



# THIS IS US

## Gut Instinct

#npthisisus

# Week 3

## 3 of 7

February 28, 2021

**Bottom Line:** Deal with what is hindering you and what God wants to do in and through you.

**Icebreaker:** In high school, what do you think an apt description of you would have been? "The person most likely to \_\_\_\_\_." Why? Did it happen or not?

**Key Verse:** *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.* Hebrews 12:1-2a

The basic foundation of the Enneagram is built around a triad of three motivations of thinking: the Gut, the Heart, and the Head. It helps us further understand God's purpose for us individually and working together. This week we are looking at the Gut Triad, made up of eight, nine and one. Those in this group are very instinctual, with an emphasis on vitality and life. The dominant emotion of this group is anger. Eights likely express their anger outwardly, nines tend to deny and feel threatened by their emotions, and ones may try to repress and control their anger. The Hebrew writer urges us to throw off every sin that so easily trips us up. For these three types, that sin is mishandled anger. A brief look at the three types reminds us that TYPE EIGHT will struggle with control. God will work with eights to develop patience and humility. The more they focus on gratitude, generosity, and grace, the better it will be. Vulnerability is a struggle, as eights fear being exposed and disrespected. Serving and learning under others can be difficult. Transformational growth is needed in tenderness and grace. TYPE NINE can quickly assume that the presence of trials or troubles means God is not pleased. Frustration and anger bleed out in various ways. Nines need to learn that God uses tension and conflict to shape us. They may become passive aggressive through fear of honesty, which actually causes the trouble they fear. Nines must realize that their opinions are needed and learn to give them directly and kindly. Transformation comes through engagement and autonomy. TYPE ONE will struggle with needing to be perfect. Ones must stop striving and receive grace. This will help their relationships, as they will be more able to extend grace to other imperfect people. Ones must be certain they don't remain critics on the sideline; instead, engage in serving and strengthening the church and changing the world. Transformational grace will occur through grace and patience. As these three types of personalities throw off the things that hinder them, the anger that too often motivates them, they will be agents of God's power and protection, God's goodness and rightness, and God's peace and oneness. This is vital to God's plan, for "human anger does not produce the righteousness God desires" (James 1:20a).

## THINK IT OVER >>>

What was the most significant part of Sunday's message to you?

The centers for intelligence are based on the three sources of human intelligence: the heart, the head, and the body or gut. We feel, think, and act. When we are in a state of balance, these sources do their jobs equally and appropriately. But rather than maintaining that balance, we tend to rely more on one of them than the other two. An important task on the journey to wholeness is to integrate these three sources in harmony. How do you see that imbalance can hinder you? Which center of intelligence do you lead from in your everyday life?

When we loosen our grip and let go (of the sins that entangle us), God pulls us toward the Center. This is spiritual transformation! "The more our lives are centered with God, the more we will experience and express all the divine attributes and 'wow' qualities of all the groups" (Marilyn Vancil). How have you seen this kind of balance in your life as you have grown spiritually?

## LOOK IT OVER <<<

The Gut Center (or Instinctive Center) is the seat of our physical sensations, responses, and willfulness. It was the first intelligence we used when we were newborns. We demanded our needs be met by our voice and anger. The needs based in our gut center resist whatever seems to take control away from us, or threatens autonomy, and responds with various styles of anger and frustration. If you are an eight, nine, or one, how does this information help you understand yourself? Are you able to give yourself grace and compassion in the areas where you need transformation? How? If not, why do you think not? Has your compassion for others grown? Reflect and discuss.

You have been created to experience and express the image of God in a way only you can do. Reflect and share your reaction to that thought.

Are you certain that the only way you can truly change is by working with God to become your authentic self? Think and pray about this.

## NEXT STEPS

1. What is the sin hindering and entangling you?
2. Consider your automatic center and responses.
3. Pray for God to help you lose the old, adapted self and become new from the inside out.
4. Pray daily for God's clarity and work as you choose transformation.

## EVALUTION/ACTION

Realizing and reaching your full potential in Christ

**Bottom Line:** Deal with what is hindering you and what God wants to do in and through you.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

## PRAYER

List group members and their prayer requests for this week:

## DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at [newpointe.org/daily](http://newpointe.org/daily):

Monday: 1 Corinthians 9:27

Tuesday: Philippians 4:8

Wednesday: 1 Chronicles 29:11-12

Thursday: John 14:27

Friday: James 1:19-20

***Don't let the conversation stop here. Keep talking it over with others throughout the week.***  
*(Don't forget to bring this paper to your next small group meeting)*