

WHAT PEOPLE ARE SAYING ABOUT
ELISABETH BENNETT AND
THE PEACEMAKER: GROWING AS AN ENNEAGRAM 9

The Enneagram, at its best, is a tool of empathy. In these pages, Elisabeth Bennett lovingly comes alongside us Type Nines to help us embody empathy for ourselves and others in a way that is both freeing and practical. Bennett reminds us of the inherent good that is our peacemaking nature and encourages us to boldly blossom into who God made us to be.

—*Ryan O'Neal*

Sleeping At Last singer-songwriter

Elisabeth has written a delightful devotional full of important information for those who want to grow in their own self-awareness and relationship with Christ. I highly recommend reading this book so you can experience transformation on a much deeper level that will bring about the change you desire in life.

—*Beth McCord*

YourEnneagramCoach.com
Author of 10 Enneagram books

Elisabeth has a beautiful way of guiding the reader into a deeper understanding and self-awareness that leads to spiritual growth through the Enneagram. Through biblically sound and practical devotions, she helps you move from, “Okay, I know what type I am but what’s next?” to personal, relational, and spiritual growth,

so that you can live in the fullness of who you were created to be in your unique type.

—*Justin Boggs*

The Other Half Podcast
Enneagram coach, speaker, entrepreneur

Through her beautifully articulate words, Elisabeth accurately portrays the shadow side of each Enneagram type while also highlighting the rich grace and freedom found in the spiritual journey of integration. Pairing Scripture with reflection questions and prayers, the devotions help guide the reader on the pathway of personal and spiritual growth in a powerful way that is unique to their type.

—*Meredith Boggs*

The Other Half Podcast

If you know your Enneagram type and you're ready to make meaningful steps toward growth, this book is for you. Elisabeth combines her Enneagram expertise with her deep faith to guide readers toward self-understanding, growth, and transformation through contemplative yet practical writing. This devotional is a great tool that you'll return to again and again.

—*Steph Barron Hall*

Nine Types Co.
Enneagram writer, coach, and teacher

**60-DAY
ENNEAGRAM DEVOTIONAL**

the
PEACEMAKER

GROWING AS AN ENNEAGRAM



ELISABETH BENNETT

W
WHITAKER
HOUSE

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THE PEACEMAKER

GROWING AS AN ENNEAGRAM 9

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Dedication

To every Nine holding this book, your presence matters.

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Foreword

It took me months to identify myself as an Enneagram Nine. I have the inklings of a Four's envy, a bit of the anxiety common to Sixes, and the strong inner critic of a One. On a good day, I'm a productive Three and on a bad day, I feel myself capitulating to the distraction common to Sevens. As the old Bob Dylan song says, "I contain multitudes." This should have been my first clue.

Realizing sloth and its deadly sister shame were my most besetting struggles helped me finally believe I was indeed the crown of the Enneagram: the peacemaking, peacekeeping, conflict avoidant, sometimes numb, always in search of inner and outer calm Enneagram Nine.

For a long time, I lamented being a Nine because it felt like I carried the burden of the world in my gut. I could not unsee the perspective of others. I could not unhear the cries of injustice or fear, love, or hope that so many carried with them. I felt doomed to invisibility under the seemingly more important perspectives of everyone around me. I wrongly identified my preoccupation with the perspectives of others as a sort of fear of man, and drove myself to shame for it, resulting in numbing the world around me and within me because it felt like the only way to have inner peace.

Through the Enneagram, I began to understand that God had given me a unique ability to see the thoughts, feelings, emotions, and burdens that everyone around me carried. I began to understand my burden wasn't fear of man, but care for all people.

I genuinely cared about the outcome for every person, even those who didn't seem to deserve it, those others trampled over, or those with whom I disagreed. I earnestly wanted their good. I earnestly wanted God's peace for them. But the more I cared about people's circumstances, the more I wanted to numb myself from them.

I always tell people that the most unhelpful thing we can do with the Enneagram is to simply identify our number and then share endless memes about it on Instagram. The real goodness of the Enneagram is in the work we do with it. And work, for a Nine, is anathema. Don't get me wrong; we love to produce, we love to move to a place of health where we're churning out goodness every day...but moving ourselves to that place is difficult. Nudging ourselves out of our numbness feels almost impossible. We embody the Scripture from Jeremiah 6:14, saying, "*Peace, peace, where there is no peace.*" We pretend our numbness is peace with ourselves and with others. But it's a false peace.

These realizations began the still unfinished work in me. God desires peace for all people. He desires union with Him and reconciliation with one another. But before He can begin to use the Enneagram Nine in that work of peacemaking, He has to bring us to a place of peace with our own selves.

Elisabeth, Alison, and Christine have written a guide for the journey to peacemaking with God, ourselves, and others in this sixty-day devotional for Enneagram Nines. They acutely know the struggles of being a Nine and know God doesn't mean for His children to remain stuck, numb, or in spirals of shame. They offer Scripture as handrails and practical counsel as steps out of

the cavern of sloth and numbness. They don't merely name the positive and negative attributes of being a Nine; they help us see God's intention for us to navigate the world, repent for sin, and produce real and lasting fruit. They help us see there's a "peace that the world cannot give" (see John 14:27), and God wants to use Enneagram Nines as bearers of that peace in the world today.

This is the gift of being an Enneagram Nine. *We contain multitudes.* We cannot unsee brokenness, trauma, fear, longing, hope, and love in the world around us, and we identify with it whenever we see it. God wants to redeem that sight in us through the work of Christ on the cross, the presence of the Spirit in our lives, and the guidance of our Father's love. We are not invisible to the world—the world desperately needs peacemakers—but first, we have to learn we are not invisible to God Himself, and He has perfect peace for us.

—Lore Ferguson Wilbert

Author, *Handle With Care:*

How Jesus Redeems the Power of Touch in Life and Ministry

Acknowledgments

My journey from young hopeful writer, all the way back to the tender age of four, to holding books with my name on them hasn't been easy or pretty. In fact, it's held a lot of hurt, disappointment, and rejection. However, as you hold a book with my name on the cover in your hands, I'd love you to know who and what has sustained me through it all. You are holding a piece of God's redemption in my story, tangible proof of His kindness, and testament of His faithfulness. I didn't break any doors down or do anything myself that ensured my trajectory of publishing. God in His kindness handed me this opportunity, and to Him alone belongs all the glory and praise.

My agent, Amanda, deserves the highest of thanks and admiration. Thank you for answering my many questions, guiding, and giving me the confidence to do this. I couldn't have done it without you. To all the people at Whitaker House, my editor, Peg, and publisher, Christine, thank you for making these devotionals what they are today. It's been a pleasure working with you all.

To my writing community hope*writers, thank you for giving me the courage to call myself a writer long before I felt like one. To Christine Rollings, who has never failed to show up with encouragement and support even though we have never met in person, I feel like I know you, and I am so glad to call you friend. Thank you for writing in this devotional and giving it your heart and soul. To Lore Wilbert, thank you for being one of the first

pair of eyes on this devotional and for writing such a beautiful foreword! Your words and your heart for your fellow Nines is so beautiful. Thank you to Pastor Bubba Jennings at Resurrection Church for reading over my proposal and giving me advice on how to serve Jesus well in this process.

The people who have been the biggest support and help to me during this process, and if I'm honest, my life, are:

Alison Bradley, you have been my real-life education on every kind thing there is to say about Enneagram Nines. You have helped not only my understanding of Nines, but also my clients, audience, and now readers feel known and understood as well. I'm so thrilled that you could write many of these devotionals with me, as I know your voice is helpful and so kind. You're a gem, and your presence is beyond important here. Thank you, Alison!

To all the other Nines in my life who have left a big impact on my heart, as well as my ability to write this devotional: Jan Bennett, Emily Bennett, Jacquie Harris, and a couple other suspected Nines that I won't publicly *type* here. Thank you!

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Thank you, Mom and Dad (Joe and Diane Upton), for literally teaching me to read and write, and encouraging me to say yes to big things. I would never have had the foundation to say yes without you, and how you raised me. I'm so proud and grateful to have the two of you in my corner cheering me on.

Peter, you've been beyond supporting, patient, and caring towards me. You have taught me so much about what it means to be faithful, and you never let me quit. You believe in me enough for both of us, and I can't believe the gift that you are in my life. You're my best friend and I love you.

Introduction

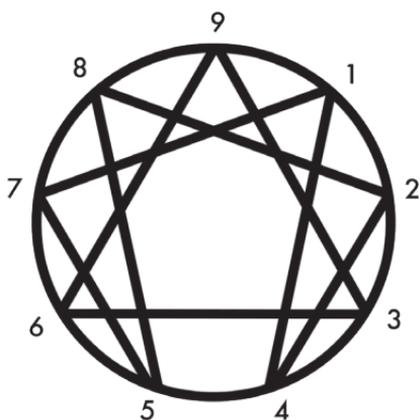
What Is the Enneagram?

The Enneagram is an ancient personality typology for which no one really knows the origins.

It uses nine points within a circle—the word itself means “a drawing of nine”—to represent nine distinct personality types. The points are numbered simply to differentiate between them, with each point having no greater or less value than the others. The theory is that a person assumes one of these personalities in childhood as a reaction to discovering the world as a scary, unkind place and thus, unlikely to accept his or her true self.

The nine types are identified by their numbers or by these names:

1. The Perfectionist
2. The Helper
3. The Achiever
4. The Individualist
5. The Thinker
6. The Guardian
7. The Enthusiast
8. The Challenger
9. The Peacemaker



HOW DO I FIND MY TYPE?

Your Enneagram type is determined by your main motivation. Finding your Enneagram type is a journey, as we are typically unaware of our motivations and instead focus on our behaviors. Many online tests focus around behaviors, and while some motivations *may* produce certain behaviors, that may not always be the case and you are unlikely to get accurate results.

To find your Enneagram type, you need to start by learning about *all* nine Enneagram types, and explore their motivations in contrast to your own behaviors and deeper motivations.

You can ask for feedback from those around you, but most often, the more you learn, the clearer your core number shines through.

It's often the number whose description makes you feel the most *exposed* that is your true core type. Your core Enneagram number won't change, since it's solidified in childhood.

Each number's distinct motivation:

1. Integrity – Goodness
2. Love – Relationships
3. Worth – Self-Importance
4. Authenticity – Unique Identity
5. Competency – Objective Truth
6. Security – Guidance
7. Satisfaction – Freedom
8. Independence – Control
9. Peace – Equilibrium

IS THIS JOURNEY WORTH IT?

Yes! The self-awareness you gain along the way is gold, and learning about the other types in the process brings you so much empathy and understanding for all of the other personalities in your life.

WHAT MAKES THE ENNEAGRAM UNIQUE AND DIFFERENT FROM MYERS-BRIGGS, STRENGTHSFINDER, OR DISC ASSESSMENTS?

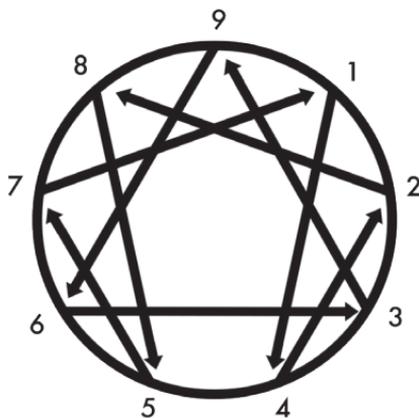
The Enneagram, unlike other typology systems, is fluid. Yes, the Enneagram tells you what your base personality characteristics are, but it also reveals how you change when you're growing, stressed, secure, unhealthy, healthy, etc.

You are not the same person at twenty as you are at sixty. You're not the same person at your stressful workplace as you are when binge-watching your favorite TV show and eating ice cream at home. The Enneagram accounts for these inconsistencies and changes in your behavior and informs you of when or how those changes occur.

If you look at the following graph, you'll see that each of the numbers connects to two other numbers by arrows. The arrow pointed toward your number is your growth arrow; the arrow pointed away is your stress number. When your life leaves you with more room to breathe, you exhibit positive characteristics of your growth number, and when you're stretched thin in seasons of stress, you exhibit the negative characteristics of your stress number.

This is one explanation for big shifts in personality over a lifetime.

Another point of difference between the Enneagram and other typology systems is *wings*. Your wings are the two numbers on either side of your core number, which add flavor to your personality type.



Although your core number won't change—and your main motivation, sin proclivities, and personality—will come from that core number, your wings can be very influential on your overall personality and how it presents itself. There are many different theories about wings, but the viewpoint we hold to is:

1. Your wing can only be one of the two numbers on either side of your number. Therefore, you can be a 9 with an 8 wing (9w8) but not a 9 with a 5 wing (9w5).
2. You have access to the numbers on either side of your number, but most people will only have one dominant wing. (Dominant meaning you exhibit more of the behaviors of one wing than the other wing.) It is possible to have equal wings or no wing at all, but this is rare.
3. Your dominant wing number can change from one to the other throughout your life, but it's speculated this might only happen once.

As you read through this book, we will go over what a number Nine looks like with both of its wings. If you're struggling to figure out what your core number is, this book series could really help give you some more in-depth options!

HOW DO YOU BECOME YOUR TYPE?

Personality is a kind of shield we pick up and hide behind. It is functional, even protective at times, but altogether unnecessary because God made us in His image from the start. However, we cling to this personality like it's our key to survival, and nothing has proven us wrong so far. It's the only tool we've ever had, and the shield has scratches and dents to prove its worth.

Not all parts of our personality are wrong or bad, but by living in a fallen, sinful world, we all tend to distort even good things in bad ways. Amen?

What personality did you pick up in childhood? If you're reading this devotional, then you may have chosen type Nine. You chose your shield because your need to be loved became the one thing that your life revolved around from early childhood until right now, at this very moment.

The Enneagram talks about childhood wounds and how we pick up a particular shield as a reaction to these wounds. However, not all siblings have the same Enneagram type even though they heard the same wounding message or had the same harmful experiences growing up. This is because we are born with our own unique outlook on the world, and we filter everything through that outlook. You and your siblings may have heard the same things, but while you heard, "You're only loved

when there's no conflict in your life," your sibling heard, "You're only loved when you're successful." Thus, you both would become different Enneagram types.

Trauma and abuse of any kind can definitely impact your choice of shield as well. If you think of all these nine shields as being a different color, perhaps you were born predisposed to be more likely to pick blue than red. However, in a moment of early trauma, you might have heard someone shouting, "Pick black! Black is the only option!" Thus, you chose black instead of blue, which would've been your own unique reaction to your life circumstances. It's hard to say how these things happen exactly, especially when trauma is involved. Are you who you are *despite* trauma or because of it? Only God knows, but there is healing and growth to be found either way.

We've all heard the phrase, "You can't teach an old dog new tricks." I'd like to propose that when referencing personality, it might be said, "The longer you use your personality, the harder it is to see its ineffectiveness." It's not impossible for an older person to drastically change for the better, but it will be harder for them to put down what has worked for them for so long. That's why, as we age, it can become harder and harder to even see where our personality ends and our true self begins. Even if the unhealthy parts of our personality have been ineffective, they still seem to be the only things that have worked for us.

WHY DO WE NEED THE ENNEAGRAM WHEN WE HAVE THE HOLY SPIRIT AND THE BIBLE TO GUIDE US?

The Enneagram is a helpful tool, but only when it is used as such. The Enneagram cannot save you—only Jesus can do that.

However, God made us all unique, and we all reflect Him in individual ways. Learning about these unique reflections can encourage us, as well as point us toward our purposes. The Enneagram also reveals the sin problems and blind spots you may unknowingly struggle with. Revealing these blind spots leads us to repentance and change before God.

HOW DO I CHANGE MY MORE NEGATIVE BEHAVIORS?

Alcoholics Anonymous was really on to something when they called their first step “admitting you have a problem.” How do you solve a problem if you don’t know you have one or are in denial about it? You can’t. If you have a shield you’re using to protect yourself from the world, but are blissfully unaware of its existence, you won’t understand how its very existence impacts you and your relationships. You definitely won’t be putting that battered but battle-tested shield of a personality down anytime soon.

Similar to the wisdom of admitting one has a problem before recovery can begin, the Enneagram proposes self-knowledge as the starting point before there can be change.

As a Nine, it can be hard to determine which shield you picked up because you can see the reason for all of them. Choosing a favorite color can feel like a lot of pressure, but figuring out which one you already chose may feel impossible.

Whether you’re 100 percent sure you are a Nine, or just curious about the possibility, this is what it looks like to be a Nine.

What It Means to Be a Peacemaker

Alison was just a toddler when her little brother was brought home from the hospital, and despite her age, it's still an experience she remembers vividly. The little blue bundle, her own joy, the gentle touches to her brother's cheek, and the smile on her parents' faces. John was here, and he was beautiful.

These beginning days of *big sisterhood* were very formative for Alison. When her grandparents came over to meet her baby brother, her joy at their arrival wasn't quite replaced, but it was quickly accompanied by a realization: *Oh, John is new. I don't matter as much now. I'm **second** now.*

Alison wasn't upset; rather, she resigned herself to this new position and patiently waited to see if there was still room for her, too. She knew her grandparents still loved her, but they were no longer just *her* grandparents. She needed to share this space, and to her three-year-old mind, this meant she didn't matter as much as she once might've.

You could say this feeling, and these thoughts about her own worth, never left Alison. There are more instances than she can recall of this "others first/me second" behavior on her part, and she's still realizing all the areas in which she has believed lies about her worth.

As an Enneagram Nine, also known as the Peacemaker, this thinking has served Alison in her search for peace, which is a Nine's motivation. From the outside, not mattering as much as others has saved Alison a lot of outward conflict. It's kept up an

illusion of peace, and yet caused a war within herself. Years of me-second behavior have cost Alison her voice in many situations and caused a lot of needless guilt over all the times she has asserted herself. It turned a lot of “this is what I want” opportunities into “it’s just not worth the fight” resignation.

This is why Nines are called the Peacemaker by most Enneagram teachers. When they are healthy, Nines are great listeners, good friends, easygoing, and generous; they traverse through life at their own pace. Nines have a unique ability to merge with others, feeling what that person feels, giving them the empathy they need, and sometimes adopting their pain like it’s a stray cat.

Being conflict-avoidant drives much of how Peacemakers operate. Desiring peace, they’ll do almost anything to avoid conflict, including, but not limited to, an avoidance of voicing strong feelings/opinions of their own.

Surprisingly, as you will discover in this book, the Peacemaker is actually a part of the anger triad. Although Nines are often unaware of their own anger, it bubbles under the surface of their sweet disposition. They can feel like their inability to create boundaries is often taken advantage of, that the world doesn’t value them like it values other people. Over time, the anger from these slights builds until it explodes. Nines are sweet, but once you’ve seen a Nine angry, you won’t soon forget it.

Unhealthy Nines are often passive-aggressive, asserting their wants and desires in the most nonconfrontational way they can. They can also procrastinate like no one else, indulge in mind-numbing behaviors to escape everyday tensions, and focus

on others' feelings to avoid feeling their own. Sloth, their deadly sin, is a big player in all of these unhealthy behaviors.

Healthy Nines, while still peaceful and easy going, learn to express their wants and feelings without fear, develop habits to avoid procrastination, and balance their caring, merging nature with a healthy amount of "no."

If Alison had known about the Enneagram earlier in her life, her struggle would have had a name and a language to accompany her feelings, helping her navigate what it means to be her. It could've helped those around her to listen more carefully and make more room for their dear friend to show up. Now, by sharing some of this book's devotional teachings, Alison hopes it will help *you*.

All About Being a Nine

MOTIVATION

Peace, inner stability; to maintain or create a conflict-free environment

Nines are truly motivated by peace and harmony as they seek to maintain a conflict-free environment. Unfortunately, Nines fear that they are secondary and don't matter as much as other people. This drives them to avoid conflict that could result in someone saying harsh things or being mad enough to leave, confirming the Nines' suspicions of inferiority. They often keep the peace by "merging" with others' thoughts and feelings. It can take space for them to figure out what they actually feel about any given situation.

BIGGEST FEAR

Separation or loss

Nines fear separation or loss—especially separation they may have inadvertently caused, and the conflict surrounding this situation may never have closure. This is their biggest fear because it's in direct opposition to their core motivation—inner peace. How can you have inner peace when there is an unresolved conflict hanging over your head?

GUT TRIAD

Each Enneagram type is dominant in either feeling, thinking, or doing. These “triads” are referred to as heart-centered, head-centered, and gut-centered.

Nines, along with Eights and Ones, are considered a part of the gut triad. Being part of the gut triad means that Ones, Nines, and Eights receive information through their gut, which, in layman’s terms, means a bodily feeling of something being instinctively right or wrong. A person who has a dominant gut instinct doesn’t need to think something over or consult their feelings in order to know what is right. This gut instinct is something unique to these three numbers, and dominance in this instinct is something only they experience.

Each of the three triads has a defining emotion connected to the center they use most.

For the gut triad, this emotion is anger. Anger is like a fire that keeps this triad going, whether they’re aware of it or not. Nines, Ones, and Eights struggle with anger usually over things that, to them, are obviously right or wrong. Injustice, marginalization, bullying, and a host of other issues that come from living in a sinful world are more than enough for this triad to struggle with persistent anger, especially since they receive all this information through their gut. The obvious right and wrong can’t be logically (through the head) or emotionally (through the heart) put out of sight.

If you ask a Nine if they experience anger, it’s very likely they’ll say no. Being part of the anger triad is one of the reasons

why Nines often assume they couldn't be a Nine. Nines, in reality, do experience anger. However, if they're unhealthy or haven't done a lot of self-work, they may not think they have an angry bone in their body. This is because Nines repress their anger and deny its existence to the point that when they do eventually blow, it's just as much a shock to them as it is to everyone else.

CHILDHOOD WOUND

The wounding message Nines heard (or think they heard) as children was, "It is not okay to assert yourself" or "Your wants/needs don't matter as much as everyone else's."

This made asserting their own feelings or wants seem selfish and wrong, so Nines learned to step back and view others as more important than themselves. This may feel a lot like a Two's wound of "don't be a burden," and you'd be right. However, instead of turning this message into actively serving, Nines started on a more passive road of accommodating and merging.

A Nine might have heard this message if their parent or authority figure had a very strong personality that overshadowed the Nine, or if they otherwise said, "No, you need to let them go first." "Stop whining." "Stop talking." "Can't you tell I'm busy?" "Your need just isn't important right now." "You need to be good."

THE LOST CHILDHOOD MESSAGE NINES LONG TO HEAR

"Your presence matters"

It does! God made you, and He cares about all your needs, even when you try to brush them off. You can trust Him to take care of you and love you. Your presence matters here.

DEFENSE MECHANISM

Narcotization

This is the defense mechanism Nines might employ when they feel overwhelmed, defensive, or stressed. Think of the word *narcotics*, which are substances that dull or completely suppress the sensation of pain. Narcotization is what's going on when Nines numb themselves in order to not feel overwhelmed, stressed, or panicked. Nines can do this by going on autopilot during a stressful season and doing repetitive comforting actions again and again to “stay asleep” to what's causing them stress.

Some Nines narcotize by sleeping, exercising, scrolling social media, or sticking to a strict daily routine. The common element is gaining comfort and distraction from the behavior no matter what it is.

WINGS

As I mentioned before, your wings are the numbers on either side of your core number that add flavor to your core number.

Nine with an Eight Wing (9w8)

A Nine with an Eight wing may feel a little like Dr. Jekyll and Mr. Hyde. One of the most complex number combos on the Enneagram, a 9w8 is a caring, considerate, and feisty number. A 9w8 is built for the type of assertive protecting Eights are known

for, but their tender hearts still hate conflict. Talk about a complicated relationship! Ultimately, 9w8s are great protectors of their loved ones, but they won't use that energy to pick fights for themselves.

Nine with a One Wing (9w1)

A One wing is going to add a bit of a perfectionist spin to our sweet Nines. A 9w1 will stay on task, stand up for what's right, and have a more confident air about themselves than an average Nine. Sweet, dutiful, and to the point, many 9w1s become great personable leaders. A One wing can also make Nines more critical of themselves, but eager to brush off negative voices, they won't be as prone to listen to this inner critic as an average One.

ARROWS

Your arrows are the two numbers your Enneagram number are connected to in the Enneagram diagram. These two arrows represent the number from which you get the best traits as you grow, or the number from which you get the worst traits when you're in seasons of stress.

Stress: Going to Six

In stress, normally go-with-the-flow Nines will be anxious and distrusting as they go to Six. Fear-laced anxiety, difficulty leaning on their own judgment, and suspicion of the people around them are all common symptoms of stress for a Nine.

Growth: Going to Three

In growth, Nines become increasingly bold, decisive, and confident as they go to Three. A secure Nine will stay on task, have more social energy, and be more confident of themselves when they're experiencing the positive side of Threes.

TYPE NINE SUBTYPES

When we talk about subtypes and the Enneagram, we are referring to three relational instincts we all have. These instincts, like those of *fight or flight*, are reactions we have little control over. The three relational subtypes are Self-Preservation (Sp), Social (So), and One-to-One (Sx). We all have the capacity to use all three of these instincts, but one of them is usually dominant, and that dominant subtype can strongly impact how your distinct Enneagram type looks to the rest of us.

The Rested Nine (Sp)

Self-Preservation Nines have figured out that to remain *at peace*, they must put a high priority on things like sleep, alone time, hobbies they love, and rest in general. This subtype is responsible for the nap stereotype of Nines. Without these things, their tank runs low, and they begin to feel fragile. This priority on self-care can be seen as selfish and demanding to the outside world, so this Nine also struggles with the conflict of needing a full tank and keeping their world peaceful.

The Engaged Nine (So)

Social Nines are considered the countertype. Instead of withdrawing and preserving energy, this subtype engages and sacrifices themselves for the good of the group. Often mistyped as a Two, an Engaged Nine seems to run around like a chicken with its head cut off. They are fulfilling the needs of everyone in the group to keep everyone happy and preserve the peace. This type can burn out and quickly turn resentful when their needs are brushed off and they feel unnoticed.

The Merged Nine (Sx)

One-to-One Nines are fully merged with one other person to fuel their need for security and identity. They may even mistype as the other person's Enneagram number. This Nine seems happy to go along with whatever their *person* wants because they genuinely think it's what they themselves want. This Nine finds less conflict in merging with the opinions/choices of their person, so they are never directly responsible for anything that causes strife. Subconsciously, they're actually distracting themselves from their own inner conflict and pain. Of course, this type of merging can soften as they grow and begin to own their own presence, but the pull to merge with their person will always be there.

So I'm a Nine. Now What?

Why should I, as a type Nine, embark on sixty days of devotions?

Whether you have just realized you are a Nine on the Enneagram, or if you have already known that fact for some time, you've probably thought at one point, *Okay, but what now? I get that I'm a Peacemaker, that I crave peace, that conflict and I are not friends, and that I struggle with sloth. The question is, how do I take this self-awareness and turn it into practical transformation?*

Some Enneagram teachers will tell you that you need only to focus on self-actualization and pull yourself up by your proverbial bootstraps to grow out of your worst behaviors. "Meditate!" "Focus on yourself!" "You're perfect just the way you are!" Yet, at the same time, "Stop being a pushover!"

However, I'm here to offer a different foundation for growth. As Christians, we know that we are flawed, sinful, and far from God's intended plan for humanity. The hymn, "Come Thou Fount of Every Blessing," includes the lyrics "Prone to wander, Lord, I feel it." This speaks to the reality of our hearts and their rebellious nature toward our Savior.

This wandering is the problem, sin is the problem, and we are the problem! So, anyone who tells us that we ought to focus on ourselves to find growth will only lead us to more confusion. We may even find ourselves back where we started as we go around and around this idea of focusing on "self."

But we are not without hope. Philippians 1:6 says, “*And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.*” On the very day you acknowledged Jesus as your Savior, repented from your sin, and dedicated your life to Him, He began a good work in your life. This work is called sanctification, which means “to sanctify, the act of becoming holy.” Your sanctification will not be completed here on earth, but you are in the process of *becoming*, day by day, moment by moment, only by the Holy Spirit’s work and power within you.

We might not know how to articulate it, but this work of sanctification is the growth and change for which we long. All of us know we are not who we want to be. Reflecting on the human condition in Romans 7:15, Paul said, “*For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.*” Isn’t that the truth? I don’t want to procrastinate or hide from conflict, but here I am again.

We all know we have this haunting *potential* that always seems just a little out of reach. We all have this nagging feeling we are created for more ... but how do we get there? Only by God’s grace and power within us can we rest in His sanctifying work and trust Him for the growth and potential of bringing glory to Him day by day. Only God can sanctify us, but it is our responsibility to be “*slaves of righteousness*” (Romans 6:18) and obey Him.

Over the next sixty days, we want to take you day by day through what God says about *your specific problems as a Nine* and how He wants to lovingly sanctify you into being more like Jesus.

The lens of the Enneagram gives us a great starting point for your specific pain points and strengths. We will use those to encourage you in the areas where God is reflected through you and the areas where you need to lay down your instincts and let Him change you.

Some of these topics might be hard, but we hope that you'll let the tension you feel in your heart open you up to change. This is where our obedience comes in. We all have blind spots and areas we are more comfortable leaving in the dark, but God desires so much more for us. So ask Him to help you release your grip on those areas, bring them into the light, and experience the freedom repentance offers.

I'm calm and quiet.

I help to smooth ruffled feathers.

I often say yes when I want to say no.

I'll keep the peace, absorbing the blows myself.

I listen to you, nodding at all the right moments.

...Perhaps you think that means I agree.

I don't know how to tell you that I don't.

I'm always the good one, the kind one, until I just can't take it anymore.

I hide myself in comfort.

Familiar rhythms, books, and shows.

Soothing routines, food, and drink.

These help me stay asleep to the things I'd rather not face.

What does it mean to be me?

When I don't even know what to choose for lunch?

It feels so scary to listen to what I want and need.

What if you don't agree?

It feels like too much to ask of someone to care about what I might care about.

This thought exposes a fear.

I don't really believe I matter as much as you.

But I'm waking up to myself, and I'm saying the things I mean.

Conflict is here and I'm not going to hide, even as it makes me shake inside.

I'm not quiet, but I'm finding that my voice is gentle even when I disagree.

I'm stronger than I thought. I'm finding I'm loved for me.

I'm a Peacemaker, this is me.

—*Alison Bradley*

Your Guides for This Journey

You'll be hearing from two other writers and Enneagram coaches in the days ahead. The days in which no author is listed are written by me. On other days, I have asked these two Enneagram experts to help you on your path.

ALISON BRADLEY

Alison is the Enneagram Nine who has taught me the most about what it means to be a Nine. She has a deep love for the Lord and has already been serving her fellow Nines daily on Instagram at @9ish_andiknowit. She has recently become an Enneagram coach and has a great deal of knowledge about this entire system.

CHRISTINE ROLLINGS

Christine is an Enneagram Two with a desire to help people understand themselves and have the words to express their story to others. This led her to become an Enneagram coach, after finding the Enneagram helpful for naming her own strengths, longings, and struggles. She works particularly with people living cross-culturally, with their particular set of challenges and joys. She has a large number of Nines in her life whom she loves dearly, and she was thrilled to get to speak to Nines in this devotional.

10 Days of Peacemaking

HOW YOU REFLECT GOD BY LOVING PEACE AS HE DOES

DAY 1 ● ● ● ● ● ● ● ● ● ●

What Is Peacemaking?

By Alison Bradley

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)

I used to lead college students through an exercise in which they named what they valued most. It is easy when facing a list of so many good things to believe that we value most of them, but the truth is, we tend to operate from only a few core values. In this exercise, the students would be given a list of dozens of things, including family, freedom, financial stability, vulnerability, autonomy, and justice. They would have to go through the list again and again, until they only had a few things.

Even then, their task was not done. Next, they had to clarify what the words on their list actually meant to them. Two different people might both value *community* above all else, but what does that mean for them? What do they mean when they say they value *helping others*? How do they define *courage*?

For a Nine, peace is the motivation for so much in life. We value peace and ache for it, not only for ourselves but for those around us. And the absence of it deeply shakes us to our core.

But it is important not to assume that we mean the same thing when we say *peace*. And just as in the college exercise, it is helpful to clarify what we mean when we are talking about *peacemaking*. While the dictionary may simplify *peace* to mean a state of calm, rest, or merely the absence of war, the way the Bible speaks of peace is so much deeper than that.

How do you define peace?

What does it mean to you to be someone who is a Peacemaker?

Take a moment and jot down a few sentences.

Shalom. The Bible uses this term to speak about what we call “peace.” *Shalom* was first experienced in the garden of Eden, as the way things were intended to be when we were right with God and all was good. *Shalom* is so much deeper than denying trouble or avoiding conflict to keep the peace. *Shalom* continues to appear in Scripture, as brokenness is made whole and as sick bodies and souls are healed. *Shalom* shows up every time someone is restored, every time repentance and forgiveness are fought for.

A Nine goes beyond managing stress or trying to keep the peace when they remember what it means to be a true Peacemaker.

A Peacemaker desires wholeness and healing for themselves and for those around them.

A Peacemaker is willing to do the work to help make the world the way it ought to be.

A Peacemaker isn't satisfied with symptom management as they find brokenness in their own hearts and those around them. They want freedom and flourishing, and they show up with their whole hearts to pursue it. A Peacemaker isn't passive or silent when harm is being done.

SHIFT IN FOCUS

Spend a moment asking the Lord to help you be this kind of person.

You're welcome to borrow my prayer if it reflects your heart:

Dear heavenly Father, I don't want to be someone who merely gets along or keeps the peace. I want to be a Peacemaker. I want to be someone who brings Your kingdom, here on the earth. I want to be an agent of Your healing and wholeness. Give me courage to show up with my own brokenness. Give me courage to show up in the pain and brokenness of others. Help me to want freedom and flourishing more than I want comfort or convenience. May I be someone who helps mend Your broken world, partnering with Your Holy Spirit to bring shalom. Amen.

● ● ● ● ● ● ● ● ● ● DAY 2
How Your Love of Peace Reflects God

And let the peace of Christ rule in your hearts, to which indeed you were called in one body. (Colossians 3:15)

Dear Peacemaker, do you know you uniquely reflect God? In the Bible, God says that He made us in His image. (See Genesis 1:26–27.) Now, this doesn't mean our bodies look like His, but rather, that we reflect His image by reflecting parts of God's character. It's not a perfect reflection; in fact, it's rippled and marred. However, a familiarity, a family resemblance, is still plainly evident between God and His creation.

God is so mighty, majestic, and perfect that none of us can reflect every part of Him, so we see His attributes scattered throughout the entire population. Each of us is reflecting Him in unique and very important ways. This is why we hear about each of us being a part of God's "body" in 1 Corinthians 12:27, Romans 12:5, and Ephesians 5:30. Each of us is uniquely made for a divine purpose; each of us would be lost without the others.

As a Nine, you reflect God's love of peace, His gentleness, His kindness, His empathy toward His people, His patience, and His understanding as you grow in sanctification. God made you uniquely, specifically, and purposefully.

Your gentleness in conflict, your desire for strife to be resolved, the way you easily understand others, or your tendency

toward patience may feel second nature to you as a Nine, especially as you are following the Lord. But these are all important ways you uniquely reflect the Lord to others.

Pause for a moment to read Colossians 3:12–15, asking the Lord to help you pay attention to the qualities He’s growing in you as a Peacemaker. Which words stand out to you?

Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body.

If these verses feel like pressure to you, or you feel all the ways you fall short, I encourage you to return to the words “*chosen ones, holy and beloved.*” The Lord invites you to put on your true nature as a Peacemaker because you are deeply loved and chosen by Him. This is not something you must conjure or force. This is the Lord working in and through you, as you allow Him to help you grow to look more like Him.

SHIFT IN FOCUS

How do you look like your biological parents? Did you grow up hearing about physical resemblances? Similar quirks?

As you go about your day, invite the Lord to reveal the ways He's created you to look like Him. If you have space, pull out a journal and think of things you've noticed about yourself or heard others say about your patience, understanding, gentleness, kindness, empathy, or peace. As the Lord helps you recognize these parts of who you are, thank Him for choosing you and calling you holy and beloved. Invite Him to continue to grow you as a Peacemaker who looks like Him.

DAY 3 ● ● ● ● ● ● ● ● ● ●

Peacemaking vs. Peacekeeping

By Alison Bradley

For at one time you were darkness, but now you are light in the Lord. Walk as children of light. (Ephesians 5:8)

Peacekeeping and peacemaking sound almost synonymous. I think many of us live as though they are the same, but they are vastly different. I know this because I used to think that they were identical. I thought that the only road to peace was peacekeeping.

For me, peacekeeping meant burying loud emotions. I hid my tears and my anger to make others more comfortable. I tried to hide emotions that betrayed how I was really doing or what I was really feeling.

Peacekeeping meant working hard to not disappoint others. I would rather be the one disappointed than disappoint someone else. Disappointing someone I cared about felt like one of the worst things I could do, and I avoided it at all costs.

Peacekeeping meant avoiding conflict and keeping my true opinions hidden. I would rather not speak up and carry the weight of the conflict, as the only one who knows it even exists. My silence was the way I kept the peace.

Peacekeeping meant taking on the weight of the conflict, even if it meant my body ached and my jaw remained clenched.

Even though I was willing to remain silent about what mattered to me, my body bore the weight of that choice.

Peacekeeping meant being motivated by guilt and the belief that I didn't matter quite as much. I would do things out of a sense of obligation—"should" and "supposed to." Peacekeeping meant I was constantly hiding, silencing, burying parts of myself that felt like they would invite conflict and prevent peace.

But my peacekeeping didn't actually bring about the peace I so desperately craved. These were painful, heartbreaking lessons for me as I saw that my way of functioning wasn't really working. And at its worst, it was slowly killing my soul. Even if I worked my hardest, I couldn't bring about peace this way.

SHIFT IN FOCUS

Pause and read Ephesians 5:8–16, aloud if you can. Which verse stands out to you as you think about peacekeeping?

For at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says, "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.

Spend a few minutes and confess, aloud or in a journal, the ways you've kept the peace, hiding parts of yourself. Invite the Lord to make you aware of peacekeeping tendencies as you go about your day. Shalom does not require us to be silenced or hidden. Just the opposite! Partnering with the Lord to redeem what has been broken includes things being brought into the light and seen. Ask the Lord to shine His light on you and help you walk in the light as you seek true peace.