



1 – The Moral Perfectionist

Upstream Practices:

Journaling Confession and Assurance: It is hard for 1's to articulate imperfection but to actually write it down can be painful because it feels true when one writes out what is in their heart. Writing out imperfections solidifies that they are not in fact perfect. The 1 needs to rest assured that the good comes with confessing the sin or imperfection, trusting that this kind of inner confrontation will serve as a channel to the gracious and loving presence of Christ. Once the 1 has confessed, they can move to professing his or her assurance of pardon found in the sacrifice and resurrection of Jesus. 1's need to write out the truth that while they are still sinners, God loves them and He demonstrated His love on the cross. (Romans 5:8)

Nature Walks: A walk through nature can be a calming and emotionally healing discipline for 1's, quieting their inner anger and reorienting them around the goodness and beauty of God. It invites 1's to slow down and reconnect with God and provides space for their inner critic to be crucified with Christ (Galatians 2:20). Note: This could be any discipline that quiets the spirit and the inner voice inside the 1.

Downstream Practices:

Meditating on God's Word: God's Word is that standard of truth and goodness. Delighting in God's Word and "meditating on His law day and night" (Psalm 1:2) lights up the 1's soul and reorients them to God's perfection not their own.

Making Things Better: 1's feel useful when they are able to speak into things, reform things, and make things better. The key to becoming healthy for a 1 is being motivated by a love for God's glory, performing from God's approval instead of for His approval, and by a love for others that sacrifices self for their good. Note: it is important to understand that it isn't the job of a 1 to change people's actions but to love them where they are trusting the work of the Holy Spirit.
"Do you love people where they are or where you want them to be?" -Angie May

2 – The Helper

Upstream Practices:

Centering Prayer: This is a form of prayer that invites us to slow down and be still before God without the need to be doing something. It brings us to a similar posture of

Mary's where we see her sitting (being fully present) at the feet of Jesus (Luke 10:38-42). A great way to incorporate this is through your concentrated breathing; with each inhale and exhale, you acknowledge God's presence, His love and His delight in you. This helps for 2's to embrace their own neediness which is hard for them.

Fasting: This is a great discipline for 2's because it helps to ground them in the reality of God and helps them to be conscious of His presence in their life. It helps to awaken their inner hunger for God and reinforces that God is enough and that He is faithful to meet all of their needs.

Downstream Practices:

Hospitality and Service: 2's feel most alive when they make space and seize opportunities to extend the welcome and service of Christ to others. They love to bless and serve. This gift comes naturally to them. Acts of hospitality and service such as opening their homes, entertaining guests, hosting dinners, exercising generosity, offering words of encouragement, and serving in the church should be regular rhythms for 2's. The key is doing this with little to no expectation of anything in return.

Spiritual Friendship: 2's tend to be energized by deep friendship and sharing life with others. They enjoy the mutual and natural supply of support, encouragement, counsel, fun, growth, and value that goes with friendship. Spiritual friendship is the essence of affection, vulnerability, and trust between friends produced by the Holy Spirit. 2's must be intentional on making space for this type of friendship with a couple of people and realizing they don't have to have deep relationship with everyone.

3 – The Achiever

Upstream Practices:

Fixed-Hour Prayer: Stopping to pray three times a day can be frustrating for 3's because it interrupts their to-do lists. The temptation that needs to be challenged is that there isn't enough time for prayer; there is too much that needs to be done. On the contrary, Martin Luther is famous for commenting, "I have so much to do today that I am going to need to spend three hours in prayer in order to be able to get it all done." 3's need this perspective; that prayer (regardless of how long or how many times a day) is a needed practice to refocus on what is really important; realizing that their greatest accomplishment and use of their time is being with their Creator; spending time with Jesus. The interruption of prayer helps to remind 3's that it is OK to trust the journey and not have a feeling that they have arrived.

Confession of Sin: Confession can be difficult for anyone but especially 3's because it forces them to deal with the places in their life that they are less accomplished. It requires self-examination and humility, both of which are threatening to a 3's good

image of success. 3's need to be able to take off the mask and know they are loved and can rest in the gospel message.

Social Media Fasts: 3's may use the social media platform as a means to promote themselves and to project their image. They also can use it to compare themselves to others. Frequent fasts from social media helps to put to death a false image and give 3's more emotional margin to be themselves with God and others.

Downstream Practices:

Bible Reading Plan: 3's will enjoy the structure of a bible reading plan; a plan that takes them through the whole bible is a great recommendation.

Fixed Hour Prayer: In the New Testament world, the Jewish community oriented life around three specific times of prayer — morning, noon, and evening. The early church continued this practice, which became known as the "Fixed-hour prayer". The idea here is that this gives 3's a sense of accomplishment. As seen above, this can also be an upstream practice for the 3.

4 — The Individualist

Upstream Practices:

Fellowship: Practicing fellowship is a necessary rhythm for us all, but especially for 4's, who are prone toward introversion and isolation. 4's need to be with others in order to be drawn out of themselves and toward people. They should schedule regular times of eating, drinking, and being in fellowship with their closest friends and missional community. Being in the loving presence of others will help to fill the sense of void that 4's carry and remind them that they are loved for who they are in community.

Thanksgiving: Because 4's tend to drift toward melancholy, the practice of Thanksgiving is a must. When 4's are experiencing a critical spirit, anger, frustration, dissatisfaction, or depression, they must learn to interpret these emotions as invitations to press into the Spirit of Jesus to offer thanksgiving to God. Speaking out what one is thankful for forces 4's away from extreme melancholy and opens the soul to experience the joy of God's presence. When unhealthy negative feelings emerge, 4's need to stop and ask, "What do I have to be thankful for in this situation?"

Downstream Practices:

Solitude: 4's tend to be more introverted and imaginative. Solitude provides them the space to be alone with God and with themselves. 4's need a daily rhythm of getting alone with God to be still, listen, pray, read the Bible, and/journal. In addition, 4's would

be well-served by personal spiritual retreats — maybe a half day or full day every month, a few days or a week every year to go away and be alone with God, to recharge and be released back into the life God has called them to live.

Journaling: This comes naturally to a 4 because it offers them the ability to explore their imagination and process what they are feeling. 4's should avoid focusing only on the negative and practice journaling about what they have to be thankful for.

5 – The Thinker

Upstream Practices:

Sharing: 5's prefer to remain inside their heads and withhold themselves. A practice that will challenge this is generosity. 5's need to carve out space in their schedules to intentionally share themselves with others. They must learn to share what they know — especially the gospel! — but also how they feel. This takes time and practice but will be transformative for the 5.

Serving: Where 5's are prone to secrecy and introversion, they must learn to get out of themselves and move toward others. To be more specific, they must get out of their heads and engage their hearts and hands. Regular acts of service provide a context for whole-person transformation: head, heart, hands. This is crucial for the emotional and spiritual health of the 5.

Downstream Practices:

Inductive Bible Study: 5's are energized by digging into Scripture, observing all the facts and details, asking The Who, when, where, and what questions. They enjoy trying to interpret and make sense of their observations, asking, "Why is this here? What does this mean?" 5's are the type who appreciate the literacy and historical contexts of and the original languages of the Bible.

Reading Books: Reading books on various subjects is a helpful practice for 5's. They would be well-served by setting a reading list each year of books they would like to engage — anything related to culture and/or the gospel would be beneficial.

6 – The Loyalist

Upstream Practices:

Scripture Memory: This practice challenges the anxious, busy mind of the 6. It requires discipline and focused effort. Scripture memory can be transformative for 6's because

it anchors them in God's Word and anchors God's Word in them. This means that God's Word is hidden in their hearts to remind their conscience that they are hidden safely in Christ. The Word of God goes with them consciously everywhere they go. Whatever is going on in their soul to make them anxious, they can call the truth of God to memory and have courage.

Fasting: This discipline of fasting is good for 6's because it helps ground them in the reality of God and helps them live consciously aware of His presence. Awakening their inner hunger for God is a way of reinforcing that God is enough and that He is faithful to have met their deepest need in Christ.

Downstream Practices:

Singing and Journaling: These are grounding practices that come naturally for 6's. Singing and journaling are ways of expressing faith in the face of fear and solidifying the truth that in Christ they are truly safe.

Meditating on God's Word: 6's should commit to a specific way of reading Scripture known as lectio divina (Latin for "divine reading"). This method invites the Holy Spirit into the reading as it moves through four distinct phases: read, meditate, pray, and contemplate. This practice encourages 6's to slow down and have their fears confronted by God's voice and cast out by God's love as revealed in His Word.

7 – The Enthusiast

Upstream Practices:

Solitude and Silence: 7's should set aside time each day to get alone with God and be still and silent before Him. Solitude releases 7's from their stage persona, need to perform, and over-dependence on others. Silence allows them to feel whatever they're trying to avoid beneath the surface and to meet with God in their inner being and emotional pain. Solitude and silence allows 7's to slow down and enjoy the greatest gift of all – communion with God. It serves as a reminder that their identity and worth are not based on how others feel about them or how they feel about themselves, but on God's love for them in Christ.

Fasting: This discipline of fasting is good for 7's because it helps them to not become addicted and overly dependent upon experiences. It is a way of awakening what they are truly hungry for – the presence of God – and is a pathway for indulging in His love and grace.

Downstream Practices:

Celebration: The practice that will come most natural to 7's is celebration. They should not feel shame for looking for ways to enjoy life to the fullest, to experience the abundant life that Jesus offers us in Himself. 7's will feel alive through engaging with others through a variety of experiences: feasting, laughing, listening to music, watching movies, deep conversation, etc. 7's should look to enter into these practices with a conscious awareness of God's love and remember that true and lasting joy doesn't depend on circumstances, but on the person and work of Jesus. This will help 7's to use these practices as opportunities to open themselves up to others and share their story. The challenge for 7's will be to not over-indulge.

Community: 7's are often extroverts or people-persons. They feel alive when surrounded by others. The practice of community will help them live into their true selves. They should look for weekly opportunities to connect with the body of Christ, where they can enjoy the sense of belonging and interdependence that comes with being part of God's family.

8 – The Challenger

Upstream Practices:

Accountability: 8's tend to avoid vulnerability and letting others get close out of fear of being controlled by them. To overcome this neurosis 8's need accountability from people they know they can trust. They need a context where they can be known — where they can be weak. If not, 8's will spend their lives hiding their true self behind an image of power.

Confession: It's not enough to be surrounded by people they can trust. 8's need to regularly practice the discipline of confession. They must open up and be honest about their struggles and weaknesses. In this way, the 8 will learn his/her greatest secret — when he/she is weak, then he/she is strong (2 Corinthians 12:10). Thus, 8's need to practice regularly boasting in their weakness as a pathway of spiritual formation into deeper Christ-likeness.

Downstream Practices:

Justice: 8's are energized by regular opportunities to contend for the common good. They shouldn't feel bad about leading the way in doing Micah 6:8 — “love justice and do mercy”. 8's must seek to learn the brokenness in their city or context and challenge it with the gospel-motivations.

Compassion: 8's are filled with compassion for the underdog. It's not enough for them to speak out against injustice. 8's have to "get their hands dirty". They feel the need to get involved, to stand in the shoes of those they are trying to help. They have a great capacity for empathy. Showing compassion by stepping in and physically serving the underprivileged is a way of living into their true selves.

9 – The Peacemaker

Upstream Practices:

Fixed-Hour Prayer: Stopping routinely to pray is good for the 9 because it re-centers them around the peaceful presence of Jesus. It is a way of calming down and remembering what is most urgent and important — one's relationship with God. This practice also helps to form diligence, steadfastness, faithfulness, and action in the 9.

Bible-Reading Plan: 9's need the structure of a bible-reading plan. A plan helps them be focused and diligent in the Word, where they can hear the Father's voice and have their souls re-centered.

Downstream Practices:

Nature Walks: The discipline of retreating for a walk through nature with God will come easily for a 9. Walking trails, hiking, climbing, biking, jogging, strolling the park or beach aid the 9 in restoring balance and return them to a sense of peace and calm. Nature reminds them that, though we live in a world of chaos, the Creator God is a God of peace and order. 9's feel the hope of Psalm 96 and 98 when in nature. They are led to rejoice with the heavens, seas, fields, and trees over the promised return of Jesus to reconcile all things to Himself in a harmonized whole.

Peacemaking: 9's shouldn't feel bad about their desire to help others resolve conflict. They feel alive when they get a chance to meditate, counsel, and encourage others with the gospel. To be healthy and grow in Christ-likeness, 9's must look for ways to use this gift.