

Group Discussion Guide for

Self to Lose, Self to Find: Using the Enneagram to Uncover Your True, God-Gifted Self

By Marilyn Vancil

To the Group Leader: Use these questions as a basic guide for your discussion. Also, for each chapter or section, invite people to share whatever they highlighted in each chapter and why.

Getting Started

1. When and how were you first introduced to the Enneagram? What were some of your first reactions when you heard about it? What has been your personal experience with the Enneagram or other personality models up to this time?
2. What's it like to have an "aha moment?" Why do you think the author added the word "holy?" What happens in your body, your mind, and your heart when you have a "holy aha moment?"

Section One: Understanding Our Human Dilemma

1. Do you relate to the dilemma of seeming to live as two different "selves?" Express what this is like for you? How does your own "tale of two selves" play out in your everyday life?
2. The author offers two titles for the two selves: The Adapted Self (the one to lose) and the Authentic Self (the one to find). Review what you understand these to mean.
3. What is your response to the paragraph on page 9 that starts with "In the same way, we have a self to uncover..." What do the three quoted scriptures say about your Authentic Self? Pause to reflect on what these often "religious" concepts really mean to you, like righteousness or being hidden with Christ.
4. What life circumstances and choices help you feel more connected and aware of your true, God-gifted self?
5. Review the author's explanation of a "seed coat" and the paragraph on page 14 that starts with "Applying this illustration to our lives..." How do you relate to this metaphor?

Section Two: Setting the Scriptural Foundation

1. What is the difference between viewing the words of Jesus as commands or invitations? How does this influence your study of the Word?
2. *Invitation #1 – Disown Yourself:* Does the meaning of Luke 9:23 change for you when you understand the word for "deny" to be "disown?" In what way?
3. *Invitation #2 – Take Up Your Cross Daily:* Reflect on the definition of "sin" as "missing the true goal and scope of life."
4. Are there pieces of your life that are hard to think of as part of God's design for you (page 35)?
5. In what ways might your life be different if you lived in the truth that you are both crucified with Christ and are also alive with God through Christ (see pages 35-36).
6. *Invitation #3: Follow Me:* Read the paragraph at the bottom of page 41, starting with "In summary, to be a disciple..." Consider what attitude-shifts and /or action steps you might take to make these words more real in your life.

Section Three: Exploring the Nine Enneagram Types

1. The author summarizes the ultimate desired outcome for looking at the Enneagram on the bottom of page 48. Discuss the *freedoms* mentioned and how these resonate with your desires.
2. Review the author's suggestions for determining your Enneagram type on page 53-54. Where are you on the path of discovering your particular type?
3. Review the guidance on how to read through the nine types and how the author presents them (Chapter 6).
4. As you read through each type, try to "get behind the lens" of each type in order to grasp and appreciate what it's like to live with each particular perspective. Discuss what stands out to you about each type. What are the gifts and challenges?
5. Review the Three Centers, the Social Styles, the Arrows, Wings, and Subtypes.
6. Go back and read pages 144-145 more reflectively about the Spiritual Center. Discuss the possibility for spiritual growth that this offers.

Section Four: Prayers for Each Type

1. Have a person read aloud *God's Personal Invitation of Love* for each of the people who identify most dominantly with each types. Allow this to be a time of prayer and blessing for each person in the group.
2. Pray silently together the Prayer of Confession and Consent for your particular type, noting what stirs in you as you pray.

Section Five: Practicing a Path to Freedom

1. Print the OWN-UP Worksheet (on the website at marilynvincil.com under Resources). Think of a triggering situation in the last week or two that caused an unwelcome and negative reaction in you. As a group, take 15 minutes in silence to go through the five parts of the OWN-UP process with this particular situation in mind.
2. Share with the group what stuck out to you and what shifted for you as you completed this practice. How might this help you to become more self-aware and to experience more freedom and growth in your life?