

Seven

THE ENTHUSIAST

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 Seven: The Enthusiast.

Summary

As Enthusiasts, Sevens work constantly to find enjoyment in every sphere of life. They are constantly looking for stimulating ideas and dreaming of exciting possibilities in order to find the best that life has to offer. Because they love people, Sevens can be very magnetic and spontaneous. You can trust them to get a party started.

Sevens are visionaries and can be very strategic, often knowing the best next step to take. They can also be quite skillful in persuading people to follow their ideas. They bring encouragement, optimism, and hope to others around them who are struggling.

These Enthusiasts do what they do in order to make the world a happier place.

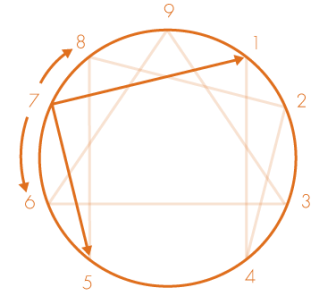
Motivation & False Belief

Sevens are motivated by the desire for enjoyment. They often turn to stimulating ideas and experiences for happiness and contentment. They long for freedom without restriction and try to keep their options open. This motivation is driven by their fear of missing out, boredom and being trapped in emotional pain. While they greatly desire enjoyment, they have developed a false belief that they must ensure their own happiness.

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 Seven to the Six and the Eight) are called “Wings.” If you’ve taken our assessment, your wing is the number in which you received a higher score.



A Seven with a Six Wing is often called “The Entertainer.” Having Entertainer tendencies means that you are probably loyal, endearing, playful and outgoing. You have a great sense of humor, seek variety, and have a more positive outlook on life. You can also be more sensitive and anxious when you’re trying to ensure your own happiness. You probably prefer not to be alone and fear losing connection with the people you love.

On the other hand, a Seven with an Eight Wing or “The Realist.” Having Realist tendencies means that you are probably free, passionate, creative and strong. You are more driven, strategic and can organize resources quickly to reach your goals and desires. You also can be more intense, hedonistic and fixated on having the ideal experiences when you’re trying to ensure your own happiness. At these times, you can have workaholic tendencies with the ability to roll over people to achieve your goals.

Stress and Security

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

Generally, Sevens gain a few characteristics of Ones under stress. They can become impulsive, resentful, blaming and perfectionistic when their efforts don’t result in happiness. But when Sevens feel loved, they can also grow more tactful, temperate and find joy in their suffering.

In a more secure or relaxed setting when Enthusiasts feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Fives. They are more tolerant of pain, self-disciplined and grow wiser. But if Sevens have underlying fears, they can grow restless and impulsive, wearing themselves out with anxiety.

Childhood

As children, Sevens were aware of finding happiness in the “here and now.” And they were commonly affirmed for their joy and happiness. Sevens took this on as a way of life, making the pursuit of happiness central to their identity. They learned to deal with pain or boredom by finding a new adventures and entertaining others.

At Work & In Relationships

Sevens can be energetic leaders when they are operating from within their identity in Christ. At their best, high-functioning Sevens bring imaginative vision, planning, insight and adventure to a group. They are winsome, collaborative and can rally people toward an ambitious cause.

Sevens can also misuse these characteristics by manipulating people in order to find the happiness they desire. When people hold them accountable for their behavior, they can feel trapped and become anxious. In these times, Sevens will grow irritable, impulsive and restless and can go into hyperdrive, pushing the vision they have onto others or spontaneously rolling out a “plan B” to try and ensure a painless path

forward.

Sevens need to accept the reality of suffering and find their satisfaction in the gospel alone. When they do, they will learn perseverance through trials helps people find new life. Sevens are good at encouraging others in the midst of hardship, bringing hope and winsomely leading others toward a more fulfilling life.

Spiritual Health

Sevens seek happiness that only the gospel provides. When Sevens are motivated to attain joy by themselves, they operate in the flesh and often become scattered, unreliable and fixated upon escaping from pain or discomfort. But when Sevens trust *Jesus* and find their happiness in Him, they will bring hope to the world with a sobered 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>Excited</u> I am driven to make the most of each day because every day can be a new adventure.</p>	<p><u>Excessive</u> I can take things too far. I sometimes have trouble knowing when to stop.</p>
<p><u>Playful</u> I like to have fun in everything I do. I love it when that spirit spreads to others.</p>	<p><u>Self-Indulgent</u> I struggle with self-restraint. This is most prevalent when I fixate on my ideas, feel trapped in pain or fear not getting my needs met.</p>
<p><u>Spontaneous</u> I like to make plans, but I'm ready to switch to a better idea or opportunity at any moment.</p>	<p><u>Pleasure Seeking</u> I often have difficulty relaxing until I find happiness. So I feel compelled to find that place each day.</p>
<p><u>Carefree</u> I can drive hard to get myself and others to a place where we can kick back and enjoy life.</p>	<p><u>Impulsive</u> I can hastily react without thinking it through. It's one of the ways that I can get into trouble.</p>
<p><u>Enthusiastic</u> I am fascinated by exciting ideas and like to inspire and encourage others with them.</p>	<p><u>Attention Seeking</u> I get a kick out of doing things just to get a reaction from others.</p>

Spiritually Healthy

Healthy Sevens are truly happy in God. Their intimacy with God is so strong that their needs are met and they no longer need to find their fulfillment in lesser things. Instead of focusing on avoiding pain, they focus on how God redeems even the most difficult times. This knowledge helps them detach from their circumstances and allows them to bring hope and inspiration to those in hardship.

This knowledge of the gospel also helps them become content in the present moment, increasing the effectiveness and quality of their work and generating gratitude for what they have. As a result, they are practical and productive, using their ideas to advance truly great causes.

Healthy Sevens are able to demonstrate a Christlike trust in God in their trials. And they are willing to wait on God before they take action.

Spiritually Average

Spiritually average Sevens tend to focus their attention on exciting ideas that will make their life better. While they sometimes remember that God will provide, they still tend to create stimulating situations in an effort to ensure that their needs are met. Some examples may be moving quickly from one activity to the next or becoming consumed by an exciting possibility. Average Sevens try very hard to achieve their dreams and ideals. And they often struggle to remain present and accept the more difficult realities of life.

Spiritually Unhealthy

Unhealthy Sevens fear that they are missing out on a happier life. They become fixated on themselves and will push others to meet their needs. They don't know when to stop. This obsession leads to an impulsive desire to an impulsive desire to escape or abuse others when they feel alone. Unhealthy Sevens have strong mood swings, are impulsive and may spin out of control.

Spiritual Growth

Gospel Meditation

Spiritually unhealthy and average Sevens tend to embody what Dietrich Bonhoeffer called "cheap grace." He explains in his book, *The Cost of Discipleship*: "Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate." However, Sevens grow healthier when they believe in "costly grace." He states: "Costly grace is grace because God did not reckon his Son too dear a price to pay for our life, but delivered him up for us. Costly grace is the Incarnation of God."

Therefore, while all spiritual doctrine is essential for Sevens, many find comfort in spending time daily meditating upon the idea of "Christian Hedonism" and the doctrine of "Christus Exemplar." Christian Hedonism is a term that was coined by John Piper. He summarizes this idea when he states that "God is most glorified in us when we are most satisfied in Him." When our longing for joy is satisfied by God, then we will readily follow Christ's example, imitating his death, burial and resurrection by dying to our old selves and becoming new in Him. We find our joy in Him, and not in our situations.

Helpful scriptures to meditate on and memorize: Philippians 3:8-11 and 1 Peter 2:19-21.

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 can make me completely happy.
- I am sinful. The pursuit of my happiness is an idol that will entrap me.
- Jesus has showed me that true, abundant life is found in relationship with Him alone.
- Because of Jesus, I have everything I truly need.
- I do not have to try to make life fun. I can find contentment in any situation.
- I am free to live, love and sacrifice by the grace of God.
- The world isn't the happy place that I want it to be, but God is on the throne. He is working to meet all of my needs and invites me to work alongside Him in the adventure of the heart.

Spiritual Disciplines

Sevens benefit from selecting spiritual disciplines that will help them accept the grace of God and the promise of new life. 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 the example of Christ's death, burial and resurrection. As you read the stories of real people in the Bible, look for how God uses the hardships of their story to develop their character and bring hope to others. 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.thecbrjournal.com.

- **Prayer:** Talk to God regularly in order to deepen your relationship with Him.
 - Praise Him for His unconditional love toward you and all of humanity.
 - Thank Him for providing for all your deepest needs through the work of Jesus.
 - Affirm your trust in Him, reminding yourself that He is calling you to bring hope to others.
- **Serving in the Church:** Sevens find a lot of outlets for their gifts in the local church. Look for social groups or causes where you can bring encouragement to others. This may be in greeting others or working with kids or students. Also, pursue local or international mission trips to help you bring hope to others that need encouragement. If you do not have a church home, contact us at info@gospelenneagram.com and we will offer you some suggestions on how to find a good gospel-centered church near you.
- **Encouragement:** Look around you. Do you see a person who could use encouragement or a situation that needs hope? How can you use your influence to inspire others to live for God? Remind yourself that God is where true happiness is found and make His glory your goal. God provides for you and is delighted when you step into the trials of others and work alongside Him to encourage their relationship with Him.
- **Fasting:** Since Sevens are prone to excess, a helpful discipline is to fast from the things that they are becoming dependent on for enjoyment (food, media, etc.). Fasting is an excellent way to ground Sevens in God's provision and helps them to be aware of His providence.
- **Solitude:** A day alone in quiet allows Sevens to lower their adrenaline, hear the quiet whisper of the Holy Spirit within, and to enjoy communion with God. It is a reminder that their identity and worth are not based in their circumstances, but on God's love for them 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.gospelenneagram.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.