



Discussion Guide for “Isabela the Perfectionist (Ones)”

La Familia Madrigal Week 4

Do you know that person whose standards are higher than anyone else you know? They have a drive to excel that the rest of us find intimidating. And yeah... they can be a little judgy. What we don't realize is that these Perfectionists reserve their harshest judgments for... themselves. So what's the path to flourishing for an Enneagram 1? And how can the rest of us love them well?

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. Get a [step-by-step guide here](#). The passage for this week's sacred reading is [Hebrews 5](#).

Questions for Discussion

1. Do you know any Enneagram Ones? Or are YOU a One? What do you think of Ones?
2. Ones direct their anger inward. Why does this manifest as rule-following and perfectionism?
3. Revisit Hebrews 5:8-9. How does the concept of perfection differ in the Bible as compared to our modern ideas? Why does the preacher in Hebrews claim Jesus was 'made perfect'? How is that good news for Ones?
4. What is Paul's claim in [Philippians 1:6](#)? How is this a healing message for Ones?
5. The path to health for Ones requires a surrendering of perfectionism. How is Jesus' description of the Spirit in John 3 a promise to Ones?
6. What does healing look like for a One this week? How can you love the Ones in your life this week?