
Session: Enneagrams

Description

The root word of *obedience* comes from the Latin word “*audire*” which means to listen. Obedience is not a popular word in American culture. We view it as a sort of oppression.

Obedience is about listening, and learning, not just within your family but also listening and learning within your community. It’s also about consequent action. Each human being has something to say about fullness of life. If we listen with not just our ears, but also our hearts we begin to understand that no one person possesses all truth or knows everything, but each person has something to teach us.

The Benedictines say that obedience (listening) requires an atmosphere that is “palpably different from the haste and frenzy that characterize much of contemporary life”.ⁱ

It’s easy to become complacent when it comes to spirituality. Somebody else (like my Pastor) will think for me if I let them. Somebody else will serve or do the difficult or time-consuming things for me if I let them. I can choose not to acknowledge and mend the things I’ve broken.

Through obedience, we can live out our theology and our spirituality in the ordinary by putting feet to faith. Author Ronald Rolheiser says, “.....spirituality and ecclesiology are divorced; people “want” faith but not the church, the questions but not the answers...and the truth but not obedience” or they “want the church but not faith, the answers but not the questions,...and the obedience, not the truth”ⁱⁱ

In this session you will get to know yourself and the people in your family more deeply by way of the Enneagram Test. The word enneagram comes from the Greek word meaning nine, so the Enneagram is a typology of nine interconnected personality types. This test isn’t like other personality assessments as it focuses less on **what** your personality type does and more on **why** you do the things you do. The Enneagram helps you develop Emotional Intelligence (EQ), improves self-awareness, and improves relationships by helping us change the way we relate to other people.

Materials Needed

None

Handouts

Links to Enneagram tests

Your Enneagrams

Read aloud the quote or
scripture

“Courage is being scared to death but saddling up anyway.” *John Wayne*

Questions for discussion
(10 minutes)

1. How would you define obedience? Have you had good or bad experiences with this word? Explain.
2. Do you think obedience and listening have anything to do with each other? Why? Why not?
3. Why do you think the word obedience has a negative connotation in today’s culture? If yes, where do you think that negative connotation came from? Is it valid?
4. How do you think God views obedience? What does obedience have to do with spirituality (if anything)?
5. Have you ever let someone else think for you because it was easier? Explain. Did it have any impact on your (good or bad)?

Rule of life activity

The Enneagram

1. Each person in your family will be taking an Enneagram Test. For small children you may need to walk through it with them and ask them the questions.
 2. Remember when you take the Enneagram Test, don’t answer the questions as who you want to be, or as you think others perceive you. Answer **as you truly are in this moment**.
 3. You can use this link or go to the Handouts for this session and there are several options.
 4. After you each take the test and get your results, sit down together and talk about them. Do they seem accurate?
 5. Go through each person’s assessment and read the descriptions so everyone can hear.
 6. Are there things you can learn from this in terms of being in relationship with one another?
 7. Put the results where you can see them and be reminded of how best to interact with one another.
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Examen

How did it go? Debrief highs and lows

1. Each person shares their favorite part of the conversation / activity and why.
 2. Each person shares their least favorite part and why
 3. Did you do a Serving/Giving activity last week? How did it go?
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Serving /giving ideas for any time this week: Choose one or create your own. These can be done individually or as a group. You will be sharing your serving experience in the next session.

- Volunteer to read to children at the local library or elementary school.
- Host a holiday meal for senior citizens.
- Volunteer to take a disabled person to a concert or sporting event.
- Build flower boxes and donate to your local Habitat for Humanity
- Organize a breakfast bar at church and serve people before their start their volunteer shifts.

ⁱ <http://priorsbenedictineway.weebly.com/>

ⁱⁱ Rolheiser, Ronald. 2014. *The Holy Longing: The Search for a Christian Spirituality*. New York.