

# Six

## THE LOYALIST

## FULL REPORT

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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 Six: The Loyalist.

### Summary

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As Loyalists, Sixes are faithful, responsible, trustworthy and resilient people. They are very aware of their surroundings, keeping an eye out in order to make the world a safer place. Sixes live their lives with integrity and high ethical standards. Sixes are very loyal and will remain devoted long after others have moved on.

Sixes are detailed and practical, especially with contingency plans in case something should go wrong. They are great at knowing which steps to take and in what order, and they will recruit others to help. They will rarely let you down. Their word is their bond. They are warm, supportive and provide continuity in their relationships. They are a consistent and stable presence in others' lives.

Sixes love the security of a good plan and prefer not to be caught off guard. Sixes need to know that others are trustworthy, valuing the stability and security that consistency and planning provide.

Loyalists show us the faithfulness and unfaltering presence of God.

### Motivation & False Belief

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Sixes want to be supported and to have guidance. They work to ensure that they have done all they can to protect themselves and others. They take time to make careful decisions and do not like to be pushed or rushed when doing so. This motivation is driven by their fear of what can go wrong. While they greatly desire security, they have developed a false belief that they must keep themselves and others from harm.

Sixes are unique in how they express their fears. The majority tend to have anxieties and fears that usually cause them to withdraw. These people are referred to as “Phobic Sixes”. However, some tend toward facing their fears and anxieties and appear to be very strong and tough. These are referred to as “Counterphobic Sixes”. This latter group can be rebellious, aggressive, and outspoken. They will move toward their fears rather than away from them.

## Wings

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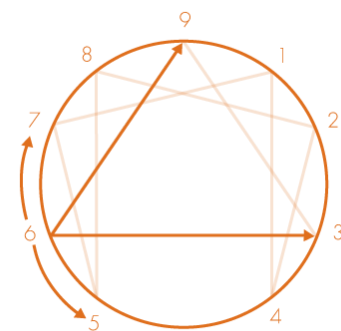
Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

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

A Six with a Five Wing is often called “The Defender.” Having Defender tendencies means that you are probably very good at problem solving, have technical expertise, and enjoy learning. Most likely your learning will be centered around systems and parameters. You enjoy serving various causes that help others who are disadvantaged. You can be skeptical, reactive and possibly aggressive. You are more independent and focused.

On the other hand, a Six with a Seven Wing is often called “The Buddy.”

Having Buddy tendencies means that you are probably more outgoing, serious about your commitments, and place an emphasis on taking care of your family and friends. You have the ability to laugh at yourself, enjoy the company of others and appreciate the stability of solid relationships. You may avoid the things that cause you anxiety by creating diversions for yourself. You may depend on others to reassure you. You seek others for their advice.



## Stress and Security

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

Generally, Sixes gain a few characteristics of Threes under stress. They can become competitive, image-conscious, self-promoting or dismissive of others. But when Sixes operate healthily, they can develop themselves, motivate others and be goal-oriented.

In a more secure or relaxed setting when Loyalists feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Nines. They can grow more optimistic, relaxed and trust their instincts more. But if Sixes feels comfortable expressing anxiety, they shut down and retreat. They may avoid conflict, become stubborn and forget to take care of their own needs.

## Childhood

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As children, Sixes may have grown up with a parent who was unstable, unreliable or emotionally unavailable. They may have been provided little stability or guidance. Some Sixes may have grown up with overprotective, domineering parents who may have exhibited love in unpredictable ways. Sixes may have either responded with compliance, clinginess and dependence or rebelliousness, independence and ambivalence. Because responses from their parents were unpredictable, Sixes have an “inner committee,”

imagining what others responses might be to their decisions. Sixes desire connection with a strong, protective person who will make them feel safe.

## At Work & In Relationships

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Sixes can be good troubleshooters, problem solvers, and can remain calm in the midst of a crisis, especially when they are operating from within their identity in Christ. Sixes have a keen sense of risk and potential threat to a project. They are also insightful and pay close attention to detail. In addition to these traits, their protection and support of those around them make them an excellent addition to any team. They are loyal, reliable and value equality, making sure that everyone in the group is considered. At their best, high-functioning Sixes are observant, understanding and confident in their ability to meet demands. They radiate courage when situations are adverse.

When Sixes focus on risk and threat, they can become untrusting, especially taking a long time to build trust in others. They may rebel against the opinions of others--even leadership--either openly or internally. In their weaker moments, Sixes can get so caught up in the “what ifs” that they can slow down projects and processes. They can also make things more complicated because they see a variety of solutions to a problem. They can be hesitant and find it hard to move forward because of overthinking. Sixes can become paranoid, fearful, and struggle with anger.

Sixes need to accept that their security and support doesn't come from their active awareness and planning, but from faith and courage that comes through the gospel. When they do, Sixes will live a more enjoyable life by living courageously and conquering their fears. They will also find peace instead of anxiety and worry.

## Spiritual Health

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Sixes seek the security and support that only the gospel provides. When Sixes are motivated to create security for themselves, they operate in the flesh and often feel anxious, untrusting and cautious. But when Sixes trust *Jesus* and rest in his security, they can seek to help improve the world with courage and confidence.

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):

<u>Loyal</u> I remain devoted even after others have moved on.	<u>Insecure</u> I feel unsure of where I stand.
<u>Faithful</u> I keep my commitments.	<u>Worrying</u> I turn things over in my head too much.
<u>Watchful</u> I keep a close eye on the people that I am responsible for.	<u>Hypervigilant</u> I often feel “on guard.”
<u>Trustworthy</u> You can depend on me.	<u>Suspicious</u> I am wary of other people's motives.
<u>Careful</u> I take my time to do things well.	<u>Feel Vulnerable</u> I feel unprotected.

## Spiritually Healthy

Healthy Sixes become courageous and understand that their security is not found in someone or something, but in Christ. They become trusting of themselves and others, becoming independent in their decision-making and socially interconnected. Instead of focusing on all the things that can go wrong, healthy Sixes fully know, believe and trust in Christ's faithfulness and the safety it provides. In believing this, Sixes are able to fully participate in creating stability in the world around them.

When they are healthy Sixes develop relationships that allow them to give and receive support. Sixes at this level are more calm, optimistic, and engaging as their fears have been laid aside. Sixes become community builders, bringing others together for a common cause. They want to be a part of something that makes an impact. They will be committed to and work cooperatively with others because more can be accomplished. They are diligent and have endurance to see things through to completion.

Healthy Sixes are attentive, affectionate, reliable, responsible, practical, detailed and disciplined. They actively work on self-development. They have a deep sense of loyalty and can always be counted on by friends and family.

## Spiritually Average

Spiritually average Sixes tend to focus their attention on the areas of life that bring them security and support. They become more cautious as they begin to anticipate potential problems. Sixes at this level of health may long for independence but their fears cause them to seek out reassurance from others. Sixes tend to have low self-esteem, and rather than focus on their past successes they look at their past mistakes. They worry about the future and take action--such as saving and investing--to guarantee that their needs will be met. They may remain loyal to their place of employment, even when it is not the best fit simply to ensure that they have provision. They have hopes and dreams but will not pursue them because they perceive the risk is too great. Although they may set goals, their targets often move because they can't quantify the results. They find comfort in predictable routines of life. Average Sixes often struggle with anxiety but they internalize it.

## Spiritually Unhealthy

Unhealthy Sixes become panicky and feel helpless. They may lash out at others in critical, derogatory and berating ways. They may have made reactionary decisions resulting in vulnerability, causing them not to trust themselves or their decisions. They fear abandonment, rejection and harm. They have anxiety that may be manifested physically in panic attacks. Unhealthy Sixes feel that everyone is working against them and that nothing will go right for them. They may become paranoid and self-destructive.

## Spiritual Growth

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### Gospel Meditation

While all spiritual doctrine is essential for Sixes, many find comfort in meditating upon the doctrine of eternal security. This doctrine is based on the fact that God is faithful. Because of Christ's work on the cross, believers trust in Christ's faithfulness. Instead of seeking security through our own efforts, we are given assurance of God's faithfulness and stability.

Helpful scriptures to meditate on and memorize: John 10: 27-29, 1 Peter 5:6-7, 1 John 4:18.

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 faithful and I am safe in Him.
- I am sinful. I am fearful and untrusting every day because I'm human.
- Jesus has taken the punishment for all my anxiety and offers me daily forgiveness.
- Because of Jesus, I am fully forgiven every day.

- I do not have to worry or expect to find my security in anyone or anything else.
- I am free to live, love and forgive by the grace of God.
- I don't have to plan for what might go wrong because God is on the throne. He is my security, and nothing comes from Him that is outside of His control. I can rest in the assurance that He will always be faithful and steady.

## Spiritual Disciplines

Sixes benefit from selecting spiritual disciplines that will help them accept the faithfulness, security and loyalty 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](http://www.theibrjournal.com).
- **Prayer:** Talk to God regularly in order to deepen your relationship with Him.
  - Praise Him for His faithfulness toward you and all of humanity.
  - Thank Him for your security that comes through the work of Jesus.
  - Affirm your trust in Him, reminding yourself that His perfect love casts out fear.
- **Serving in the Church:** Find an outlet for your gifts in the Church. Look for ways to support ministries with your integrity and high ethical standards. Under the guidance of your church leadership, troubleshoot problems and assist in preparing and implementing ways to resolve the concern. If you do not have a church home, contact us at [info@gospelenneagram.com](mailto:info@gospelenneagram.com) and we will offer you some suggestions on how to find a good Gospel-centered church near you.
- **Supporting Others:** Look around you. Who needs your loyal support and care? Your loyal presence lets others know that you will not let them down. Remind yourself and others that God is always faithful and will always provide safety. God approves of you and is delighted when you step into the "fallenness" of the world and reflect His faithfulness and steadfastness.
- **Journaling:** Consider expressing your fears on paper by writing them out in a journal. This will help you to express your faith even when you are anxious and fearful. As you continue through the journaling process, you will see your fears replaced with God's love and many of your prayers answered. In reflecting back through your journal, you will be reminded over and over of God's faithfulness.
- **Scripture Memorization:** The practice of memorizing scripture requires a lot of discipline and concentrated effort. By focusing your attention on the scripture you are memorizing, your mind will be taken off of your worries and anxieties. As you memorize scripture and keep it stored in your heart, you will be able to replace your fears with the truth of God's Word.

## Next Steps

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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@gospellenneagram.com](mailto:info@gospellenneagram.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.gospellenneagram.com](http://www.gospellenneagram.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](http://www.gospellenneagram.com).

## Conclusion

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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.