Release Your Prophetic Voice:

Exploring the Intersection of the Enneagram & Spiritual Formation

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Triads: Based on dominant center of intelligence

The Gut (8, 9, 1)
- Dominant center: Doing
- Dominant emotion: Anger

The Heart (2, 3, 4)
- Dominant center: Feeling
- Dominant emotion: Shame

The Head (5, 6, 7)
- Dominant center: Thinking
- Dominant emotion: Fear

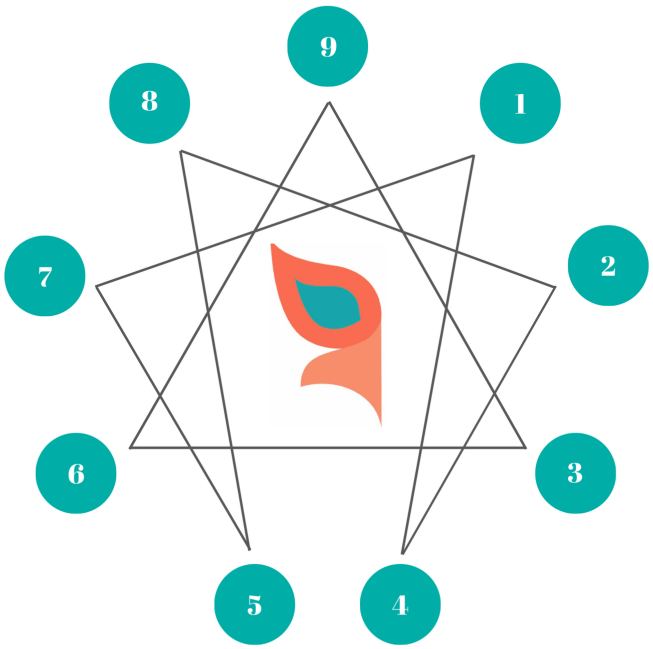
.

Stances: Based on repressed center of intelligence

Dependent stance (1, 2, 6)
- Repressed center: Thinking
- Relational energy: Toward/dutiful
- Orientation to time: Present

Withdrawing stance (4, 5, 9)
- Repressed center: Doing
- Orientation to time: Past
- Relational energy: Away/withdrawn

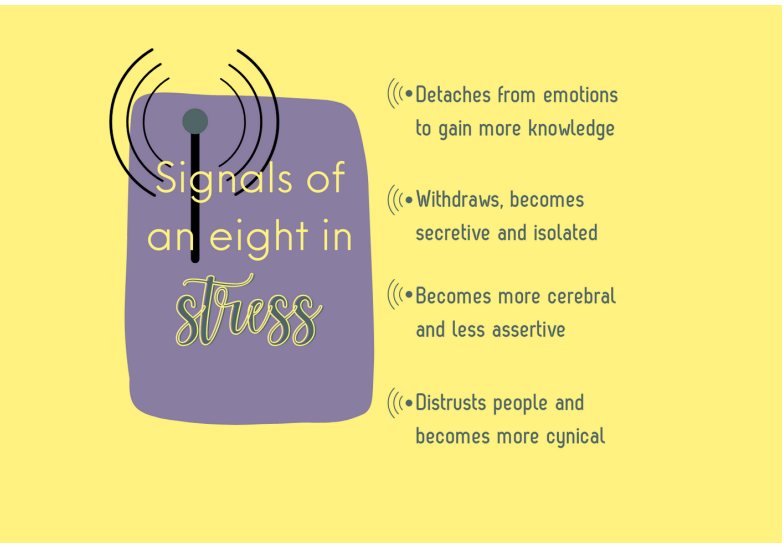
Aggressive stance (3, 7, 8)
- Repressed center: Feeling
- Orientation to time: Future
- Relational energy: At/against



Lines or Connected Points

Each number is connected to two other numbers on the enneagram. Each number has a number they go to in stress and a number they go to in security.

Gut/Anger Triad

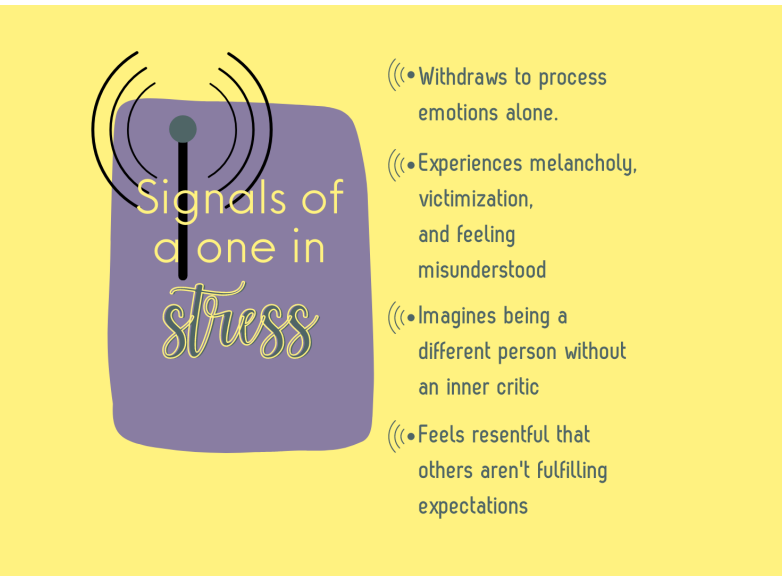


Enneagram 8: The Challenger

Focus of Attention: Power and control
Triad: Gut/anger (doing-dominant)
Stance: Aggressive (feeling-repressed)
Relational Energy: At/against
Stress Line: Five
Security Line: Two

Enneagram 9: The Peacemaker

Focus of Attention: The agendas of others
Triad: Gut/anger (doing-dominant)
Stance: Withdrawing (doing-repressed)
Relational Energy: Away/withdrawn
Stress Line: Six
Security Line: Three



Enneagram 1: The Reformer

Focus of Attention: Errors and mistakes
Triad: Gut/anger (doing-dominant)
Stance: Dependent (thinking-repressed)
Relational Energy: Toward/Dutiful
Stress Line: Four
Security Line: Seven

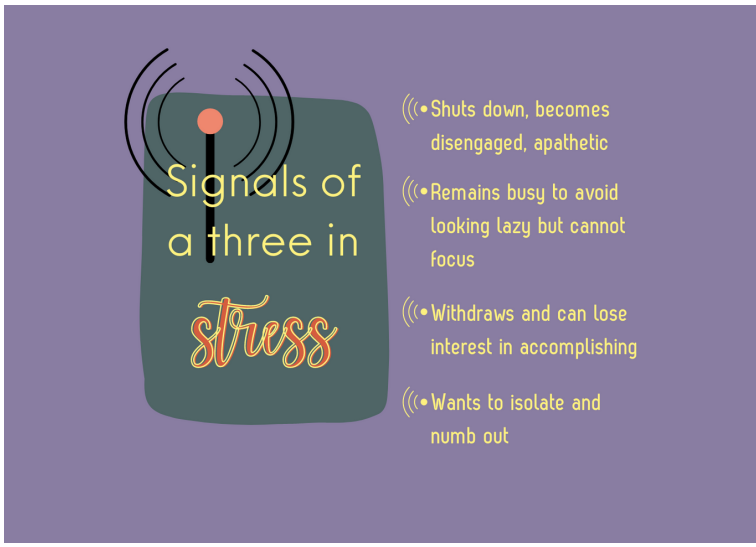
Heart/Shame Triad

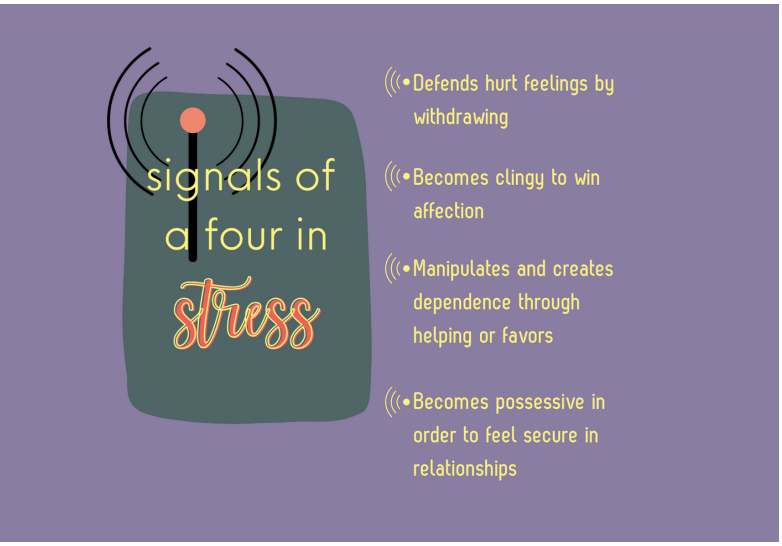
Enneagram 2: The Helper

Focus of Attention: the needs of others
Triad: Heart/shame (feeling-dominant)
Stance: Dependent (thinking-repressed)
Relational Energy: Toward/dutiful
Stress Line: Eight
Security Line: Four

Enneagram 3: The Achiever

Focus of Attention: tasks and goals
Triad: Heart/shame (feeling-dominant)
Stance: Aggressive (feeling-repressed)
Relational Energy: At/against
Stress Line: Nine
Security Line: Six

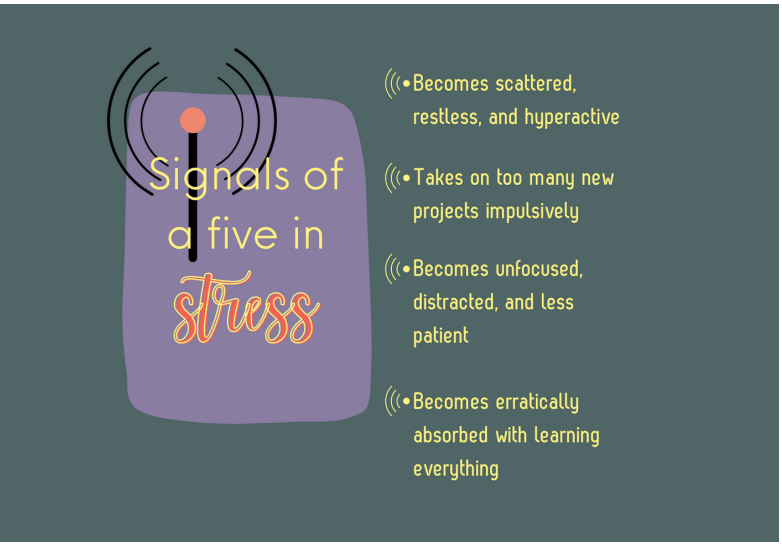




Enneagram 4: The Individualist

Focus of Attention: what's missing
Triad: Heart/shame (feeling-dominant)
Stance: Withdrawing (doing-repressed)
Relational Energy: Away/withdrawn
Stress Line: Two
Security Line: One

Head/Fear Triad



Enneagram 5: The Investigator

Focus of Attention: gathering
Triad: Head/fear (thinking-dominant)
Stance: Withdrawing (doing-repressed)
Relational Energy: Away/withdrawn
Stress Line: Seven
Security Line: Eight

Enneagram 6: The Loyalist

Focus of Attention: what could go wrong
Triad: Head/fear (thinking-dominant)
Stance: Dependent (thinking-repressed)
Relational Energy: Toward/dutiful
Stress Line: Three
Security Line: Nine

Enneagram 7: The Enthusiast

Focus of Attention: planning for pleasurable possibilities
Triad: Head/fear (thinking-dominant)
Stance: Aggressive (feeling-repressed)
Relational Energy: At/against
Stress Line: One
Security Line: Five

Sabbath Practices

Focus of Attention: Power & control
Stance: Aggressive (feeling-repressed)
Stress Line: Five

Enneagram 8: The Challenger

- Take regular pauses to be quiet and still before God
- Spend time with your inner child
- Read or listen to diverse historical and modern believers

Enneagram 9: The Peacemaker

- Schedule regular time to spend connecting with the Lord
- Explore new spaces, outdoors or in
- Work through a devotional or study with a friend

Focus of Attention: The agendas of others
Stance: Withdrawing (doing-repressed)
Stress Line: Six

Focus of Attention: Errors & mistakes
Stance: Dependent (thinking-repressed)
Stress Line: Four

Enneagram 1: The Reformer

- Silence the inner critic through worship music
- Journal or speak your confession and praise
- Set aside moments to breathe and rest throughout the week

Enneagram 2: The Helper

- Spend intentional time alone with the Lord
- Untangle your feelings on paper
- Determine your best "yeses" and your wise "nos"

Focus of Attention: The needs of others
Stance: Dependent (thinking-repressed)
Stress Line: Eight

Focus of Attention: Tasks & goals
Stance: Aggressive (feeling-repressed)
Stress Line: Nine

Enneagram 3: The Achiever

- Set aside extended time to be unproductive
- Seek out intentional time to be real with a trusted friend
- Lean into a creative way of connecting with the Lord

Enneagram 4: The Individualist

- Write or speak aloud all that you are thankful for
- Engage your body in mindful breathing or stretching
- Find a way to connect to God through nature

Focus of Attention: What's missing
Stance: Withdrawing (doing-repressed)
Stress Line: Two

Focus of Attention: Gathering
Stance: Withdrawing (doing-repressed)
Stress Line: Seven

Enneagram 5: The Investigator

- Spend quality time with a trusted friend or gathering with family
- Engage your body in doing something playful or creative
- Delight in something unexpected

Enneagram 6: The Loyalist

- Habitually remember times when God was faithful
- Spend time in Scripture without a commentary or study
- Explore creativity in worship through dance, art, song, or writing

Focus of Attention: What could go wrong
Stance: Dependent (thinking-repressed)
Stress Line: Three

Focus of Attention: Planning for pleasurable possibilities
Stance: Aggressive (feeling-repressed)
Stress Line: One

Enneagram 7: The Enthusiast

- Utilize various activities of worship, like listening, writing, reading, or praying
- Explore any painful memories as they arise
- Set a goal to achieve (read the Bible in a year, etc.)

Who I Am in Christ

- I am God's co-worker (2 Cor 6:1)
- I am a minister of reconciliation for God (2 Cor 5:17-21)
- I am a branch of the true vine, a channel of His life (John 15:1, 5)
- I am seated with Christ in the heavenly realm (Eph 2:6)
- I am the salt and light of the earth (Matt 5:13-14)
- I may approach God with freedom and confidence (Eph 3: 12)
- I am a personal witness of Christ (Acts 1:8)
- I have been chosen and appointed to bear fruit (John 15:16)

Gut Triad

eight. nine. one.

Combating anger through justice and impact

Heart Triad

two. three. four.

Combating shame through identity and belonging

- I am God's child (John 1:12)
- I am complete in Christ (Col 2:10)
- I am Christ's friend (John 15:15)
- I am united with the Lord (1 Cor 6:17)
- I am a member of Christ's body (1 Cor 12:27)
- I have been bought with a price (1 Cor 6:19)
- I have access to God through the Holy Spirit (Eph 2:18)
- I have been adopted as God's child (Eph 1:5)
- I belong to God (1 Cor 6:20)

- I am assured all works together for good (Rom 8:28)
- I am hidden with Christ in God (Col 3:3)
- I cannot be separated from the love of God (Rom 8:35-39)
- I am free from any charge against me (Rom 8:31-34)
- I have not been given a spirit of fear, but of power, love, and a sound mind (2 Tim 1:7)
- I can find grace and mercy in my time of need (Heb 4:16)
- I am born of God; the evil one cannot touch me (1 John 5:18)

Head Triad

five. six. seven.

Combating fear through security and certainty

Scan QR code to listen to a podcast on enneagram types and Sabbath practices!