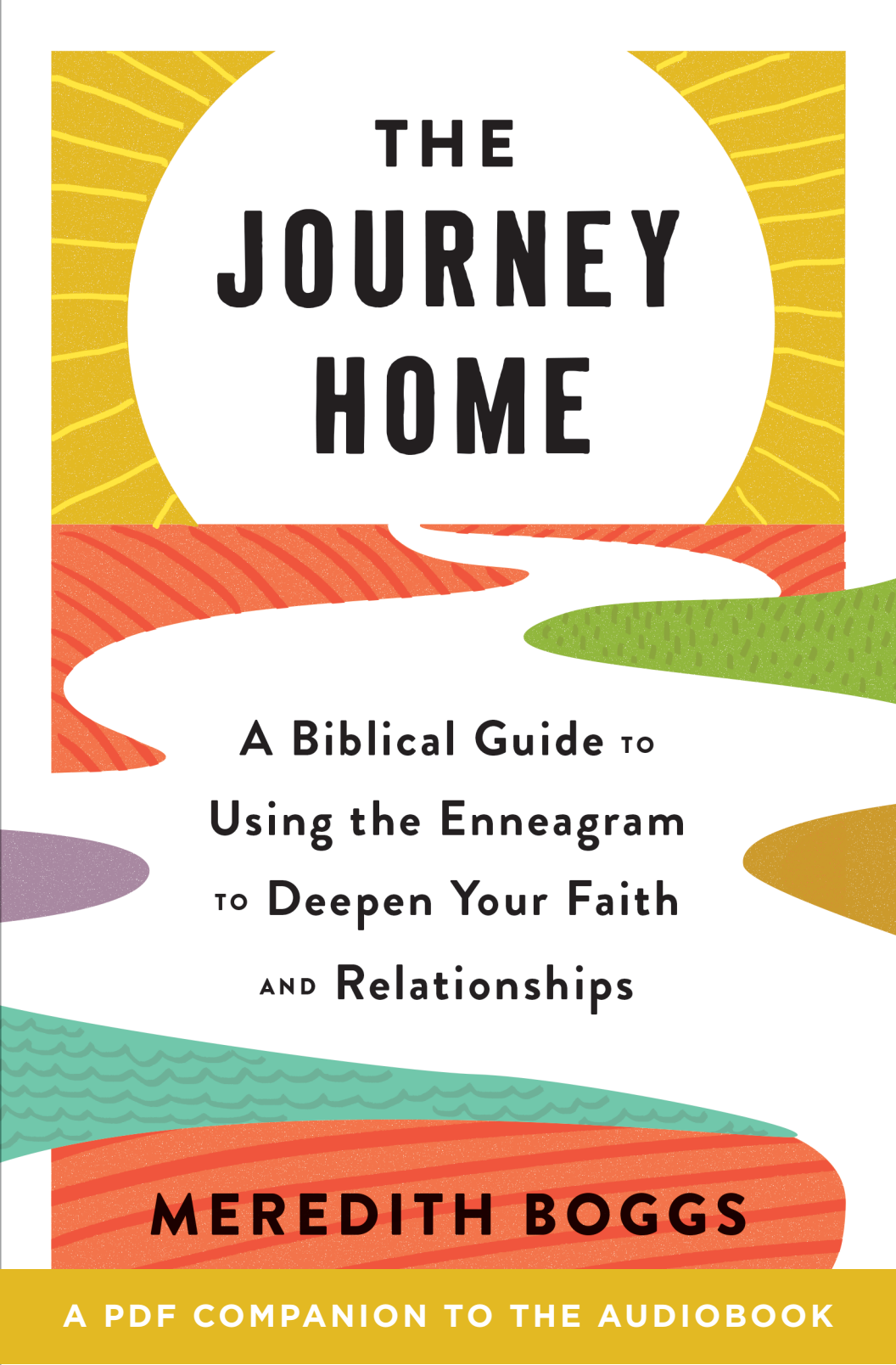




THE JOURNEY HOME

**A Biblical Guide to
Using the Enneagram
to Deepen Your Faith
AND Relationships**

MEREDITH BOGGS

A PDF COMPANION TO THE AUDIOBOOK

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Most names have been changed and stories summarized to honor and protect individual identities.

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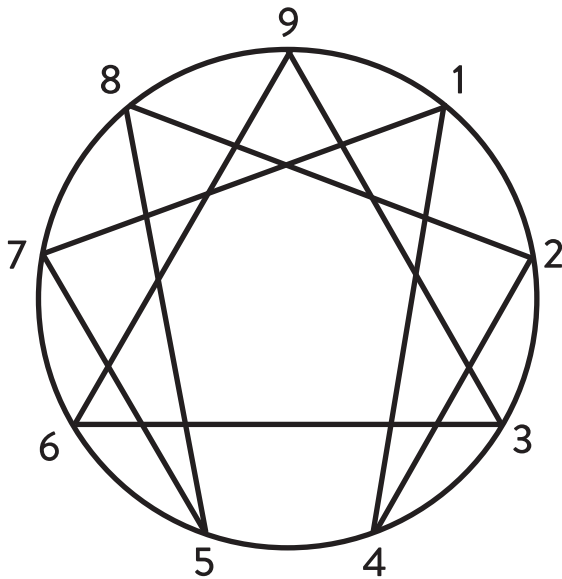
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ROAD MAP FOR THE JOURNEY

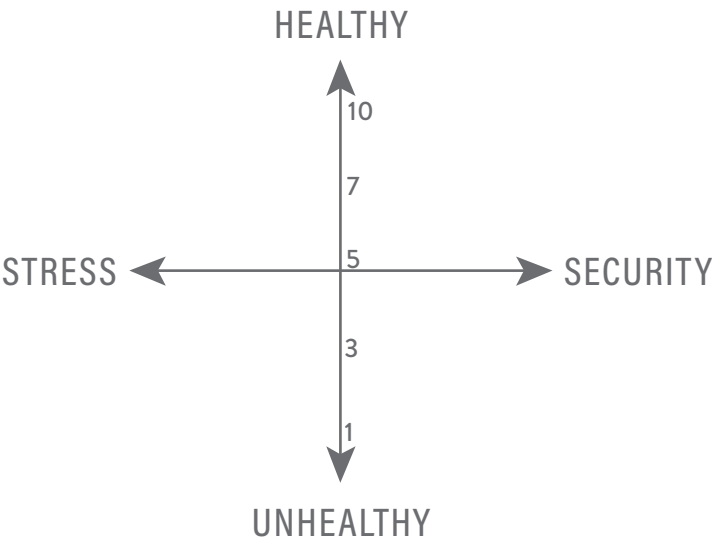
Enneagram Diagram



Enneagram Stress and Security

TYPE	STRESS	SECURITY
EIGHT	FIVE	TWO
NINE	SIX	THREE
ONE	FOUR	SEVEN
TWO	EIGHT	FOUR
THREE	NINE	SIX
FOUR	TWO	ONE
FIVE	SEVEN	EIGHT
SIX	THREE	NINE
SEVEN	ONE	FIVE

Stress and Security Axis



Triads



Enneagram Sin Proclivities

TYPE	SIN PROCLIVITY
EIGHT	LUST
NINE	SLOTH
ONE	RESENTMENT
TWO	PRIDE
THREE	DECEIT
FOUR	ENVY
FIVE	AVARICE
SIX	FEAR
SEVEN	GLUTTONY

Enneagram Virtues

TYPE	VIRTUE
EIGHT	TRUTH
NINE	LOVE
ONE	PERFECTION
TWO	HUMILITY
THREE	HOPE
FOUR	ORIGIN
FIVE	TRANSPARENCY
SIX	FAITH
SEVEN	WISDOM

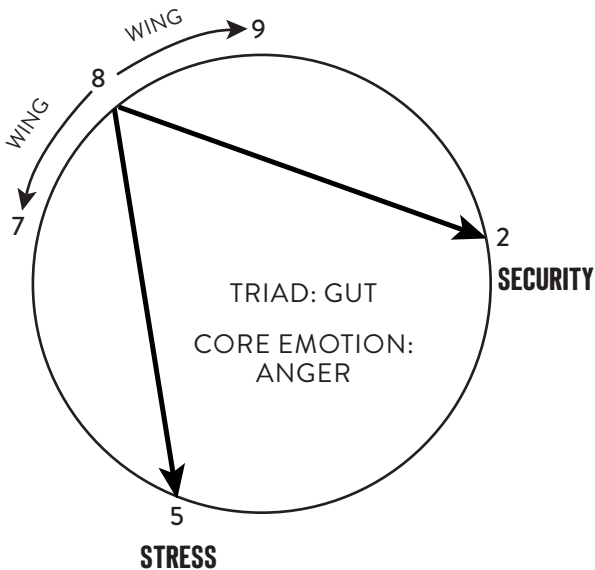
Enneagram Essences

TYPE	ESSENCE
EIGHT	INNOCENCE
NINE	ACTION
ONE	SERENITY
TWO	FREEDOM
THREE	AUTHENTICITY
FOUR	EQUANIMITY
FIVE	OPENHANDEDNESS
SIX	COURAGE
SEVEN	SOBRIETY



TYPE EIGHT: TRUTH AND INNOCENCE

Type Eight



Journal Prompts

- Where are you moving too fast right now in your life? Are you charging ahead when you may need to be slowing down?
- What are you afraid of in this season of life? Is there a circumstance that is causing you sadness? Journal about your fear or sadness and resist the urge to instead write about your anger.
- Open your hands, close your eyes, breathe in, breathe out. What do you need to relinquish control over right now?

REMEMBER

You will never be betrayed or abandoned by God.

READ

“Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.” (Proverbs 3:5–6)

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” (2 Corinthians 12:9–10)

“And the LORD is the one who is going ahead of you; He will be with you. He will not desert you or abandon you. Do not fear and do not be dismayed.” (Deuteronomy 31:8 NASB)

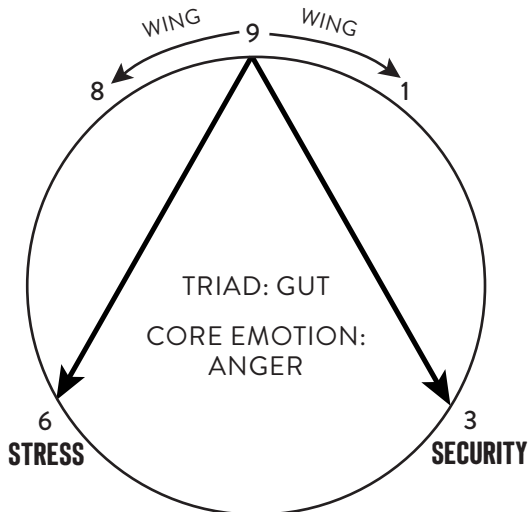
RESPOND

- The next time you feel impassioned or angered, before responding, exert some energy physically (for example, go on a brief walk or drop to the floor and do some push-ups). Burning off excess physical energy will help you engage in an appropriate and tempered manner instead of impulsively.
- Be quick to apologize *even if you weren't technically in the wrong*, especially when your energy is intrusive. If you realize this in the moment, stop and say you're sorry. If you realize after the fact, pick up the phone and make the call.
- Try living by the mantra "less is more." Let someone else have the last word, don't order a second drink, leave the emails in your inbox until tomorrow.
- Ask for help, even if you don't *need* it. You are highly competent and capable, but those characteristics can be a hindrance to vulnerability.
- When you must fight, let Ephesians 6:10–18 be your battle strategy and don't deviate from it.



TYPE NINE: LOVE AND ACTION

Type Nine



Journal Prompts

- What habits are you holding on to that don't serve you? Are there more beneficial habits you could choose instead?
- Is there something you've been putting off that needs to be dealt with? Process through it and then decide a date when you will act.
- Is there a person in your life you are harboring resentment toward or have been acting out in a passive-aggressive manner toward, even subtly? What steps do you need to take to acknowledge the issue, release your resentment, and make amends for any passive-aggressiveness on your part?

REMEMBER

You matter and your voice matters.

READ

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33)

“Awake, O sleeper,
and arise from the dead,
and Christ will shine on you.’

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.” (Ephesians 5:14b–16)

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.” (1 Corinthians 13:4–7)

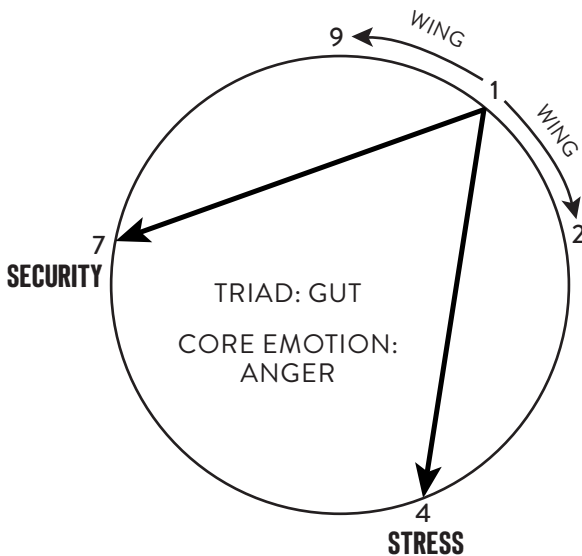
RESPOND

- Be mindful of slothfulness that may be masked as self-care: watching one more Netflix show episode, unplugging by mindlessly scrolling on Instagram, or taking a hot bath with a glass of wine that turns into half the bottle.
- Pay attention to the moments in conversations and social settings when you zone out. Spend time thinking or journaling about why you zoned out or disengaged.
- What are you procrastinating on or putting off? If the task takes less than five minutes, do it right now.
- When asked, voice your opinion or idea. Better yet, volunteer it without being prompted.
- Actively participate in the relationships in your life. Your presence matters tremendously, and the rest of us miss out on the glory of you when you sink back, zone out, or disappear.



TYPE ONE: PERFECTION AND SERENITY

Type One



Journal Prompts

- What resentments have I been harboring? Can I trace this tension to a place in my body? What is blocking me from releasing it?
- In this season of life, what lesson am I learning that I am grateful for?
- Write a letter to your inner critic. Be curious about its origin, when you first became acquainted with him or her. Ask what they are trying to protect you from. What are they wanting you to know or do? Thank them for how they are trying to help, but let them know you've got this and don't need their constant criticism.

REMEMBER

You are good, and good is good enough.

READ

“So speak and so act as those who are to be judged under the law of liberty. For judgment is without mercy to one who has shown no mercy. Mercy triumphs over judgment.” (James 2:12–13)

“For thus said the Lord GOD, the Holy One of Israel,
‘In returning and rest you shall be saved;
in quietness and in trust shall be your strength.’”
(Isaiah 30:15)

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” (2 Corinthians 12:9)

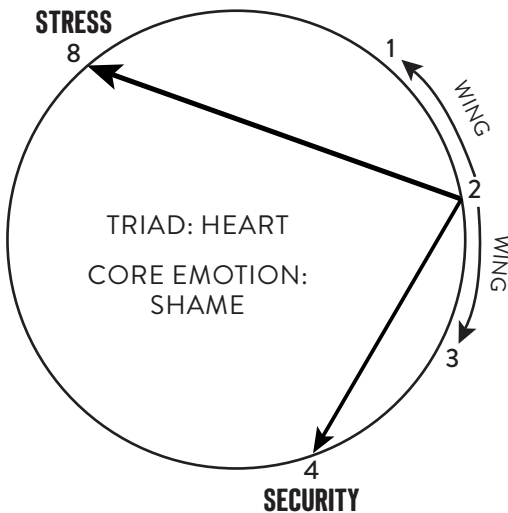
RESPOND

- Spend your daily commute in prayer and reflection. This is built-in time to just *be*. You can't be checking things off the to-do list or doing the things you otherwise *should* be doing during this time.
- Keep a little notebook close by and when you make a mistake, write it down and then let it go. This simple and seemingly silly practice can help you begin to embrace the grace that is waiting to wrap its arms around you.
- Pay attention to the areas of your body that are constricted. Is your neck sore? Are you clenching your teeth? Does your stomach feel upset? Relax your shoulders, loosen your jaw, put your hand gently over your belly and breathe deeply.
- Schedule a self-care activity. Your constant doing doesn't make you deserving of a break. Realizing that rest isn't selfish is a mindset shift you'll need to make. After all, rest was one of the earliest ordinances in the Bible (see Genesis 2:2).
- Notice the nuance between perfection versus preference in your life and in the lives of others. Your standards, ideals, and views on a matter aren't necessarily wrong, but they may not be "right" either—perhaps they are merely your preference.



TYPE TWO: HUMILITY AND FREEDOM

Type Two



Journal Prompts

- What are some fears that arise when you think about saying no? What is something you may need to say no to so you can say yes to yourself and to self-care?
- What are some specific phrases shame whispers to you concerning your worth? Without helping, loving, or serving others, how are you enough?
- Finish the sentence: I need help with _____. Who are two people you can call and ask for help with what you named?

REMEMBER

You are wanted.

READ

“But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. And your Father who sees in secret will reward you.” (Matthew 6:3–4)

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:38–39)

“For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.” (Galatians 1:10)

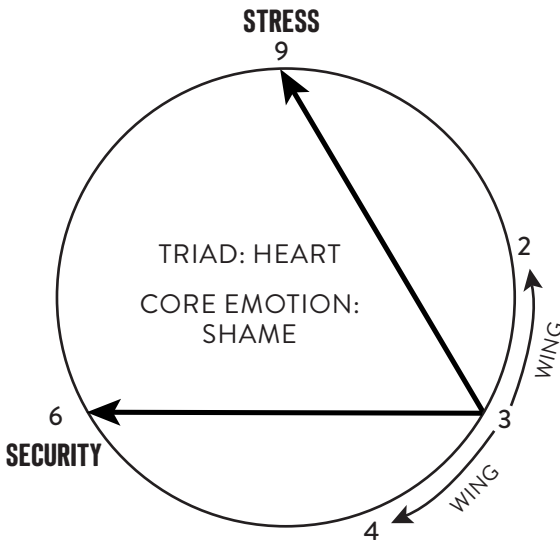
RESPOND

- Don't deprive others of the honor and privilege of caring for you. You don't need to continuously rack up IOUs to cash in when you need it. Others don't see it as owing you—they simply love you and want to care for you.
- When you notice a need, don't reflexively jump to meet it. "Yes" doesn't have to be your default answer. It's a marker of growth when things are asked and demands are placed on you and you can take a breath and say to yourself, *I don't have to meet that need*.
- Check in with yourself. How are you feeling? What do you need? Share your feelings with a trusted friend and schedule a self-care activity that will meet the needs that arise.
- The next time you commit to helping or go to meet a need for someone, stop and ask yourself first, *What is my motivation?* If there's a hint of self-serving or strings attached, reconsider. If it's truly altruistic and you expect nothing in return, go for it!
- Come up with creative ways to love and serve others anonymously.



TYPE THREE: HOPE AND AUTHENTICITY

Type Three



Journal Prompts

- Can you differentiate shame and guilt in your life? What does shame feel like? What does guilt feel like?
- Is there something you regularly use to medicate the pain of shame? Some examples could be work, alcohol or other substances, sex, experiences, relationships, or activities like watching TV or scrolling through social media.
- Finish the sentence: If I could internalize the truth that I am loved for who I am and not my accomplishments, I would _____.

REMEMBER

You are loved simply for who you are.

READ

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28–30)

“Turn my eyes from looking at worthless things;
and give me life in your ways.” (Psalm 119:37)

“It is in vain that you rise up early and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.” (Psalm 127:2)

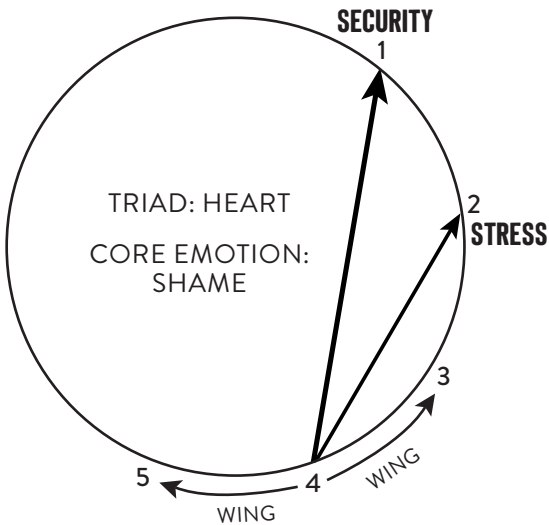
RESPOND

- Go to bed a half hour earlier and wake up a half hour earlier to engage in a solitude practice. (Work can wait—it really can).
- Get outside and go for a walk by yourself. Bundle up if it's cold; succumb to the sweat if it's sweltering.
- When you're sitting at stoplights while driving, practice breathing in for five seconds, holding for five seconds, and breathing out for five seconds.
- Keep a journal and spend even just five minutes per day writing down your thoughts, feelings, or what you're grateful for.
- Once a week, go to coffee with or call someone with whom you can practice being your authentic self. This list may be very small at first, but begin to expand it. Try not to repeat someone for at least a month.



TYPE FOUR: ORIGIN AND EQUANIMITY

Type Four



Journal Prompts

- Personify your emotions by creating characters out of them and write about your interactions with them. What do you notice when you interact with your emotions rather than *feeling* them?
- Instead of slipping into nostalgia over the past, what does embracing the present moment look like practically, even if it's not all you had hoped for?
- In what ways are you uniquely distinct from others? Conversely, how are you inextricably connected to other human beings around you, through your similarities?

REMEMBER

You are seen, loved, and beautiful just as you are.

READ

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”
(Romans 8:1–2)

“Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ’s afflictions for the sake of his body, that is, the church, of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known, the mystery hidden for ages and generations but now revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.” (Colossians 1:24–27)

“But you, LORD, are a shield around me,
my glory, the One who lifts my head high.
I call out to the LORD,
and he answers me from his holy mountain.”
(Psalm 3:3–4 NIV)

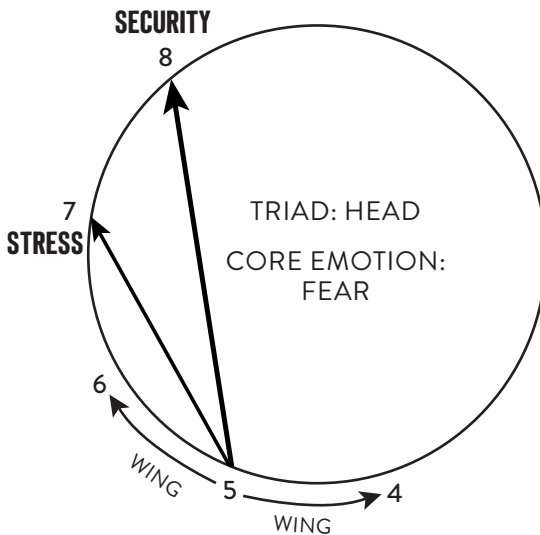
RESPOND

- Focus on what has been found. There will always be something that's lost, missing, tragic, and flawed, but be intentional about making what's found the focal point.
- You will always see the suffering and feel what is flawed on a deeper level than most, but be quick to focus your efforts on what you can do about the suffering and on fixing what is flawed.
- When you feel yourself being drawn into the past, pull yourself into the present by being grateful for what is here, now. Not what was, what could have been, or what could be in the future. There's a reason there are so many clichés about the present being a gift; it's true.
- Avoid allowing your mood to dictate your decisions. Start small and follow through, keeping commitments even when you don't feel like it.
- Cultivate empathy for others and yourself by seeing how you are similar instead of how you are different. Being similar doesn't mean your element of specialness is lost.



TYPE FIVE: TRANSPARENCY AND OPENHANDEDNESS

Type Five



Connect Your Feelings

Impairment	Truth	Gift
Resentment	HURT	Healing and Courage
Apathy	LONELY	Intimacy
Self-pity	SAD	Acceptance
Depression	ANGER	Passion
Anxiety	FEAR	Wisdom and Faith
Toxic shame and Contempt	SHAME	Humility
Toxic shame and Pride	GUILT	Freedom and Forgiveness
Sensuous or sensual pleasure without heart	GLAD	Joy with sadness

Journal Prompts

- What are you afraid to open your hands and let go of? How is that fear driving your decisions? What could you receive if your hands were empty and open?
- What feelings do you find most confusing? Are there particular emotions you avoid or resist? What are the benefits and gifts of these emotions?
- Beyond material possessions, how have others been generous to you? What did you feel as the recipient of their generosity? In what ways can you show generosity to someone else?

REMEMBER

You will have enough.

READ

“My son, do not forget my teaching,
but let your heart keep my commandments,
for length of days and years of life
and peace they will add to you.
Let not steadfast love and faithfulness forsake you;
bind them around your neck;
write them on the tablet of your heart.
So you will find favor and good success
in the sight of God and man.
Trust in the LORD with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.
Be not wise in your own eyes;
fear the LORD, and turn away from evil.
It will be healing to your flesh
and refreshment to your bones.
Honor the LORD with your wealth
and with the firstfruits of all your produce;
then your barns will be filled with plenty,
and your vats will be bursting with wine.” (Proverbs 3:1–10)

“Such is the confidence that we have through Christ toward God. Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.” (2 Corinthians 3:4–6)

“My son, if you accept my words
and store up my commands within you,
turning your ear to wisdom
and applying your heart to understanding—
indeed, if you call out for insight
and cry aloud for understanding,
and if you look for it as for silver
and search for it as for hidden treasure,
then you will understand the fear of the LORD
and find the knowledge of God.
For the LORD gives wisdom;
from his mouth come knowledge and understanding.”
(Proverbs 2:1–6 NIV)

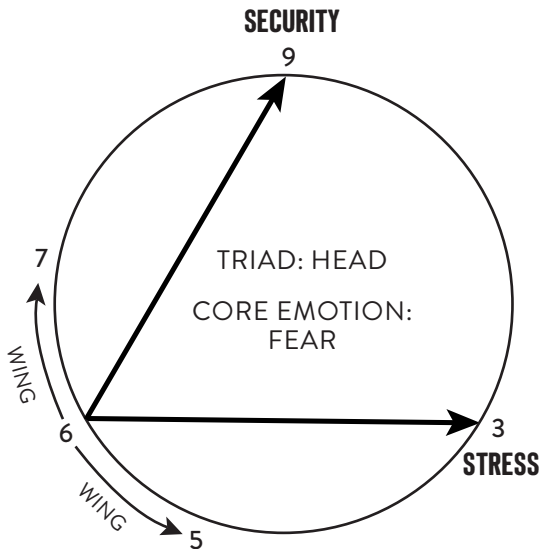
RESPOND

- Start to see where the scarcity mentality sneaks up, and practice surrendering and resting in the sufficiency of Christ.
- Offer information to others without being asked. The practice of opening your hands will help ingrain this counterintuitive posture into your heart.
- Learning comes through living. Remember this when you feel yourself trying to think your way into transformation.
- Engage and interact with others instead of retreating into the recesses of your mind. Accessing your emotions builds empathy, and conversations can converge in mutual compassion.
- Participate in the everyday wonder and adventure of your own life. Spectating, though safer, will never satisfy.



TYPE SIX: FAITH AND COURAGE

Type Six



Journal Prompts

- What situation in your life is currently causing you stress and anxiety? Instead of focusing on the worst-case scenario, what is the best possible outcome?
- Where is self-doubt keeping you confined from living as you were created to, in freedom? Is self-doubt stopping you from being obedient, even in small ways, today?
- Think about a time when you acted boldly or courageously. What did you do or say? What obstacles did you have to overcome? How did you feel? What did it take to get there? You are a master at planning—now make a plan to re-create that behavior the next time courage is required.

REMEMBER

You are safe and held.

READ

“I sought the LORD, and he answered me
and delivered me from all my fears.” (Psalm 34:4)

“If any of you lacks wisdom, let him ask God, who gives
generously to all without reproach, and it will be given
him. But let him ask in faith, with no doubting, for the
one who doubts is like a wave of the sea that is driven and
tossed by the wind.” (James 1:5–6)

“Therefore do not be anxious, saying, ‘What shall we
eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’
For the Gentiles seek after all these things, and your
heavenly Father knows that you need them all. But seek
first the kingdom of God and his righteousness, and
all these things will be added to you. Therefore do not
be anxious about tomorrow, for tomorrow will be anx-
ious for itself. Sufficient for the day is its own trouble.”
(Matthew 6:31–34)

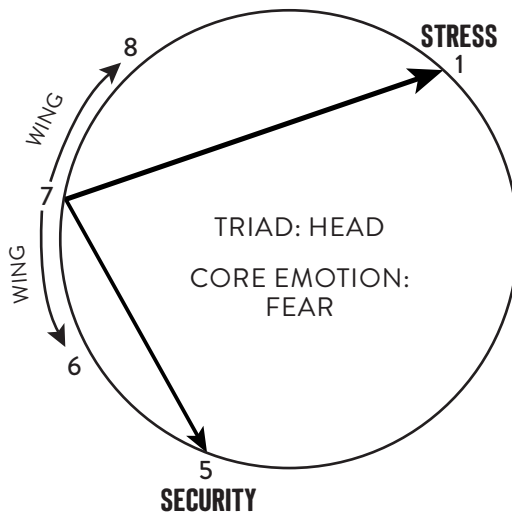
RESPOND

- Learn to distinguish between legitimate fear and the hamster wheel of worry. If it's worry, arrest it. If it's fear, does it require an action or response?
- Notice where self-doubt is disabling you. Take a step into confidence—your competence and capability will have your back.
- Remember that the ultimate work is not to establish safety and security at every point but rather to embrace the wild adventure of a life of faith.
- Vulnerability is a practice you will need to engage in regularly with select people. While few individuals are as loyal and dependable as you, that doesn't mean there aren't trustworthy people who want to love you.
- When you find yourself making a contingency plan or asking, "Yeah, but what if . . . ?" notice where fear is doing its job of keeping you safe and thank it, but move forward without being constrained by it or confined to it.



TYPE SEVEN: WISDOM AND SOBRIETY

Type Seven



Journal Prompts

- What is one thing you are grateful for in this present moment?
- What are you trying to avoid or escape? Is there a situation you are reframing to avoid boredom or pain?
- Are there particular things you are currently overindulging in (work, food, social media, extracurricular activities, alcohol)? Are you trying to medicate something?

REMEMBER

Your needs will be taken care of.

READ

“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.” (Philippians 4:11–13)

“Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.” (1 Peter 4:12–13 NIV)

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.” (James 1:2–4 NIV)

RESPOND

- When an opportunity or invitation presents itself, take a breath before you agree, set your phone down before you respond, and practice restraint so that you can mindfully say no if needed or wholeheartedly say yes.
- It's okay to dream about the future and fantasize about all the possibilities, but put your feet on the ground, take a deep breath, and bring yourself back into the present moment. It's a gift you don't want to miss out on.
- If you've never met with a counselor or been in therapy, schedule an appointment and don't cancel it. Everyone has unprocessed pain, and you can't run from yours forever. There are skilled professionals who can guide you. You won't drown in the pain, I promise.
- The next time you feel pain or experience discomfort, even if it's by proxy from someone else sharing theirs, practice just being present to it, not reframing it to create a cheap silver lining.
- When you commit, specify a length of time and hold yourself accountable to it. Show up to your small group each week for the next six months. Stick with your job for at least two years. There is great reward in playing the long game and richness found in commitment.

RESOURCES

What Is the Best Enneagram Test?

Personal Growth

The Complete Enneagram: 27 Paths to Greater Self-Knowledge by Beatrice Chestnut

Enneagram Made Easy: Discover the 9 Types of People by Renee Baron and Elizabeth Wagele

The Road Back to You: An Enneagram Journey to Self-Discovery by Ian Morgan Cron and Suzanne Stabile

Relational Growth

Becoming Us: Using the Enneagram to Create a Thriving Gospel-Centered Marriage by Beth and Jeff McCord

The Enneagram in Love and Work: Understanding Your Intimate and Business Relationships by Helen Palmer

*Enneagram Life: Personal, Relational, and Biblical Insights
for All Seasons* by Elisabeth Bennett

*The Path Between Us: An Enneagram Journey to Healthy
Relationships* by Suzanne Stabile

Spiritual Growth

60-Day Enneagram Devotional Series by Elisabeth Bennett

The Gospel for the Enneagram, a forty-day devotional series
by Tyler Zach

Podcasts

Enneagram + Marriage with Christa Hardin

The Enneagram Journey with Suzanne Stabile

Typology with Ian Morgan Cron

Your Enneagram Coach: The Podcast with Beth and Jeff
McCord