



Discussion Guide for “Pepa the Romantic (Fours)”

La Familia Madrigal Week 7

You know those creative types? The suffering artist, that person who seems to have this deep well of emotions the rest of us only dabble in? You know an Enneagram 4, and like Encanto's Tia Pepa, they can be both nourishing and overwhelming. How do we keep from getting blown away by these Romantics' wild emotions? And what's their path to 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 [Matthew 6](#).

Questions for Discussion

1. Do you know any Enneagram 4s? ARE you an Enneagram 4? What makes someone a 4?
2. 4s are in the Shame triad. How do 4s interact with shame?
3. Revisit the 10th commandment (Exodus 20:17). Why do 4s struggle with envy?
4. Revisit Ephesians 2:10. Why is this a healing message for 4s?
5. 4s, what does it look like to practice health this week? Everyone else, How do you love the 4s in your life this week?