

WHAT PEOPLE ARE SAYING ABOUT  
ELISABETH BENNETT AND  
*THE ENTHUSIAST: GROWING AS AN ENNEAGRAM 7*

This Enneagram Seven devotional hits the spot for Sevens who are looking to bring healing change to their biggest life struggles and relationships. I love how Elisabeth helps a busy Seven find rest in Christ in a beautiful way, releasing them for the truest joy of the soul.

—*Christa Hardin*

Author and founder, Enneagram + Marriage

Elisabeth has created an invaluable resource for those of us who might struggle a bit more with devoting sixty days to...anything. As an Enneagram Seven, I was inspired by each shift in focus as I often look for the temporary and Elisabeth brings us back to the abiding.

—*Jamie B. Golden*

The Popcast Podcast

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.

**60-DAY  
ENNEAGRAM DEVOTIONAL**

the  
**ENTHUSIAST**

GROWING AS AN ENNEAGRAM



**ELISABETH BENNETT**

**W**  
WHITAKER  
HOUSE

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## **THE ENTHUSIAST**

### **Growing as an Enneagram 7**

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# DEDICATION

*To all the Sevens holding this devotional,  
Christ is taking care of you and will never leave you.*



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# INTRODUCTION

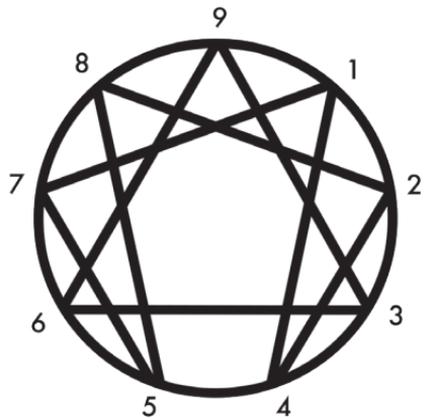
## *What Is the Enneagram?*

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 that the world is a scary, unkind place that is unlikely to accept their 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 on behaviors, and while some motivations *may* produce certain behaviors, this 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?

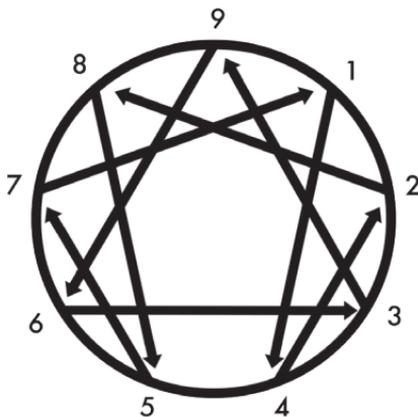
The Enneagram, unlike other typology systems, is fluid. Yes, the Enneagram tells you what your base personality characteristics are, but it also reveals how you change when you're growing, stressed, secure, unhealthy, healthy, etc.

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:

- ✦ Your wing can only be one of the two numbers on either side of your number. Therefore, you can be a 7 with a 6 wing (7w6) but not a 7 with a 5 wing (7w5).
- ✦ 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.
- ✦ 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 an Enneagram Seven 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 Seven. Your need to pursue the things that you think will bring you true satisfaction became the one thing that your life would rotate around from early in childhood up 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, "No one is going to take care of

you,” 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 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 WOULD 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 Seven, it may feel a little obvious which shield you picked up. Whether someone has told you you’re a Seven, or it became obvious to you on your own, Sevens are often easy to spot.

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