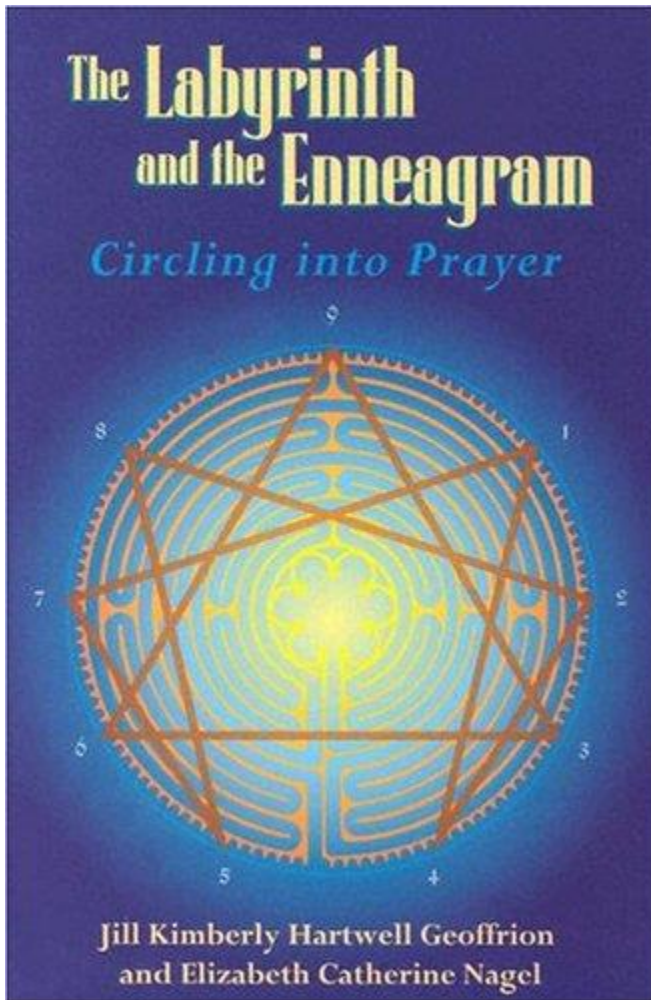


Small Groups: Spiritual Formation; **The Labyrinth and the Enneagram**



The labyrinth has become one of the most recognized symbols of contemporary spirituality. Walking, praying, and living the labyrinth is a path taken by millions of Christians and others toward a deeper connection with the sacred. Many devotees are ready for the next step. The enneagram is a psychological model of how individuals understand and organize their perceptions about experience. It identifies nine positions of attention that affect the ways in which each of us responds to the sacred and to others. The labyrinth becomes a place to explore these perceptions in a spiritually nurturing environment. Readers are given an orientation in the enneagram and an explanation of the nine positions, as well as exercises on the labyrinth to identify barriers within. References from scripture are a part of each exercise. From these experiences, readers will enjoy the transformation that arises from new learning and insights. Space for journaling and reflection is provided with each experience.

Holly Irvin- Knowledge of the Enneagram would be helpful before using this guide for spiritual formation. The book suggests that all of the participants use the Guide suggested for Enneatype #1 together in one setting, and then #2, etc, making this a 10-11 week session. It is suggested that participants walk a labyrinth journaling with the pages in the guide, and then share any insights together afterwards.

There is a small labyrinth in brick at Wesley United Methodist Church, and a larger one with pavers/grass at First Presbyterian Church, Normal.

Resource was used by _____ (Small Group) _____ (month/year)

Comments _____

Resource was used by _____ (Small Group) _____ (month/year)

Comments _____

Resource was used by _____ (Small Group) _____ (month/year)

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