

ENNEAGRAM + PRAYER

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*One*  
*The Reformer*

# One - The Reformer

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## NATURAL STRENGTHS

- Intrinsically motivated and self-disciplined
- Loves routine and structure
- Values honesty and being morally right

## OPPORTUNITIES FOR GROWTH

- Accepting (and giving) forgiveness
- Taking breaks from tasks and embracing quiet
- Putting aside the fear that you're not praying "correctly"

## ACTION STEPS

- 1. Walk and pray.** Break the mold of what the "right" way is to spend time with God (AKA an hour-long prayer and Bible study time each morning) and experience God in a new way, like in nature as you listen to a Psalm about creation on your earbuds.
- 2. Practice silence and solitude.** Have times where you simply "be" and don't feel bad about it.
- 3. Create a prayer routine.** Cater to your love for routine by theming your prayer times (Monday – pray for others, Tuesday – self, etc. )

