

“Inside Out: Knowing Ourselves -Type 7 The Enthusiast”  
1 Kings 8:22-26

This week we get to Enneagram Type 7, the Enthusiast. This is the personality type that is high energy and adventure-oriented type. They are positive thinkers, visionaries, energizing, and funny. They are the ones in a group who are always telling a funny story or seeing the potential for humor in a tense situation. A great example comes from the cousin of one of my friends who is often faced with serious conditions with his patients who are children. He is a pediatric neurosurgery physician’s assistant by the name of Tony Adkins. Working with children with serious health conditions can be very tough, but leave it to an Enthusiast type to make it positive. Here is a brief video of his story known as the “Dancing Doctor.”

<https://youtu.be/Ft6EmKUDc-c>

It is a heartwarming story of how an Enneagram 7 can bring such fun and healing to tough situations. Here are some of the qualities of Sevens.

<b>Enneagram Type 7</b>	
AT THEIR BEST	AT THEIR WORST
Fun-Loving	Self-Focused
Spontaneous	Impulsive
Imaginative	Escapist
Productive	Rebellious
Enthusiastic	Distracted
Quick	Superficial
Confident	Manic
Charming	Self-Destructive
Curious	Restless

## Enneagram Type 7

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

### ⊗ Core Fear:

Fear of being incomplete, inferior, limited, bored, trapped in emotional pain, sadness, disappointment, criticism or missing out.

### ⊕ Core Desire:

To be satisfied and content.

When I think of Sevens, I often think of many Disney characters like Peter Pan, Mary Poppins, and Winnie the Pooh. They are ever the adventurers who give us a break from the worries and pain of the world. Yet, just like all the other personality types, their method for coping with life's challenges and threats ends up being a hindrance to their ability to live fully. The preferred coping mechanism for Sevens is escaping to the next adventure or experience and thus avoiding negative feelings. While positive thinking and attitude could get us through a lot in life, they could also hinder our ability to be fully present to the present moment. If we cannot be in the difficult or boring experiences of life, we lose our ability to be content with what we have. We would always be seeking the next big thrill or laugh and there are never enough escapes.

Our biblical character for this week is a perfect example of that. King Solomon seemed to have it all, but it was not enough. He had to have more!

Solomon was the son of King David. He became the king of Israel after his father's death. Solomon was known for his wisdom and ability to build a magnificent temple for God in Jerusalem. (screen -image of the temple in Jerusalem at the time of King Solomon) Here is a scripture from his dedication ceremony of the temple in Jerusalem (read 1 Kings 8:22-26). After that, you would think that the story would end happily ever after. The people have a great king, the temple in Jerusalem is built, and all seemed to be going well. What could go wrong?

Evidently a lot! Solomon lived most of his life seeking the next thing that would bring him happiness or pleasure. He was never satisfied with what he had. He had it all but was never satisfied and was always in pursuit of more. The sin of Sevens on the Enneagram is gluttony (not just in terms of food but in terms of having more and more). Solomon did not live up to all the expectations for his kingship because of his personality armor which did not let him be satisfied in life. Just like unredeemed Sevens, Solomon was gifted at reframing (spinning things to make them look good for himself).

Solomon's rise to power was surrounded by deception, manipulation, and violence. His mother, Bathsheba, and the prophet Nathan manipulated David to get him to name Solomon as his successor and not his son Adonijah, whom Solomon later ordered to be killed to eliminate him as a threat to his throne. Solomon's anxiety about his throne and power was also manifested in his insatiable appetite for accumulation. Here are a few examples.

Solomon accumulated **food** to feed his royal entourage (screen -Food), "Solomon's provisions for one day was thirty cors (about 150 bushels) of choice flour, and sixty cors of meal, ten fat oxen, and twenty pasture-fed cattle, one hundred sheep besides deer, gazelles, roebucks, and fatted fowl." 1 Kings 4:22-23

Solomon accumulated **taxes** in order to pay for all of his government spending (screen - Taxes)

"Solomon had twelve officials over all Israel, who provided food for the king and his household; each one had to make provision for one month in the year." 1 Kings 4:7

Solomon accumulated a force of **forced cheap labor**. (screen -Forced Labor)

"King Solomon conscripted forced labor out of all Israel; the levy numbered thirty thousand men. <sup>14</sup> He sent them to the Lebanon, ten thousand a month in shifts; they would be a month in the Lebanon and two months at home; Adoniram was in charge of the forced labor. <sup>15</sup> Solomon also had seventy thousand laborers and eighty thousand stonecutters in the hill country, <sup>16</sup> besides Solomon's three thousand three hundred supervisors who were over the work, having charge of the people who did the work." 1 Kings 5:13-16

Solomon accumulated **arms/horses/chariots**. (screen -arms/horses/chariots)

"<sup>28</sup> Solomon's import of horses was from Egypt and Kue, and the king's traders received them from Kue at a price. <sup>29</sup> A chariot could be imported from Egypt for six hundred shekels of silver, and a horse for one hundred fifty; so through the king's traders they were exported to all the kings of the Hittites and the kings of Aram." 1 Kings 10:28-29

Solomon accumulated **women**, "among his wives were seven hundred princesses, and three hundred concubines." (1 Kings 11:3)

Solomon accumulated **worship** experiences and altars. He sacrificed to other gods. (screen -worship experiences)

"For when Solomon was old, his wives turned away his heart after other gods; and his heart was not true to the LORD his God, as was the heart of his father David." 1 Kings 11:4

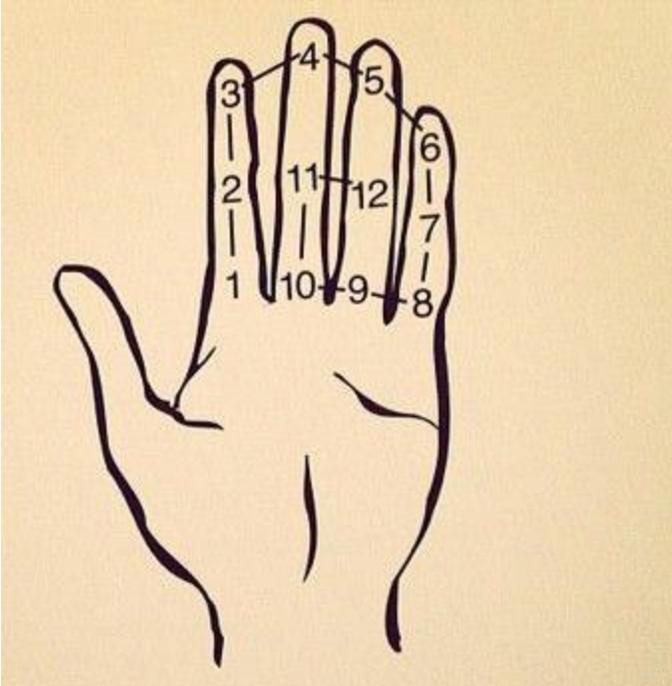
The result of all of this was that the people under his rule got fed up, so that by the time his son Rehoboam got into power, the people organized a revolt which ended up splitting the kingdom in two: North and South. Solomon's anxiety about his power and his need to accumulate were the undoing of Israel as a united country. The truth of God which was the law of justice and sharing trumped the power and violence of Solomon and his son. In his book, *Truth Speaks to Power*, Walter Brueggemann notes that (screen) "No one could have imagined such an outcome for Solomon's regime, especially given the achievement of the temple...But the truth sneaks in to such awesome claims for God-

backed power.” Everyone thought Solomon was the ultimate success story, but Solomon’s lust for power and possessions brought him and his whole country down. Sevens need to be redeemed to stop their impulsive drive for more.

What can we learn from the example of Solomon? (headings on screen)

1. **The Illusion of More:** We live in a culture that often pushes us to accumulate more. The minute we finish one holiday or season, retailers try to push on us the products of the next holiday or season. Keeping up with the best gadgets, entertainment, and travel are things we are made to believe as necessities for our happiness. But the truth is that there will never be enough of whatever we are seeking to fill that emotional hole in us to help us truly overcome pain.
2. **Avoiding Pain at All Costs:** To be alive is to experience pain. Pain and joy are linked because if we stop our ability to feel pain, we lose ability to truly feel joy. Our work is to learn how to feel our pain with the resources of our souls: Soul friends, faith, and the companionship of Christ. Through the depth of our spirits, we can go through the challenges of life and emerge stronger and even more resilient.
3. **The Future:** Always looking at what is yet to come deprives us of seeing what is already within and around us. Living in the present moment is tough when all you can think of is the next adventure and experience. But each ordinary moment has potential for great joy if we are fully alive. Washing your hands, eating a good meal, reading a good book, spending time with a loved one, getting a task done, or going for a walk all have the potential for greatness when our hearts are open.

So today in the spirit of what could give Enneagram 7s a deeper sense of joy and life, we will practice some deep breathing. This is very simple. I know that some of you (especially 7s) get anxious about how long this will take because your mind is used to not dwelling in the moment. You can do this anywhere you go and at any time in your life. When things are going well or when things are tough. We will pray using twelve points on our fingers while breathing deeply. Using the tip your thumb (of your dominant hand), press against the inside of the knuckles of your four fingers while taking a deep breath for each point.



Amen.