

“Inside Out: Knowing Ourselves -Type 4 The Romantic”
2 Samuel 12:1-15

We are continuing our sermon series on the Enneagram and the biblical characters that represent them. The idea behind this is that our knowledge of ourselves (our emotional and mental issues) can be transformative for us in all aspects of our lives. When we know ourselves and our personalities, we can learn ways to be more intentional about our spiritual transformation and about connecting with our essence/soul, which is the very presence of God in our hearts. Today we are focusing on Enneagram Type 4, the Romantic or Individualist, the personality type where feelings are central. This type reminds me of a meme about Pixar and how they created so many movies based on things, animals, or diverse groups having feelings: Toys (Toy Story), bugs (A Bug's Life), monsters (Monsters, Inc.), fish, superheroes (Finding Nemo), rats (Ratatouille), robots (WALL-E), old people (Up), and feelings having feelings (Inside Out).



1995: What if toys had feelings

1998: What if bugs had feelings

2003: What if fish had feelings

2006: What if cars had feelings

2008: What if robots had feelings

2015: What if feelings had feelings

So when we look at Type 4, we are looking at a deep world of feelings. In his book *The Enneagram: A Christian Perspective*, Richard Rohr writes (screen) “At twenty-five Fours have already lived through all emotional spaces and experiences from agony to ecstasy.” What is driving this depth of feeling is that Fours are often people who have a sense of longing in them for something more because they feel that something is missing in them, whether it was taken away or lost in childhood. So they look for authenticity and being true to their inner world. They are often looked at as the ones that don’t belong. Here are the main characteristics of Enneagram 4’s at their best and at their worst.

Enneagram Type 4

AT THEIR BEST	AT THEIR WORST
<ul style="list-style-type: none"> Authentic Warm Compassionate Introspective Expressive Creative Supportive Refined Unique 	<ul style="list-style-type: none"> Withdrawn Exaggerated Moods Depressed Self-Pitying Moralistic Self-Absorbed Stubborn Possessive Temperamental

Enneagram Type 4

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

✘ Core Fear:

Being inadequate, emotionally cut off, plain, ordinary, commonplace, mundane, abandoned, defective or flawed.

☞ Core Desire:

To find themselves and their unique significance.

The core fear of Fours is having no identity, no personal significance because their basic desire is to find themselves and their unique significance, to create an identity out of their inner experience.

Rohr writes, “The specific defense mechanism of Fours is artistic sublimation. Feelings are not expressed directly, but indirectly through symbols, rituals, and dramatic styling. This is supposed to alleviate the pain of real grief and the fear of rejection. The unredeemed Four is convinced that ‘anyone who would see me directly the way I am couldn’t bear the sight.’” These are the people who create amazing art because they are so in touch with their inner lives. The trouble with that is that one could get lost in the world of feelings without the ability to balance and check one’s feelings out.

Today, we look at King David as a Four. He was a man after God’s heart who expressed his feelings beautifully and creatively. David is often credited with the writing of the Psalms. When he was able to bring the Ark of the Covenant into Jerusalem, David danced on the streets. (Read 2 Samuel 6:14-15) ¹⁴ David danced before the LORD with all his might; David was girded with a linen ephod. ¹⁵ So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.” He was a musician, a poet, a creative fighter, a passionate worshipper, and a man of many gifts.

As a result of his passion for God, he was Israel’s greatest king who envisioned the city of Jerusalem as a prominent place of worship and rule. He was original and true to himself in all that he did. But trouble came when he could not keep his feelings and passions in balance with his mind, morals, and faith. In the story for today, we hear about King David wanting something he didn’t have. Envy is a big issue for Fours. Driven by his passions, King David neglected his day job as the king and went for an afternoon stroll on his roof. When he saw Bathsheba, who was married to Uriah the Hittite, taking a bath, he sent messengers to get her, and she came to him, and he lay with her. (Chapter 11) After that when Bathsheba got pregnant, he tried to cover it up by asking her husband to go home

from his army duty. But when her husband refused, David commanded that Uriah be put on the front lines so that he could be killed for sure. When Uriah was killed as David had planned, David took Bathsheba as his wife. David's feelings for Bathsheba clouded his judgment as a king and a man of faith. Of all the women in his kingdom, he wanted the one he could not have. Yet, his redemption and healing were not too far away. David had a spiritual guide by the name of Nathan. He was the prophet who guided the king spiritually. No one in the king's close circle wanted to go up against and challenge his immorality and abuse of power. But Nathan, who was the spokesperson for God, confronted David about his unethical and violent behavior. I love the way he did it because it totally appealed to the Romantic/Individualist Type 4. If this was to be a confrontation with a Type 1, all Nathan would have had to do was to remind David of the Ten Commandments which he broke by killing, lying, committing adultery, and coveting. If this was a confrontation with a Type 3, Nathan would have had to appeal to David's focus on his success as a king and how the affair would have derailed that. But since Nathan was dealing with Type 4, the artist, he told him a story instead. Symbols, dreams, metaphors, poems, and stories are the preferred language of Type 4. So Nathan decided to speak through a parable. (read 2 Samuel 12:1-14). The story did not turn the issue at hand into a moral discussion about adultery or deception. It did not approach David as an object to some outside objective truth. Nathan brought the struggle home for David in order to help him discover the truth for himself. David felt deep anger as he heard this story of injustice and that is exactly how the prophet was able to get through to him. David already knew the laws and the teachings of his faith. What he needed was someone who could guide him to see the truth through his feelings.

Here are a few lessons when feelings rule the day for us (headings on screen):

1. We Are Enough: The Type 4's envy and search for that missing piece is an illusion. Trying to get what we don't have as the way to happiness often ends up causing us more disillusionment. The invitation is to live and accept that all we need is already within us. King David's lust for the woman he could not have was about his search for fulfillment as a person. He didn't need to envy Uriah. Richard Rohr talks about Four's feelings of envy as a life program of an eternal quest for the Holy Grail which can never be found. It is important to remember that what we have and who we are, are enough for God to use for good in the world.
2. We Need Balance: Feelings can be powerful and thus sometimes could hinder our ability to act out of our heart and soul places. Anger, envy, and fear can become overwhelming. It is important to honor our feelings while knowing that we are not our feelings and that no emotion is final. There is a larger capacity in us at work. Finding balance is key to transformation. Having a spiritual guide could help us get a perspective on our lives and feelings.
3. We Need Discipline: Sometimes the thrill of doing and feeling something extraordinary could lead us into believing that only amazing experiences are worth the effort, especially spiritually. In reality, all artists know that discipline, even when you don't *feel* like it, is just as essential as being creative. Prayer, community life, worship, and service are not always amazing or spectacular. What is transformative about them is what they do for us over a long period of time. They

open us up to God a lot more than the mountain top experiences of a retreat, a trip, or special events.

4. We Need Creativity: Part of the gift of Fours to the world is the ability to join God the Creator in the shaping of the world. God's creative energies are at work in our universe each day and the challenge for us is to align our lives with those energies so that we may flow with life and love. Fours are naturally gifted in going deeper into the flow of life.

We will practice the Welcoming Prayer today because it is a spiritual practice that could help us with feelings as they come up for us each day. It is a simple but powerful practice. It helps us feel what we need to feel without wallowing in our feelings.

Become aware of your body and your interior state. Now within your spirit, welcome all the feelings and things that you have by saying: Welcome, welcome, welcome. I welcome everything that comes to me in this moment because I know it is for my healing. I welcome all thoughts, feelings, emotions, persons, situations and conditions. Let yourself feel whatever you need to feel. Then you may move into letting go while feeling what you are feeling. You may say within your spirit, "I let go of my desire for security. I let go of my desire for approval. I let go of my desire for control. I let go of my desire to change any situation, condition, person, or myself." Rest with that consent and surrender. Now move into openness to God by saying within your spirit, "I open to the love and presence of God and the healing action and grace within." Let the Holy One dwell within your heart with all the feelings that you have.... Amen.