



If you would more fully express yourself before the Lord, study first your filthy estate; secondly, God's promises; thirdly, the heart of Christ.

JOHN BUNYAN





How To Ask Questions

Address The Counseling Questionnaire

*Proverbs 18:13 If one gives an answer before he hears,
it is his folly and shame.*

- The answers you offer need to have thoughtful consideration and deliberation.
- Taking notes during sessions helps in a multitude of ways as you consider what they are saying.

Mark in your notes red flag issues that you can address either during or in the next session. Not everything needs to be addressed right away.



How To Ask Questions

- As you listen be sure to analyze their answers against the Scriptures that should be running through your mind during the conversation

*Pro 20:5 The purpose in a man's heart is like deep water,
but a man of understanding will draw it out.*

- Train your heart and mind to think biblically as you speak to individuals. Prepare thought provoking passages of Scripture ahead of time as you study before counseling
- This takes time and practice, but you must engage the person you are helping with biblical truth, they must sense that about you, so biblical truth needs to permeate your life and your thinking at all times

How To Ask Questions

- PRAY as you talk to themthat the Holy Spirit would use His Word to help this person come to God's view point and conclusions.
- Both of you are fallible so be sure as you pray to ask the Holy Spirit to enlighten you as you listen, and reassure them you are doing your best to understand.

Psa 64: 6For the inward mind and heart of a man are deep. 7 But God shoots his arrow at them; they are wounded suddenly.

..... 9 Then all mankind fears; they tell what God has brought about and ponder what he has done. 10 Let the righteous one rejoice in the LORD and take refuge in him! Let all the upright in heart exult!



How To Ask Questions

- Scriptures encourage us to ask God to reveal our hearts desires.
- *Psa 139:23 Search me, O God, and know my heart! Try me and know my thoughts! 24 And see if there be any grievous way in me, and lead me in the way everlasting!*
- That could be sin that is hidden
- That could be viewpoints about life that are distorted
- That could be a misrepresentation of facts
- That could be hidden pride
- That could be learning something about ourselves we did not know



How To Ask Questions ^S

It Is Crucial That You Are A Good Listener.

- Learn to be a patient listener..... You don't always have to talk 😊

James 1:19 “be quick to hear, slow to speak”.



How To Ask Questions

- Those who you will be working with often come to counseling with an agenda.
- You also will have an agenda since you have read the counseling questionnaire and may have had short conversation with the person you are about to counsel.
- Both agendas may be very different, but it is up to you in the first session to think through how you are going to move the agenda toward biblical thought and application.



How To Ask Questions

- Again, it is important to listen very carefully so that you set the agenda properly.
- If it seems to the person that you are talking with that you are not going the right direction, that is ok, ask for clarification and listen.
- Be sure you set the agenda, not the person who you are helping, be careful of manipulation.



How To Ask Questions

- It might take another week to completely understand what you read in the counseling questionnaire, against the conversation you just had for an hour or an hour and a half.
- After the session (the real work), is when you begin to write your assessment and think through the biblical path that should be taken to resolve the issues at hand. PRAY, think, ask, and search God's Word as you meditate on the counseling case.
- Always be open to talking to someone who can help you with a counseling case. Use generic terms and generalities so as not to disclose too much information or identify the person.



So What About Questions?

- Avoid yes and no questions unless you are looking specifically for a yes or no answer.
- If you do ask a yes or no question make sure there is ample explanation of why the question was answered by a yes or no.
- “Were you mad”, is a question that would be answered by a “yes or no”.



So What About Questions?

- Follow up with an explanation of what made them mad, not necessarily why they were mad.
- Often why questions give too much leeway, whereas what questions, like, “what were you thinking when you were mad, what made you think that you had the right to be mad”, get to the heart of the matter.



So What About Questions?

- Ask specific questions that point to the counseling questionnaire answers and conversation.
- You can prepare for a session by asking yourself, “how did this happen”, “what for, what was the intention”, “is this a pattern, does this happen all the time” “what is the big picture item going on here, repentance.
- Think about their God centeredness or consciousness, life purpose of pleasing and glorifying God, what expectations are presented, where is love God and your neighbor missing, what about heart motives.”