

Cultivate Reflection Guide

A Series Called YOU: The Reformer [Enneagram Type 1] September 18 & 19, 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 cultivate the life He created us for. Take the Enneagram assessment at sandalschurch.com/enneagram.

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!*

Remember: As we learn how each Enneagram style perceives, processes and presents themselves, remember not everyone thinks like you do. Whether it's you, someone you care about or are invested in understanding, ask God to help you cultivate self-awareness, spiritual growth and healthy relationships.

Read: [Luke 15:11-13](#) and [17-32](#). As you consider this parable that Jesus used to illustrate His point, what stands out to you? Do you identify with or relate to anyone in the story? What do you learn about God as our Father?

Reflect: The Reformer – the Enneagram Type 1

Beauty			Brokenness			
Reflects	Motivation	Need	Avoids	Focus	Core Sin	Fear
God's goodness	Being good/right	To be perfect	Criticism	Flaws	Anger	Being flawed

- How are you encouraged by the beauty that the Reformer brings to the world?
- How do you relate to the brokenness or challenges of the Reformer?
- Given what you've learned about the Reformer, is there a point of growth or greater understanding you want to pursue – for yourself, with God or in relationship with others?

When Unhealthy: While the Reformer struggles with the need to be perfect and the fear of falling short, we can all fall into the unhealthy pattern of appointing ourselves as the judge of what is good, right and true.

- Is there anywhere in your life you find yourself negotiating with God for what you think is right? This might look like fighting for your opinion, justifying your motives, controlling your circumstances, excusing your words/actions or believing you're entitled to criticize those who choose differently than you.
- How might this "bargaining" impact your spiritual maturity and growth? Your relationships?
- Invite God to search your heart and show you where you need to surrender your way SO THAT you can seek to obey His. Humble yourself before your loving Father. Be open to confession, repentance or even offering an apology or amends to someone your self-reliance has impacted.

Cultivate Community Like the Reformer, we all need the reminder that our mistakes and flaws don't make us unworthy or unlovable. Who in your life needs to know that? Tell them! If you need that truth spoken over you, invite a trusted friend or your community group to share the beauty they appreciate in you.

When Healthy: Like the Reformer, we are each invited to embrace the free gift of God's grace as we cultivate His presence and truth into our lives.

- Read [Colossians 3:12-17](#). A REAL relationship with God is reflected in our character and the way we do life. According to these verses, what are some of the healthy attributes and traits we should see?
- In which do you feel confident? It's healthy to celebrate God's goodness at work in you!
- In which do you need to cultivate growth either with self, God or others? Identify a practical step you could take to pursue that growth this week. Make it a priority to practice this – even small steps equal progress!