

THE ENNEAGRAM & PRAYER

Observe Then Connect

Website Reference for this material:

<https://lisanotes.com/connection-style-prayer-practice-enneagram-18/>

The Enneagram shows *we observe the world through three modes (Intelligence Centers)*—gut (body), heart, or head.

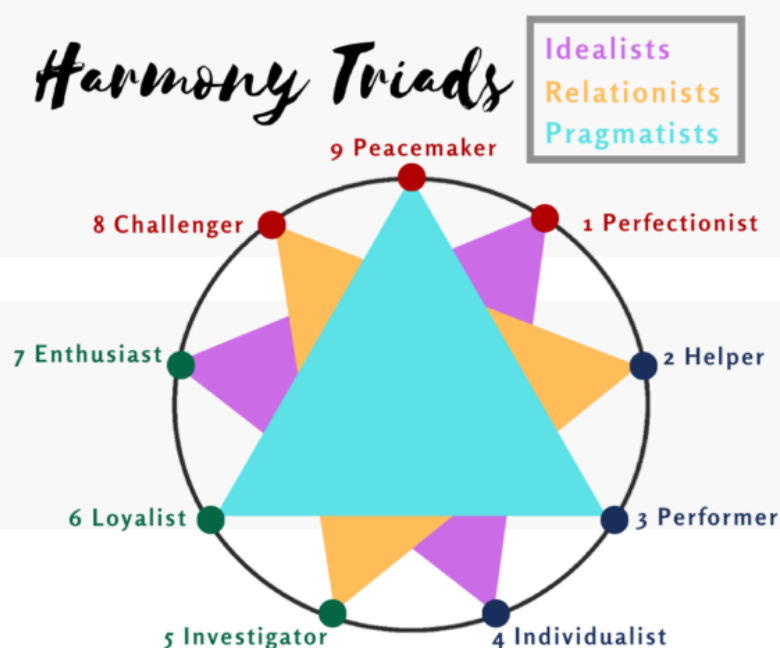
But how do we *connect* with what we *observe*? The Harmony Triads give us these three styles:

- Idealism (Types 1, 4, 7)
- Relational (Types 2, 5, 8)
- Pragmatism (Practicality) (Types 3, 6, 9)

The origin of the Harmony Triads is credited to Dr. David Daniels, a clinical professor of psychiatry and behavior sciences at Stanford Medical School. The information that follows is the interpretation of the Harmony Triads by Christopher Heuertz in *The Sacred Enneagram*.

The 3 Harmony Triads

The Harmony Triads divide the Enneagram into a set of 3 equilateral triangles.



Idealists (Types 1, 4, 7)

This group relates through its dreams for a better world. It envisions the world thriving in the best possible way.

- 1s—Want a perfect world as things ought to be
- 4s—Want an ideal world in which nothing important is missing
- 7s—Want a positive world free of suffering

Relationists (Types 2, 5, 8)

This group relates to the world through connections. It encompasses the flow of three basic moves in all relationships.

- 2s—Move toward others to take care of them
- 5s—Move away from others for perspective
- 8s—Declarative with others to speak out

Pragmatists (Types 3, 6, 9)

This group relates to the world through what works. It seeks the following practical considerations:

- 3s—Seek a practical role in the world
- 6s—Seek a safe existence in the world
- 9s—Seek a comfortable position in the world

The Goal? Transformation

As with everything in the Enneagram, **we all do all of these.**

But we don't all do them equally. We have predominant patterns.

The more we understand our patterns of relating to God and each other, the more we can use them to grow. **We desire wholeness and complete connectivity**—both through our own patterns that come naturally as well as from the best from other patterns.

Learning about ourselves isn't the end goal; it's only the means to a goal.

As A.J. Sherrill says in *Enneagram & the Way of Jesus*,

“Information is good, and application is better, but transformation is best.”

Spiritual Practice: —Praying Intentionally

To put this into practice, overlay your Intelligence Center prayer posture (solitude, silence, or stillness) with your Harmony Triad prayer intention (rest, consent, or engagement).

From Series #17, [the prayer postures for the Intelligence Centers](#) are:

- Heart types—use solitude
- Head types—use silence
- Gut (Body) types—use stillness

Now add on a prayer intention per your Harmony Triad. These three intentions help us connect more fully with God. Excerpted from Christopher Heuertz's *The Sacred Enneagram*:

- **Idealists—1, 4, 7**

REST

Rest in God's love. Receive it as the ultimate source of goodness. Take a break from the frustration of living up to the impossible standards of excellence, originality, or flexibility. Know it is okay to relax.

- **Relationists—2, 5, 8**

CONSENT

Consent to God's love. Actively agree to stop trying to earn it, figure it out, or resist it. Say yes to being present to God. Choose to trust he will be there and will be enough.

- **Pragmatists—3, 6, 9**

ENGAGE

Engage God's love. Loosen your grasp on trying to maintain admiration, confidence, and harmony. Engage the love God already has for you. Let him silence your fears and bring an inner, grounding peace to break any desires to run away.

Unique Prayer Practices for each Type

Combining solitude, silence, and stillness with rest, consent, and engagement, gives each number on the Enneagram a specific spiritual practice unique to their number.

Again, read more about each in *The Sacred Enneagram*.

1—Perfectionist

Rest in stillness

2—Helper

Consent to solitude

3—Performer

Engage solitude

4—Individualist

Rest in solitude

5—Investigator

Consent to silence

6—Loyalist

Engage silence

7—Enthusiast

Rest in silence

8—Challenger

Consent to stillness

9—Peacemaker

Engage stillness