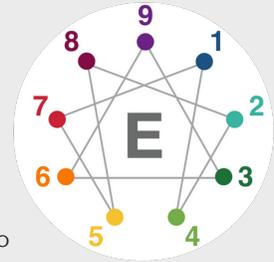


ENNEAGRAM TYPE 1

Coaching Session #5 - Continuing Transformation

Implications of Grace for a Type One

- The realization that they are now righteous because of Christ in them allows a Type One to loosen their grip on needing to be perfect. When God looks at a Type One (or any believer), he now sees his perfect beloved Son, Jesus Christ, and not a sinner. This means we are now his beloved child, who is loved, cherished, and cared for right where we are in all of our imperfections.
- Type Ones can begin to give themselves grace since they have already been given full grace by God. If God so generously gave them grace, then how could they not also extend this to themselves? Are they wiser than God? No, so they can trust in the fact that they are now perfect because of Christ in them.
- This realization doesn't mean that they are free to do whatever they want, but that they are free to live as the beloved son or daughter that they are. They don't have to "clean themselves up" before coming to their Father. They can come just as they are right now. They are loved and cherished for who they are in Christ.
- The message the gospel says to a Type One is: **"Because of Jesus Christ, you are good!"** This message will bring a sense of joy, peace, and relief to a Type One.
- They are now free to see and own their imperfection since they are now "perfect" in Christ. This will also allow them to ask for forgiveness and extend compassion and mercy to others.



Type 1

The Moral Perfectionist

Core Fear: Being wrong, bad, evil, inappropriate, or corruptible.

Core Desire: To have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism).

Self-Image: I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

Core Weakness: Resentment - This is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves, others, and the world.

Message Your Heart Longs to Hear:
You are good.

Going Deeper

- Give an example of a time when you were able to let go of your Core Fear and Core Desire and you were able to rest in the arms of your Father who loves YOU not because you are perfect but because Jesus was perfect for you. Does this allow you to rest in the freedom Christ purchased for you?
- What feelings, thoughts, or body sensations arise when you think about how God provided you perfect righteousness in his son? How does it feel to know that you are loved even when you mess up because Christ has taken care of all your mistakes and sins? How does it feel to know that Christ pursued you because he loved you and wanted to bring you back in relationship with him?



Knowing You Are Loved for You

- God truly loves you and, in Christ, provided you his perfect righteousness. How has this truth changed how you view your relationship with yourself, others, and God?
- In moving forward, how will you now recall the truth that you are loved, righteous because of Christ's righteousness, and free in the Holy Spirit? How can you implement this truth into your everyday life (especially when your Type One inner critic tries to take over)?

How Have You Grown?

In five sessions, we have learned about you:

- **Triad: Gut Center** - Anger (resentment) & justice.
- **Arrows:**
 - Move toward high side of Type 4 - You can tap into your inspirations, creativity, and passions.
 - Move toward high side of Type 7 - You become less critical, more self-accepting, enthusiastic, fun, and optimistic.
- **Hidden Side:** You have an inner critic that is extremely loud and berates you on what you do wrong.
- **Relationship Issues:** Critical of others and have resentment when others are not as responsible as you.
- **What growth looks like:** Become more free and light-hearted knowing that you have Christ's righteousness.
- **Wings:** 1w9 "Idealist" and 1w2 "Advocate."
- **Levels of Development:** Healthy, average, unhealthy.
- **Childhood Patterns:** Disconnected to the protective and felt that you had to parent and discipline yourself.
- **Defense Mechanism:** Reaction formation.
- And more...

Going Deep

- Identify at least one area in your life - a relationship, a place, a time - in which you felt free in the Spirit because you were able to receive the truth that you have Christ's righteousness.
- Picture yourself in this particular setting. How did it feel? How can you remember this feeling and live in this truth in your daily life now?

Reflection Time

- What is your most important takeaway from these five sessions?
- What are three other very important things that you learned about yourself that you will continue to work on this year?
- What do you desire to know more about?
- What else do you need help with?

