

# Four

## THE INDIVIDUALIST

## 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 Four: The Individualist.

### Summary

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As Individualists, Fours desire to live a richly creative life. They see themselves as unique. They are talented at discerning what is truly authentic and they appreciate beauty in the world around them. They long to use their intuition and imagination to inspire others.

Fours are witty, passionate and romantic. They use their introspective nature to understand and express their feelings and moods. They are also sensitive, empathetic and compassionate to feelings and moods of others. They will engage in provocative conversations, exploring mixed motives, differences and conflicts with honesty. They desire deep connections with others and enrich their relationships with an energy and enthusiasm for life.

Fours express themselves freely and artistically--through their dress, language and in how they decorate their personal spaces.

The Individualists remind us of God's creativity and depth.

### Motivation & False Belief

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Fours are motivated by the desire for significance and they want to be unique. Fours long to be true to themselves and to creatively express who they are. They want to stand out and to be seen as special. This motivation is driven by their fear of being seen as ordinary and uninspiring. While they greatly desire to be significant and unique, they have developed a false belief that they must be utterly original and stand

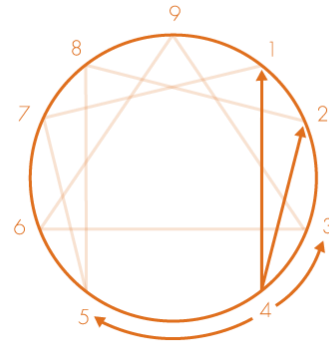
out.

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



A Four with a Three Wing or “The Aristocrat.” Having Aristocrat tendencies means that you probably strive for personal development and self-improvement and have a desire for achievement. You are creatively expressive in ways that are socially acceptable.

On the other hand, a Four with a Five Wing is often called “The Bohemian.” Having Bohemian tendencies means that you are very creative and have a unique style of expression. You are less worried about being accepted and about your position in society. You may push against any barriers that inhibit your self-expression. You are more introverted and tend to live a more simplified life.

## Stress and Security

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

Generally, Fours gain a few characteristics of Twos under stress. They may go into overdrive, constantly seeking appreciation for their accomplishments. They can also become manipulative or codependent. When they aren’t sure of their uniqueness, their emotions may swing from depressive and withdrawn to overly happy, clingy and overly helpful. When they are healthy, Fours are able to put the needs of others before their own. They are able to love themselves and others unconditionally.

In a more secure or relaxed setting when Individualists feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Ones. They realize that they are not at the mercy of their moods. They become self-disciplined and accept reality. They become productive, no longer focusing on what they may be missing in life. They let go of past hurts and begin to see their own growth. They are joyful, energetic and connected to others. If they are operating unhealthily, Fours may become critical, impatient, and demanding. They may have outbursts of anger when they feel others are not treating them well.

## Childhood

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As children, Fours may have felt differently from their parents and their siblings, sometimes even feeling as though they didn’t belong. Growing up, they may have felt as though their parents didn’t express interest in them or try to understand who they were. Fours may have felt abandoned or rejected. These feelings lead them to feel as if there is something missing or wrong with them. In the search to find what they are missing, they frequently compare themselves with others and get caught in the trap of envy.

## At Work & In Relationships

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Fours are often winsome, creative and authentic workers when they are operating from within their identity in Christ. At their best, high-functioning Fours are able to express truth with originality, even in ordinary spheres. Fours are great listeners and like to explore connections in relationships. They use their empathy and intuition to sense what others may be feeling and to detect tension that may need to be resolved.

Fours can also misuse these characteristics, becoming disappointed when their creations don't turn out the way they envisioned. They can overwhelm others who are more emotionally reserved. They can even hold up the creative process when they get too caught up in what they are feeling, when they want to be affirmed, or if they become too focused on the relational connections within the team. Fours can also become judgmental when others are not as willing to express themselves, often pushing others to be more expressive than is comfortable.

Fours find contentment in seeing that they have unique significance through the gospel. When they are filled with gratitude for God, they no longer attempt to fill their emotional needs through the affirmation of others. They express their gifts with creativity and point others to the beauty that surrounds them.

## Spiritual Health

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Fours seek significance that only the gospel provides. When Fours are motivated to attain significance through their own efforts, they operate in the flesh and often become melancholy, moody and secretive. But when Fours trust *Jesus* and rest in the significance he has given them as sons and daughters, they help improve the world with creativity and originality.

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>Creative</u> I regularly express my imagination by crafting something unique.</p>	<p><u>Moody</u> My mood really affects my day.</p>
<p><u>Original</u> I like to have my own ideas.</p>	<p><u>Melodramatic</u> I can be overly dramatic.</p>
<p><u>Romantic</u> When it comes to love, I fantasize about being perfect. an idealist.</p>	<p><u>Melancholy</u> I'm okay with feeling down and don't want to be "cheered up."</p>
<p><u>Emotionally Attuned</u> I am deeply in touch with my emotions.</p>	<p><u>Feel Defective</u> I feel like something is wrong with me.</p>
<p><u>Introspective</u> I think a lot about how I feel.</p>	<p><u>Secretive</u> I like keeping my unique ideas and dark feelings to myself.</p>

## Spiritually Healthy

Healthy Fours are creative and emotionally connect with others in a deeper way. They know that they are loved for who they are and do not believe that they are lacking or defective in any way. Their positive self-image and self-acceptance help them avoid comparison and envy to engage equitably with others. They are able to pay attention to their own feelings without becoming lost in them. They are stable and grounded.

The authenticity of Healthy Fours is both beautiful and inspiring to others. They are empathetic and compassionate toward others. They balance love and truth in their actions toward others without the fear of being abandoned. Because they know they are loved already by God, they can relate with honesty without fear of losing the love of others.

### Spiritually Average

Spiritually average Fours romanticize that someone or some noble cause will come to their rescue. When this someone is Christ, they grow contented and balanced. But when they look for rescue from another person or thing, they grow emotionally intense. They can become self-absorbed and feel as though they are unappreciated or forgotten. When this happens, they can test and manipulate to get the attention and acceptance they desire. They may also believe that they will never be a complete person worthy of love, becoming envious of others.

### Spiritually Unhealthy

Unhealthy Fours often stir up things to make their life more dramatic and less mundane. They may exaggerate and become dramatic. They may struggle with depression, apathy and lethargy. They often get trapped in the habit of self-rejection, unwilling to believe in the love of God and others. At times, they realize that they have wasted much of their life in fantasy and jealousy. As a result, they may begin self-destructive behaviors to escape their pain.

## Spiritual Growth

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### Gospel Meditation

While all spiritual doctrine is essential for Fours, many find comfort in meditating upon the Christian doctrines of “Imago Dei” and another called “expiation.” The doctrine of “Imago Dei” means that we are each uniquely made in the image of God. And the doctrine “expiation” is based on the fact that Christ’s work completely removes and puts away the sins of believers. Because of this, we are forgiven of our sin, cleansed of our shame and once again restored to a beautiful reflection of God.

Helpful scriptures to meditate on and memorize: Psalms 103:12, Micah 7:19 and Hebrews 9:14.

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

- In God alone I am complete.
- I am sinful. My envy to have what others have is a trap that leads to hopelessness.
- Jesus has taken the punishment of both my sin and the sin done against me. He cleanses me completely.
- Because of Jesus, I am fully forgiven every day.
- I do not have to try to be unique and different because I am fearfully and wonderfully made by God.
- I am free to live, love and forgive by the grace of God.
- The world may not see me as significant, but the One who judges says that I am. It is through the cross of Jesus that I am made significant and valued.

### Spiritual Disciplines

Fours 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 how God loves people and saves them by speaking the truth. As you read the stories of real people in the Bible, look for how God uses everyday people--not because they’re original 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 creating you and all of humanity and ask Him to help you reflect His love.
  - Thank Him for freeing you from envy and shame through the work of Jesus.
  - Affirm your trust in Him, reminding yourself that in Him your joy is made full.
- **Serving in the Church:** Find an outlet for your gifts in the Church. Look for ways that you can use your creative and artistic gifts. Under the guidance of your church leadership, make use of your ability to bring beauty and depth to its arts ministry, building and grounds or in its community. 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.
- **Fellowship:** Fours bring a boost to almost any group with imagination and authenticity. You're intuitive, helping yourself and others connect deeply and emotionally. Your commitment in fellowship allows others to express themselves more authentically, listening and exploring life together. Our empathy and compassion are a wonderful ministry to others.
- **Journaling in solitude:** Allow Psalms to be your model, regularly writing out your feelings and motivations and sharing them with the Lord in a quiet place. After you fully express yourself, follow David's example and redirect your words to affirm God's glorious attributes and care. To keep this time of journaling from becoming inwardly-focused, also pray for others in your writing.
- **Thanksgiving:** Fours can tend to get caught up in what they are feeling, especially when things are not going well. Because of your tendency toward moodiness and depression, offer thanksgiving to God for all that you have. When unhealthy feelings arise, ask yourself, "What am I thankful for today?"

## 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@gospelenneagram.com](mailto: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](http://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](http://www.gospelenneagram.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.