

# THE TRUE SELF

*Life Group Questions | Sunday, August 26, 2018*

How would you describe the difference between living compulsively and living contemplatively? What do those words mean to you?

When we live compulsively we give into the chaos of everyday life and we act without thought or intention. When we live contemplatively we pay closer attention to our actions and learn to walk in step with the Spirit of God.

**Read Galatians 5:16-26.** Where do you see the false self/compulsive path and the true self/contemplative path in this passage? How do these two realities appear in your life?

Our false self and compulsive way of being has to be acknowledged and embraced before it can be changed. The Enneagram\* is an ancient tool for helping us see the parts of ourselves in need of transformation. As a group, explore the 9 personality types below.\*\* Is there a type that resonates with you?

## **1 THE PERFECTIONIST**

The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and Perfectionistic

## **2 THE HELPER**

The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, and Possessive

## **3 THE ACHIEVER**

The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious

## **4 THE INDIVIDUALIST**

The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental

## **5 THE INVESTIGATOR**

The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated

## **6 THE LOYALIST**

The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious

## **7 THE ENTHUSIAST**

The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractible, and Scattered

## **8 THE CHALLENGER**

The Powerful, Dominating Type: Self-Confident, Decisive, Willful, and Confrontational

## **9 THE PEACEMAKER**

The Easygoing, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent

What key events, people, or experiences have shaped your journey of moving from a compulsive way of living to a more contemplative way?

**Pray together.** Begin with a minute of silent reflection on the question: *What is one area of transformation or growth that God may be inviting you to explore?*

\*To learn more, pick up a copy of our Fall Big Read—*The Road Back to You: An Enneagram Journey to Self-Discovery* by Ian Cron and Suzanne Stabile.

\*\*[www.enneagraminstitute.com/type-descriptions](http://www.enneagraminstitute.com/type-descriptions)