

The image features two hands raised in a gesture of prayer or seeking help, set against a warm, golden sunset background. The sun is low on the horizon, creating a soft glow and long shadows. The hands are silhouetted against the bright light, with the fingers spread. The text is overlaid in a white, serif font, centered on the image.

The Nine  
Deadly  
Thoughts:  
How the  
Enneagram  
Connects to  
Evagrius

# Introduction

Beyond Numbers—The Deeper  
Gift of the Enneagram

The journey of Christian spiritual formation invites us to move past surface-level definitions of who we are and embrace an identity rooted in divine love. Many people first encounter the Enneagram as a tool for categorizing personalities, a roster of nine types sorted by patterns, preferences, and emotional styles. But what if the Enneagram is much more than that? What if it is, at its heart, a sacred mirror—one that reveals both the ways we protect ourselves and, deeper still, the paths by which Christ’s grace can heal and transform us?

The Enneagram's true gift is its invitation to a journey: away from simply “being a type” and toward becoming our most authentic selves, secure in Christ. This is a journey about wholeness and spiritual renewal, not about labeling or limiting ourselves to a certain box. As Christians, we believe we are “fearfully and wonderfully made” (Psalm 139:14), uniquely crafted in God’s image. Our core identity is not our Enneagram type; it is that we are beloved children of God, redeemed and renewed by Christ.

Many struggle with the temptation to use personality tools to reinforce self-imposed limitations, or to justify behaviors and patterns. But true spiritual formation—the process by which we become more like Jesus—means opening our hearts to ongoing change. This guide explores how the Enneagram, seen through the lens of grace and redemption, can become a profound companion on the pilgrimage from vice to virtue, from self-deception to truth, and from false self to surrendered true self in Christ.

Our hope is that as you engage these pages, you’ll experience a deeper freedom: no longer defined by your weaknesses or wounds, but being restored and empowered by God’s love. The Enneagram can lead you to the heart of your struggles—and to the foot of the Cross, where all things are made new.

“

**My true life, my spiritual life, is secure and hidden with Christ.**

Colossians 3:3

Shifting  
from A  
Number to  
True  
Identity in  
Christ

For many, learning the Enneagram leads to the temptation of labeling—ourselves and others. We might find comfort (or frustration) in identifying as a “Type 2” or “The Reformer” and using that identity to explain, excuse, or even judge certain behaviors. However, the heart of the Christian gospel offers a very different foundation for understanding ourselves. In Christ, identity precedes behavior. We are not first “a type,” but fundamentally beloved, chosen, and redeemed. This means our deepest truth is not found in a number or a personality structure, but in the unwavering love of God. Our story does not begin with our coping patterns or flaws but with God’s grace.

It is easy to become stuck viewing the Enneagram as a static description. Often, we think: “This is just the way I am.” Yet, the Christian path is one of ongoing transformation—an invitation to grow, becoming more like Christ in every aspect of life. Ultimately, the Enneagram is not about self-enhancement; it is a tool for self-awareness in service of Christlikeness.

Beloved identity in Christ reframes the way we approach spiritual growth. Rather than striving to fix what’s “wrong” with us, we rest in what is already true: we are loved. From that secure foundation, we are able to honestly face our weaknesses, knowing that grace meets us right there.

Take a moment to reflect:

- How have you used labels (in personality tools or otherwise) to define yourself or others?
- What would it look like to let go of those labels and receive your worth as a gift from Christ?

As we move through this exploration, remember: You are not merely a number. You are a beloved soul, cherished by your Creator and invited into continual transformation by the Redeemer.



**We are not defined by what we’ve done, but by what Christ has done for us.**

Timothy Keller



# Enneagram as a Sacred Tool for Transformation

How can an ancient symbol, mapped as a geometry of personality types, become a sacred tool for Christians seeking transformation? The Enneagram's true value emerges when it is wielded not merely as a diagnostic chart but as a spiritual companion. Its map points not only to patterns we've developed to cope with insecurity but also to places where God's grace is most needed.

To see the Enneagram as sacred is to recognize that self-knowledge is never an end in itself. Knowledge becomes transformative when it is illuminated by the Holy Spirit and directed at the service of love—of God, ourselves, and others. When we bring our self-understanding before God, it becomes the fertile soil where our identity in Christ takes root, and the work of redemption unfolds.

The Enneagram brings into the open the core struggles common to the human experience: anger, pride, deceit, envy, avarice (greed), fear, gluttony, lust, and sloth. Yet, each “vice” is not merely a flaw, but a signal—an invitation to bring our need, our wounds, and even our resistance, into God's healing presence.

This sacred journey means:

- Approaching the Enneagram with humility and prayer, asking God for eyes to see and a heart to respond.
- Allowing the Enneagram to reveal not only what holds us back but what, through Christ, we are called to become.
- Recognizing the limitations of typology, while celebrating the creative, redemptive work of the Holy Spirit in shaping us anew.

Imagine the freedom when, instead of defining yourself by your struggles, you invite Jesus into those very places to redeem and transform you. The Enneagram becomes a tool of grace—a flashlight for the soul, revealing both your shadows and the way Christ's light can sanctify every part.

Let us remember: Our goal is not to be experts in “types,” but to become apprentices of Christ, ever more open to His sanctifying presence within us.



# Historical Roots

Evagrius Ponticus' Nine Deadly  
Thoughts

Christian spiritual formation is not a new idea, nor is the desire to name and overcome our human struggles. Long before the Enneagram was mapped onto personality, early Christian thinkers grappled with the inner battles faced by every soul. Among the most influential was Evagrius Ponticus, a 4th-century monk and theologian whose wisdom continues to reverberate today.

Evagrius lived in the deserts of Egypt, devoting his life to prayer, contemplation, and spiritual combat—the ongoing wrestle of the heart and mind. In his seminal work, the “Praktikos,” Evagrius cataloged what he called the “Eight Evil Thoughts” or “Nine Deadly Thoughts” (depending on the version): patterns of temptation that afflict all people. His aim was not to heap condemnation but to offer clarity and hope for transformation.

The “Nine Deadly Thoughts” reflect a profound insight. Evagrius recognized that, beneath outward actions, there lies a battleground of ideas, passions, and desires. What the monastics understood as “thoughts,” we might call core motivations or root struggles:

1. Gluttony
2. Lust
3. Avarice (Greed)
4. Sadness
5. Anger
6. Apathy (Sloth/Despondency)
7. Vainglory
8. Pride
9. Fear (sometimes included as a distinct ninth thought)

Evagrius's work was foundational, shaping centuries of Christian thought. His "deadly thoughts" evolved over time, condensed into the "Seven Deadly Sins" by later theologians such as Gregory the Great and Thomas Aquinas. Yet, the subtlety of the original list offers a nuanced map—one closely echoed by the Enneagram's nine vices.

By rooting our understanding of the Enneagram in this ancient Christian tradition, we reclaim the Enneagram as a spiritual, not merely psychological, tool. The task is not merely to notice our vice, but to allow Christ's presence to redeem and transform it.

“

**Recognize what afflicts you, name it, and then bring it before Christ, the ultimate Healer.**

Evagrius Ponticus



Evagrius'  
“Nine  
Deadly  
Thoughts”  
Explained

Understanding the “Nine Deadly Thoughts” of Evagrius Ponticus opens a window into the earliest Christian attempts to map the inner struggles common to every person. While modern readers might associate these concepts with “sin,” Evagrius’ vision was focused less on external behavior, and more on the patterns of thought and desire that give rise to those behaviors.

1. **Gluttony:** Far beyond mere overeating, gluttony for Evagrius represented an excessive focus on physical comfort, seeking satisfaction in material or sensual pleasures rather than God.
2. **Lust:** This is not only illicit sexuality, but an unhealthy attachment to pleasure, intimacy, or fantasy—a misuse of our God-given longing for union.
3. **Avarice (Greed):** The anxiety and compulsion to acquire, driven by the fear of not having enough, warping trust in God’s provision.
4. **Sadness:** Sometimes rendered as “melancholy” or “sorrow,” this is the soul’s paralysis when disconnected from hope and joy, often leading to withdrawal and self-pity.
5. **Anger:** Boiling beneath the surface, this is resentment when expectations are unmet or when others do not conform to our will.
6. **Apathy (Sloth/Despondency/Acedia):** Spiritual lethargy—a giving up on goodness, no longer seeking or finding joy in God’s purposes.
7. **Vainglory:** The craving for human recognition and affirmation, seeking glory for oneself rather than for God.
8. **Pride:** The refusal to receive help or correction; self-sufficiency that shuts out God and others.
9. **Fear:** Sometimes added as an additional deadly thought—the anxiety that hinders faith and obedience.

The genius of Evagrius lay in understanding these “thoughts” not as identities, but as invitations for spiritual battle—the very territories where the Spirit’s transformation is most needed. He called Christian disciples to vigilant self-awareness, inviting prayer, fasting, and scriptural meditation as weapons in the cosmic struggle.

When we see the Enneagram’s nine vices through this lens, we recognize that our “type” is not our doom nor our destiny. It simply shows us where we most need grace, and where—if yielded—God can bear the most beautiful fruit.

Mapping the  
Enneagram's  
Nine Vices  
Onto This  
Spiritual  
Heritage

Modern readers are often surprised to learn how closely the Enneagram’s nine core vices map onto the ancient Christian framework described by Evagrius Ponticus. This connection reveals the true nature of the Enneagram—not merely as a personality matrix, but as a continuation of a centuries-old roadmap for spiritual growth.

Here is a side-by-side look at how Enneagram vices align with Evagrius’s “deadly thoughts.”

Enneagram Vice	Evagrius' Deadly Thought
Anger (Type 1)	Resentment / Anger
Pride (Type 2)	Vainglory (Pride)
Deceit (Type 3)	Vainglory (False Self)
Envy (Type 4)	Sadness (Comparison)
Avarice (Type 5)	Greed
Fear (Type 6)	Fear
Gluttony (Type 7)	Obsession
Lust (Type 8)	Fornication
Sloth (Type 9)	Acedia / Apathy

This mapping is not just academic—it is spiritual and personal. Each person can trace their dominant struggle to one of these vices, discovering a path for transformation.

By recognizing these ancient roots, we reclaim the Enneagram’s place in Christian tradition. We understand that our patterns are not fate, nor should they be denied. Instead, by naming our vice and submitting it to Christ, we participate in a story of ongoing resurrection.



**Scripture does not tell us to ignore our struggles, but to bring them into the light—where grace rewrites our story.**

Henri Nouwen

# Brief Overview of the Enneagram's Nine Types and Corresponding Vices

The Enneagram organizes human motivations, fears, and desires into nine interconnected types. Each type is defined by a “vice”—a root pattern or passion—that shapes one’s experience of life, relationships, and spirituality. Here is a concise overview of the types and how their vices correspond to both Evagrius’s teachings and the Christian life.

# Enneagram Types and Vices:

- 1. Type One – The Reformer:** Vice is *Anger* (Resentment)  
Desires righteousness but struggles with internal frustration when reality does not meet their high standards.
- 2. Type Two – The Helper:** Vice is *Pride*  
Feels needed by others and may find it hard to admit their own needs—taking pride in being indispensable.
- 3. Type Three – The Achiever:** Vice is *Deceit*  
Seeks validation through success; struggles with image and authenticity.
- 4. Type Four – The Individualist:** Vice is *Envy*  
Deep yearning for identity, leading to comparison and a sense of lack.
- 5. Type Five – The Investigator:** Vice is *Avarice* (Greed)  
Withholds time, energy, or affection to maintain self-sufficiency.
- 6. Type Six – The Loyalist:** Vice is *Fear*  
Wrestles with anxiety; deeply desires security and certainty.
- 7. Type Seven – The Enthusiast:** Vice is *Gluttony*  
Seeks to fill internal emptiness through new experiences or excess.
- 8. Type Eight – The Challenger:** Vice is *Lust* (Excess)  
Intensely pursues control, energy, and impact—can become domineering.
- 9. Type Nine – The Peacemaker:** Vice is *Sloth* (Apathy)  
Avoids conflict and self-assertion, often at the cost of their own vitality.

Each type is a unique reflection of God’s creativity, and each vice reveals territories for healing. Remember: our Enneagram “number” is not an accusation or a prison, but a starting point for the redemptive journey ahead—one guided by Christ’s grace.

“

The Enneagram is not about putting you in a box. It is about showing you the box you are already in—and how to find your way out.

— Ian Morgan Cron

Understanding  
the Vice as  
Something to Be  
Redeemed by  
Christ's Virtue  
Through Spiritual  
Disciplines

For Christians, the recognition of our vice is never the end of the story. Each vice is a signpost pointing toward the place where we most deeply need healing, grace, and the transforming love of Christ. Unlike secular personality models, which may settle for acceptance or self-improvement, the Christian vision is redemption—the movement from vice to virtue, from self-reliance to Christ-dependency.

## The Pattern of Redemption:

- **Naming the Vice:** The first step is honest self-examination. What patterns, attachments, or defenses do you notice?
- **Inviting Christ In:** Rather than battling vices in our own strength, we are called to surrender them to Jesus—the One who redeems all brokenness.
- **Spiritual Disciplines:** Prayer, confession, Scripture meditation, fasting, service, and silence—these open doors for the Holy Spirit to transform vice into virtue.
- **Receiving Virtue:** As we yield our vice, we receive Christ’s virtue—what Aquinas might call “the fruit of the Spirit” (Galatians 5:22-23). Each redeemed vice becomes the soil for Christ’s likeness to grow.

For example, where there is anger, God offers peace and patience; where there is pride, humility opens the heart. Envy becomes gratitude, deceit yields to truth, greed is replaced with generosity, and so on.

This is not mere moral effort, but a deep participation in the work of Christ. The Enneagram serves here as a sacred mirror—not showing us what to strive for in our own strength, but where to surrender so that “Christ may be formed in us” (Galatians 4:19).



**Do not be conformed to this world, but be transformed by the renewing of your mind.**

Romans 12:2



The Divine Invitation

Turning  
Vices  
Toward  
Christ

Every journey of spiritual growth begins with an invitation—not a command or condemnation, but the gentle, persistent voice of God calling us into deeper wholeness. The message of the Enneagram, when rooted in Christian formation, is that none of us is meant to face our struggles in isolation or within the confines of our own effort.

## What Does “Turning” Look Like?

Turning vices toward Christ is an act of faith and surrender. It is the spiritual discipline of recognizing that every vice points to a deeper longing—a desire that only God can truly satisfy. In naming our struggle, we refuse to be defined by it. In turning it over to Christ, we invite His redeeming work.

### **For instance:**

- The anger of Type One can become the courage to work for restorative justice by trusting God’s grace for themselves and the world.
- The pride of Type Two becomes humility when yielded to Christ, who models perfectly-servant love.
- The fear driving Type Six transforms into a deeper fidelity and faithful courage as one trusts more fully in God’s promises.

This is the “divine exchange” spoken of by saints through the ages: giving to Christ what is broken, receiving from Him what is whole. Our vice is no longer a point of shame—it is a place where we are being invited by God into something better.

## The Invitation Is Communal and Personal

While our transformation is deeply personal, it is never solely individual. We need the support, prayer, and accountability of others—friends, mentors, small groups, and spiritual directors—who can remind us of our belovedness and call us onward.

As you continue with this guide, hold this invitation close: Let every encounter with your vice become a moment of prayer—a chance to receive Christ’s virtue and grace for the journey ahead.



# Christ's Role in Redeeming Our Core Struggles

Central to Christian spiritual formation is the belief that what we cannot change by willpower, Christ can transform by grace. The recognition of our vices—those self-protective maneuvers that seem to rule our hearts—does not place us in a state of helplessness, but in a posture of hope.

## Jesus, the True Healer

Throughout the Gospels, Jesus meets people in the places of their deepest wounds and mistaken patterns. He does not shame or condemn; rather, He names, heals, and calls each person into newness of life. Whether confronting hypocrisy, doubt, fear, or the clinging to possessions, Jesus always offers not just correction but restoration.



**Come to me, all you who are weary and burdened, and I will give you rest.**

Matthew 11:28

He does not ask us simply to suppress our struggles. Christ invites us to bring them into the light—where healing begins. By His death and resurrection, we are assured that sin and vice do not have the final word.

## The Path of Transformation

Redemption is always a process—a journey of small steps, daily surrenders, and continual trust. This is why spiritual disciplines are not burdensome rules, but rhythms that open us to grace:

- Prayer: Honest conversation with God about our motives and desires.
- Confession: Admitting our need and receiving God's forgiveness.
- Fasting: Allowing God to meet us in our appetites, teaching us dependency.
- Worship: Turning our attention from self to the sufficiency of Christ.

In Christ, every vice is an opportunity—not for condemnation, but for resurrection. Over time, as we surrender, God's Spirit bears fruit within us: patience, humility, honesty, generosity, courage, gratitude, joy, self-control, and peace.

May we never tire of bringing our brokenness to the One who redeems and makes all things new.

# Introduction to Spiritual Disciplines as Pathways for Transformation

If vice marks the starting point of our journey, spiritual disciplines are the pathways God uses to guide us toward Christlikeness. These disciplines are ancient practices, time-tested by generations of believers, that create space for the Spirit's transforming work.

## What Are Spiritual Disciplines?

Spiritual disciplines are not techniques for self-improvement, but invitations to deeper relationship with God. They are ways of making ourselves available for the grace we cannot produce by effort alone. When practiced in the Spirit, they turn our attention away from self and toward Christ, allowing Him to re-form us in love.

Some core disciplines include:

- **Prayer:** Entering into honest communion with God, bringing every fear, desire, and struggle to Him.
- **Meditation:** Listening for God's voice through Scripture, letting truth confront and heal our mistaken beliefs.
- **Confession & Repentance:** Owning our vice, naming it before God, and receiving forgiveness.
- **Silence & Solitude:** Stepping away from noise to hear the gentle whisper of God's guidance.
- **Service:** Turning from self-centeredness by seeking the good of others.

## The Fruits of Discipline

By intentionally practicing these spiritual disciplines, we create room for the virtues of Christ to take root. Each discipline uniquely addresses a particular vice; for example, fasting addresses gluttony, solitude can heal fear, and confession gently dissolves pride.

The journey is rarely linear, and progress may seem slow. But over time, with patience and trust, God honors our desire for transformation. The focus is not perfection but participation—allowing the Holy Spirit to reshape us in love, a little more each day.

Let each spiritual practice be a “yes” to God's call; a daily turning of our vice—whatever it may be—over to Christ, in whose hands all brokenness becomes beauty.

Page Requests:



Prayer,  
Reflection,  
and  
Openness  
to the Holy  
Spirit

Spiritual transformation is not accomplished by human striving alone. At its core is the mysterious, powerful work of the Holy Spirit—a Presence that illumines, convicts, comforts, and empowers. Our practices of prayer and reflection open us to this living transformation. They turn our gaze upward, anchoring us in the truth that God is always with us, always for us.

# The Practice of Prayer

Prayer is not a formula, but a relationship. It can take the form of simple silence, spoken words, written journals, or communal intercession. The heart of prayer is honesty—bringing every vice, wound, and longing into the light of God’s love.

- Pray for courage to see yourself clearly.
- Ask for wisdom: “God, show me where my patterns are keeping me from You.”
- Invite healing: “Holy Spirit, redeem what I cannot change on my own.”

# Reflection and Listening

In solitude or guided meditation, take time to review your day or week. Notice moments where your vice was activated. Do so without harshness or blame. Welcome the truth; let it lead you back to God, not into shame. The goal is clarity, not self-judgment.

# Openness to the Holy Spirit

Transformation is always powered by God, not technique. As you practice self-awareness and spiritual disciplines, continually invite the Spirit to guide you:

- Pause and surrender—“Lord, I give You this part of my heart.”
- Wait in expectancy—trusting that, over time, God’s work will bear fruit.
- Celebrate growth—every small step towards virtue is a sign of God at work.



**The Holy Spirit does not just point out what is wrong; He empowers us to become who we are in Christ.**

Dallas Willard

Remember, there is no rush. God’s timing is perfect; His desire is not your perfection, but your transformation in love.

A Spiritual Practice

# Discernment, Surrender, and Growth

Honest spiritual growth depends on rhythms of discernment and surrender. Each time you notice your repeating patterns—the vice or “deadly thought” that so easily entangles you—pause. Without self-condemnation, let this awareness become an act of worship, a doorway to grace.

# Discernment

To discern is to “see clearly.” It involves paying prayerful attention to your thoughts, motivations, and choices:

- What triggers my vice? (e.g., anger, envy, fear)
- How do I usually react? Are there deeper unmet needs or fears?
- Where do I sense God inviting me to trust Him at a deeper level?

Reflection journals or “Examen” prayers—reviewing your daily experiences in God’s presence—are powerful tools for this work.

# Surrender

Transformation flourishes in surrender, not in striving. Surrender means honestly naming your vice before God and, in faith, turning it over:

- 
- 
- Yield control of outcomes; rest in the truth that Christ does the deep work.

“

**Jesus, I cannot fix myself. I bring You my anger, my pride, my fear.**

“

**Help me trust Your ability to redeem and heal.**

# Growth

Growth is incremental; it is marked not by perfection but by new openness, humility, and reliance on God. You might notice:

- A shorter fuse that is replaced with patience.
- Growing ability to tell the truth instead of hiding.
- Greater joy or gratitude, even in small things.

Each sign of growth is evidence that, as you discern and surrender your vice, Christ's virtue is taking root within you.

Practical  
Exercises  
for Naming  
and  
Noticing  
Your Vice

Awareness is where transformation begins. The following exercises invite you to bring compassionate attention to your “vice”—the core struggle or “deadly thought” at the center of your Enneagram type. This is not about judgment, but about creating opportunities for grace to break in.

## Exercise 1: Prayerful Self-Examination

- Begin with a moment of silence. Ask the Holy Spirit: “Show me where I most need Your healing love.”
- Reflect on your reactions over the past week. Where did you notice moments of anger, pride, deceit, etc.? What triggered these responses?
- Write your reflections in a journal. Be gentle with yourself; let God’s love frame your observations.

## Exercise 2: The “Question Behind the Vice”

- For each vice, ask: “What am I truly longing for in this moment?”
  - Anger: Am I yearning for goodness or justice?
  - Pride: Do I desire to be seen and loved?
  - Fear: Where am I desperate for security?
- Trace the deeper longing back to God, who alone satisfies.

## Exercise 3: Conversation with Christ

- In a spirit of prayer, imagine bringing your vice to Christ. What does He say to you? Can you sense His compassion?
- Listen for a scripture, word, or image that offers hope and redirection.
- Thank Jesus for seeing you, loving you, and redeeming even your struggles.

## Developing the Practice

Repeat these exercises regularly. Over time, you’ll begin to see patterns, receive insight, and experience greater freedom as you let the Holy Spirit illuminate your heart.

# Guided Prayers and Journal Prompts

Prayer opens the soul; journaling roots our discoveries. To help you journey from self-awareness to surrender, here are some focused prayers and prompts for your personal reflection.

## Guided Prayers

### **A Prayer of Surrender:**

“Lord Jesus, I bring You my [name your vice: anger, pride, fear...]. I confess my need for Your healing. Help me to see myself honestly, to let go of self-sufficiency, and to trust Your transforming grace. Replace my patterns with Your love. Amen.”

### **A Prayer for Virtue:**

“Holy Spirit, bear Your fruit in me. Where there is \_\_ |, let there be \_\_\_\_\_ | (e.g., where there is envy, let there be gratitude). Shape my heart and help me walk in the ways of Christ, today and always. Amen.”

## Journal Prompts

1. Where have I noticed my vice showing up lately? What was I protecting or seeking?
2. What would it look like to respond with faith or love, rather than by default?
3. When have I seen God help me act differently?
4. Which Scripture speaks hope into my greatest struggle?
5. What is Christ inviting me to surrender—right now?

Set apart a time each day, however brief, for this rhythm. With each honest word, you invite God to do a new thing within you.



Embracing  
Surrender  
as a  
Christian  
Practice

At the heart of Christian spiritual formation lies the call to surrender—an act of trust and openness, rather than one of defeat. Surrender is not the abandonment of hope, but the posture that invites God’s greater work.

## What Does Surrender Look Like?

Surrender is a daily choice. It means releasing our tight grip on self-protection, performance, and the need to be right, secure, or in control. Instead, we offer our hearts to God, believing He is both able and willing to transform us.

This might mean:

- Admitting our anger, pride, or fear, and refusing to hide or rationalize it.
- Asking for help—from God and others—when we are struggling.
- Relinquishing outcomes and letting God’s love define what success looks like.

## Why Is Surrender Challenging?

For most, surrender is difficult because it means giving up something deeply ingrained—a defense, compulsion, or way of making life “work.” Yet, when we surrender, we discover:

- God’s love is deeper than our failures.
- Freedom comes through yielding, not striving.
- Spiritual power is made perfect in weakness (2 Corinthians 12:9).

## The Practice of Daily Surrender

“

**Lord, I surrender this day to You—my thoughts, my fears, my plans, and my vices. Be my strength and my virtue. Amen.**

Allow this prayer to shape your mornings and evenings. Over time, you’ll see that what you relinquish in weakness, God redeems in strength.

“

God does not call us to strive endlessly for perfection, but to open ourselves in humble surrender to His transforming love.

— Ruth Haley Barton

From Vice to Virtue

Becoming  
Who We  
Are in  
Christ

The Enneagram, rooted in Christian formation, points us to this transformative truth: our deepest vice is not our destiny. In Christ, every vice can become the soil for virtue—a place where God’s character is formed within us.

# How Christ Transforms Each Vice

Think of each Enneagram type: at the core of each is both a wound and a longing. As we journey with Christ:

- The anger of Type One is translated into righteous courage and serenity.
- The pride of Type Two blossoms into humble, compassionate service.
- The deceit of Type Three becomes authentic, transparent honesty.
- The envy of Type Four transforms into gratitude and creativity.
- The avarice of Type Five is opened into generosity and meaningful connection.
- The fear of Type Six is sanctified as faithfulness and strong courage.
- The gluttony of Type Seven settles into joy, sobriety, and gratitude for the present.
- The lust of Type Eight is harnessed as holy power and passionate justice.
- The sloth of Type Nine is awakened into dynamic peace and purposeful action.

## Stories of Real-Life Transformation

Consider the story of Anna, a Type Three, who found herself exhausted by her own drive for achievement. Through confession, community, and patient spiritual discipline, she began to value authenticity over image, finding her worth not in achievement but in being God’s beloved.

Or James, a Type Six, whose chronic anxiety melted into courage through years of solitude, scripture, and trusting relationships. Each story is unique, but all share a common thread: as we turn our vice to Christ, His virtue is born in us.

You, too, are invited to this journey. Bring your whole self—vices included—to God. Trust that no struggle is beyond redemption.

The  
Freedom  
and Fruit  
Born from  
Spiritual  
Growth

As we practice surrender, discernment, and spiritual disciplines, something astonishing begins to happen. The very struggles that once defined or confined us become the places where we encounter Christ most deeply. Over time, small acts of surrender yield a harvest of freedom and virtue.

## Signs of Spiritual Growth

- **Increased Compassion:** You respond to yourself and others with less judgment, more grace.
- **Greater Honesty:** You're able to admit struggles and weaknesses without being crushed by shame.
- **Peace & Joy:** The anxious drive to prove, defend, or protect yourself is slowly replaced by peace, contentment, and gratitude.
- **Stronger Relationships:** As Christ's virtue is formed in you, your capacity for empathy, forgiveness, and genuine connection grows.

The fruit of spiritual growth is not simply better behavior, but new life—life lived from your true self, “hidden with Christ in God” (Colossians 3:3).

## Call to Action

Pause and notice: Where do you see the Spirit's fruit growing in your own life? Celebrate each small sign. Return again and again to the Source: the loving presence of Christ, who is always making all things new.



Life Together

# The Enneagram and Community

Personal transformation is never an isolated project. As the Enneagram helps us understand our personal struggles and needs, it also opens the pathway to deeper, grace-filled relationships with others. True community—rooted in Christ—becomes the context for growth, healing, and mutual support.

## How Self-Awareness Deepens Empathy

When we see our own vices and receive God’s grace, we are suddenly more compassionate toward the failures and needs of others. Instead of quickly judging or withdrawing, we find ourselves asking:

- What burdens is my friend or spouse carrying?
- What hidden vice or longing might be fueling their reaction?
- How can I extend the same mercy I have received from Christ?

## Building Grace-Filled Relationships

Imagine a community where:

- Differences in personality are celebrated, not sources of conflict.
- Confession and forgiveness are practiced.
- Each person is encouraged to move from vice to virtue, supported by prayer and accountability.

This is not a utopian ideal, but what Jesus prayed for— “that all of them may be one” (John 17:21). As you practice naming and surrendering your vice, invite trusted friends or groups into the journey. Share what you are learning. Listen well. Offer encouragement along the road.

## Practicing Forgiveness

All relationships involve pain and misunderstanding. As Christ has forgiven us, so we are called to forgive. The Enneagram gives language for why relationships can be difficult—and for how, by grace, we can become sources of healing for one another.

Let your journey be shared. In the body of Christ, we help one another grow into the beautiful people God made us to be.

“

Spiritual formation is  
never a private pursuit.  
God intends us to be  
transformed together,  
for the sake of the  
world.

— Richard J. Foster

Taking the Journey

# Enneagram Coaching and Spiritual Direction

The spiritual life is not meant to be navigated alone. While individual practices are important, the guidance of a trusted companion can make all the difference. Enneagram coaching and spiritual direction offer support, insight, and accountability on the path of transformation.

## The Benefits of a Guide

- **Objective Insight:** A coach or spiritual director can help you see blind spots and patterns you may miss in yourself.
- **Encouragement:** Walking with someone who is trained and empathetic provides courage to keep going, especially on hard days.
- **Personalization:** Your journey is unique. A guide helps tailor spiritual disciplines and Enneagram insights specifically for you.

## What to Expect from Enneagram Coaching

- Assessment and in-depth exploration of your Enneagram type.
- Prayerful reflection on your vice and areas for growth.
- Coaching in spiritual disciplines that address your specific struggles.
- Support in applying virtue and building new habits.
- Space to process, pray, and discern God's invitations.

## What is Spiritual Direction?

Spiritual direction is the practice of meeting regularly with a mature Christian who listens deeply to the story of your life and helps you notice the activity of God. The focus is not on "fixing," but on awareness, discernment, and surrender.

If you are seeking transformation, consider reaching out for Enneagram coaching or spiritual direction. Journeying with another may be the key to unlocking the next stage of your spiritual growth.

For more information or to sign up for coaching, visit: [viadevotio.org/enneagram/](http://viadevotio.org/enneagram/)



Overview  
of Available  
Resources,  
Coaching,  
or  
Direction  
Services

At Via Devotio, we believe that every step taken toward transformation is best made in the company of trusted guides and rich resources. To help you on your journey, here's what we offer:

## Free Resources

- **Webinar Series:** Regularly scheduled live sessions introducing the Enneagram and spiritual formation practices.
- **Devotional Guides:** Downloadable PDFs with daily prayers, reflections, and scriptural meditations for each Enneagram type.
- **Blog Series:** Ongoing reflections connecting the Enneagram, historical Christian wisdom, and practical application.

## Coaching Services

- **One-on-One Enneagram Coaching:** Personalized sessions designed to help you identify your type, discern patterns, and cultivate spiritual disciplines related to your vice.
- **Group Workshops:** Interactive workshops for small groups, churches, or staff teams exploring the Enneagram as a tool for community formation and communication.
- **Spiritual Direction:** Ongoing spiritual mentorship, focusing on self-awareness, discernment, and growth in Christ.

# How to Begin

1. **Visit our website:** [viadevotio.org/enneagram/](http://viadevotio.org/enneagram/)
2. **Sign up for a free introductory call:** Explore your goals and discover what type of coaching or direction is right for you.
3. **Access our resources:** Download our Enneagram and Spiritual Formation Reflection Tools.

# Staying Connected

Follow our blog, sign up for the newsletter, and engage with us on social media for regular encouragement and exclusive offers.

Let these resources be companions on your road to becoming your true self, hidden with Christ in God.

Next Steps

# Invitation to Deeper Formation

The journey of spiritual formation never truly ends. Every insight gained, every vice surrendered, and every virtue received opens the door to deeper wholeness. Your next steps are invitations to a lifelong process of learning, growing, and trusting in God's love.

## How to Stay Connected

- **Subscribe to Our Blog Series:** Receive weekly encouragement, practical advice, and new insights on the Enneagram and Christian life.
- **Sign Up for Our Newsletter:** Get exclusive resources, early registration for workshops, and ongoing tips for spiritual growth delivered to your inbox.
- **Join Our Community on Social Media:** Share your journey, ask questions, and connect with others.
  - Instagram: [@viadevotio](#)
  - Facebook: [Via Devotio Page](#)

## Take the Next Step

Transformation is a journey. You do not have to go it alone! Reach out, join our community, and take the next faithful step towards becoming all you are created to be.

Conclusion

Living Hidden  
With Christ—A  
Mantra for  
Transformation

As we close this journey together, remember the anchoring truth that shapes every page of this book: “My true life, my spiritual life, is secure and hidden with Christ” (Colossians 3:3).

The Enneagram is not an end, but a means—a sacred invitation to know yourself, surrender your wounds, and receive Christ’s healing love. Your identity is never secured by your strengths, titles, or even your “number,” but by the unwavering embrace of God.

As you continue forward...

- Prioritize grace over performance.
- Let daily surrender release you from old patterns.
- Rest in the truth of your belovedness—this is the soil where transformation flourishes.



**There is, hidden deep within each of us, a self untouched by fear, wounds, or vice—the self that is ‘hidden with Christ in God.’ No matter what, this is your lasting truth.**

Anonymous Spiritual Director

May you walk this path with courage, hope, and deep joy. May Christ’s virtue be formed in you, and may your life become, more and more, a reflection of the One who loves you beyond measure.



# Thank You

Thank you for journeying with us. For more resources, coaching, or to stay connected, visit [viadevotio.org/enneagram/](https://viadevotio.org/enneagram/).

Go in grace, go in peace, and may your true self flourish—hidden with Christ in God.

