ENNEAGRAM : BRIDGE BUILDING TOOL

SPIRITUAL PRACTICES FOR EACH TYPE

SPIRITUAL PRACTICES FOR A

1

ANGER → SERENITY

01. EXTENDING GRACE TO YOURSELF

You are likely pretty critical of yourself, and that can easily turn into assuming that God is critical of you too. Try starting with a reminder of grace in your prayer times.

02. CELEBRATING GROWTH IN YOURSELF

Since criticism comes easy, practice the opposite. Stop to notice with God places you're growing.

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03. EXTENDING GRACE TO OTHERS

Because you tend to see places of imperfection quickly, practicing extending grace to others can be important to create a sense of safety in relationships.

04. CELEBRATING GROWTH IN OTHERS

Expressing affirmation for others in places you have seen growth (with care, not condescension) can be a great way to help deepen relationships and love others well.

SPIRITUAL PRACTICES FOR A 2

PRIDE → HUMILITY

01. SOLITUDE

*Solitude is often one of the only ways you can become attuned to your own needs and what God might want to say **to you**. Make sure to do this so your relationship with God is not centered on the needs of others.*

02. BODY SCANS

Any practice that can connect you with your own self, and thus make you more available to God, will be helpful in deepening relationship with God. Noticing what is happening in your body is often a good place to start.

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03. INTERCESSION FOR OTHERS

Move from worrying about others and carrying their burdens to laying their burdens (and your sense of responsibility for them) at God's feet.

04. NOTICE MIXED MOTIVES

Sometimes your own desire to be loved or to feel helpful can get in the way of actually loving others well. Pay attention to why you are responding to others the way you are, and take a step back if you sense your motives are off.

SPIRITUAL PRACTICES FOR A 3

DECEIT → HONESTY

01. SABBATH & SLOWING

You are likely prone to keep going like the energizer bunny unless you intentionally decide to stop. Stopping or slowing to pay attention to your relationship with God may be your most important step to walking with God.

02. SILENT PRAYER

Because you are often prone to try to perform or check things off of lists, praying without an external performance (either praying aloud or writing) may be a helpful practice to try.

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03. HONESTY IN HOW YOU SHOW UP WITH OTHERS

You are used to adapting to other's personalities and needs fairly naturally, but it will be a gift to others if you make a point of showing up as yourself, honestly, in conversations.

04. CHAMPION OTHERS

Choose to channel your energy towards putting the spotlight and affirmation on others instead of yourself.

SPIRITUAL PRACTICES FOR A 4

ENVY → EQUANIMITY

01. CREATIVE PRAYER

Channel your creativity into prayer practices like making art, writing poetry, singing songs, or making a space beautiful while you pray. These can also be helpful practices to help you feel authentically "you" as you pray.

02. GRATITUDE

You may naturally feel prone to envy, but practicing gratitude in your relationship with God can help you focus on the unique gifts of grace he has given just to you.

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03. BLESS OTHERS

When you notice envy creeping up, there is an opportunity to choose to either internally or externally bless them instead.

04. NOTICE & NAME OTHERS' UNIQUENESS

Because you notice uniqueness in others, you are in a unique position to give very personal affirmation and speak true things to people about how God created them.

SPIRITUAL PRACTICES FOR A 5

GREED → NON-ATTACHMENT

01. SPIRITUAL READING

Find some Christian authors that you find helpful and let your reading and study be part of your spiritual practice. Keep asking as you learn, "What does this tell me about God?"

02. EXAMEN

Rather than staying in the abstract learning, don't forget to practice looking for how your learning intersects with what God is doing in your real life now. The Examen practice can help you reflect & personally apply your learning.

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03. SERVICE

Choosing to physically serve others is a way to get you out of your head enough to be with and tangibly care for the people around you.

04. PRESENCE WITH OTHERS

As you gather with people, choose to be present. Engage conversations, ask them questions. Your choice to be present will be viewed as a gift to others.

SPIRITUAL PRACTICES FOR A 6

FEAR → COURAGE

01. LECTIO DIVINA

This meditative way of reading scripture can be a good way to linger in the truth of God's word,. It can help you practice focusing your thoughts on truth in the present instead of spinning about what could happen next.

02. WORSHIP

Worship, again, can help focus your mind on God, but it is also a beautiful opportunity for you to express your loyalty to God and proclaim God's trustworthiness.

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03. ASSUME GOOD

Since you are naturally prone to look for danger, that can unintentionally flow into your assumptions about others. Practice catching those thoughts and choosing to assume good about those around you.

04. PRACTICE VULNERABILITY WHERE YOU CAN

When you experience a level of safety in relationships, respond by sharing more of yourself. This will be a gift to those you choose to share with.

SPIRITUAL PRACTICES FOR A 7

GLUTTONY → SOBRIETY

01. GRATITUDE

You may tend to move on quickly to the next experience to look for the next place to have fun! Practicing gratitude with some intentionality can help slow you down to remember God's presence in all the good experiences you are having.

02. FASTING

Saying "no" to some things can help you say "yes" to what God may want to say or do in you right now. It may not be fun, but it will create opportunity to notice God.

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03. MAKE SPACE FOR NEGATIVE EMOTIONS

Since you tend to avoid negative emotions yourself, you can also tend to resist those in others. Practice making space for sadness, anger, etc. so you can hold that space with others well.

04. INVITE OTHERS TO FUN

One of your gifts is pursuing fun! Why not include people who may need community, or who don't have as many activities in their lives.

SPIRITUAL PRACTICES FOR AN 8

LUST FOR POWER → INNOCENCE

01. CENTERING PRAYER

You are very action oriented, but it can be easy to act without abiding in God's love. Spend time centering yourself in who God is so you are equipped to go out.

02. LAMENT

You are likely acquainted with your anger, but perhaps you are less practiced taking that anger to God. Expressing anger and sadness to God before acting on it can deepen you relationship with God and help you get wisdom on how to act when you do.

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03. COMPASSIONATE JUSTICE

You want to work to make things right, but sometimes your passion in the process causes you to stop truly asking the people you are helping. Stop to listen and ask questions along the way.

04. PATIENCE

You see the need, so you want to move quickly (and sometimes aggressively). A good practice can be to choose to be patient with people who don't see or move to fix needs as quickly as you are wired to.

SPIRITUAL PRACTICES FOR A 9

SLOTH → ACTION

01. SPIRITUAL GUIDING QUESTION

You see a lot of different perspectives. Having a question that grounds you when you don't know what you think or you are caught up in others' opinions can help you enter God's presence authentically. Try asking, "What helps me love God and others?" when you are spinning in perspectives.

02. SIMPLICITY

You long for peace, so find peaceful places to meet with God. In a cozy chair, out in nature, with a cup of tea/coffee. Let those experiences of peace usher you into the presence of the Prince of Peace.

03. MOVE YOUR BODY

Since "sloth" is an unhelpful tendency of yours, taking a walk or working out can help you spiritually engage too.

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04. SHARE YOUR OPINIONS

You are naturally a peacemaker, so you are probably slow to share your perspective. Not only will this silence eventually make you angry, you deprive the people around you of your wise voice when you stay silent.