

## Welcome

One of this summer's biggest cinematic events was the latest Dr. Strange Movie – Dr. Strange and the Multiverse of Madness. Dr. Strange is brought to life on screen by one of my favorite actors – Benedict Cumberbatch. Before he played Dr. Strange, he played one of the most famous detectives in literature – Sherlock Holmes. This character has become so much a part of our western culture that there are more than 25,000 different productions and products focused on Sherlock. When Sir Arthur Conan Doyle originally killed off Sherlock Holmes in his writings, the public outcry was unprecedented. He received what might have been the first “hate mail” from loyal fans as well as letters begging him to let Sherlock live.

Thousands of stories brought to life, millions of people brought together, and a character so vividly presented that there are actually people who believe Sherlock Holmes was a real person and the stories are biographies scribed by Doyle. All of this for a character. A quirky, astoundingly observant, self-medicating, hoarding, bad violin playing character who can seem so cerebral at times that one wonders if he has emotions. Sherlock Holmes sounds suspiciously like Ian Cron's description of what it is like to live as an Enneagram 5 – the Investigator: independent, sometimes socially awkward, private, loner, hoarder of knowledge and other necessities, observer more than participant, great listener, who finds people exhausting and energy, time, and affection to be scarce.

Do you know that person? The one who listens intently to what you have to say but rarely interjects their own thoughts or feelings into the conversation. The “just the facts” type who might get lost in the thrill of a new intellectual challenge but feel overwhelmed when they have to deal with the emotions of other people? The quiet type, the awkward type, the collector and hoarder of information.

Friends, you may just be fortunate enough to know an Enneagram Five.

And if you're thinking, “Fascinating – that sounds like it could be me, not quite sure how to react to that. I'll have to ponder that or research it more later.” – you might just be a Five.

Fives are amazing. They can be a mystery to those of us who process emotions more quickly or feel the need to share every detail of our day with anyone who will listen. Their powers of active observation, logic, and reason have been borrowed by writers — especially those of mystery and science fiction to create characters like Sherlock Holmes who transcend time and cultures. When they are healthy, they bring a balance to relationships and conversations beneficial to all of us.

When they are less than healthy, scarcity overshadows their world, observation begins to dominate so that hoarding time, space, and affection becomes the norm. When taken to the extreme, independence is overvalued and a defensive posture when dealing with others is their way of operating. Sarcasm and cynicism bleed into most if not all their interpersonal interactions.

So Fives, how can you find that balance of observation and participation so that you can be your true self whether you are in your personal space enjoying some down time or engaging with the people God has put in your life. How can the rest of us love the Fives in our lives, well? Before we go there, let's take some time together to worship the God who created us as we are, full of curiosity and intelligence, the God who loves us and provides for us out of God's infinite abundance, and who we can trust to care for us, no matter what.

## Message

This summer we have been spending time with La Familia Madrigal from Encanto. The Magical Madrigals correlate to the nine enneagram types.

[Slide: Enneagram] Quick reminder. The Enneagram is an ancient tool for spiritual growth and transformation -- On its surface, the Enneagram looks like a personality profile - like Myers-Briggs or Strengthsfinder. In the Enneagram, you identify yourself as one of the numbers 1-9, which then goes on to describe how you interact with the world. Ian Cron, a Spiritual Director who has written about the Enneagram a lot, says it like this: "Personality tests tell you who you really are. The Enneagram tells you who you're really *not*."

In other words, what the Enneagram helps you identify in yourself is something theologians and mystics call our *shadow self*. Personas we all create to help us cope with the world.

[Slide: Triads] Throughout this series, we're investigating the type embodied by each member of La Familia Madrigal, allowing them to illustrate for us the various personas. Then we'll dive into Scripture to see how these personas keep us from being fully who God created us to be.

The end goal is that we come to know our creator better by better knowing God's creation. Our hope is that by the end of the summer we come together as a spiritual family, closer than ever and a source of healing and hope for our community - just like La Familia Madrigal!

We've explored the anger triad and the shame triad. Today we are starting the last of the triads – the fear triad. We are going to spend some time with our favorite superpowered hearing Madrigal and Sherlock to get a better understanding of Fives – who may understand us better than we understand ourselves and who deserve to be loved, understood, and cherished just as they are.

[Slide: Dolores and Sherlock] Dolores is the oldest child and only daughter of Pepa – the volatile Four we met last week. Her gift is superhuman hearing. Able to hear even the tiniest pin drop or a song from a mile away, she doesn't need to be seen to use her gift. Dolores' superhuman hearing means she can observe from extreme distances. She seems to "hide in plain sight", popping up to provide tidbits of information and her distinctive "chirp" when you didn't even know she was close by. She seems stressed when interacting with others and avoids telling anyone that Bruno is likely still around, hoarding that information to protect herself and Bruno. Her gift allows her to isolate herself from the others. It probably makes it necessary — imagine

the pain of hearing everything in excruciating detail and volume. [picture of Dolores with her hands covering her ears during fireworks]. Dolores is a great example of an average Five.

[Average Slide] In an average Five's view of the world:

- There is not enough to go around
- Time, space, and affection are hoarded
- Observation is more comfortable than participation
- Thinking trumps feeling
- Self-reliance over faith
- Limited/measured amount of time spent with others
- Avoid situations that make them feel incompetent or incapable.

What about unhealthy Fives?

[Unhealthy Slide]

In an unhealthy Five's view of the world:

- Avoid depending on anyone for anything
- Take a defensive posture – security, independence and privacy are protected at all costs
- There is never enough – time, energy, knowledge
- Judgmental, cynical, and sarcastic

Sherlock is an excellent example of an unhealthy Five. His scarcity mentality has isolated him from most of the world. He has “regrettable” interpersonal skills – failing to understand how harshly or unfairly he treats others when he lives inside his world of facts, logic, and cold observation. This is true no matter which version of Sherlock we see. In Robert Downey Jr/Jude Law's version there is a dinner scene with Watson and his fiancée where Sherlock uses his powers of observation and deduction as weapons to distance himself and end the dinner he didn't want to attend in the first place. Sherlock is in the habit of “self-medicating” as an attempt to remain in control and to cope with the world around him. But God did not create us to be alone. We are designed to be with other people. And being with others means there will always be things we cannot control.

[Healthy Slide]

Healthy Fives – like Dolores after the magic fails – learn to balance observation and participation. They may still be introverted, but they are able to engage with others comfortably. As an added bonus, they can be truly neutral – a handy skill to have when assessing the best path to take or wisest choice to make. Likely highly knowledgeable in multiple subjects, they willingly share their knowledge. They are part of the world, not separate or outside of it.

So what does the path to health look like for a Five?

Unlike our 2, 3, and 4s, for our fives there isn't a **need** to be seen – as helpful, successful, or authentic or even at all. Fives are afraid. They are afraid there isn't enough. Not enough

energy to get through the day, not enough information to make the logical choice, not enough independence to maintain control. This scarcity mentality is where their “deadly” sin, Avarice, originates. Avarice – usually we think of greediness on the rare occasion we hear this word – is in stories like King Midas where material possessions are so important that they are hoarded even when doing so harms others. For a Five, it’s not about material possessions, but about energy, independence, and time. These are hoarded because Fives feel their supply is far lower than the demands of existing in the world full of people and expectations. Dolores hoards information – she can hear everything. She knows Bruno is still around but says nothing – not because she’s a villain, but because it’s safer to hoard it than to share it. Sherlock hoards information in his head, all over the apartment he shared with Watson, in every nook and cranny he can shove it into. He hoards his time and skills — only taking cases he finds interesting. From the point of view of an Enneagram Five, the world is intrusive, overwhelming, and draining. It demands more than they can give, so hiding away behind knowledge and logic while relying only on themselves helps them feel like they can manage and protect themselves and their limited resources.

The word that rules a Five’s life is *control*. As kids, fives learned the message that they are socially incompetent or otherwise incapable of handling life and relationships, so survival requires emotional detachment, independence, and hiding. If you are looking for a traumatic experience that could cause a child to believe they need to be self-sufficient and independent, having a family member whose emotions literally control the weather could do that. Add to that the trauma of having an uncle that no one will talk about, who you know (because you are very observant) was rejected by the family for being different, and already feeling a bit different yourself – independence and self-sufficiency become a defense mechanism. You can’t rely on others, but you can rely on yourself.

Remember – A Five’s “deadly sin” is Avarice rooted in the fear of scarcity. There is great news—scarcity is an illusion. Let’s listen to Paul’s reminder to the Ephesians.

When I think of the wisdom and scope of God's plan, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit. And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love really is. May you experience the love of Christ, though it is so great you will never fully understand it. Then you will be filled with the fullness of life and power that comes from God. -- Ephesians 3:14-19.

God’s resources are unlimited. This includes God’s love for you, God’s strength which he gives you, and God’s wisdom.

God knows you. God knows your needs. God knows your fears. God will supply your every need – including the need to recharge. You can be generous with your time, your affection, your knowledge because God will provide, generously provide, for you.

### SONG

If you are a Five, you are better equipped than a lot of us for self-reflection. That is a huge benefit on the path to Spiritual Transformation. You are wired to think about things and to understand them. Use that gift to your benefit by acknowledging your feelings, experiencing them in the moment, and then letting them go. When you notice scarcity is dominating your mindset, take the time to acknowledge that fear and then remind yourself that God supplies all your needs out of God's infinite resources and love.

Fives, when you share your knowledge, your powers of observation, your time, your affection and yourself with others, you enrich the world in profound ways. There is a reason Sherlock Holmes is beloved – those of us who do not share your gifts of observation NEED you. We need your honesty. We need your insistence on facts and logic. These skills help provide balance within the Body of Christ. Only when you share these gifts is the Body of Christ whole and functioning as God intended.

Fives, the path to health requires learning to depend on God and others. God created us to be dependent on one another. This interdependency takes trust and faith which can be a challenge, especially for Fives. When we learn to trust God, we can better recharge and energize. Elijah is one of the most famous prophets in the Bible. I don't know if he was an Enneagram Five, but I do know he gave of himself until he had nothing left to give. The climax of Elijah's story is when he calls fire down from heaven as he fights the injustice and cruelty of Queen Jezebel who had ordered the massacre of God's prophets. Even though God showed up in miraculous power – sending fire that consumed everything including water soaked wood and destroying the false prophets – Elijah found himself completely drained and unable to deal with Jezebel's fury and renewed threats that followed. You might have seen this meme [\[Elijah nap and a snack meme\]](#). Fives take heart when you find yourself drained and needing to recharge. You are in very good company. If you read the rest of the story behind this meme, you see that God sent angels to feed and minister to Elijah so he could recover. God is more than able to supply what you need to recharge, and needing to take time to recharge is not a sign of weakness. It is a reminder that none of us is fully independent. We need one another and we need God.

Turn with us to Mark 5.

Earlier we mentioned that Dolores seemed to be invisible until she “popped up” with tidbits of information. This is another “superpower” of Fives. You can hide in plain sight! When something needs to be quietly accomplished, Fives, you are uniquely positioned to get it done. For the rest of us – we need to be aware of this gift and take a page from Jesus' playbook. People need to be seen. Let's look quickly at the story of the woman with the issue of blood. Quick background, the Law declared that bleeding made a person unclean. For most women, that meant they were untouchable once a month. However, sometimes there are medical conditions that can cause a woman to bleed more frequently, even incessantly.

**A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself,**

“If I can just touch his robe, I will be healed.” Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, “Who touched my robe?”

His disciples said to him, “Look at this crowd pressing around you. How can you ask, ‘Who touched me?’”

But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, “Daughter, your faith has made you well. Go in peace. Your suffering is over.” -- Mark 5:25-34

The woman’s medical condition had isolated her, left her desperate and without money. She literally reached out in faith, purposefully remaining unnoticed and unseen by everyone EXCEPT Jesus. He knew what she had done. And she did something even braver when she admitted it in front of everyone. Fives, when you reach out in faith, God sees you. And sometimes, you may be asked to turn off your “invisibility cloak” and let the rest of us see you and what God is doing through you and your faith. Jesus’ calling the woman out allowed others to see what faith in action looked like. It also established the woman MATTERED. The crowd saw her AND they knew she was no longer suffering and no longer untouchable. Imagine the hope that gave others who were suffering alone. Our dependence on God and one another is vital to our health – physically, mentally, emotionally, and spiritually!

Church, we can love our Fives better. We can give them the space and time they need to process – information, emotions, experiences. We can be encouraging and understanding when they need to go home and recharge even though the rest of the group is still enjoying the party. We can learn to recognize when our attempts to “help” or “comfort” them have become about our needs and not theirs, and then gently back off. We can make sure we look for them and make sure they are truly seen. We all need to be seen. [Picture of Mariano and Dolores from the “I see you and I hear you” conversation at the end]. We can learn to recognize when they need us to be with them and when they need space.

## Communion + Examen

Today, as we join together at this table set out for all of us, know that there is more than enough for everyone. You are welcome, you are seen, you are loved – just as you are.

When in the last week have I hoarded my knowledge, time, and/or affections because I was afraid I didn’t have enough?

When in the last week have I hidden from others even when we were physically in the same space?

When in the upcoming week might I be tempted to avoid interacting with or depending on others out of fear that I don't have enough to share?

How can I take time to see those who might be hiding in plain sight or to allow others to see me?

## Assignment + Blessing

Fives, this week make an opportunity to connect with someone else — invite them to spend time with you, and share your thoughts and feelings with them.

Look for those who might be physically present but remain unseen. Make time and space for them so they know they are seen and loved.

If you find yourself hoarding your time, thoughts, feelings, and affections, take time to analyze what is making you feel there is not enough or that you are not enough. Then remind yourself that God supplies all these needs from his infinite resources and love for you.