



Discussion Guide for “Luisa the Performer (Threes)”

La Familia Madrigal Week 6

Do you know a person who seems to have an extra four hours in their day? That go-to person to get anything - and everything! - done? That magnetic personality who puts the Oh! in Overachieving - they're an Enneagram 3. And just like Encanto's Luisa, there's a lot going on under the surface that we don't see. So how can we help these workaholics find flourishing?

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 [Genesis 28:10-22](#).

Questions for Discussion

1. Do you know any Enneagram 3s? Are YOU an Enneagram 3? Why are Threes called Performers?
2. 3s are in the Shame triad. How do 3s avoid shame?
3. Revisit [Romans 8:38-39](#). How is this a healing message for Threes?
4. Which part of Jacob's story resonates most with you?
5. 3s, what does it look like to practice health this week? Everyone else, How do you love the 3s in your life this week?