

INTRO

- What's the first thing you remember buying with your own money?
- If your life were a TV show, what genre would it be?

This year's sermon series on mental and emotional health is called My Story:

Part 1 – See your story

Part 2 – Own your story

Part 3 – Rewrite you story

How do we see and then own our broken, false story? Before we can rewrite our broken story, we have to own the false and destructive stories of who we are and how the world operates.

READ

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. 1 Cor 13:11

“What supports us in childhood thwarts us in adulthood. Our old stories continue to operate autonomously in the shadows of the heart and become the enemies of our growth.” – Ian Morgan Cron (The Story of You)

Are our broken stories true? No, but they feel true!

REFLECT & RESPOND

Using the general false stories of the 9 personality types of the Enneagram, discuss the following questions.

Qu: How aware do you feel you are concerning your own false story? Is this a new concept for you?

Qu: Which of the nine false stories do you most identify with?

Own = Acknowledge + Repent + Jesus

Acknowledge: “Yes, that’s my broken story”

Repent: “I choose to live into the true story”

Jesus: “I re-write You back into my story”

Qu: What steps are you going to take to better understand and own your false story?

PRAY

- Pray for wisdom in how to grow in understanding our story and moving into the true story of grace.
- Pray for one another to be strengthened in our emotional health
- Pray for any needs that may be represented in the group

RESOURCE

Here is link to an excellent interview where Ian Cron helps someone understand their false story and begin the process of rewriting it.

<https://www.typologypodcast.com/podcast/s02-027/ryanstevenson>

(In today's episode with singer/songwriter Ryan Stevenson, we really tackle the concept of owning your own narrative and challenge whether the interpretations of your own story are in fact true.)

The Nine False Stories of the Personality Types

Type 8 – The Challenger. Their false story centers around the belief that we live in a dog-eat-dog world where the powerful dominate. They assert strength and power over people and the environment to mask vulnerability and weakness.

MY STORY

Type 9 – The Peacemaker. Their false story centers around their unconscious belief that their presence doesn't matter. Therefore, to avoid disconnection and keep the peace, they believe they must go with the flow, avoid conflict, and merge with the preferences, viewpoints, and priorities of others.

Type 1 – The Improver. The underlying false premise of their story is the belief that the world loves and rewards only the "good" people and judges the "bad" ones. They try to gain love and a sense of control by tamping down their anger, meeting their own high standards, and seek to perfect themselves, others and the world.

Type 2 – The Helper. They mistakenly believe that they can't be loved for who they are, but only what they do for others. It makes sense, then that disavowing their own needs and helping others becomes their strategy for gaining love and approval.

Type 3 – The Performer. Their broken story is based on the mistaken notion that being successful and avoiding failure at all costs is the only path to being valued and loved. They tend to be goal-crushing, image-conscious, and being accomplishment focused.

Type 4 – The Romantic. Their story revolves around the misguided idea that they're missing something crucial inside and until they regain it they will never be loved and understood or feel whole or welcome in the world. Addicted to their own suffering, they seek to shore up their shaky self-image and achieve belonging by appearing to be special and unique.

Type 5 – The Investigator. Their story centers around the false idea that the world is intrusive and makes more demands on them than they can ever meet. They protect themselves against intrusion by reducing their own needs, observing rather than participating in life, isolating, and gaining knowledge to fend off feelings of ineptitude and inadequacy.

Type 6 – The Loyalist. Their false story revolves around their belief that the world is a dangerous place in which the only way to feel safe and certain is to remain hypervigilant, forge strong alliances, and prepare for the worst.

Type 7 – The Enthusiast. Their unconscious false belief is that painful emotions, thoughts, or situations must be avoided at all costs. Charming, intelligent, entertaining, future-focused, optimistic, and adventurous, they are afraid of being trapped in negative feelings from which they can't escape.