

LIFE GROUP #5 DISCUSSION QUESTIONS – THE “PERFORMER”

Choose the best questions for your group from the list below.

However, make sure you include scripture and prayer

See the sermon podcast show notes for additional background

NOTE: Given the worry that people are feeling about the Coronavirus, you might choose to spend a good deal of this week’s group time allowing people to process that. For example, asking “What thoughts have been going through your head as you have thought about the Coronavirus, etc.” See Langdon’s Letter on our church Facebook page for additional ideas you could use with your group

1. If you had to name one accomplishment that you are proud of what would it be?
2. What is a realm where you get competitive ? For some of us it is sports, for others it is grades or sales or work, and for some of us it’s board games! Where is it fun for you to win ?
3. Some of us really enjoy fine things. We like to look good, and we feel proud of some of our markers of success such as nice clothes, a nice car, a nice house, or nice high-tech gadgets. When people are coming over, we think about what they might notice. Others of us don’t even think much about what we our ourselves look like. Our style or look could be described as non-existent. On a scale of “I never even think about my looks or what people think of me” TO “I really spend a lot of time thinking about my look and what impression people are going to have of me or my home or my stuff” where do you stand ? Give us an example from your own life to illustrate your stance – ideally one where you can laugh at yourself!
4. Growing up, how much did your parents or other significant role-models place on success and accomplishment?
5. If you are honest, what are the three things that you most want to be admired for ?
6. This past Sunday we talked about “Performer” – People who see achieving goals and striving for success as what life is all about.

They would say “We were put here to make things happen, to perform well, to be somebody.”

[Read the list on page 129 of *The Road Back to You*]

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 or that other person that leans towards the Performer.

7. Read **2 Corinthians 4:13 - 5:5**

4:13 It is written: "I believed; therefore I have spoken." {13 Psalm 116:10} With that same spirit of faith we also believe and therefore speak,

14 because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you in his presence.

15 All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

5:1 Now we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.

2 Meanwhile we groan, longing to be clothed with our heavenly dwelling,

3 because when we are clothed, we will not be found naked.

4 For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed with our heavenly dwelling, so that what is mortal may be swallowed up by life.

5 Now it is God who has made us for this very purpose and has given us the Spirit as a deposit, guaranteeing what is to come.

a. What verse in this scripture most strikes you and why ?

b. List as many reasons as you can as to why this scripture can give us hope ?

- c. What does this scripture say to the person who feels like they have to be the “self-made man”, to the person who feels they need to prove themselves worthy of acceptance ?
- d. How does verse 16 tell the truth to those who try to keep their appearances up - such as the aging actresses that constantly pursues plastic surgery ?
- e. How does verse 5:1 speak to our current fears about the Coronavirus ?

8. Read Mark 8:36 followed by Matthew 6:33

What good is it for a man to gain the whole world, yet forfeit his soul?

Seek first his kingdom and his righteousness, and all these things will be given to you as well.”

- a. What exactly is Mark 8:36 warning us about ?
- b. In your own particular situation, in what areas are you tempted to gain in such away that it is not good for you spiritually?
- c. How could these words be helpful to someone who is very oriented towards success ?
- d. According to all we have said tonight, how would you define real sucesess ?

9. We can learn a lot from the emotions we feel in a given moment. Notice how awkward the following exercise makes you feel. Say out loud to the group “I am a worthwhile person because...” filling in the blank with three different things.

How hard was that for you to do ? What emotions did you feel while saying it ?

10. Parker Palmer says ““Our deepest calling is to grow into our own authentic selfhood, whether or not it conforms to some image of who we ought to be.”

Forget payback, or advancement, or approval of others for a moment. If you had to name an area where you would like to grow more as a person, what would it be ?

11. How can we pray for you this week ?

ENNEAGRAM Sermon Notes: "The PERFORMER" #3

Core Need: To succeed

Core Desire: To feel valued and worthwhile by others

Core Fear: Being worthless, negated

Self-Image: The Achiever

Primary Temptation: Efficiency

Root sin: Deceit

"Would you really love and admire the real me?"

"There's a lot to love about healthy Threes. They are optimistic, resilient people with audacious dreams who inspire others. When they're spiritually healthy and self-aware they have nothing to prove. They want to talk about your dreams and celebrate your accomplishments rather than flaunt their own achievements or sell you a line... They still love to set goals, rise to challenges and solve problems, but their self-worth is not tied to these things. They try to balance their abundant energy between work, rest, and some kind of contemplative practice, recognizing the importance of being instead of doing. They feel valuable which unleashes a tender benevolence that is focused on the common good... Average threes push achieving to overachieving, spending too much time at work or the gym. They see love as something to be earned, so they quiet their inner convictions, valuing what others define as success and striving to do more and do it better...Unhealthy Threes find failure unacceptable, which renders them unable to admit mistakes and causes them to behave as though they are superior to others. Desperate for attention, they may tell others fabricated stories about themselves and their accomplishments in order to maintain their image." - Ian Cron in *"The Road Back to You"*

"Our deepest calling is to grow into our own authentic selfhood, whether or not it conforms to some image of who we ought to be."- Parker Palmer

"We know that the one who raised the Lord Jesus from the dead will also raise us ... Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." -- 2 Corinthians 4:14-18

"Seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33

STEPS A "PERFORMER" CAN TAKE:

1. Develop the practice of silence, solitude and meditation
Try starting your morning at <https://levpres.org/daily-sacred-space> (it's efficient!)
2. Challenge your definition of success, and craft a new one based on your feelings, desires, and values, not those inherited from family or culture.
3. Take an inventory of who and what gets sacrificed while you're frantically racing to cross the finish line first – spouse, kids, health, friendships.
4. Take a vacation and do not bring work with you.

