

a series called: YOU

WEEK 9: THE ENTHUSIASTS

7s, or Enthusiasts, are resilient, versatile and inspiring type who reflects God's joy. They never meet a stranger. People are naturally drawn their adventurous mindset. They have a unique ability to accept life as it is and attempting to make the most of it. But what happens when their desire for seeking pleasure causes them to be reckless, impulsive and avoiding pain at all cost? For 7s, fear is the dominant emotion, while gluttony is the dominant sin.

DISCUSSION QUESTIONS

1. Why is it important for you to be an expert on you before being an expert on others?
2. A 7 often questions: "Why do they call it rush hour when nothing moves?" If you're not a 7, describe interactions you've had with a 7. If you're a 7, describe yourself.
3. As we dive into 7s today, we'll meet a 7. He was arguably Israel's greatest story of rags to riches. We'll journey through his life and see how he became Israel's greatest king. Read 1 Samuel 16:11-18 and 17:34-36.
 - Who was David? What was his story? How did David occupy time as a shepherd?
 - Have you ever had a Walter Mitty moment—live in imaginary scenes in your mind?
4. Read 1 Samuel 17:41-51.
 - Do you look for the next big thing? If so, why? If not, why?
 - How are you tempted to one-up the next thing or experience?
5. Read 2 Samuel 11:1-15.
 - How is being bored dangerous?
 - Why is it tempting to ask: "How far can I get to the line before I cross it?"
 - How do you spin the story, narrative, or even reality?
6. Read Psalm 107:9 and John 6:35.
 - What does the songwriter believe about God?
 - What is Jesus promising?

MOVING FORWARD

As we grow as a church, we must get our relationships right. This is one of the reasons why we want to teach through a series on the [Enneagram](#). It's important to understand who you are, who others are, and how we relate to each other. This is for you to be an expert on you and not to be an expert on others. As a follower of Jesus, your identity is not in a number but in Christ.

With this in mind, here's a game plan for 6s to stay healthy:

- Develop and practice the spiritual discipline of solitude on a regular basis
- Practice self-restraint and moderation
- Exercise everyday to burn off excess energy
- Finish before starting something new

CHANGING YOUR MIND

"I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty."

John 6:35 (NLT)