

Cultivate Reflection Guide

A Series Called YOU: The Helper [Enneagram Type 2] September 25 & 26, 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 self-awareness, spiritual growth and healthy relationships He has 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!*

Receive & Respond: While it's a vital truth for the Helper to recognize, we all need the reminder that our identity and worth is found in Christ, not what we do or what needs to get done. Linger here...YOU are worthy of God's love. Receive this truth and as you do, respond to God – be REAL with Him.

Read: [Matthew 7:3-5](#) and [Luke 10:38-42](#). What from these passages instructs, encourages or challenges you? How do you need to cultivate God's word into your life, relationships and circumstances?

Reflect: The Helper – the Enneagram Type 2

Beauty			Brokenness			
Reflects	Motivation	Need	Avoids	Focus	Core Sin	Fear
God's heart for service	To feel loved	To be needed	Their needs	Needs of others	Pride	Being unworthy

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

Cultivate Community If you are a Helper, challenge yourself to be REAL with a loved one or your community and invite them into a need you have – whether practically, spiritually or emotionally. If you know a Helper, reach out and affirm that you love them beyond what they do. Then ask them to share one thing you can do for them!

Only One Thing: We all have blind spots – things we can't see about ourselves. But living out of focus robs us of the opportunity for REAL growth.

- Take inventory. What [or who] are you currently serving with your time, energy and attention? Think practically [see and do] but also emotionally [thoughts, reactions, responses].
- Now, think spiritually. We have an enemy who wants to tie up our time, energy and attention with anything that takes our eyes off God. How are you vulnerable to that distraction?
- What do you need to START doing and what do you need to STOP doing, SO THAT you focus on things truly worthy of your time, energy and attention? Keep in mind – this change might be in you, or it might be changing the way you engage with God and others.
- What might some of those “worthy things” be for you to pursue – for yourself, with God or with others? Choose one and make it a priority to pursue it this week.

Dig Deeper Read [Psalm 121](#) and be reminded where our help comes from. Who attends to your needs? Is He ever off duty? How close is He to you? What does He keep you from? How long are we promised His help? How are you encouraged to trust God more as you seek His help? How are you challenged as you seek to help others?