

# Cultivate Reflection Guide

## A Series Called YOU: The Individualist [Enneagram Type 4]

October 9 & 10, 2021

If you missed this weekend's messages, watch at [cultivate.sc/discussion](http://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](http://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!*

**Reflect & Respond:** We have a purposeful Creator who knows us intimately, formed us intricately and loves us deeply. While we all have opportunities for growth, there is nothing about us or within us that has been created by mistake. Linger on this truth, then respond to God.

{ *Cultivate Worship* If you prefer, [listen here & respond in worship](#) to your Creator.

**Read:** [1 Samuel 10:17-24](#). What from this passage or from the weekend message most stood out to you? How were you personally instructed, encouraged or challenged?

**Review:** The Individualist – the Enneagram Type 4

Reflects	Motivation	Need	Avoids	Focus	Core Sin	Fear
God's uniqueness	Significance	To be unique	Being basic	What's missing	Envy	Being unnoticed

- How are you encouraged by the Individualist's appreciation of beauty and uniqueness?
- How do you relate to the Individualist's fear of being unnoticed or desire for significance?
- Individualists feel deeply. While it's good to feel emotion, we need to follow our faith. Are you having any feelings that are causing you to doubt your faith? Confess that to God and ask Him to help you believe that He is REAL and He is working in your life.

{ *Cultivate Community* If you're an Individualist, be REAL with trusted community about anyplace you're feeling unseen or unnoticed. Help them to understand how they can best love and encourage YOU. If you know an Individualist, be intentional about sharing the uniqueness and beauty you see in them.

**A Slippery Slope:** While the Individualist inherently struggles with envy, we ALL fall prey to the temptation to look around at what others have and see what we lack.

- Read [James 3:13-18](#) - the slippery slope of envy. What begins as "humble admiration" can quickly become distraction from what is wise and true. According to verses 14-16, what are the pitfalls of jealousy?
- Where in your life are you vulnerable to becoming envious? This might begin as a passing glance (or scroll) but left unchecked, this can trigger you to wish, want and wrestle to compete or measure up.
- In contrast to envy, in verses 17-18, James describes a life rooted in wisdom and truth. What does cultivating wisdom add to our life?
- **Take Action:** Grab a piece of a paper and make three columns – self, God and others. List what you are grateful for in each area. As you cultivate this attitude of gratitude, God may bring new things to mind. Add them to the list. Keep this someplace handy SO THAT when envy begins to distract you from truth, you can be reminded of the REAL goodness in your life!