

Two

THE HELPER

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 Two: The Helper.

Summary

As Helpers, Twos seek to bring unconditional love to the world around them with their gifts of sacrificial love and generosity. Twos are open-hearted, nurturing and supportive.

Two live to help others. You can trust that they will always show up in your time of need. They are compassionate, empathetic and sensitive to the needs of others and will strive to meet those needs. They are generous and hospitable with their time, talent and resources when caring for others. They will be first in offering to meet a need when someone is hurting or sick.

Twos love to encourage. They nurture those around them out of a desire to see others thrive and find joy. They exhibit kindness and grace and connect with others in a truly heartfelt way. They are caring, joyous and humble.

Motivation & False Belief

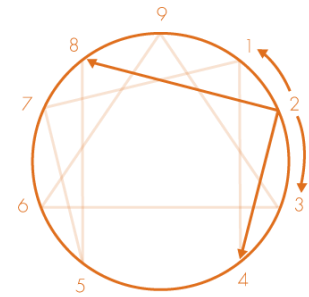
Twos are motivated by the desire to be loved. They seek after approval and gain their worth from the acceptance of others. This motivation is driven by their fear of being unappreciated and unwanted. While they greatly desire unconditional love, they have developed a false belief that they must earn this love by serving others.

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



A Two with a One Wing is often called “The Servant.” Having Servant tendencies means that you are probably generally optimistic, reasonable and that you quietly serve others. You can also be more critical toward yourself and others when you’re trying to ensure that you’re loved.

On the other hand, a Two with a Three Wing is often called a “Host/Hostess.” Having Host/Hostess tendencies means that you are probably more self-assured, sociable, talkative, and adaptable. You may also be overly-friendly and flattering to others in order to feel accepted when you’re trying to ensure that you’re loved.

Stress and Security

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

Generally, Twos gain a few characteristics of Eights under stress. When Twos react in an unhealthy manner under stress, they can become more blunt, forceful, demanding and controlling. They feel unloved when others don’t show sufficient appreciation. But when Twos operate healthily in times of stress, they can also grow more confident, decisive and honest. Beware: this increase in confidence and honesty can lead to overstepping boundaries when Twos insist that they know what others need.

In a more secure or relaxed setting when Helpers feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Fours. They may begin to recognize that they are free to experience their own feelings. This self-expression allows them to nurture themselves, often finding creative outlets such as dance, art and journaling. They also have a heightened awareness of the feelings of others. Occasionally, when Twos become emotionally temperamental and self focused, they may also tend to have higher expectations of others.

Childhood

As children, Twos may have learned early on that they had to put the needs of others first. They may have also experienced that in order to get love, they had to do something to earn it. They may have found that they were rewarded for looking after siblings, doing tasks, or in some way attempting to minimize stress in the family environment. Instead of simply modifying their behavior (as other children might), Twos learned that caring for and serving others was their responsibility. This leads to an intuitive gift of knowing the needs of others while often times denying their own.

At Work & In Relationships

When they operate from within their identity in Christ, Twos can be supportive, empathetic, service-oriented, upbeat and able to encourage others use their gifts and talents. At their best, high-functioning Twos embody a “first responder” as they can quickly discern a need and act on it. They are able to collaborate and support their team with energy and dedication.

When Twos are behaving in unhealthy ways, they can become resentful when their efforts are not appreciated. They may feel like they are doing the majority of the work with little help from others. They may overcommit by saying yes to too much or may overstep their role through too deeply involving themselves. When confronted, Twos can have a hard time being truthful and specific about what is bothering them.

Twos need to establish healthy boundaries and say no to some commitments in order to be emotionally and spiritually healthy. They need to seek God and establish their identity in Him in order to understand that they don't *have to* gain approval to find the love they're looking for.

Spiritual Health

Twos seek love that only the gospel provides. When Twos are motivated to secure the love and acceptance they long for through service to others, they operate in the flesh and often feel pride. But when Twos trust *Jesus* and rest in his love, they can love others and themselves unconditionally while finding acceptance and serving with humility.

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>Nurturing</u> I support and encourage others to see them thrive.	<u>Smothering</u> I overly attach myself to other people.
<u>Caring</u> If you need help, I will be there for you.	<u>Possessive</u> I don't like to share the people I love with others.
<u>Hospitable</u> I enjoy making all kinds of people feel wanted and welcomed.	<u>Hard to Ask for Help</u> I don't like asking for help.
<u>Empathetic</u> I identify with how others feel.	<u>Dependent</u> I can rely too much on others for support.
<u>Encouraging</u> I enjoy verbally building other people up.	<u>Overprotective</u> I work constantly to keep those I love safe and unharmed.

Spiritually Healthy

Because they understand that their acceptance and love comes from Jesus, healthy Twos are able to love themselves and express their feelings and needs in a direct way, without seeking constant acceptance and affirmation.

Two will reflect the unconditional love the Father has for his children, seeing others for who they are, understanding them with deep empathy and encouraging them to thrive. Living in the forgiveness and approval of Christ, healthy Twos are able to readily forgive both themselves and others. They demonstrate Christ-like patience while remaining helpful, generous, compassionate and joyful. They have a desire to help and care for others, but are able to do so in a balanced way.

They set healthy boundaries, saying no to responsibilities that aren't theirs. Exercising good boundaries allows them to connect deeply and fully engage in their relationships without smothering others. . They commit to serving others in humility without seeking repayment. Healthy Twos fully know, believe and trust that Christ redeemed them from their pride and has adopted them into his kingdom as sons and daughters.

Spiritually Average

Spiritually average Twos tend to focus their attention on earning the love and affection of others. They want to win the acceptance of others by helping, serving and supporting. Twos instinctively sense the needs of others, but can become resentful, feeling unloved or unsupported when others aren't able to do the same for them. They may become overly dependent in their relationships in order to feel needed and wanted. They can smother others through acts to make sure that the relationship continues. They may hide or be indirect in communicating their own needs for fear that sharing them they may risk their relationship. Average Twos will pursue friendship through flattery and pandering to the desires of others.

Spiritually Unhealthy

Unhealthy Twos can drive people away. They offer unsolicited help, "taking over" and becoming overbearing when they sense the slightest need. When others start to pull away, they rationalize this by blaming the other person for being ungrateful. They keep a mental ledger, constantly reminding others of the ways in which they have helped and becoming angry when others don't seem appreciative. They need constant affirmation to prove that they are wanted and needed.

Spiritual Growth

Gospel Meditation

While all spiritual doctrine is essential for Twos, many find comfort in meditating upon the doctrine of "Adoption." This doctrine is based on the fact that God is love. Because of Christ's work on the cross, believers are adopted into the family of God. Instead of being judged guilty (as we deserve), we are given the incredible gift of being accepted as one of his children.

Helpful scriptures to meditate on and memorize: Romans 8:14-16, Galatians 4:4-7 and Ephesians 1:4-5.

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 unconditionally loving.
- I am sinful. I have pride and serve others with self-serving motives every day because I'm human.
- Jesus has taken the punishment for all my pride and motives and offers me daily forgiveness.
- Because of Jesus, I am fully forgiven every day.
- I do not need the acceptance of others in order to have worth, and I do not expect others to look to me for their acceptance and worth.
- I am free to live, love and forgive by the grace of God.
- I can stop seeking love and acceptance from others because God is on the throne. Through Jesus' sacrifice, I already have acceptance as His child, and I can serve and care for others out of His love without motivation.

Spiritual Disciplines

Twos 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 unconditional love and care for you and all of humanity.

- Thank Him for making you accepted and loved as His child through the work of Jesus.
- Affirm your trust in Him, reminding yourself that He is the true source of love and not by having others need you.
- **Serving in the Church:** Find an outlet for your gifts in the Church. Look for opportunities to welcome, bless and serve others. Under the guidance of your church leadership, consider opening your home to entertain guests or host others in order to exercise generosity and words of encouragement. 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.
- **Hospitality:** Everyone longs to experience the kind of love and compassion that Jesus displays. As a Two, you probably have a knack for welcoming others who lack this love by creating a welcoming environment where they feel accepted and encouraged. Think of others in your life who need encouragement and who might benefit from your gifts of hospitality. Could you host them in your home or invite them out for a meal? Create some space in your life to develop hospitality so that people can be known, served and celebrated. Have this become part of your daily worship by making God's glory your goal in this pursuit.
- **Centering Prayer:** The point of centering prayer is to slow down and be still with God. One way to slow down is by paying attention to your breathing. With each inhaled and exhaled breath, profess that God is present with you. Acknowledge that he is loving and captivated by you. This exercise will help you be fully in the presence of God while being fully truthful about your own need and dependence on God's love. This form of prayer focuses on being in His presence, rather than the action-oriented result of affirmation that Twos often crave.
- **Solitude:** Time alone in quiet can be difficult for Twos but it can be very healing. These moments allow you to hear the quiet whisper of God's delight in you so that you can enjoy communion with Him. It serves as a reminder that your identity and worth are not based on the accolades of others, but on God's love for you 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.