

Cultivate Reflection Guide

A Series Called YOU: How God Can Use the Enneagram to Help Me September 11 & 12, 2021

If you missed this weekend's messages, watch at cultivate.sc/discussion

The best way to know who YOU really are is to understand who God made you to be. The Enneagram is a self-discovery tool that can reveal both the beauty and the brokenness within each of us SO THAT we can invite God to help us heal, grow and pursue the life He created us for.

Use our Reflection Guide for personal bible study, to start a REAL conversation with friends or under the direction of your community group leader. Choose the questions that challenge you to reflect and respond as you live out what we're learning. Keep in mind...*it's not about getting through the content, but getting the content through you!*

Take the Enneagram assessment at sandalschurch.com/enneagram.

Read: [Matthew 13:1-9](#) and [18-23](#).

Reflect: Whether you're familiar with the Enneagram or not, prepare for this journey in biblical self-discovery by taking a personal inventory. Be REAL with yourself. Are there any issues, emotions or circumstances that you find yourself struggling with over and over? This could be personally (you), spiritually (with God), or relationally (with others).

A Better You: Jesus knows and loves the REAL you, but He wants to help you become the best version of yourself.

- As you consider the parable of the sower (see below), which soil do you most identify with?
- What about yourself do you want to learn or understand better?
- Pray and ask Jesus to meet you with wisdom, courage and commitment to do the REAL work.

Soil	YOU are...	But Jesus wants to...
Compacted	pressed down, trampled, not sure how to overcome past experiences or even trauma	redeem your past
Rocky	critical and challenging, fighting to thrive but wrestling to have authentic faith	deepen your faith
Thorny	prickly and defensive with a faith that is choked out by worry, doubt and fear	be a safe place for you to grow
Good	not perfect, but teachable, willing to admit flaws and eager to grow	teach and grow you even more

Cultivate Community We ALL have blind spots – things we can't clearly see about ourselves. If you're not sure how you need to grow, ask a trusted friend or your community group how they experience you and how they believe you can become your best self.

Better Relationships: The Enneagram will teach us that every person perceives, processes and presents themselves to God and others differently. Understanding that helps us cultivate healthier relationships.

- Consider your relationships. Are you someone who engages [listens, reacts, responds] with others in the way that you believe is best/right OR do you try to learn what is best/right for them?
- How has that style either helped or hindered your relationships?
- Is there a relationship in your life that you want to be better? YOU can't change others, but when YOU know better, YOU do better. Ask God to help you see your part in working toward a healthier relationship.

Dig Deeper Opportunity [Psalm 51](#) is written by David in a season of brokenness. It is a humble and honest plea to restore the beauty of right relationship with God. Read the Psalm and take note of the verses that speak to your heart. Pray those back to God, inviting Him to do that work in your life, relationships and circumstances.