

One

THE REFORMER

FULL REPORT

As Christians, we desire to become more like Christ through the power of the gospel and the guidance of the Holy Spirit. Throughout this discipleship process, God calls us to a deeper knowledge of Him and of ourselves. The more we cooperate with God, the more we understand the greatness of God and the reality of our sin. As we apply the gospel to this new understanding, we grow closer to Christ and begin to resemble him more.

The Enneagram is an ancient personality map, a helpful guide on our journey toward self-knowledge. Based on nine archetypal styles, the Enneagram helps reveal a person's core motivations. Rather than confine us to a "type," the Enneagram simply helps us understand why we do what we do. Though our basic style will not change, circumstances and spiritual health will significantly affect how we express that style throughout our lives.

In addition to being a personality tool, the Enneagram works as a spiritual tool as well, exposing our tendencies toward sin and revealing a personal pathway to repentance. The Gospel Enneagram is designed to help us turn away from sinful motivations and self-defeating habits, turn toward Christ, and begin to live in line with our God-given gifts. As we cooperate with the work of God in our lives, we live out our individual style in a redemptive and world-changing way.

This report specifically addresses the spiritual development of a person whose style is One: The Reformer.

Summary

As Reformers, Ones work constantly to improve themselves and the world around them. They do this by following the rules, taking responsibility, and doing everything with excellence. Ones live by high standards, desiring accuracy and order.

Ones are hard workers. You can trust them to do a job and do it right. They are self-disciplined, diligent, and reliable. They do their part and expect others to do the same. Ones are thorough, pay attention to detail, and find comfort in methodically following a routine.

Ones do the right thing. They are known for their integrity, principles, and ideals. Ones value honesty, objectivity, and fairness. Their keen moral compass helps them quickly discern wrong from right and gives them the ability to make corrections easily when things are amiss. They can easily see what is wrong and know how to correct it. Sincere and conscientious, Ones are aware of what's appropriate and strive for respect.

These Reformers do what they do in order to make the world a better place to live.

Motivation & False Belief

Ones are motivated by the desire for perfection. They seek after an ideal in all areas of life, feeling that they have done their best and gained a satisfying sense of worth because of it. This motivation is driven by their fear of being imperfect and the feeling of unworthiness and condemnation that accompanies it. While they greatly desire perfection, they have developed a false belief that they must be good and do

what is right.

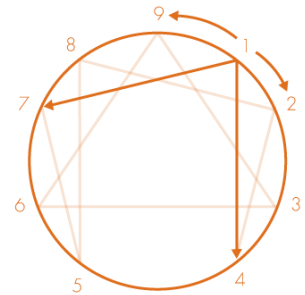
Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the One to the Nine and the Two) are called “Wings.” If you’ve taken our assessment, your wing is the number in which you received a higher score.

A One with a Nine Wing is often called “The Idealist.” Having Idealist tendencies means that you are probably generally cool and relaxed toward people as well as objective and introverted. You can also be impersonal, stubborn, or detached when you’re trying to ensure perfection or maintain moral standards.

On the other hand, a One with a Two Wing is often called “The Advocate.” Having Advocate tendencies means that you are probably action-oriented with a warm, vocal, and sensitive approach toward people. You can also be more critical, image-conscious, and controlling when you’re trying to achieve perfection or making sure you’re accepted and morally “above reproach.”



Stress and Security

The lines on the inside of the Enneagram drawing (pointing from the One to the Seven and the Four) are called “Arrows.” They reflect how a person operates in times of stress or security.

Generally, Ones gain a few characteristics of Fours under stress. They can become depressed or feel hopeless when others don’t measure up to their expectations. But when Ones operate healthily, they can also grow more creative and inspirational in these stressful moments.

In a more secure or relaxed setting when Reformers feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Sevens. They normally lighten up and can grow more optimistic, spontaneous, and playful. This feeling of security also allows Ones to express anger, guilt, or grief over an imperfect world, resulting in restless mindset or excessive behavior.

Childhood

As children, Ones may have wanted to be a “good boy” or a “good girl.” Ones were commonly rewarded in their childhood for good behavior and punished for bad behavior. Instead of simply modifying their behavior (as other children might), Ones often absorb this reward and punishment system, making it central to their identity. Ones usually learn to see themselves and others in terms of being “good” or “bad.” This leads to a strong inner critic as well as a passion to help reform the world.

At Work & In Relationships

Ones can be responsible, excellent workers especially when they are operating from their identity in Christ. At their best, high-functioning Ones embody true wisdom, particularly able to discern the most compassionate and appropriate action to take. They radiate nobility and inspire others to live out their highest values. At the same time, they are often gentle and humane.

Ones can misuse these characteristics and often feel annoyed with the imperfections of fellow human beings. In their weaker moments, Ones can become critical and grow “nitpicky,” correcting others at every turn. This can create a backlash of criticism from their co-workers and close relationships, which just adds more strength to the One’s inner critic. In these times, Ones can become uncommunicative, depressed, and moody because of their repressed anger.

Ones need to accept an imperfect world and rest in the middle of it, by receiving the love and moral goodness that come through the gospel. When they do, Ones can treat others and themselves as a “work in progress” and have patience as they (and others) continue to grow develop. They can also feel a profound connection and kinship with everyone they encounter, giving them an abiding patience and affection for all humanity.

Spiritual Health

Ones seek the moral perfection that only the gospel provides. When Ones are motivated to attain perfection for themselves, they operate in the flesh and often feel frustrated, critical, and resentful. But when Ones trust *Jesus* and rest in His perfection, they can seek to help improve the world with serenity and joy.

The following table shows your responses in the assessment. They are your characteristics when you are walking in the Spirit (gold box) and your characteristics when you are resorting to the flesh (gray box):

<p><u>Reliable</u> I am dependable and responsible. I do what I say I will do.</p>	<p><u>Perfectionist</u> I don’t like making mistakes. I like to do things “just right.”</p>
<p><u>High Standards</u> I set the bar high in my life and for others as well.</p>	<p><u>Critical</u> Because I tend to judge others according to my high standards, I can come across as critical and judgemental.</p>
<p><u>Disciplined</u> I make a detailed plan and then take purposeful steps to accomplish it.</p>	<p><u>Overly Structured</u> I don’t like change. I like to make a plan and stick to it no matter what.</p>
<p><u>Ethical</u> Rules are good. I follow the them and believe everyone else should, too.</p>	<p><u>Uptight</u> I am high-strung and have trouble relaxing.</p>
<p><u>Conscientious</u> I can be counted on to do a job right and well.</p>	<p><u>Rigid</u> There is a right way and a wrong way. I do things the right way.</p>

Spiritually Healthy

Healthy Ones commit to serve others with patience and integrity. Instead of focusing on their personal flaws, healthy Ones fully know, believe, and trust that Christ redeemed them from their imperfections and gave them His righteousness as a gift. This knowledge sets them free since they no longer have to strive for perfection in order to be loved.

This knowledge of the gospel also stirs up compassion and grace in the heart of a healthy One. Once they are forgiven and set free from condemnation, healthy Ones are able to readily forgive both themselves and others. They are also able to demonstrate Christ-like patience while remaining principled and responsible.

They have a keen eye for what is ideal but are able to balance that ideal with reality.

Healthy Ones are wise, measured, kind, and respectful. They have a deep sense of responsibility to do what is right and to make the world a better place for everyone. They have the ability to see what is right and wrong and do not hesitate in taking a stand for what is right (regardless of personal cost). They are committed to doing what is ethical and couldn't live with themselves if they chose to do otherwise. It is not about what other people think as much as following their inner moral compass. A perfect example of a healthy One is Atticus Finch in *To Kill a Mockingbird* who said, "Before I can live with other folks, I've got to live with myself."

Spiritually Average

Spiritually average Ones tend to focus their attention on errors and imperfections in order to bring about improvements. They have a very loud inner critic, much like having a judge and jury constantly pointing out mistakes. This inner critic has them in constant pursuit of perfection--in themselves, others, and in the world. Average Ones try very hard to achieve this elusive perfection, hoping the inner critic will finally quiet down and stop berating them. Here's the problem: the more they try to appease the inner critic by striving for perfection, the more they see their mistakes and imperfections. Average Ones often struggle to accept that imperfection is an inevitable part of being human.

Spiritually Unhealthy

Unhealthy Ones worry and compare themselves to other people. They become fixated on the smallest imperfections in themselves, others, and the world. This obsession leads to asserting control through micromanagement in order to relieve themselves of the inner critic's tyranny. Unhealthy Ones demand perfection of themselves and others, giving into anger, criticism, disappointment and resentment when their high expectations aren't met.

Spiritual Growth

Gospel Meditation

While all spiritual doctrine is essential for Ones, many find comfort in meditating upon the doctrine of "Imputation." This doctrine is based on the fact that God is good. Because of Christ's work on the cross, believers are credited, or imputed, with this goodness. Instead of being judged guilty (as we deserve), we are given the incredible gift of being declared morally righteous by God.

Helpful scriptures to meditate on and memorize: Romans 4:11 and 2 Corinthians 5:2.

You might find it helpful to practice the following "self-talk" to remind yourself of the implications of the gospel in your life:

- Only God is perfect and good.
- I am sinful. I make mistakes every day because I'm human.
- Jesus has taken the punishment for all my mistakes and offers me daily forgiveness.
- Because of Jesus, I am fully forgiven every day.
- I do not have to try to be perfect or expect perfection in anyone else.
- I am free to live, love, and forgive by the grace of God.
- The world isn't perfect, but God is on the throne. He is working to make everything right and invites me to work alongside him for redemption and reform.

Spiritual Disciplines

Ones benefit from selecting spiritual disciplines that will help them accept the love, patience and grace of God. Based on your assessment, you may want to experiment with the following spiritual disciplines in order to keep yourself saturated with gifts of the gospel:

- **Meditating on God’s Word:** Use God’s Word to contemplate justification by faith. As you read the stories of real people in the Bible, look for how God uses everyday people--not because they’re capable but simply because of His grace. You could benefit from a Bible reading plan that will help you internalize God’s Word and share it with others. We highly recommend the Community Bible Reading Journal at www.theibrjournal.com.
- **Prayer:** Talk to God regularly in order to deepen your relationship with Him.
 - Praise him for His perfect goodness toward you and all of humanity.
 - Thank him for making you righteous through the work of Jesus.
 - Affirm your trust in Him, reminding yourself that He holds everything together.
- **Serving in the Church:** Find an outlet for your gifts in the Church. Look for something that you perceive as “off” or “wrong” and brainstorm ways to make it “right.” Under the guidance of your church leadership, make a plan to improve the issue and outline the appropriate steps to take. If applicable, contribute to the solution by participating in the process you create. If you do not have a church home, contact us at info@gospelenneagram.com and we will offer you some suggestions of how to find a good Gospel-centered church near you.
- **Reform:** Look around you. What needs to be improved? How can you use your voice and influence to make things better? Remind yourself that God is absolute perfection and make His glory your goal. God approves of you and is delighted when you step into the “fallenness” of the world around you and work alongside Him for redemption and reform.
- **Journal confession and assurance:** Consider confessing your sins on paper by writing them out in a journal. Doing so can be painful because it will remind you of your imperfection and sinfulness. However, this discipline can usher you into a powerful place of receiving an assurance of pardon through the gospel. Remind yourself of the sacrifice and resurrection of Jesus and the way He has set you free. Your sin is great, but it is never too much for the grace of God. Use the journal to articulate both your sin and God’s gift of grace toward you.
- **Nature walks:** Consider stepping outdoors and engaging God through His creation. The beauty of nature can remind you that, although the world is not as it should be, God is beautiful and good and working to redeem it all. You need to “get out of your head” and let your inner critic be crucified with Christ. Simply walking outdoors can help you take the focus off yourself and connect with the God who loves you perfectly in Christ.

Next Steps

As you process what you’ve learned through your Gospel Enneagram assessment, consider taking the following next steps:

- **Make It Personal!** Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.
- **Schedule a Consult.** We can walk you through your Enneagram style and teach you an activity called “FUEL.” This activity helps you reflect on your beliefs and emotions in order to better understand yourself and God’s work in your life. So, instead of emotionally reacting to difficult circumstances or thoughts as you typically would, we teach you how to slow down, consider your Enneagram style and respond in a redemptive way. We show you how to ask God to uproot any false beliefs that are driving you in a negative direction. Most of all, this activity will help you know that God is on the throne and will help you understand what it looks like to love others well. If you’re interested, contact us at info@gospelenneagram.com.
- **Join or Host a Training Event!** We also teach the Gospel Enneagram through webinars, retreats and conferences. These training events are designed to help people find freedom from sin, unleash giftedness, develop empathy for others and grow more productive as they rest upon the power of the gospel. For more information, contact us at www.gospelenneagram.com.
- **Become a Certified Coach!** The Gospel Enneagram is an excellent tool to develop people in your workplace, church, parachurch ministry or simply so that you can care for your friends and family

members. After you participate in our webinar we'll give you more training to earn this certification. You can find out more at www.gospellenneagram.com.

Conclusion

The secret to spiritual health isn't knowing your Enneagram style. Prioritizing and living daily in light of the good news of Jesus Christ is the essential ingredient for spiritual health. The Enneagram may help you understand your pathway of growth, but the gospel is the power for change. Thankfully this means that a person's value, worth, and identity are not found in their style nor their level of health; they are found in Jesus. When this happens, spiritual health results, and we begin to resemble Jesus more. We pray that the knowledge you gain about yourself and God results in a deeper love for Him and His people.