

#### **LIFE GROUP #4 DISCUSSION QUESTIONS – THE “HELPER”**

Choose the best questions for your group from the list below. However make sure you include scripture and prayer

1. If you had to name the kindest thing someone ever did for you, or the best gift you ever received, what would it be?
2. Most of us find ways to show others we care. Some people are good at remembering anniversaries and birthday cards, others serve their family and friends in practical ways, like helping other people move, cooking a meal, or helping them with advise. Still others just try to be really attentive and kind to the people they run into as they go about their day. Others give money to great non-profit causes, or volunteer with church or other groups to make a difference. What way of loving or serving others is most enjoyable to you and why ?
3. When it comes to other people, some of us are more “Out of sight, out of mind”, focusing on the task at hand, while others are constantly thinking about other people in some way – worrying about how they are doing or worrying about what they think of us. Some of us are so busy with the tasks that need to get done that we focus on them while others find themselves daydreaming about how well their relationship with someone is going. On a scale from “I think mostly about ideas, tasks, or problems” to “I think mostly about people, relationships, and emotions”, where would you put yourself ?
4. In the story of Martha and Mary, where Martha was busy preparing the meal while Mary sat at the feet of Jesus learning from him. Which are you more like, Martha or Mary ?
5. This past Sunday we talked about “The Helper” – People who find serving others and giving to others very rewarding. They tend to find their identity in the roles they play and the relationships they have. They like to help others and they like to feel needed. They are very giving and can feel a lot of guilt when they are not able to help someone. Did any of you get the sense you might be that personality type, or did someone in your life come to mind when you heard the description ? If so tell us about what you see in yourself that leans towards the Helper.

6. How much pressure do you feel to always be “nice”, to never confront, to be a people pleaser ?
7. All of us are tempted to want to make other people like us. We can use compliments, attention, and thoughtful gifts both to love others, but also to get them to like us. Those are two very different motives. In your life, what techniques do you use to fight against that temptation to use flattery or be ingratiating or take fake interest in someone else – not to truly love them, but just so they will think well of you ? Or perhaps do you see nothing wrong with doing that ?
8. We talked about how a Helper can be taken advantage of because they are always doing for others and have a very hard time saying no. They may be so busy serving others that they don't really know what their own desires and needs are. Does this give you any sympathy for a particular person in your life ? If so, tell us about it. What steps could you take to love them better ?

9. Read **HEBREWS 13:1-6**

Hebrews 13:1 Keep on loving each other as brothers.

2 Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it.

3 Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering.

4 Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

- a. *In what way do these verses encourage us (in fact command us) to serve and give to others?*
- b. *If it is true that an unhealthy two serves others out of fear that they will be abandoned if they are not useful or helpful, how could this scripture help such a person to find peace ?*

- c. *What is the difference between beautiful self-sacrifice out of love for others and co-dependence – where we put up with ridiculous behavior by the other person because we need to feel needed and useful ? How can you tell which is which?*
  - d. *If it is true that an unhealthy two can only see other people's needs and not their own, if they like helping much more than being helped, how does this scripture challenge that stance ?*
  - e. *As you look at your own situation right now, what tendency, habit, or thought do you most need to resist and stand firm against?*
  - f. *As you think about that thing, what do you think Paul would want to say to you right now ?*
10. How can we pray for you this week ?

## ENNEAGRAM Sermon Notes: “The HELPER #2

Core Need: To be needed

Core Desire: To be loved, to receive love for their service

Core Fear: Being unwanted, unworthy of love

Self-Image: The Giver

Primary Temptation: continually help others and in this way evade yourself

Root sin: Pride

*“I want you to be happy, but I want to be the reason”*

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While the Perfectionist focuses on doing the “right thing”, the Helper focuses on the other person – their sense of identity is defined by their relationships.

“Twos are some of the most caring, kind, supportive, upbeat and tenderhearted people on God’s green earth... Twos have an amazing way of making other people feel safe and comfortable... Twos accept you just as you are ; they aren’t; judgmental, and they create space both physically and emotionally in which people can speak from their hearts and experience. They feel things deeply, and it is easy for them to express emotions... They are so attuned and responsive to other people’s pain you’d sometimes think they’re psychic... You don’t have to tell Twos what you require; they just know... They are indiscriminate care-givers. They can end up in co-dependent relationships... The problem is they assume everyone has the same ability to sense other people’s inner life as well. Twos always end up giving away too much power to other people. Twos believe other people are more needy than they are... Of all the numbers on the Enneagram, Twos are the most sensitive to criticism... Twos believe they live in a world in which you have to be needed before you can be loved, and where you have to give to get. Average Twos are unaware that there are unstated expectations and ulterior motives behind their helping behaviors... Twos suffer from an inflated view of their own power, independence and value to others. What lies beneath that pride? Terror. Twos fear that acknowledging their wants will end in humiliation and that directly asking someone to fulfill their needs will lead to rejection.” -Ian Morgan Cron in *“The Road Back to You”*

Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress; I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. - Psalm 62

### STEPS A “HELPER” CAN TAKE:

1. Rather than hinting at your needs or leaving it to others to figure them out, try telling them directly
2. Internally take a deep breath and start over when you catch yourself trying too hard to present a likable image or flattering others to win their approval.
3. Don’t reflexively say yes to everything. When someone asks for your help, say you’ll get back to them with an answer once you’ve had time to think about it. Or just experiment with saying the word no. It’s a complete sentence.
4. When the urge to rescue or help overwhelms you, ask yourself, *Is this mine to do ?* If you’re not sure, talk it over with a trusted friend.
5. Two or three times a day, ask yourself, *What am I feeling right now ?* and *What do I need right now ?* Don’t worry if you can’t supply an answer. It takes time to develop self-care muscles