

ANNUNZIATO
& BREWSTER

HEARING
God Speak

52-Week
INTERACTIVE
ENNEAGRAM
DEVOTIONAL



INTERACTIVE
ENNEAGRAM DEVOTIONAL

EVE ANNUNZIATO & JACKIE BREWSTER



UNCORRECTED
PROOF



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ENNEAGRAM DEVOTIONAL**

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DEDICATIONS

EVE

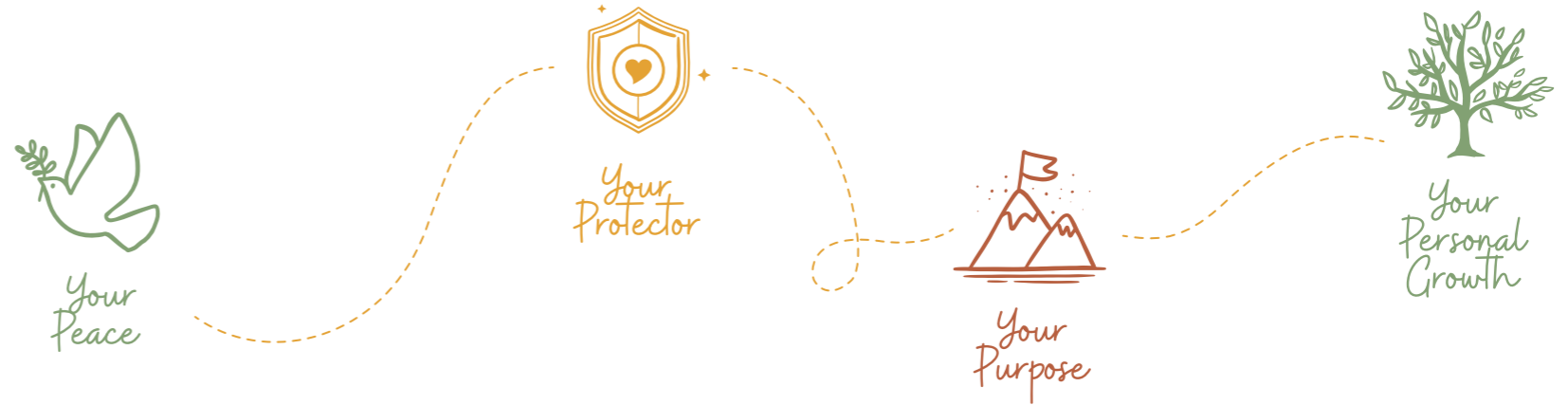
To my mom: Thank you for reading the Scriptures daily and teaching it to all of us. In your last moments on earth, you defined your legacy as such: “For my children, my grandchildren, their children, and a thousand generations to know and love Christ.” And so it begins . . .

JACKIE

To my amazing husband, Stephen: Thank you for seeing the depth of who God has created me to be and championing me along this beautiful journey. And to our four children, Isaiah, Ashlyn, Grace, and Hope: Thank you for encouraging me through your kind words, caring prayers, and big hugs as I have passionately pursued this new adventure.

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DISCOVERING HOW GOD IS SPEAKING TO YOU IN YOUR ENNEAGRAM LANGUAGE

During this 52-week devotional, you will begin exploring how your heavenly Father is speaking to you by listening to God in your own Enneagram language. Using the Enneagram system helps you navigate the process of growing and developing into a healthier and more well-rounded human being. Through biblical truth and Enneagram awareness, you will uncover your deepest thoughts, unconscious motivations, and personality traits while you learn to identify patterns of behavior that drive your decisions. Simply put, once you understand how you are wired, you can engage with God and His Word in a fresh new way, bringing you profound knowledge of His truth. As you read Scripture through your own personality lens, you will clearly hear His message of who you are and whose you are—a message that drowns out the lies of the Enemy. As you begin to hear God’s message with new awareness, you will recognize cycles and triggers in your life that have kept you bound. This acknowledgment will help you find freedom, allowing you to embrace your uniqueness and others’ differences. After all, the more you understand God, the better you understand yourself; and the better you understand yourself, the more you can engage with God.

DISCOVERING THE HISTORY OF THE ENNEAGRAM

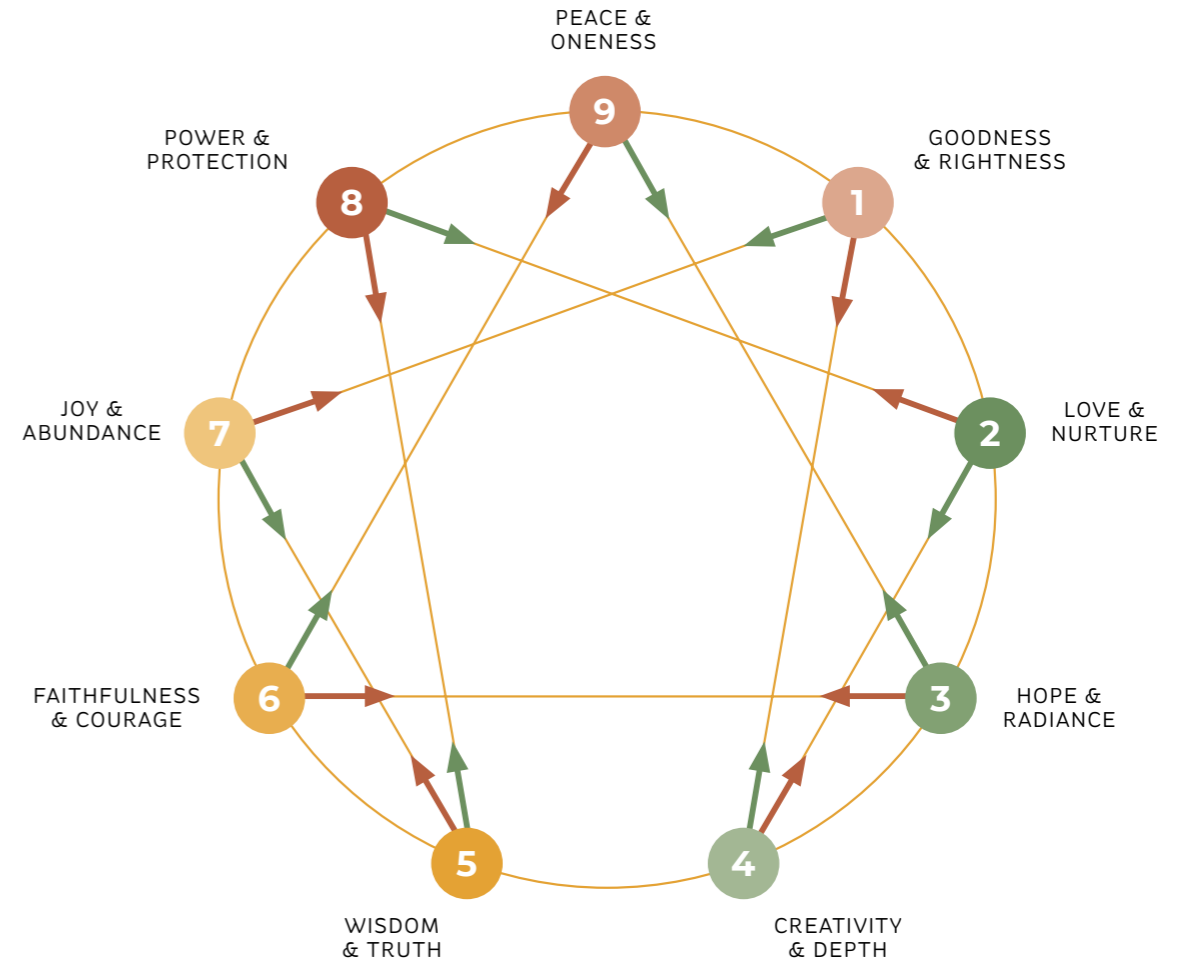
The Enneagram is an ancient personality typing system that was first brought to the United States in the 1970s by the American psychiatrist Claudio Naranjo. This highly effective process provides a roadmap to your patterns of behavior and helps you identify your distinct habits, thought processes, and response triggers that dominate your everyday life. The word *Enneagram* comes from the Greek words *Enna*, meaning “nine,” and *grammos*, meaning “figure.” This refers to the nine-pointed geometric figure, one point for each personality type, upon which the system was originally based. Since its introduction in the US, a host of teachers, psychologists, and psychiatrists have refined and expanded it to create today’s Enneagram system.

DISCOVERING THE MEANING OF THE ENNEAGRAM

In the Enneagram system, you have a primary number that speaks to your dominant personality traits. In addition to this number, four other numbers are also important. The two **wing numbers**, those to the right and left of your primary number, help further identify patterns of behavior. Oftentimes, you will identify with one of your wings more than the other. However, you can learn to access the positive qualities of both your wings in order to become a healthier version of yourself. Also, you have a **stress number**, the one you go to in times of stress, and a **growth number**, the one you go to in periods of personal growth. You are encouraged to explore all of these numbers, since they will bring a new level of awareness to your life. On the opposite page is a chart listing each Enneagram number, its wings, and the numbers you tend to use during periods of stress and growth.

THE ENNEAGRAM NUMBERS

PRIMARY, WINGS, STRESS, AND HEALTH



1	Wings: 9 & 2 Stress: 4 Health: 7	4	Wings: 3 & 5 Stress: 2 Health: 1	7	Wings: 6 & 8 Stress: 1 Health: 5
2	Wings: 1 & 3 Stress: 8 Health: 4	5	Wings: 4 & 6 Stress: 7 Health: 8	8	Wings: 7 & 9 Stress: 5 Health: 2
3	Wings: 2 & 4 Stress: 9 Health: 6	6	Wings: 5 & 7 Stress: 3 Health: 9	9	Wings: 8 & 1 Stress: 6 Health: 3

DISCOVERING YOUR PRIMARY ENNEAGRAM PERSONALITY

If you do not already know your Enneagram number, don't worry! You can discover it through this devotional. As you explore the content each week with full honesty and vulnerability, you will begin to identify with one number more than the others. This number will feel most "comfortable"—as if the descriptions were written just for you. That's one of the beauties of this "narrative approach" to the Enneagram system: you discover your own number. It's not assigned to you.

Although no test is necessary, you can take a credible online assessment as a starting point, if you like. However, we encourage you to stay curious after receiving your test results, because you might find your motivations more accurately line up with another Enneagram number.

After identifying your main number, you can then explore your wings and the numbers you go to in stress and health. All of this will help you better understand your patterns of behavior.



DISCOVERING THIS 52-WEEK JOURNEY

PURPOSE: Our prayer for you as you work through this 52-week devotional is that you will achieve a better understanding of yourself and those closest to you with the help of the Enneagram system and biblical truths. Keep in mind, different personalities are not a problem to be solved, but a beauty to embrace. There is no such thing as a bad, better, or best Enneagram type. We are all magnificently complex individuals who are "fearfully and wonderfully made" by God.

PROCESS: While on this journey of self-discovery, you will engage with God by reading His Word, praying, meditating, and applying what you've learned. In exploring all the Enneagram numbers, you will also gain insight into others, thereby giving you empathy and compassion in all of your relationships.

This study will cover four main themes, with one per quarter: Your Peace, Your Protector, Your Purpose, and Your Personal Growth. Each week, you will delve into scriptures and topics relevant to your daily life and spiritual development under these themes. While reading at your own pace, you will have an opportunity to journal your thoughts to help clarify what you are learning and how you are hearing God speak to you in your Enneagram language.



PLAN: This devotional includes the following aspects:

Bible Verse: The Word of God is the anchor for each devotional, as written in varying translations. Don't hesitate to look up the week's verse in any of your other favorite translations.

Scripture Reflection: This section invites you to explore how the Word of God brings insight, awareness, and relevance to your daily walk. This is the on-ramp between the Bible verse and the nine Enneagram reflections.

Nine Enneagram Reflections: This section guides you through a search for the meaning of God's Word through all the Enneagram numbers. As you identify your primary number, you have an opportunity to investigate your four other important numbers that impact your personality type. These include your wings and the numbers you go to in stress and growth. Together, all five will shape your understanding of yourself through the lens of the Enneagram.



PRACTICE: Following each week's Enneagram devotional is an invitation to try one of four different meditation exercises, which are at the back of the book:

Box Breathing: Also known as "resetting your breath" or "four-square breathing," this relaxing technique helps you to clear your mind, relax your body, and improve your focus.

Concentration Meditation: As you focus on a single word or passage from the weekly scripture, this practice helps you to actually see the Word, breathe it in, and ask yourself, "What is God revealing to me in this moment?"

Reflection Meditation: This practice offers a time to reflect on the weekly scripture and to answer throughout the week one or two of the provided questions, such as, "What is lovely and praiseworthy about this passage?"

Contemplation Meditation: By journaling your answer to "What is God revealing to me in this scripture?" you will spend a few moments rewriting the scripture in your own words and unpacking what you are gaining from the weekly Word of God through your specific Enneagram type.



PRACTICAL APPLICATION: Journaling space is provided to answer questions about how you are hearing God speak to you through the weekly scriptures, based on your Enneagram type. This section also includes space for writing out a personal prayer and any other thoughts and notes.



MEET YOUR GUIDES



EVE ANNUNZIATO

Hi, my name is Eve and I'm an Enneagram Eight—the protective challenger. Honestly, I didn't want to be an Eight. However, after retaking the test half a dozen times and exploring the narrative approach while reading several Enneagram books, I realized I was challenging my number and thus behaving exactly like a formidable Eight. Subsequently, I educated myself by studying the numbers, warmly welcomed my personality and vulnerability, and am now loud and proud of my Eight-ness and all its splendor.

Learning about the Enneagram has been a defining moment in my life. It has helped me understand, unpack, and improve all of my relationships. I appreciate the fun-loving spirit of my Enneagram Six son, Gentry, whose reaction to my writing this devotion was, "Mom, we are all cheering you on." I admire the wisdom of my caring Five husband, Charlie. And I am thankful for the sweet, loving heart of my Two daughter, Oharah, who sits at lunchtime with any student who feels lonely. I now understand why my mom, also a Two, took me to nursing homes to hand out bananas and flowers and encouraged me to join her on the occasional visits to 69th Street in Philly to give sandwiches to the homeless. I'm beyond proud of my overachieving and philosophical Three dad and my focused creative-genius Four sister, Lori, who wished me into existence when she was five by tossing a coin in the well. (My parents heard and nine months later, I was born!) I have acquired mad respect for the ways they each approach life and process scenarios, even when vastly different from the ways I do.

I'm a writer and storyteller and have been for my entire life. Eventually, after trading in my hairbrush for an actual microphone, I became a professional storyteller, sharing others' stories in the 'nineties as a TV reporter. I transitioned from journalism into ministry and motherhood in 1997, and I've spent more than two decades telling the best story of all—the one about the God of the universe and His Son, Jesus Christ.

Over the years, I've enjoyed many small group studies, two decades of intense Bible study classes, and many beautiful, thought-provoking devotionals. Oftentimes, while reading my morning devotion, I find myself not quite relating to all the topics and will skim through the ones I think don't apply to me. Conversely, when I get to a part where God's Word instructs me not to overreact or stress about insignificant issues and instead to keep my mind peaceful, my heart humble, and my spirit less anxious, I lean in and listen! In those moments, I know God is speaking directly to me.

When I realized how I was selectively applying devotional material, I invited my dear friend and certified Enneagram expert, Jackie, into the conversation happening inside my heart—a conversation sparked by a desire to explore how God speaks uniquely to all nine of the personality types. This conversation grew into this book—so you can learn how He is speaking to *you*!

JACKIE BREWSTER

My name is Jackie, and I am an Enneagram Seven—the enthusiast! I look at life through the lens of glass half-full. I love to try new experiences and learn new things. I keep my days pretty busy, with the occasional need to slow down and really drive into my Enneagram Five (where Sevens go in health and growth). However, when I feel stressed and overwhelmed, I travel toward Enneagram One and become hypercritical of myself and others. I use both Enneagram numbers on either side of my Seven (Six and Eight). These wings give me strength in areas I might otherwise be weak in. I tend to lean a lot more toward my Eight wing in work environments. My Six wing shows up the older I get. I tend to look ahead toward the big picture so I am prepared for what may come.

I started studying the Enneagram more than eight years ago. I remember picking up an Enneagram book a friend gave me and then doing the test at the beginning, curious to see what I would learn about myself. In that season of my life, my children were very young. Isaiah, my oldest, was ten; Ashlyn was eight, and twins Grace and Hope were three. Our family had just endured a very difficult season. Hope had undergone major surgery, and there had been complications. Our family was in a continual state of survival as we tried to comfort and care for Hope while she worked to overcome many challenges, both physically and mentally. Through the months of Hope's recovery, the Enneagram proved to be a timely tool I believe God and my friend gifted me so I could understand myself better in that difficult season.

I have spent years reading books and exploring the Enneagram and many other facets of psychology. Along with being a certified Enneagram coach, I am also certified in experiential therapy. I have found using different methods to help people along their journey of self-discovery brings a deeper understanding to the patterns of behavior uncovered through the work we do.

After nineteen years of ministry, my husband, Stephen, and I decided in 2018 that it was time to start our own consulting company by taking our passions and skills into the world to help people overcome being overwhelmed. I love the work I do with my clients, helping them understand themselves and each other with the help of the Enneagram and the Word of God.

I'm confident that as you learn to read Scripture with a new awareness about yourself, you will find freedom from patterns in your life—and gain a greater understanding of why you do what you do and why you believe what you believe.

Are you ready to begin?



QUARTER ONE

YOUR PEACE

The God of the universe grants us a calm spirit that surpasses all of our understanding. Though we all approach tranquility, stillness, and surrender through our different Enneagram personality types, we all have access to peace promised by the Prince of Peace.

WEEK 1



**YOU WILL KEEP IN PERFECT PEACE
THOSE WHOSE MINDS ARE STEADFAST,
BECAUSE THEY TRUST IN YOU.**

ISAIAH 26:3

SCRIPTURE REFLECTION

TRANQUILITY

STEADFAST MINDS

**THERE'S ONLY ONE WAY FOR YOU
TO FIND AND FEEL A SINCERE
PEACE THAT FILLS YOUR HEART
AND SPIRIT.**

Is peace a state of mind that comes naturally to you? Could you honestly say the words, "I feel completely at peace right now," and truly feel it? In many ways, finding peace is a lost art. Your world may be filled with distractions and meaningless babble that capture your attention and warp your sense of reality. If you watch too much cable news, your perception might be that the world is one step away from disaster. Binge too many fantasy features and you might get a warped sense of how your relationships should look. Or playing too much of the comparison game with your neighbors might make you feel inadequate. A sense of comfort can be difficult to come by if you are looking in all the wrong places. According to Scripture, there's only one way for you to find and feel a sincere peace that fills your heart and spirit. That is via a mind that is unwaveringly toward Christ—meaning you are in harmony with Him and rooted in His Word. Put your trust in His promise; it's a much more beautiful melody than the noise of the world.



ONE

It is imperative for **ONES** to continually renew their minds with the Word of Christ. Spending time in Scripture and reading truth will ground them and help them feel more secure in their “yes” and “no” responses.

Awareness for Ones: When your trust is in the Lord and your mind is being renewed, peace will be with you. You won't get caught up in asking yourself, “Am I good?” You will know you are good because you are a child of God. This week as you meditate on Isaiah 26:3, ask the Lord to quiet your inner critic as you set your mind on things above. Write down the words you hear your inner critic whispering to you. Ask the Lord to take those words captive so you will have peace as you trust in the Lord.

TWO

Journaling is a great exercise for **TWOS**. Writing down on paper what they are really feeling helps them form their thoughts. This type of reflection brings them peace.

Awareness for Twos: Spending time reflecting on the Word of God that is truth will help you put things into perspective. When you can center your thoughts on God, you are able to put your trust in Him. This week as you meditate on Isaiah 26:3, allow yourself to feel God's perfect peace as you write down several ways you have put your trust in the Lord. As you journal, stay present in the moment and recognize the blessing of a renewed mind.

THREE

THREES find peace doing something for themselves that is not tied to achieving. They no longer chase people's approval, because they give themselves permission to be who Christ created them to be.

Awareness for Threes: When you are able to reflect on who God is, you find that your trust in Christ grows because you understand that He is Jehovah Jireh—our Provider. This week as you meditate on Isaiah 26:3, recognize the peace you have experienced from simply putting your trust in Christ. Write down the ways you have found peace in your life by renewing your mind in the Word of God.

FOUR

For **FOURS**, finding peace often means quieting their minds. They can get caught up guessing what will happen in situations and sometimes will replay events over and over until their anxiety level is overwhelming.

Awareness for Fours: Giving yourself permission to explore Scripture through a creative outlet can help you re-center yourself and remember your trust is found in Christ alone. This week as you meditate on Isaiah 26:3, allow yourself to see the benefit of seeking the Word of God first in all you do. Write down several ways in which you have experienced an overwhelming sense of peace because you have put your trust in Christ.

FIVE

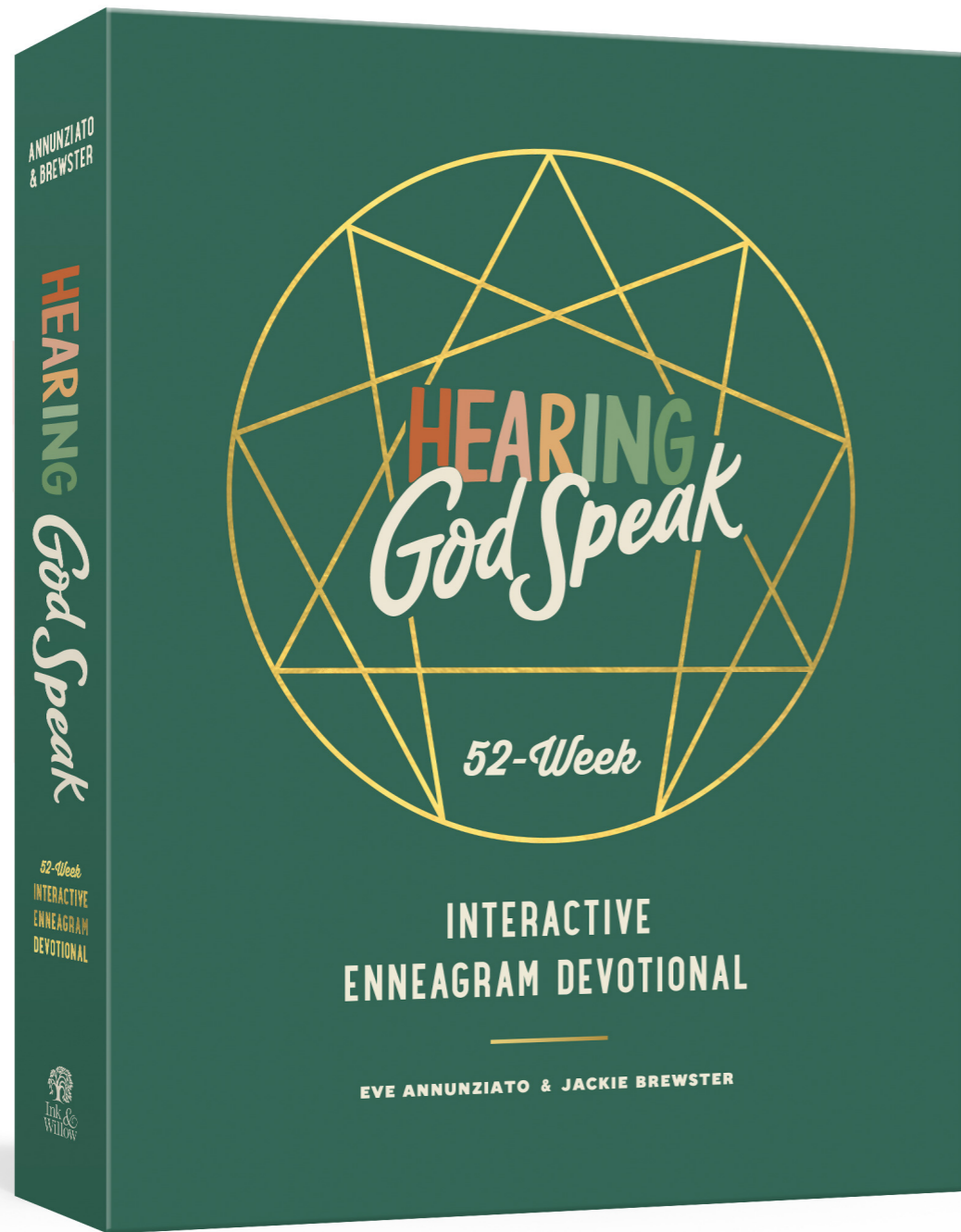
FIVES often find peace when retreating into their “own space.” They require and value a lot of alone time. They also gain peace of mind best by rooting their thoughts in the Word of God and quieting the constant need to investigate.

Awareness for Fives: Find how to trust in Christ by spending time learning His ways and recognizing that His ways are better than your own ways. This week as you meditate on Isaiah 26:3, allow yourself to see the benefit of seeking the Word of God first in all you do. Write down several ways in which you have experienced an overwhelming sense of peace because you have put your trust in Christ.

SIX

SIXES find inner peace through physical activity. By walking, doing yoga, hiking, gardening, or maybe even bike riding, they begin to awaken other parts of their bodies. This can help them process anxiety. Getting out of their own heads and not overthinking is key to finding peace in their day-to-day lives.

Awareness for Sixes: Connecting with God through physical activity allows you to process information while stimulating both sides of your brain. This week as you meditate on Isaiah 26:3, allow yourself to bring to mind scriptures that speak truth about who you are as you engage in a physical activity you enjoy. As you renew your mind through scriptures, ask God to quiet your anxiety. Rest in the peace that comes from spending time on yourself and being in the word of God.



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