The Investigator —Avarice (Greed)
  - Type Six The Loyalist—Fear
  - Type Seven The Enthusiast—Gluttony
  - Type Eight The Challenger—Lust
  - Type Nine The Mediator—Sloth
4. In what ways can you relate to Paul's struggle in Romans 7:14-25?
5. How does the unhealthy side of your personality hurt or harm the people around you?
6. The struggle with sin can be discouraging for anyone, but especially for a Christian who thinks they should be further ahead than they are. Yet Tim Keller argues that the most dangerous enemy is the one we don't see, and the fact that we're engaged in a battle is actually an encouraging sign of progress. What does the battle over your particular sin look like? What happens when you lose? What happens when you win?
7. Underneath your wiring is a wound that only God can heal. This isn't an easy question to answer, but what wound do you think God may want to heal in your life? Think back to your childhood or a time in your life where a wound caused you pain you're still trying to recover from.

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8. Carey shared in the message about how God has been working on humility with him. If God would desire to change one thing about you, what might he change?

9. How do you think you would benefit and others would benefit if you became more healthy?

## **Moving Forward**

On your bad days, remember that underneath your wiring is a wound, and that your wound is probably what's hurting. Ask God to heal it. And embrace the healthier characteristics you see for your Enneagram Type at the end of the chapter for your type in *The Road Back to You*.

## **Changing Your Mind**

"Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God's law, but because of my sinful nature I am a slave to sin." Romans 7:25 NLT

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## Part Three: Forgotten Masterpiece

If you were designed by God and sin marred that design, how do you push past those limits to reach your potential? The answer is, surprisingly, through the redemptive work of Jesus. Following Jesus doesn't just change eternity, it changes your present. The path to spiritual and emotional health is the key to redeeming the image of God in you.

**Scripture:** Ephesians 2:1-10 NLT

**Bottom Line:** Differences aren't deficiencies; sometimes they're design.

### Discussion Questions

1. Which part of your personality do you think has the most potential to generate good in your relationships and in the world?
2. Review the list below...and reflect with the group on the ways your personality reveal the character and heart of God:
  - Type One The Perfectionist — God's perfection
  - Type Two The Helper — God's unstoppable, selfless giving
  - Type Three The Performer — God's glory
  - Type Four The Romantic — God's creativity and pathos
  - Type Five The Investigator — God's omniscience
  - Type Six The Loyalist — God's steadfast love and loyalty
  - Type Seven The Enthusiast — God's childlike joy and delight in creation
  - Type Eight The Challenger — God's power and intensity
  - Type Nine The Mediator — God's love of peace and desire for union
3. How does what we've learned so far in the series emphasize what Paul is trying to teach us about God in Ephesians 2:1-10?
4. Paul makes an outstanding claim in verse 10: you are God's masterpiece, his poem. It's the same word in Greek that was used to describe God's work in creation. What difference does it make to you that you were created by God with a purpose in mind?
5. Having spent three weeks on this topic, in what ways do you think your self-knowledge has grown because of what you've learned about God?
6. Similarly, in what ways has your knowledge or understanding of God grown because of what you learned about yourself?
7. The healthier you become, the more you take on all the traits described in the Enneagram. Which of the other Enneagram types also describe aspects of your personality?

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8. Finally, one of the goals of the Enneagram is to help you understand other people (who are different from you) and empathize with them. Pick a scenario—home, work or your next family gathering. Given what you know about the Enneagram, imagine how you might respond differently (and more maturely) to the people who would otherwise irritate you.

9. The process of growing healthier is something Christians have called spiritual maturity. Review the Ten Paths to Transformation section at the end of the relevant chapter for your personality type. Which action step will you embrace next?

## **Moving Forward**

Use the Enneagram as a way of getting to know yourself and God better. The Ten Paths to transformation section at the end of your Enneagram Type chapter will give you some tangible things to work on.

Growing healthier and more mature isn't nearly as complete unless you pair it with a growing knowledge of God. As you grow healthier and more mature, use it as an opportunity to get to know God better.

If you're new to faith, three of the best ways to grow spiritually are to:

- Read your bible regularly. The free YouVersion Bible app is available for on your phone or tablet and has many great plans.
- Pray. Praying is not nearly as hard as people make it out to be. It's a conversation with God through Jesus. You can watch a message about how to pray, here. [www.connexuschurch.com/sermon/teach-me-how-to-pray/](http://www.connexuschurch.com/sermon/teach-me-how-to-pray/)
- Register for Starting Point. We suggest taking Starting Point [www.ConnexusChurch.com/StartingPoint](http://www.ConnexusChurch.com/StartingPoint)

## **Changing Your Mind**

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." Ephesians 2:10  
NLT

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It's easy to think Christianity is based on false assumptions or wishful thinking. But what about other worldviews? What about your worldview? We'll look at some widely held beliefs about Christianity, science, the goal of life and even morality that although widely believed, just don't stand up. Maybe it's time to undrink the cultural KoolAid.



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