

# Cultivate Reflection Guide

## A Series Called YOU: The Enthusiast [Enneagram Type 7] October 30 & 31, 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 under the direction of your community group leader, to start a REAL conversation or for personal bible study as you cultivate God's word into your life. 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!*

**Read:** [2 Samuel 6:14-22 NLT](#)

**Reflect & Respond:** David saw worship and the world much differently than his wife, Michal. In fact, so much differently that "she was filled with contempt for him" – a truth she quickly expressed with words and likely, actions.

- You may not lead with contempt, but how do YOU respond to people in your life who see/do things differently than you? Do you seek to understand or are you quick to criticize? Are you willing to believe the best or are you easily offended? Can you cheer on differences or do you compare with envy?
- As you gain awareness of your own motivations and sin, how do you want to pursue growth in the way you relate to others – whether that's embracing their beauty or accepting their brokenness?

**Review:** The Enthusiast – the Enneagram Type 7

Reflects	Motivation	Need	Avoids	Focus	Core Sin	Fear
God's joy	Pleasure	To be free	Pain	The next best thing	Gluttony	Missing out

- What can you learn from the Enthusiast's ability to have fun and find joy?
- How do you relate to the Enthusiast's struggle to avoid pain by pursuing pleasure?
- The Enthusiast's desire to avoid pain at all costs can lead them to pursue what feels good, rather than what is good. Is there anywhere in your life where you're vulnerable to that pattern – with self, God or others? This might look like deferring healthy choices, putting off time with God or avoiding conflict in relationships.

*Cultivate Community* If you're an Enthusiast, challenge yourself to invest in a close friend by sharing in an experience they enjoy, even if it's not your ideal for fun. If you know an Enthusiast, share the joy they bring to your life, then join them in doing something they love.

**Don't Worry, Be Happy!** "Joy" can feel so much easier said than done. But the spiritual discipline of joy is rooted in who God is, not what we feel.

- Read [Philippians 4:6-13 NLT](#).
- If we want REAL joy, we must be REAL with God. What are Paul's prayer instructions? [v6]
- What does REAL prayer allow us to experience? Which guards what two areas? [v7]
- Pastor Matt challenged us that "feelings are real, but they are not always right." What are the right things to think about? [v8] And once we're thinking right, how do we live right? [v9]
- Gluttony [greed, excess, overconsumption] is a sin that robs us of gratitude. Contentment doesn't mean we never want, it simply means we're satisfied with what we already have, the greatest of which is Jesus. Look around at your life and thank God for what you have – personally, spiritually, emotionally and relationally.
- Then pray...about everything. Be REAL with God and trust Him to provide everything of REAL value.