

During the Quarter

Retreat 6: Experiencing Transformation through Self-Examination, Self-Knowledge and Confession

Search me, O God, and know my heart! Try me and know my thoughts and see if there be any grievous way in me and lead me in the way everlasting!
PSALM 139: 23-24

SOLITUDE

Incorporate time for self-examination and self-knowledge into your daily or weekly rhythm using the following “Review of the Day” (or the week) which incorporates all of the elements of self-examination that we have explored in this retreat: examen of consciousness, examen of conscience, confession. While the steps may seem a bit ponderous as laid out here, once you have become accustomed to them, you will experience them as being less linear and you can give yourself to the underlying rhythm and flow. This practice can be used at the end of the day or during a longer period of time once a week—perhaps even as a part of your Sabbath time. Journaling can also be a helpful support and catalyst for this process.

Preparation. Spend a few moments in silence allowing yourself to be still and know how much God loves you. Use a favorite Scripture, prayer or other spiritual reading in order to settle into the assurance of God’s love. Hear God say to you, “I have loved you and I am loving you with an everlasting love.”

Invitation. Invite God to go with you in your search for evidence of his presence throughout your day and in your search for self-knowledge.

Review the day. Identify the major events of the day (or week, if you are doing a weekly examen), including your spiritual practices, meals, appointments, interactions with others, significant events at work.

Invite. Invite God to show you where he was present with you, loving you, guiding you or showing you something new about himself.

Give Thanks. Thank God for his presence—not only in those places where you felt his presence, but also in those places that felt dark or confusing. Invite God to show you places where you are experiencing growth and transformation and thank him for this evidence of God’s work in your life.

Examine. Using Psalm 139: 23-24 as your prayer, invite God to bring to mind attitudes, actions or moments when you fell short of exhibiting the character of Christ or the fruit of the Spirit. In light of the teaching on the Enneagram, invite him to show you the place where you are in bondage to old patterns and besetting sins. As He brings these areas to mind, reflect on what it was that contributed to the situation and the possibility of responding differently in the future.

Confess. Ask God’s forgiveness and express your resolve to allow Christ to be more fully formed in you in the future. Be assured of God’s forgiveness (1 John 1:9) and His power to continue leading you into the spiritual transformation that you desire.



Ask for wisdom about how to make it right. Ask God if there is anything you need to do to make things right relative to the situation you have confessed.

Seek Spiritual Friendship. Seek out a spiritual friend with whom you can share what you are discovering about yourself, your confession and your resolve to pursue transformation in this area.

SCRIPTURE REFLECTION

This quarter, stay with Psalm 139 using Lectio Divina with two verses at a time. Week 1--read verses 1 and 2. Week 2--read verses 3 and 4 and so on. This will give you enough verses for the entire quarter.

REFLECTIONS ON INVITATION TO A JOURNEY AND MYERS BRIGGS

Read pages 55-87 (*pages 45-73 in 1993 printing*) in which Mulholland uses the Meyer's-Briggs typology as another way of moving towards spiritual wholeness. Notice especially those a-ha! Moments that give you some insight into yourself. Stop at those points and reflect on what you are learning about yourself and others who are close to you. Also notice those places where you resist, question or would like to do more reflecting and learning. Pay particular attention to those places in the body of the text and in the charts on pages 79 and 82 (*pages 66 & 69 in 1993 printing*) which describe and help you to understand yourself. Journal about what you are discovering.

Continue the process of allowing God to show you the strengths of your personality and how you are living those well, but also keep paying attention to the shadow side and how that manifests itself in your relationships, behavioral patterns, etc. How might you need to adjust your rhythm of spiritual practices in order to move towards wholeness in the areas of vulnerability and weakness that you are noticing? As you are able, note your observations and insights in your journal, both from the Meyer's-Briggs and the Enneagram so that you can share them with your spiritual friend and with your small group next time we gather. Be sure and spend time just letting God love you in the midst of your growing self- knowledge.

FURTHER READING AND REFLECTION ON THE ENNEAGRAM

If you found the Enneagram to be a helpful tool for self-examination and self-knowledge, continue reflecting on the presentation notes and choose at least one other resource to support your learning. For those of you who are brand new to the Enneagram, we suggest *The Enneagram: A Christian Perspective* by Richard Rohr. This quarter do a lot of noticing—notice the compulsions of the false self, notice how they are playing themselves out in your life, and notice what might constitute a truer response that comes from love and faith and being given over to God. The practice of noticing might not seem like much, but it will be very fruitful because it will open up avenues and opportunities for change.

SPIRITUAL READING AND REFLECTION

REQUIRED READINGS



REQUIRED – TRANSFORMING RESOURCES (CONTAIN TEACHINGS FROM THIS RETREAT)

- *Sacred Rhythms (Chap. 6)*, Barton
- *Strengthening the Soul of Your Leadership (Chap.2,3)*, Barton
- *Life Together in Christ (Chap. 6)*, Barton
- *Invitation to a Journey (Chap. 6, 7)*, Mulholland

OTHER AUTHORS

- *The Human Condition*, Fr. Thomas Keating
- *Soul Making: The Desert Way of Spirituality*, Alan Jones
- *The Gift of Being Yourself*, David Benner
- *Choose one:*
 - *The Deeper Journey*, M. Robert Mulholland
 - *The Enneagram for Black Liberation: Return to Who You Are Beneath the Armor You Carry*, Chichi Agorom

FOR RECOMMENDED READINGS

- see page 5
- visit Transforming Resources while on retreat
- or go to www.transformingcenter.org/tc18/

WITH YOUR SPIRITUAL FRIEND

Share what you are learning about yourself relative to the strengths and also the shadow side of your personality through the process of self-examination and self-knowledge. What are you learning about your vulnerability in the area of your besetting sin and your need for wholeness in that area? What spiritual disciplines correspond to the places in your life where you know you are in need of greater wholeness? How can you incorporate these more intentionally into your rhythm of spiritual practices?

If one or both of you choose to make a confession, be sure to honor confidentiality and refrain from trivializing the confession in any way by being dismissive (like saying “That’s not so bad!”) or offering advice. The person receiving the confession can affirm God’s forgiveness by reading or quoting a Biblical affirmation such as I John 1:9. After the confession, you might also ask a question such as “What do you think might help you to avoid that sin or that pitfall in the future?” or “Is there anything you need to do to make it right with the other person?”

If you have time, discuss the ways in which your personality/Enneagram type impacts your relationship with God and with others, your work and your ministry. Between the two of you, notice how you are similar and different? How do your styles interact and complement one another? How do they conflict and create challenges? Ask each other directly, “Is there any adjustment that I need to make in my relating patterns that would make me a more effective spiritual companion for you?”

WRITTEN REFLECTIONS



In preparation for our next retreat, reflect on the following questions in your journal or some other written format. If you are working toward the Certificate, please prepare a 2-3 page paper detailing your reflections. Email your paper to TC19papers@transformingcenter.org no later than the Friday prior to our next retreat.

- How have you incorporated a greater emphasis on self-examination and self-knowledge into your spiritual rhythms over the last quarter? What has your experience been? What aspects have been most challenging and most beneficial?
- What has God been revealing to you in your practice of self-examination as we explored this practice from Psalm 139? What have you been learning about how your patterns hurt others?
- What has been the fruit of your continued reflections on the Enneagram teaching and the Myers Briggs? What are you noticing about the compulsions of the false self and how these patterns play themselves out in your life? Where have you gotten a clearer glimpse of your true self and perhaps even made choices that are more congruent with your true self in God?
- Spend time reflecting on the power of confession as you experienced it on retreat and also at other times in your life when you might have practiced? How do you experience all three expressions—personal (with God), interpersonal (with a trusted friend or confessor AND with persons you have offended), and corporate? What is the role and significance of confession in you personally and as a leader relative to your process of spiritual transformation?

Email reflections to tc19papers@transformingcenter.org no later than the Friday prior to our next retreat.

- Format is important. Not everyone has the same software, so please save your file with the extension.doc (Word file).
- Save/name your paper with TC19, LAST NAME, RP (reflection paper) and retreat # - ex: TC19LastNameRP2.doc
- On the first page of your paper include: 1) your name, and 2) list of books you read during the quarter (required and recommended)
- Subject of your email should be the same as your document name – TC19LastNameRP2 then attach your reflection paper to send.

RECOMMENDED READING LIST (BIBLIOGRAPHY)

Self-Knowledge/Seven Deadly Sins

- *Becoming Who You Are*, James Martin



- *Coming Home to Your True Self*, Albert Haase
- *Glittering Vices*, Rebecca DeYoung
- *Henri Nouwen and Spiritual Polarities*, Wil Hernandez
- *I Told Me So: Self-Deception and the Christian Life*, Gregg Ten Elshof
- *Invitations from God*, Adele Ahlberg Calhoun
- *Open the Door*, Joyce Rupp
- *The Practice of Welcoming Prayer*, Cherry Haisten
- *Signature Sins*, Michael Mangis
- *Vainglory: The Forgotten Vice*, Rebecca DeYoung
- *The Wild Land Within*, Lisa Colon Delay

Enneagram

- *Are You My Type, Am I Yours?*, Renee Baron & Elizabeth Wagele
- *Beyond the Enneagram*, Marilyn Vancil
- *The Enneagram: A Christian Perspective*, Richard Rohr
- *Enneagram: Discernment of Spirits (CD or DVD)*, Richard Rohr
- *The Enneagram in Love and Work*, Helen Palmer
- *The Enneagram Made Easy*, Renee Baron & Elizabeth Wagele
- *Enneagram Personality Styles*, Clare Loughrige
- *Know Justice Know Peace: A Transformative Journey of Social Justice, Anti-Racism, and Healing through the Power of the Enneagram*, Deborah Threadgill
- *Motions of the Soul*, Clare Loughrige
- *The Road Back to You*, Ian Morgan Cron & Suzanne Stabile
- *Sacred Enneagram*, Christopher L. Heuertz
- *Self to Lose – Self to Find*, Marilyn Vancil
- *Spiritual Rhythms for the Enneagram: A Handbook for Harmony and Transformation*, Adele & Doug Calhoun and Clare & Scott Loughrige
- *The Story of You*, Ian Morgan
- *Two Windows on the Self (CD)*, Jerome Wagner

Integration of Psychology & Spirituality

- *Divine Therapy and Addiction: Centering Prayer and the Twelve Steps*, Thomas Keating
- *The God-Shaped Brain*, Timothy Jennings
- *Managing Leadership Anxiety: Yours and Their's*, Steve Kuss
- *Overcoming the Dark Side of Leadership*, Gary McIntosh & Samuel Rima
- *The Soul of Shame*, Curt Thompson

- *When Narcissism Comes to Church*, Chuck DeGroat
- *Will and Spirit: A Contemplative Psychology*, Gerald May

Novels/Biography/Memoir

- *Desmond Tutu: A Spiritual Biography*, Michael Battle
- *Glittering Images*, Susan Howatch
- *Learning to Be: Finding Your Center After the Bottom Falls Out*, Juanita Campbell Rasmus
- *This Here Flesh: Spirituality, Liberation, and the Stories That Make Us*, Cole Arthur Riley
- *Till We Have Faces*, C.S. Lewis and Fritz Eichenberg
- *Where the Light Fell: A Memoir*, Philip Yancey

Media/Music Resources

- *Atlas: Enneagram*, Sleeping at Last (Spotify album)
- *Here are My Hands*, Aaron Niequist (CD)
- *The Road Back to You: Looking at Life Through the Lens of the Enneagram* (Podcast)

