



THREE INTELLIGENCE CENTERS

HEART (2, 3, 4)
Shame
 Feeling-centered
 Belonging
 "I am what others think."

HEAD (5, 6, 7)
Anxiety
 Thinking-centered
 Security
 "I am what I have."

BODY (8, 9, 1)
Anger
 Doing-centered
 Significance
 "I am what I do."



HEART CENTER (2, 3, 4)

BELONGING / ESTEEM / SHAME

I am what others think

Jump from the temple

Reaching out to the world

Inner life of emotions

Image-conscious

TWO:

Helper // Need to be Needed

Generous, Demonstrative, People-Pleasing, and Possessive

THREE:

Achiever // Need to Succeed

Adaptable, Excelling, Driven, and Image-Conscious

FOUR:

Individualist // Need to Be Special - Expressive, Dramatic, Self-Absorbed, and
Temperamental



HEAD CENTER (5, 6, 7)

SECURITY / PROVISION / ANXIETY

I am what I have
Turn stones to bread
Observing the world
Inner life of logic
Careful thinking

FIVE:

Investigator // Need to Perceive
Perceptive, Innovative, Secretive, and Isolated

SIX:

Loyalist // Need for Security
Engaging, Responsible, Anxious, and Suspicious

SEVEN:

Enthusiast // Need to Avoid Pain
Spontaneous, Versatile, Acquisitive, and Scattered



GUT CENTER (8, 9, 1)

SIGNIFICANCE / POWER / ANGER

I am what I do

Rule the world

Directly engaged w/ world

Instinct / intuition

Direct action

EIGHT:

Challenger // Need to Be Against
Self-Confident, Decisive, Willful, and Confrontational

NINE:

Peacemaker // Need to Avoid
Receptive, Reassuring Agreeable, and Complacent

ONE:

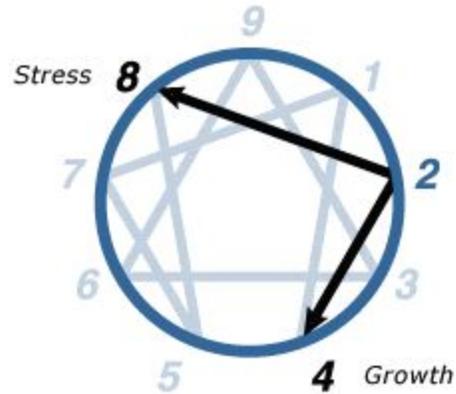
Reformer // Need to be Perfect
Principled, Purposeful, Self-Controlled, and Perfectionistic



TWO: HELPER / CARETAKER (Stress → 8, Growth → 4)

The Need to Help - Generous, Demonstrative, People-Pleasing, and Possessive

Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic, they have unconditional love for others.



Virtue: Humility

Basic Desire: To feel love

Basic Fear: Being unloved, unlovable

Passion / Root Sin: Pride

Fixation: Flattery / ingratiation

Temptation: Deny their own needs, manipulation

Overall Keynote: Indirection

Cognitive Error: Thinking your value comes from the responses of others

Plays the Role of: "Special Friend" / "Confidante"

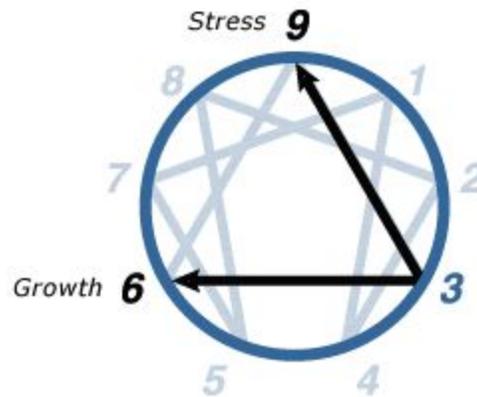
Lifelong Tasks: Objectivity, reject sentimentalism



THREE: ACHIEVER / PERFORMER (Stress → 9, Growth → 6)

The Need to Succeed - Adaptable, Excelling, Driven, and Image-Conscious

Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholicism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be—role models who inspire others.



Virtue: Truthfulness/authenticity

Basic Desire: To feel valuable

Basic Fear: Being worthless

Passion / Root Sin: Deceit

Fixation: Vanity

Temptation: Pushing always to be the best

Overall Keynote: Adaptability

Cognitive Error: Thinking your value comes from “performance” or external image

Plays the Role of: “Best” / “Golden Boy/Girl”

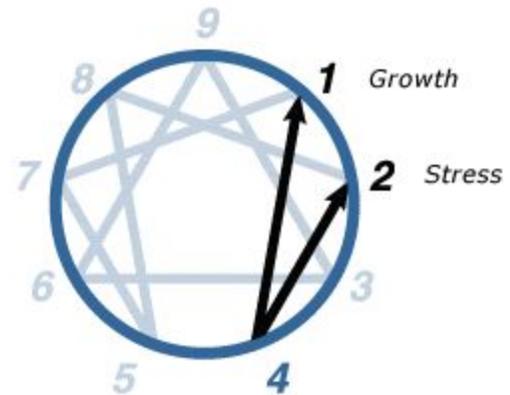
Lifelong Tasks: Slowing Down



FOUR: INDIVIDUALIST / ROMANTIC (Stress → 2, Growth → 1)

The Need to Be Special - Expressive, Dramatic, Self-Absorbed, and Temperamental

Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.



Virtue: Equanimity / Emotional balance

Basic Desire: To be uniquely themselves

Basic Fear: Having no identity or significance

Passion / Root Sin: Envy

Fixation: Melancholy

Temptation: To overuse imagination

Overall Keynote: Subjectivity

Cognitive Error: Identify with changing feelings and emotional states

Plays the Role of: “Special One” / “Mysterious Outsider”

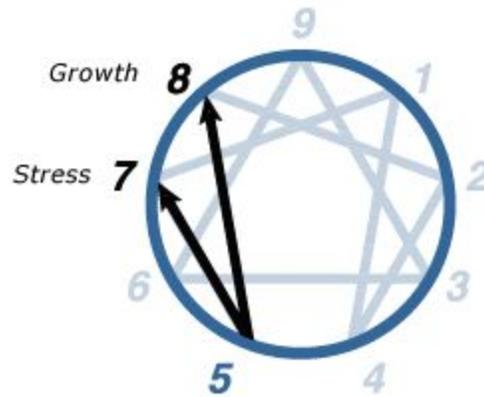
Lifelong Tasks: Healthy realism



FIVE: INVESTIGATOR / OBSERVER (Stress → 7, Growth → 8)

The Need to Perceive - Perceptive, Innovative, Secretive, and Isolated

Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.



Virtue: Non-attachment / objectivity

Basic Desire: Mastery, to be competent and capable

Basic Fear: Incompetence / helplessness / incapable

Passion / Root Sin: Greed/avarice

Fixation: Stinginess

Temptation: Replacing experience with concepts, knowledge

Overall Keynote: Concentration

Cognitive Error: Thinking you can understand the world by disconnecting

Plays the Role of: “Expert” / “Specialist”

Lifelong Tasks: Commitment / action

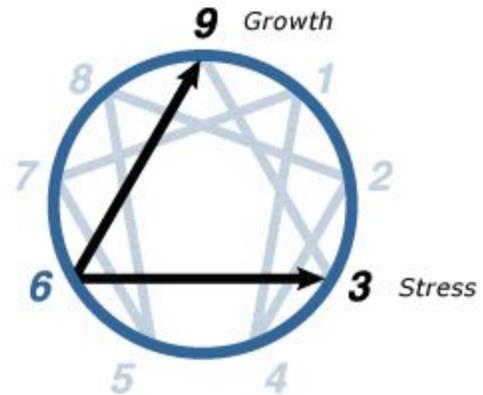


SIX: LOYALIST / QUESTIONER (Stress → 3, Growth → 9)

The Need for Security - Engaging, Responsible, Anxious, and Suspicious

The committed, security-oriented type.

Sixes are reliable, hard-working, responsible, and trustworthy. Excellent "troubleshooters," they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. At their Best: internally stable and self-reliant, courageously championing themselves and others.



Virtue: Courage

Basic Desire: To have support and guidance

Basic Fear: Being without support or guidance

Passion / Root Sin: Fear

Fixation: Cowardice / (or foolish risks)

Temptation: Indecision, doubt, need for reassurance

Overall Keynote: Alertness

Cognitive Error: Looking for guidance and support outside yourself

Plays the Role of: "Dependable One" / "Responsible Worker"

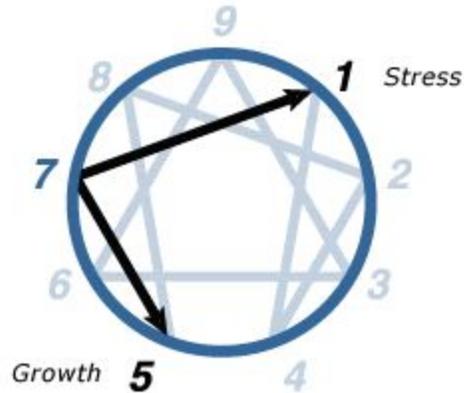
Lifelong Tasks: Trusting their own inner authority / Taking responsibility



SEVEN: ENTHUSIAST / EPICURE (Stress → 1, Growth → 5)

The Need to Avoid Pain - Spontaneous, Versatile, Acquisitive, and Scattered

Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.



Virtue: Joyful sobriety

Basic Desire: To be satisfied and content

Basic Fear: Being trapped in pain or deprivation

Root Sin: Gluttony / intemperance

Fixation: Anticipate / plan

Temptation: Fulfillment is somewhere else / idealism

Overall Keynote: Responsiveness

Cognitive Error: Thinking you will achieve satisfaction by anticipating the future

Plays the Role of: “Energizer” / “Life of the Party”

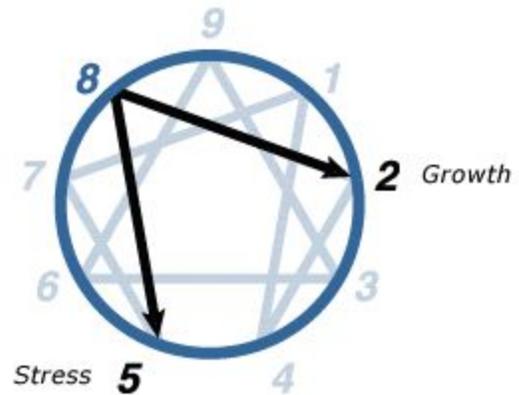
Lifelong Tasks: Get wise to their hasty rationalizations



EIGHT: LEADER / CHALLENGER (Stress → 5, Growth → 2)

The Need to Be Against - Self-Confident, Decisive, Willful, and Confrontational

Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be ego-centric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.



Virtue: Innocence

Basic Desire: To be in control of their own life and destiny

Basic Fear: Being harmed or violated

Passion / Root Sin: Shamelessness (“lust”)

Fixation: Vengeance

Temptation: Self-sufficiency / taking matters into their own hands

Overall Keynote: Expansiveness

Cognitive Error: Identify with your ability to assert yourself independently

Plays the Role of: “Field Marshall” / “Rock”

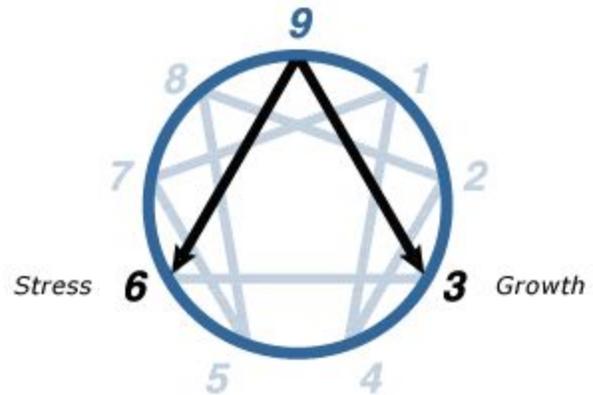
Lifelong Tasks: Confront the question of power



NINE: PEACEMAKER / MEDIATOR (Stress → 6, Growth → 3)

The Need to Avoid - Receptive, Reassuring Agreeable, and Complacent

Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. At their Best: indomitable and all-embracing, they are able to bring people together and heal conflicts.



Virtue: Decisive action

Basic Desire: To have inner stability "peace of mind"

Basic Fear: Loss, fragmentation, separation

Root Sin: Laziness / sloth

Fixation: Daydreaming

Temptation: Avoiding conflict and self assertion / belittling themselves

Overall Keynote: Self-effacement

Cognitive Error: Seek peace through disengagement

Plays the Role of: "Nobody Special" / "Invisible One"

Lifelong Tasks: Overcoming their secret cynicism



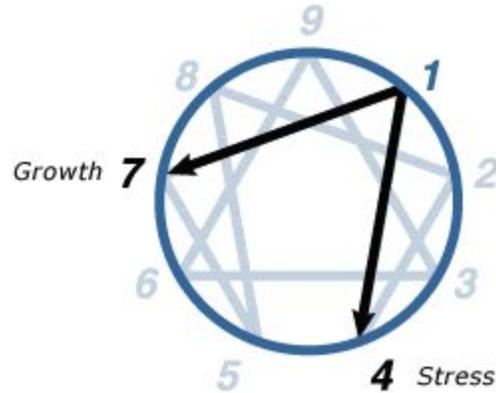
ONE: REFORMER / PERFECTIONIST (Stress → 4, Growth → 7)

The Need to Be Perfect - Principled, Purposeful, Self-Controlled, and Perfectionistic

Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake.

Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic.

They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble. Can be morally heroic.



Virtue: Patience

Basic Desire: Goodness, integrity, balance

Basic Fear: Corruptness, imbalance, being bad

Passion / Root Sin: Anger

Fixation: Resentment

Temptation: Hypocrisy / hypercriticism

Overall Keynote: Objectivity

Cognitive Error: Identify with the Inner Critic

Plays the Role of: “Educator” / “Teacher”

Lifelong Tasks: Play



STRESS and the ENNEAGRAM: ARROW DYNAMICS

ARROWS ARE THERMOMETERS, NOT THERMOSTATS

LEARN TO “GO HIGH”



STRESS and the ENNEAGRAM: HARMONIC TYPES

How each type responds to conflict, adversity, situations where needs are not met.

COMPETENCE APPROACH (1, 3, 5)

REACTIVE APPROACH (4, 6, 8)

POSITIVE OUTLOOK APPROACH (7, 9, 2)



STRESS and the ENNEAGRAM: HORNEVIAN TYPES

How each type tries to get primary needs met - “social style”

ASSERTIVE - move *against* people (3, 7, 8)

WITHDRAWN - move *away* from people (4, 5, 9)

COMPLIANT - move *toward* people (1, 2, 6)



PUTTING IT ALL TOGETHER

HARMONIC TYPES

How each type responds to conflict, adversity, situations where needs are not met.

	HEART	HEAD	BODY
Competence	3	5	1
Reactive	4	6	8
Positive Outlook	2	7	9

HORNEVIAN TYPES

How each type tries to get primary needs met - “social style”

	HEART	HEAD	BODY
Assertive	3	7	8
Withdrawn	4	5	9
Compliant	2	6	1



DESIGNING A TRANSFORMATION EXPERIMENT

*“Continue to **work out your salvation** with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.” - Philippians 2:12-13*

*“**Train** yourself to be godly.” - 1 Timothy 4:8*

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to **offer your bodies as a living sacrifice**, holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.” - Romans 12:1-2*

- A discipline is an intentional activity I can do easily that will help me do what I cannot do naturally or automatically. This requires a purposeful change in normal activities and patterns of habit.
- We can train to do things we could never do just by trying.
- Disciplines are useful for connecting and directing the mind, body and spirit towards the same goal – a life surrendered to the good reign of God.



STEP 1: DETECT what you're noticing & DIG with compassionate curiosity

Search me, God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. – Psalm 139:23-24

- Where do you feel stuck? What's not working?
- What are the persistent habits or temptations that lead you to self-sabotage?
- Where do you experience tension, anxiety or conflict in your relationships?
- Where do those closest to you express concern about your growth and well-being?

EXERCISE: Take 5-10 minutes to write down what comes to mind when you reflect on the questions above. Be as honest as you can to allow what's *really* going on to surface.

STEP 2: DISCERN "BAD NEWS" - PATTERNS / ROOT CAUSES / FALSE SCRIPTS

Patterns

- What is your physical and emotional state when you make these choices (tired, hungry, sad, lonely, bored)?
- What time of day or when during the week are you most vulnerable to the things you struggle with?
- Where are you and who are you with?

Root Causes (the false scripts and fears that might be under this pattern)

- How might your presenting problems relate to core issues of your personality?
- What are you afraid of? What is the fear that might be driving your decision?
- What is the lie that you tell yourself?
- How might this be a reflection of your false self?

EXERCISE: Using the **Bad News** Reflection Exercise for your Type (starting on page 23), write down a few concrete examples in your life when the bad news of your personality showed up. Pick 3 or these stories to share with the rest of the group.



STEP 3: DECLARE GOOD NEWS / IMAGINE A NEW REALITY

“For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.” – Colossians 1:9-14

- Using the **Good News** Reflection Exercise for your Type (on the back of the **Bad News** Reflection Exercise), reflect on Scriptures that reveal what spiritual health looks like.
- What is the good reality and vision of life in the Kingdom that is promised to you by the gospel?
- Even if you don't really *believe* it's true yet, what do you *want* to believe is true of you and God? Write it down in a sentence or two.



STEP 4: DESIGN & DO AN EXPERIMENT

"To believe something is to act as if it's true." - Dallas Willard

- What new steps can you take to cooperate with God's work in your life? (Include practices of both abstinence and engagement)

- A new mind practice:

- A new body practice:

- A new time, resource or relational practice:

STEP 5: DEBRIEF ON YOUR EXPERIMENT WITH FRIENDS

Experiments are practices are not ends in themselves. They are useful if they help you move towards your goals – to be more open to God and available to love others.



WHAT'S NEXT?

Gravity Leadership equips the church to get back to the important stuff: **leading like Jesus, living on mission, and making disciples.**

Here are a few ways to stay connected with us:

GRAVITY LEADERSHIP COMMUNITY - gravityleadership.com/join

- Our email list: Free resources, curated links, announcements, etc.

GRAVITY LEADERSHIP PODCAST - gravityleadership.com/podcast

PATRON MEMBERSHIP COMMUNITY - patreon.com/gravityleadership

- Support our work, find others, get access to online earning labs and our Practitioner Podcast, discounts on events and online courses

ONLINE COURSES

- 30 Days to Kickstart Your Life on Mission
 - gravityleadership.com/kickstart-mission
- Preaching for Transformation
 - gravityleadership.com/preaching-for-transformation

WORKSHOPS - gravityleadership.com/workshops

- Parenting in Grace and Truth
- Church in the Wild

GRAVITY LEADERSHIP ACADEMY - gravityleadership.com/academy

- 10 months of weekly training in living as if God is always present and at work and meeting you in the ordinary moments of your life.
- It's relational *training* (not just content) in one master process for every context of your life.
- Led by *practitioners* currently doing it in their own churches
- If you want to join GLA, you get 10% off.



ONE: Bad News Reflection Exercise

How Bad News shows up in my life: *The Need to be Right/Perfect*

- holding myself and others to impossible standards
- “It’s not ok to make mistakes”
- fear of losing control and becoming irrational
- fear of being condemned for being wrong
- refusing to see (and embrace) my own contradictions
- rationalizing my own (bad) behavior
- obsessing about things I cannot change *because they aren’t right*
- all bitterness and disappointment with the world
- feeling that other people’s beliefs and values threaten mine
 - “I am right!”
- believing that I am in a position to judge others
- driving myself and others to be perfect
 - “If I’m good I won’t be punished”
- ignoring my own emotional and physical distress
- feeling angry, impatient, and easily annoyed
- fearing and disowning my body and my feelings
 - “I’m angry but that’s wrong so I can’t be angry”
- allowing my desire for order and efficiency to control my life
- automatically focusing on what is wrong with things
- feeling that it is up to me to fix everything
 - “If I work hard enough I can make things the way they should be”
- Taking responsibility for things others won’t/don’t

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

1.

2.

3.



ONE: Good News Reflection Exercise

The good news I Need to Hear is:

"You are Good"

"You are made to live for a divinely appointed purpose"

I affirm:

- that I can allow myself to relax and enjoy life
 - "I can rest and play and enjoy life right now"
- that the best I can do is good enough
 - "I don't have to be perfect."
- that I am grateful that others have many things to teach me
 - "Maybe I don't know the best/right way here"
- that I can make mistakes without condemning myself.
 - "I am acceptable to God the way that I am"
- that my feelings are legitimate and that I have a right to feel them.
- that I treat others with tenderness and respect.
 - "I can welcome and embrace others just as they are"
- that I am gentle and forgiving of myself.
 - "I don't have to take myself so seriously"
- that I am compassionate and forgiving of others.
 - "You are free to forgive others as I have forgiven you"
- that life is good and unfolding in miraculous ways.

How Scripture reveals the Redeemed and Healthy One:

Matthew 5:17-48

- How does Jesus fulfill the law? What perfection is he after? How is this righteousness different than the 'right-ness' of an unhealthy, unredeemed ONE?

John 8:1-11

- How does Jesus uphold righteousness? What do you notice about his posture and teaching here? Pay attention to how he calibrates Grace and Truth -or- acceptance/embrace and challenge/empowerment.



TWO: Bad News Reflection Exercise

How Bad News shows up in my life: *The Need to be Needed*

- feelings of rage and resentment toward others
- attachments to feeling victimized and abused.
 - “This is just the way my life is: It’s unfair but...”
- fear that I am unwanted and unloved
 - “It’s not okay to have my own needs”
- attempts to manipulate and force others to love me
- making others feel guilty for not responding sufficiently to my needs
- abusing food and medications to make up for my loneliness
- feeling that others owe me for the things I have chosen to do for them
- believing that no one willingly takes care of me
- expecting others to repay my help in the way I want.
 - “They should do ____ because I’m always there for them”
- all physical ailments, aches, and complaints.
- calling attention to what I have done for others
- feeling possessive of loved ones
- doing things for others to make myself needed.
 - “I’m loved if I’m useful”
- flattering others to make them feel good about me
- not wanting to acknowledge my negative feelings.
 - “If I’m honest about what I think/feel/need then others will reject me”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

1.

2.

3.



TWO: Good News Reflection Exercise

The good news I Need to Hear is:

"You are wanted"

"You are made to nurture yourself and others in compassion and truth"

I affirm:

- that I own all of my feelings without fear
 - "It's okay to own where I'm at because God is waiting here to meet me."
 - "I am NOT my feelings; my feelings are excellent windows into what is happening in me"
- that I am clear and conscious of my motives
 - "It's safe in the Kingdom of God to own what I want; I no longer have to hustle or manipulate for affection and intimacy."
- that I am lovable for who I am
 - "I'm loved because of who God is, not because of my usefulness"
 - "I am free from others crushing expectations or impressions of me"
- that my happiness does not depend on pleasing others
 - "I have been created for joy; joy is the birthright of every child of God."
- that I can let go of loved ones
 - "I am freed from the burden of controlling and managing those closest to me."
- that I love others without expecting anything in return.
 - "God's love is a gift and I'm free to give my love to others without strings attached."
 - "I am responsible *to* others, not *for* them; they can make their own choices"
- That I can have gratitude for all that others have given me.
 - "Thanksgiving is a blessed pathway for me; I can appreciate others and what they do free of resentment, pride, or bitterness."
 - "I am not a victim or a martyr; I'm a beloved son/daughter of my Heavenly Father"

How Scripture reveals the Redeemed and Healthy TWO:

Luke 10:28-42

- What do you notice about Martha's 'help'? Who was she serving? What is Jesus' call to Martha that is an invitation to liberty and freedom from the "heavy burden" of serving?

John 12:1-8; John 13:1-20

- What do you notice about how Jesus gives/receives care? He serves and is served with ease - what challenge or invitation or conviction do you experience as you read these two stories side-by-side?



THREE: Bad News Reflection Exercise

How Bad News shows up in my life: *The Need to Succeed/Achieve and Seek Status*

- being obsessed by my hostile feelings toward others.
- believing that sabotaging others will make things better for me.
- feeling jealous of others and their good fortune.
 - “Life is a zero sum game; if others succeed I suffer.”
- my fear of failing and being humiliated.
 - “The worst thing that could happen to me is I would fail, be defeated, lose”
- fearing that I am inadequate and will be rejected.
 - “I’m good and accepted and ‘Ok’ when I succeed”
- feeling that I must conceal my mistakes and limitations.
 - “I must present a successful persona and give the impression that I’m competent, collected, and in control at all times.”
- closing down my feelings in order to function.
- betraying my own integrity to get the admiration of others.
 - “I’m whoever I need to be to in any given situation to look good and competent to others”
- attempting to misrepresent myself and my abilities.
- the grandiose expectations I have of myself.
- craving constant attention and affirmation.
 - “What I really desire from others is praise and affirmation”
- using arrogance to compensate for my own insecurity.
- desiring to impress others with my performance.
 - “I only enjoy things I’m good at”
- concealing myself behind masks.
- comparing myself with others.
- driving myself relentlessly to be the best.
 - “I’ve got to win”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



THREE: Good News Reflection Exercise

The Good News I Need to Hear is:

"You are loved for yourself"

"You are made to steward God's gift in your life as you develop and grow and to esteem and value others"

I affirm:

- that I have value regardless of my achievements.
 - "I am pleased with you before you win, succeed or do anything right."
- that I am centered and emotionally available.
 - "You can be known for who you are; I've made you to be in authentic relationships with others."
- that I take in the love others give me.
 - "I will teach you how to be vulnerable and dependent on the kindness and care of others."
- that I am responsible to those who look up to me.
 - "You are made for accountable relationships; you mature and grow in community submitted to other people you can trust."
- that I am happy to work for the good of others.
 - "The success you are after comes as you invest and empower and champion others to achieve; take up your cross and help others win today."
- that I develop my true talents by accepting who I am.
 - "You have nothing to prove; You are already approved."
- that I delight in the accomplishments and successes of others.
 - "Your joy is completed by others flourishing and thriving; your joy is not threatened by others doing well."
- that I can reveal my real self without being afraid.
 - "I've made you - you were made with a good heart - and you can share that in my love without fear."

How Scripture reveals the Redeemed and Healthy THREE:

Matthew 16:13-28

- What do you notice about the differences between Peter's vision of success and Jesus'? Why does Jesus call Peter 'satan'?

John 2:23-24

- How does Jesus relate to the crowds and his growing reputation? What understanding helps him live free of others recognition and adulation?



FOUR: Bad News Reflection Exercise

How Bad News Most Often Shows up in my Life: *The Need to be Special*

- turning my anger and aggressions against myself - “No one is as bad as me”
- all self-hatred and self-contempt - “I’m such a moron/idiot”
- all feelings of hopelessness and despair - “Whoa is me!”
- all self-sabotaging thoughts and actions.
- feeling that I am inadequate and defective.
 - “There is something REALLY wrong with me; I’m fundamentally defective”
- the fear that I am unimportant and undesirable.
 - “If I don’t stand out or make people take notice then I won’t have a place or be desired.”
- feeling shameful and misunderstood by others - “Nobody gets me”
- being distraught, fatigued, and inhibited.
 - “I’m so tired...so sad....so disappointed...so...”
- feeling that people always let me down.
 - “I can’t trust anyone”
- all unrealistic expectations of myself and others.
 - “Why can’t you be more _____? Why can’t I be more _____?”
- self-indulgence in my emotions and behavior.
 - “I’ve had a hard day so I deserve _____”
- wanting to protect myself by withdrawing from others.
 - “They won’t understand or see anyway so it’s no use trying to explain”
- all wasteful fantasies and romantic longings.
 - “Love is waiting for me in the next relationship; affection can be found in my fantasies”
- dwelling on the past to prolong my feelings.
 - “You won’t believe what has happened to me...my story is so tragic”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



FOUR: Good News Reflection Exercise

The Good News I Need to Hear is:

"You are seen for who you are."

"You are free to let go of your past, forgiving all wrongs, and use everything that's happened to you for growth and renewal"

I affirm:

- that I am not defined by my feelings.
 - "I have made you to HAVE feelings, not BE your feelings. Allow them to be and know that YOU are deeper and more stable than any passing feeling."
- that only the feelings I act on express who I am.
 - "Feelings come and go, but your identity in Christ is stable and secure"
- that I open myself up to people and the world.
 - "Come out from hiding and be seen for who you are. Allow people to see you even if they don't see you as you want them to"
- that I use all of my experiences to grow.
 - "Your past mistakes and sins are all part of it; my cross and resurrection cover you and EVERYTHING that has happened will be redeemed"
- the goodness of my life, my friends, and myself.
 - "The glory of God is everywhere around you: allow yourself to perceive and appreciate what I've given"
- that I love myself and treat myself gently.
 - "Loving your neighbor starts with you loving yourself. I will teach you how to be gentle and kind and compassionate even with your many flaws and failings."
- that I am free of the damage of my past.
 - "Your past does not define you; it is redeemed and incorporated into who I'm making you to be"
- that I am bringing something good and beautiful into the world.
 - "You bear my image as you create good, beautiful and true gifts for the world."

How Scripture reveals the Redeemed and Healthy FOUR:

1 Corinthians 3:21-23

- How does the phrase "all things are yours" strike you? What lack or deficiency are you aware of today that this proclamation challenges?

John 21:1-17

- Notice how Jesus treats Peter in his failings and sin. How does Jesus see Peter? What provision does he provide for Peter's lack?



FIVE: Bad News Reflection Exercise

How Bad News Most Often Shows Up in My Life: *The Need to Perceive*

- Fearing the world around me - “I don’t have enough to move out into the world”
- feeling powerless and hopeless
- fear of being violated or overwhelmed by others
 - “I can’t handle the demands and needs of others”
- my dark and destructive fantasies
- isolating myself by rejecting others - “I don’t need anybody.”
- believing that no one can be depended on
 - “The only way to be safe is to depend on myself”
- desiring to antagonize others and ruin their peace of mind
- being cynical and contemptuous of the normalcy of others
 - “Knowledge is power and I know more than you”
- fearing that others will exploit me
 - “I have to defend and protect my resources”
- feeling that I am a misfit in life
 - “I don’t really have a place to belong”
- being secretive and hiding from people.
 - “I need to protect myself from other people”
- postponing my emotional needs.
- neglecting my physical health and appearance.
- the agitation and restlessness of my mind.
- feeling that I always need to know more before I do anything.
 - “I can’t move or make a decision until I gather more data”
- avoiding my life by escaping into my mind.
 - “I can control my thoughts; my imagination/intellect is the safest place on earth for me”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

1.

2.

3.



FIVE: Good News Reflection Exercise

The Good News I Need to Hear is:

"Your needs are not a problem"

"You are made to observe yourself and others without judgment or expectations."

I affirm:

- that I am secure and grounded in the reality of my own life.
 - "God is most present to me in my actual relationships and in my body- he wants to meet me where I really am"
- the strength and wonder of my body.
 - "My body is a gift from God; I am perfectly at home in my skin"
- that I accept uncertainty and ambiguity.
 - "Certitude will not provide me the security I long for; only God's presence and power can do that. Ambiguity and uncertainty are gifts to teach me how to trust God rather than control him."
- that my life and struggles are meaningful and rewarding.
 - "Growth and maturity come from struggle and trials, not mastery and control"
- that I have faith in the future and in human beings.
 - "God's future is secure - I can hope in New Creation and life with King Jesus"
- that I reach out to others confidently as an equal.
 - "I am made for love and I receive love when I am most fully known"
- that I find serenity in being compassionate toward others.
 - "My hope is fixed in Jesus so I can move towards others with an abundance of resources"
- that I support others from the fullness of my heart.
 - "I have more than enough in Jesus. My life is full and abundant and I can share that with others."

How Scripture reveals the Redeemed and Healthy FIVE:

Ephesians 1:17-23

- How does Paul pray for the Ephesians indicate a **more-than-knowledge** way of knowing? What about this strikes you? What do you notice?

John 11:32-36

- What aspect of Jesus' response to the death of Lazarus stands out to you? Notice his embrace of others suffering in his body - how does this seem to you?



SIX Bad News Reflection Exercise

How the Bad News Most Often Shows up in My Life: *The Need for Security/Safety*

- fear of being abandoned and alone.
- my self-defeating, self-punishing tendencies.
- feeling dread about the future.
 - “What if...??”
- feeling persecuted, trapped, and desperate.
 - “I am under attack and my life is dangerous”
- overreacting and exaggerating my problems.
 - “I don’t know what I’m going to do; everything is awful right now”
- taking out my fears and anxieties on others.
- being suspicious of others and thinking the worst of them.
- feeling inferior and incapable of functioning on my own.
 - “I can’t manage right now”
- feeling cowardly and unsure of myself.
 - “I don’t have what it takes”
- acting "tough" to disguise my insecurities.
- fear and dislike of those who are different from me.
- blaming others for my own problems and mistakes.
 - “It’s not my fault; I am the victim here”
- being evasive and defensive with those who need me.
- my tendency to be negative and complaining.
- my fear of taking responsibility for my mistakes.
 - “The worst thing that could happen is that this would be my fault”
- looking to others to make me feel secure.
 - “I need you to feel safe and secure; your confidence and steadiness complete me”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



SIX: Good News Reflection Exercise

The Good News I Need to Hear Is:

"You are safe"

"You are made to have confidence in yourself and trust that God is good in the world"

I affirm:

- that I am independent and capable.
 - "I've given you my Holy Spirit and set my seal upon you; I trust you to love others as my representative"
- that I can keep my own identity in groups and in relationships.
 - "You don't need others to know who you are: You are my beloved. Live and trust that this is the core of who you are."
- that I have faith in myself, my talents, and my future.
 - "You are courageous and capable. Learn to move in that settled comfort of who you are."
- that I meet difficulties with calmness and confidence.
 - "Reality is where I am: even difficulties. Because of my love and presence trouble will not overwhelm you."
- that I am secure and able to make the best of whatever comes my way.
- the kinship I have with every human being.
- that I am understanding and generous to all who need me.
 - "You have more than enough to be generous with others"
- that I act courageously in all circumstances.
 - "You have the capacity to be fiercely brave. My Spirit births in you this courage."
- that I find true authority within me.
 - "You are a dwelling place for God- a temple of the Holy Spirit- who's been given all authority on heaven and and earth."

How Scripture Reveals the Redeemed and Healthy SIX:

Romans 8:31-39

- Notice all the things to fear that Paul mentions in this text: difficulties, trials, sufferings. What grounded security does Paul live from?

Mark 5:36

- The most oft repeated phrase from God to humans in scripture is "Do not be afraid". Here Jesus says, "Just keep trusting" as an antidote to fear. What resistance or hesitancy do you feel as you consider this text?



SEVEN: Bad News Reflection Exercise

How Bad News Most Often Shows up in My Life: *The Need to Avoid Pain*

- reckless and destructive impulses
 - “The abundant life comes from variety, novelty, and spontaneity”
- feeling that I will be overwhelmed by anxiety
 - “If I find something else to do this problem will probably just go away”
- compulsions and addictions
 - “My problem is I don’t have enough _____ yet”
- burning myself out by trying to satisfy all of my desires
 - “I FEEL so much; my problem is I don’t have time/resources to act on all my desires”
- running away from the consequences of my actions
 - “There’s always something else to experience and do - why dwell on the past?”
- insulting or abusing others to vent my frustrations
- allowing my insecurities to drive me into dangerous situations and behavior
- sacrificing my health and happiness for instant gratification
 - “I live for creating new experiences to enjoy”
- being demanding and impatient with others
- always feeling that I need more
- wanting every moment to be exciting and dramatic
 - “Real life is so BORING and mundane and monotonous”
- escaping from myself through distractions and constant activity
 - “I just can’t stand being somewhere with nothing to DO; I need action, excitement, activity”
- letting my lack of self-discipline ruin my opportunities
 - “I just go with the flow, I’m always up for whatever”
- overextending myself with more than I can do well
- believing that external things will make me happy
 - “The world is so full of different experiences and I have to try them all”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



SEVEN: Good News Reflection Exercise

The Good News I Need to Hear is:

"You will be taken care of"

"You are made to joyously celebrate existence and share your happiness with others"

I affirm:

- I am happiest when I am calm and centered
 - "Silence and solitude is a precious gift to your restless soul"
- that I can say no to myself without feeling deprived
 - "Saying 'no' to your desires is the freedom you're truly after"
- that there will be enough for me of whatever I need
 - "You're invited to live in my economy of abundance and plenty; there is no need to hoard resources and experiences because all things are yours."
- that I am resilient in the face of setbacks
- that I find satisfaction in ordinary things
 - "The joy and beauty you are after is found in contemplating the simple, ordinary things of life"
- that I stay with projects until I complete them
 - "Perseverance and steadfastness are gifts of my Spirit to teach you how to stay grounded in reality and present to my love"
- that I care deeply about people and am committed to their happiness
 - "Your enthusiasm for life is contagious, but can only empower others as you commit to their long-standing good"

How Scripture Reveals the Redeemed and Healthy SEVEN:

Luke 6:20-26; 9:23-27; John 10:10

- How is Jesus' definition of 'the good life' different than mine? What pain - what 'embracing and taking up my cross' - am I avoiding in my life? That is your doorway to joy.



EIGHT: Bad News Reflection Exercise

How Bad News Most Often Shows up in My Life: *The Need to be Against*

- dehumanizing myself by violating others in any way
 - “I know how to get this person to do what I want”
- being verbally or physically abusive
 - “I can sense when someone is weak and know how to exploit that for my advantage”
- believing that taking vengeance will free me from my own pain
 - “Retribution and revenge make me feel powerful and in control”
- my fear of ever being vulnerable or weak
 - “Weakness leads to abuse and danger; I will remain in control at all times”
- believing that I do not need others
- believing that I must bully people to get my way
 - “I have the spiritual gift of intimidation; sometimes others need coercion to do the right thing”
- my fear that others will control me
 - “I will NOT lose my ability to decide for myself”
- feeling that I must only look after myself
 - “If I don’t look after myself and those closest to me nobody will”
- feeling that I must never be afraid.
 - “I will defeat fear inside before it has a chance to sabotage me”
- attempting to control everything in my life.
 - “I can get what I want by the force of my personality”
- allowing my pride and ego to ruin my health and relationships
 - “I don’t need anything from anyone - others should listen to me and do what I say”
- thinking that anyone who does not agree with me is against me
 - “You’re either with me or against me”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



EIGHT: Good News Reflection Exercise

The Good News I need to Hear is:

"You will not be betrayed"

"You are made to stand up for yourself and speak out for what you believe."

I affirm:

- that I believe in people and care about their welfare
 - "I have made you for relationships. Your leadership is about developing people, not simply delivering outcomes"
- that I am big-hearted and let others share the glory
 - "There are many rooms in the Father's house; you can give glory to others and let them receive honor"
- that I am honorable and therefore worthy of respect
- that I am most fulfilled by championing others
 - "My love lifts you up, empowers you; My Holy Spirit enables you to do the same for others"
- that I have tender feelings and good impulses
 - "Your heart is good and sensitive to the needs of the world; have courage to feel that today and experience the fullness of reality"
- that I can be gentle without being afraid
 - "You are always safe in the Kingdom of God; you can give up your need to protect yourself by the force of your personality"
- that I master myself and my own passions.
- that there is an authority greater than me
 - "My power is made perfect in your weakness; my love is made perfect in your surrender"
- that I love others and ask for their love in return
 - "Nothing is stronger than the risk of vulnerability it takes to love"

How Scripture Reveals the Redeemed and Healthy EIGHT:

Luke 9:46-50

- What part of Jesus' teaching here challenges you? How does this change the way you see relationships and other people?

1 Corinthians 2:1-5; Philippians 2:5-11

- How do these texts about Paul and Jesus challenge our assumptions about godly leadership? How do we faithfully embody Christ's authority today?



NINE: Bad News Reflection Exercise

How Bad News Most Often Shows up in My Life: *The Need to Avoid*

- not taking an active interest in my own life
 - “I’m not important; I don’t matter”
- turning away from whatever is unpleasant or difficult
 - “I’d rather ‘flight’ than ‘fight’ any day!”
- feeling that there is nothing I can do to improve my life
 - “This is just how the way things are”
- being numb and emotionally unavailable
- refusing to see my own aggressions
 - “I always take the path of least resistance”
- ignoring problems until they become overwhelming
 - “Ignorance is bliss”
- dependency and fear of being on my own
- wishful thinking and giving up too soon
- neglecting myself and my own legitimate needs
 - “If i ask for what I want that’s selfish; my desires aren’t important”
- seeking quick, easy "solutions" to my problems
 - “I hate all types of awkward and conflict situations”
- feeling threatened by significant changes in my life
- losing myself in comforting habits and routines
- feeling that most things are just too much trouble
- inattentiveness and forgetfulness
- going along with others to keep the peace
 - “The best thing that could happen to me today is to not rock the boat”
- living through others and not developing myself
 - “I’m happy if you’re happy”

Where do I see this bad news in my life story? Brainstorm below and come up with 3 stories to share:

- 1.
- 2.
- 3.



NINE: Good News Reflection Exercise

The Good News I Need to Hear is:

"Your presence matters."

"You are made to bring peace and healing into your world."

I affirm:

- that I am confident, strong, and independent
 - "I am capable of taking responsibility for myself, for owning what I want, for naming and submitting my desires to others"
- that I develop my mind and think things through
 - "I can make decisions without knowing what everyone else thinks"
- that I am awake and alert to the world around me
- that I am proud of myself and my abilities
 - "I have a meaningful and significant contribution to make in the world"
- that I am steadfast and dependable in difficult times
 - "I've not been given a spirit of fear, but of power, love, and self-control to be resilient when the going gets tough"
- that I look deeply into myself without fear
- that I am excited about my future
 - "God is leading me into a life full of responsibility and authority in his Kingdom"
- that I am a powerful, healing force in my world
 - "I have a voice and I matter because I'm made in the image of God"
- that I actively embrace all that life brings
 - "Life isn't too much for me or overwhelming, but is the arena where I grow and meet God"

How Scripture Reveals the Redeemed and Healthy NINE:

Psalm 23

- Notice how important and meaningful the psalmist is to God. What about the way God honors him stirs you?

Mark 10:46-52

- Read this and picture yourself as the blind person. In what ways does he act that would be difficult for you? What do you notice about how he interacted with Jesus?