



THIS IS US

Think About It

#npthisisus

Week 5

5 of 7

March 14, 2021

Bottom Line: Perfect love casts out all fear.

Icebreaker: What's your most irrational fear? Your most frightening experience? Scariest movie ever watched?

Key Verse: *"For I am the Lord your God who takes hold of your right hand and says to you, 'Do not fear; I will help you.'"*
Isaiah 41:13 NIV

The Head Triad's emotional struggle is fear. Fives withdraw, sixes turn to the outside for security, yet always feel anxious unless they confront their fear. Sevens distract themselves. These folks all want to minimize anxiety, gain knowledge, and obtain security and certainty. **TYPE 5** Childhood Message: "It's not okay to be comfortable in the world." They felt exposed and defenseless. Divine Gift: God's wisdom and insight. Core Striving: To perceive and understand. Distorted Belief: I must be self-sufficient to survive. Focus of Attention: What makes sense? Root Sin: Greed, withholding. Avoidance: Looking foolish and uniformed. Primary Fear: Being depleted and overwhelmed. Transformational Growth: generosity, community. God: All-wise, never wasteful, hard time making peace with what they don't understand. Others: Represent facts accurately but don't express feelings. Church: Can think through things very well and are needed in the church, but fear of lacking resources and answers can cause them to withdraw. Others: faithful, trustworthy, loyal. Great anxiety if they feel they are not perceived this way; plagued with self-doubt and fear of failure. **TYPE 6** Childhood Message: "It's not okay to trust yourself." Perhaps raised in an unpredictable situation, they may have lost faith that they would ever be protected. They may disbelieve reality and reject their instincts. Divine Gift: God's faithfulness and courage. Core Striving: To be safe and certain. Distorted Belief: I must do my duty to be secure. Focus of Attention: What could go wrong? Root Sin: anxiety, angst. Avoidance: deviance, punishment. Primary Fear: helplessness, defenseless. Transformational Growth: courage, confidence. God: faithful, dependable. When events are unexpected they may feel God has let them down or doesn't care. Others: loyal, supportive. They need to be seen that way. Church: Great problem solvers, team players. **TYPE 7** Childhood Message: "It's not okay to depend on anyone for anything." Divine Gift: God's joy and abundance. Core Striving: To be happy and free. Distorted Belief: Happiness comes from external experiences. Focus of Attention: What's next? Root Sin: gluttony, insatiability. Avoidance: pain, suffering. Primary Fear: being trapped, deprived. Transformational Growth: sober joy, grounded presence. God: Full of life and adventure. They can get bored with God and feel guilty. Others: The life of the party, hard to be content. Great fear of failure, avoidance is a tool. Church: Exciting vision casters, need follow-through help. As fear is the big issue for the Hearts, it can keep them from reaching their full potential in Christ. Realize that God's love for you is perfect and is the only thing that will cast out your fear. If you don't deal with your fear, it will be a constant debilitating presence. The overwhelming authentic love of Jesus will lead from fear to the amazing life you were created to live.

THINK IT OVER >>>

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

We are studying the Enneagram because understanding how God made us can help us have the understanding and appreciation for each other that God desires in His Church. How have you been helped so far?

Which triad is your natural bent? Gut, Head, or Heart? The core struggle for gut is anger, for the head it is shame, and for the heart it is fear. How have you battled this?

We all have the capacity to undermine our own happiness more than anyone else. Reflect and discuss.

How can you best help a 5 with fear? A 6? A 7?

If you are in the Heart Triad, how can you practically improve your relationship with God? Others? The Church?

LOOK IT OVER <<<

We can tend to measure God's faithfulness by whether or not things turned out according to our own plans and ideas. Reflect and discuss.

In order to help you deal with fear, God will continually allow situations in your life that require you to trust Him. Discuss.

How does cultivating a spirit of thankfulness impact fear?

How would you suggest a person deal with discovering a trait about which they feel offended and defensive?

Explain your understanding of "Perfect love casts out fear."

Fear and joy are incompatible. So are shame and anger. How must this knowledge impact an earnest Jesus-follower?

NEXT STEPS

1. Own and address the core issue of your personality. Make a plan for working with God.
2. Pray for the fear issue in yourself or someone you know.
3. Invite someone to join this journey with you.

EVALUTION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: Perfect love casts out all fear.

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:

Monday: Luke 12:32

Tuesday: Proverbs 2:6, 10-11

Wednesday: Deuteronomy 31:6

Thursday: Psalm 16:11

Friday: 2 Corinthians 3:16-18

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)