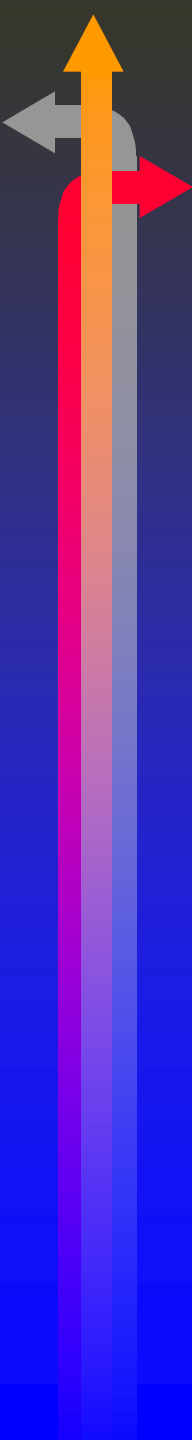
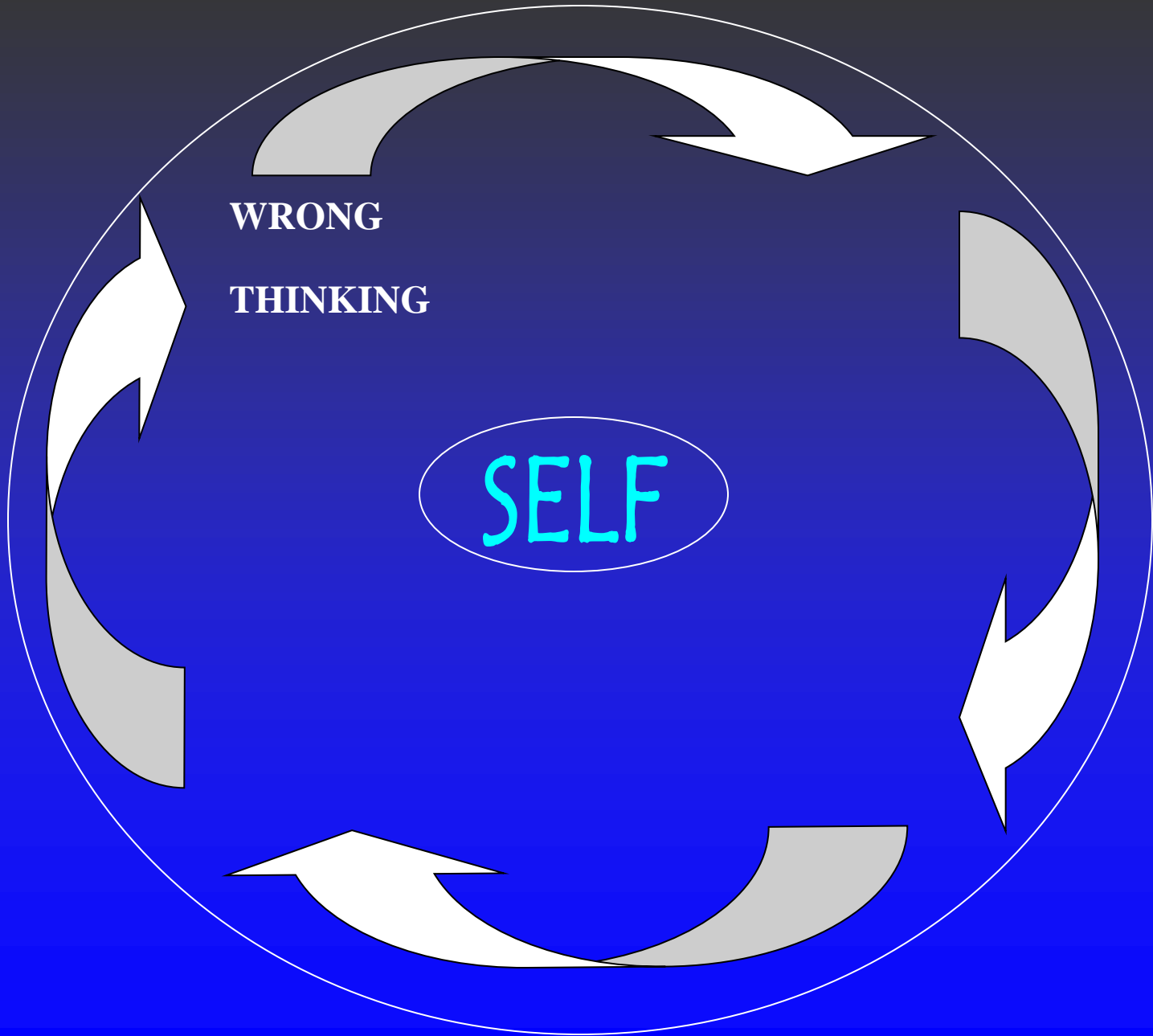




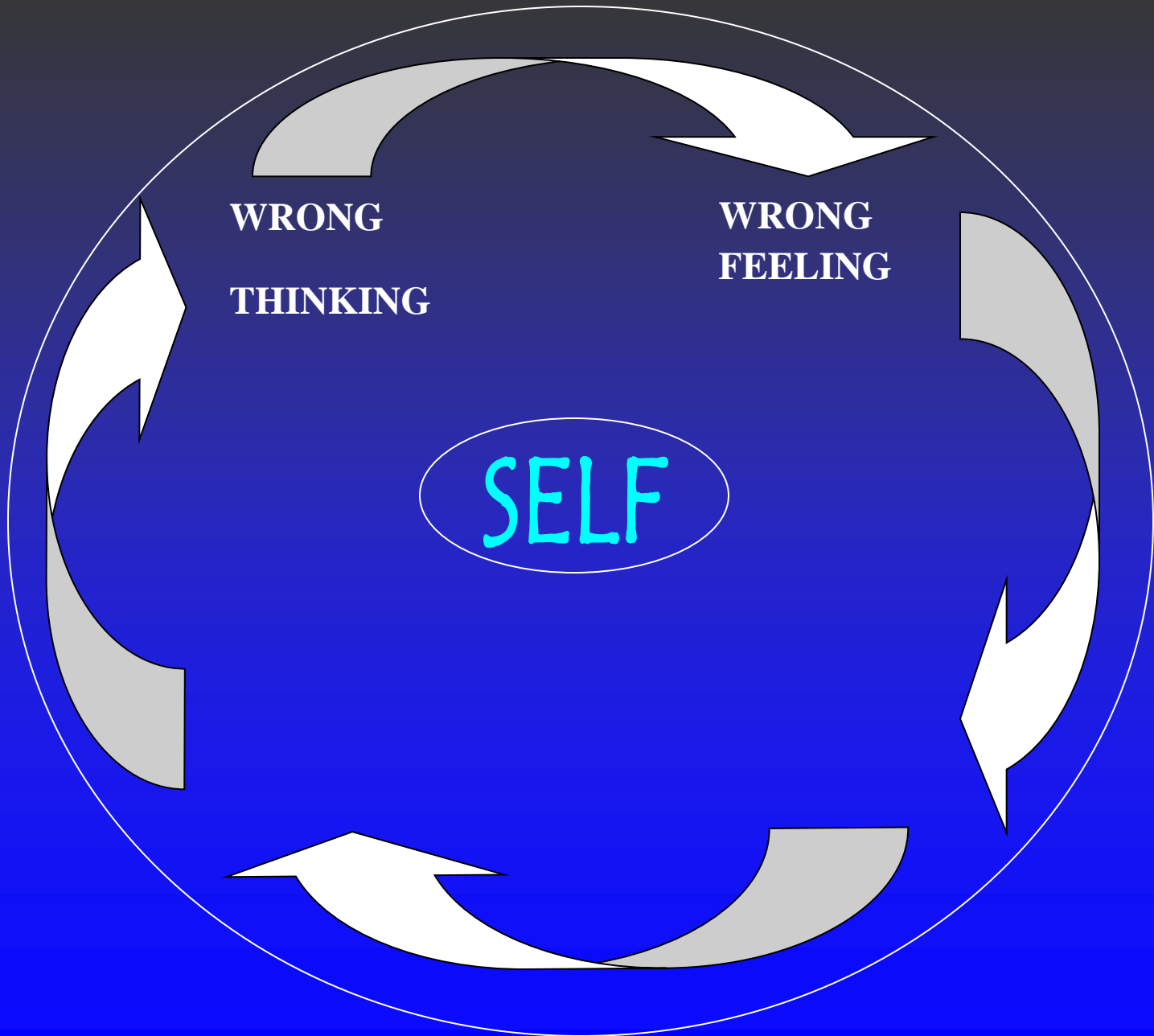
**Homework That
Gives Hope For Change**

**Moves a Person Away From Self
And Upon God in Christ**

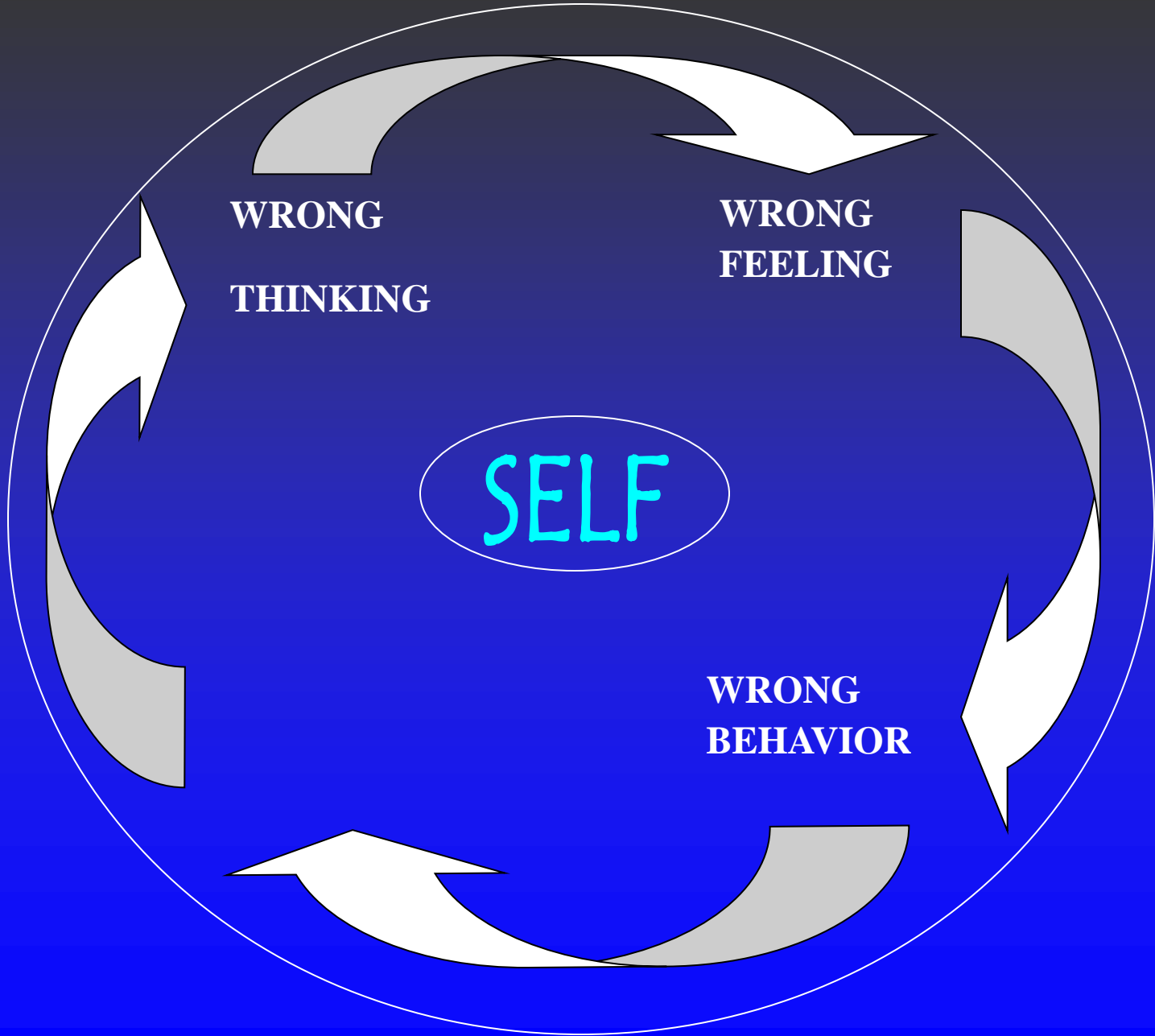
SIN CYCLE



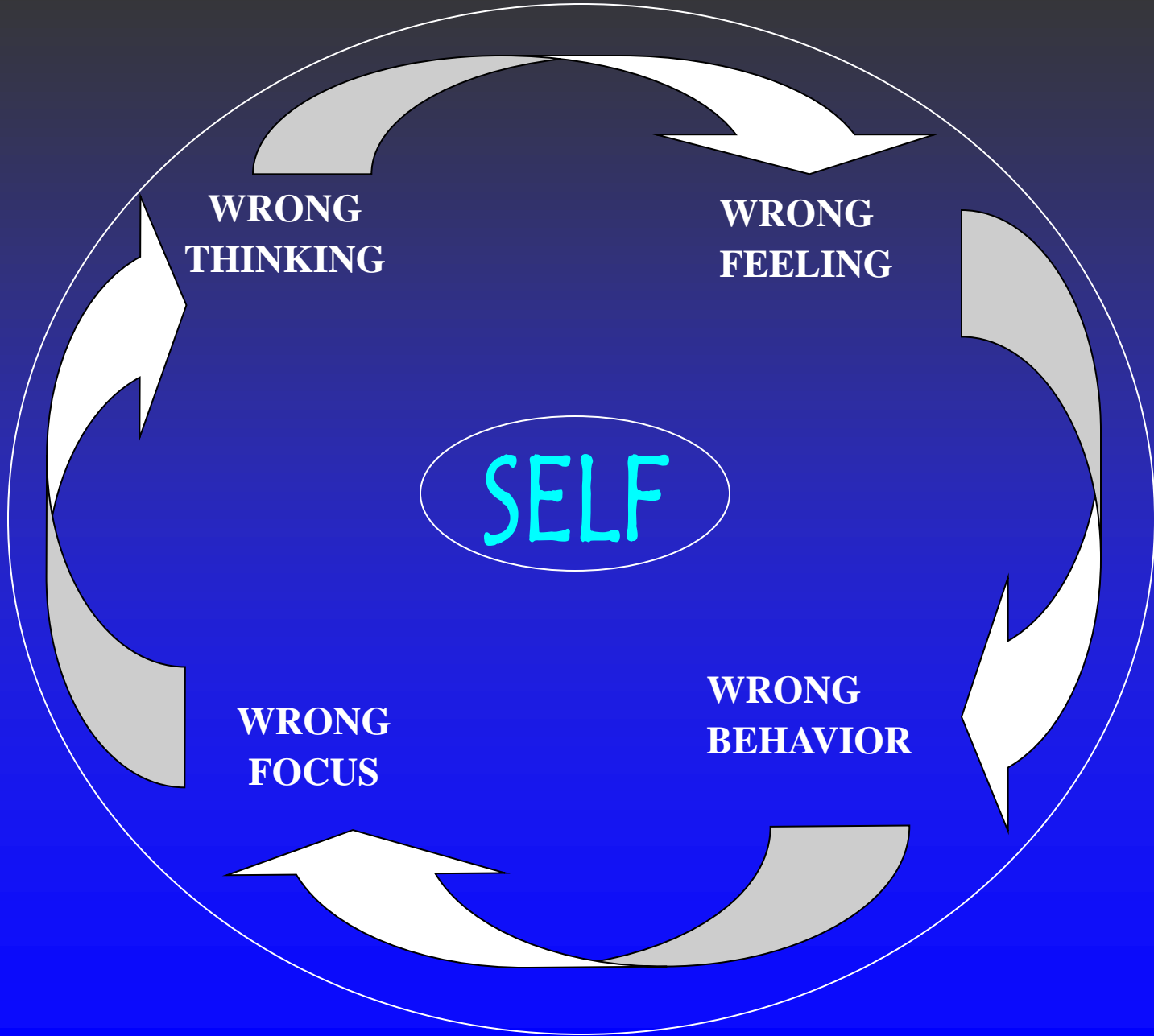
SIN CYCLE



SIN CYCLE



SIN CYCLE



**WRONG
THINKING**

**WRONG
FEELING**

SELF

**WRONG
FOCUS**

**WRONG
BEHAVIOR**

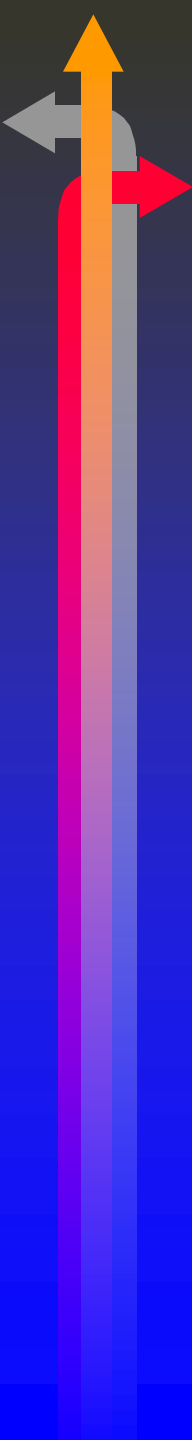
How To Ask Questions

Counseling Questionnaire

It Is Crucial That You Are A Good Listener.

*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, so as you listen be sure to analyze their answer against the Scriptures that should be running through your mind during the conversation.



This is how He exposes our heart attitudes and desires. When we get to know God through His Word, we get to know our true hearts desires better. You cannot know your heart by looking into yourself, or utilizing some form of self-interpretation.

You begin to know your heart by getting to know God through His Word, this is how He reveals your heart, and this how He will use others to help you draw out what is going on in your heart.

- The only way someone can “draw it out”, that is the “purpose in a man’s heart”, is to expose the heart to biblical Truth, and then pray for the Holy Spirit to use His Word to help that person come to God’s view point about their lives.
- In fact 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!

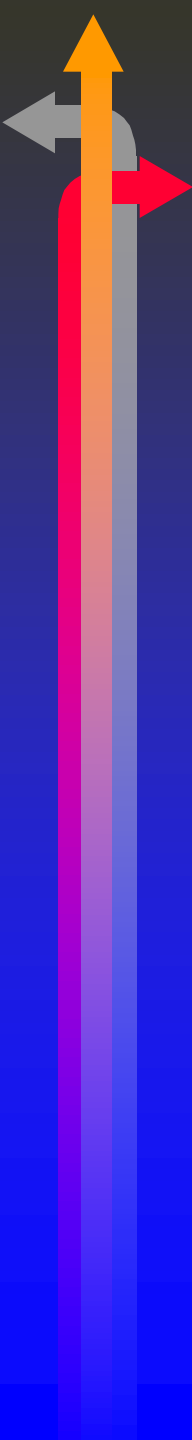
How to ask questions

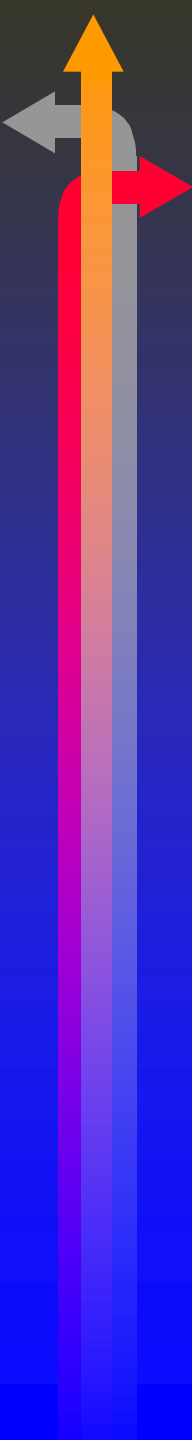
It Is Crucial That You Are A Good Listener.

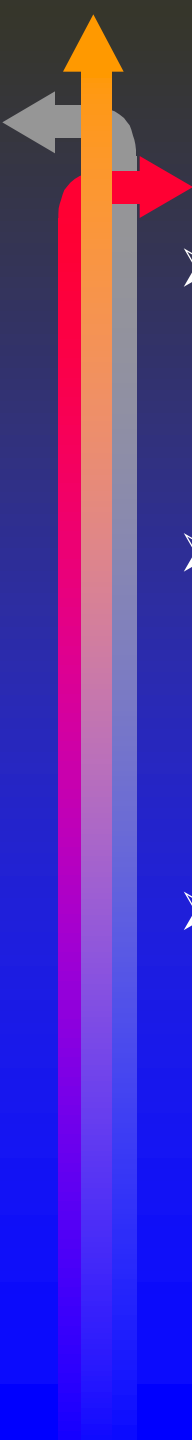
- Train your heart and mind to think biblically as you speak to individuals and learn to be a patient listener.

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

- 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.

- 
- 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.
 - Of course both of the 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.

- 
- 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.
 - Both of you are fallible so be sure to pray as you counsel and ask the Holy Spirit to enlighten you as you listen to the person you are helping, and reassure them you are doing your best to understand.
 - Be sure to set the agenda, not the person who you are helping, be careful of manipulation.

- 
- It might take another week to completely understand what you read in the counseling questionnaire up against the conversation you just had for an hour or an hour and a half.
 - After the session 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.



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”.
- 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.



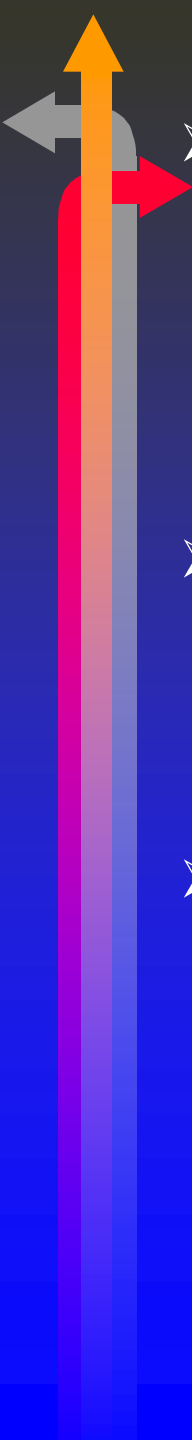
So What About Questions?

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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, 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.”

- 
- You are not attempting to necessarily interpret the answers given or setting yourself up to false conclusions because of the lack of information before the first session, this is just doing some probing before the session so that you can be better prepared.
 - Your thoughts and prayers upon the incomplete data on the questionnaire are to prepare you, you are just thinking through the case before it comes to you, that is all.
 - It can be as simple as making a two column list from the counseling questionnaire, column one, what I know, column two, what I don't know but need to ask about.

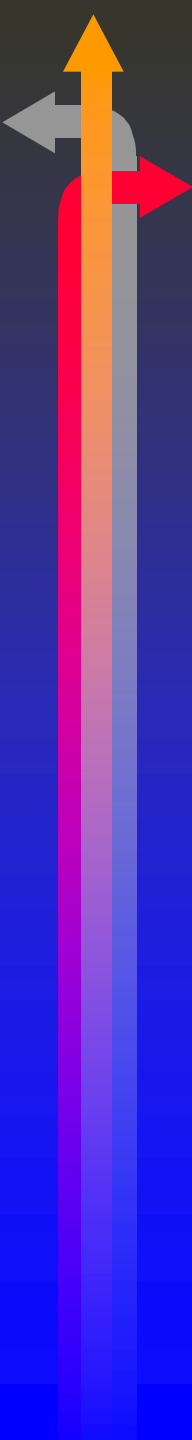


So What About Questions?

- Questions that clarify should be questions that are thoughtful and gracious, relevant and produce facts.
- When you ask a question concentrate on root issues not surface issues.
- Good questions help with good discernment and produce facts that will be stepping stones to help an individual from the heart level.

1 Thessalonians 5:21 but test everything; hold fast what is good.

- 1) What do you love? Is there something you love more than God or your neighbor?
- 2) What do you want? What do you desire? What do you crave, long for, wish? Whose desires do you obey?
- 3) What do you seek? What are your personal expectations and goals? What are your intentions? What are you working for?
- 4) Where do you bank your hopes? What hope are you working toward or building your life around?
- 5) What do you fear? Fear is the flip side of desire. For example, if I desire your acceptance, then I fear your rejection.



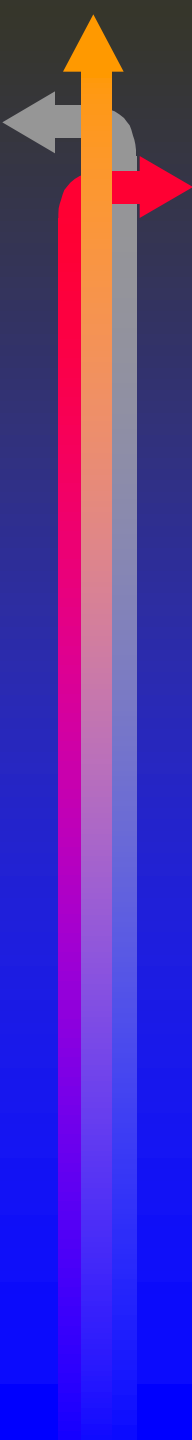
6) What do you feel like doing? This is a synonym for desire. Sometimes we feel like eating a gallon of ice cream, or staying in bed, or refusing to talk, etc.

7) What do you think you need?

8) What are your plans, agendas, strategies, and intentions designed to accomplish? What are you really going after in the situations and relationships of life? What are you really working to get?

9) What makes you tick? What sun does your planet revolve around? Where do you find your garden of delight? What lights up your world? What food sustains your life? What really matters to you? What are you living for?

10) Where do you find refuge, safety, comfort, and escape? When you are fearful, discouraged, and upset, where do you run? Do you run to God for comfort and safety or to something else? (To food, to others, to work, to solitude?)



11) What do you trust? Do you functionally rest in the Lord? Do you find your sense of well-being in His presence and promises? Or do you rest in something or someone else?

12) Whose performance matters to you? Do you get depressed when you are wrong or when you fail? Have you pinned your hopes on another person? Are you too dependent on the performance of your husband, wife, children or friends?

13) Whom must you please? Whose opinion counts? From whom do you desire approval or fear rejection? Whose value system do you measure yourself against? In whose eyes are you living?

14) Who are your role models? Who are the people you respect? Who do you want to be like? Who is your "idol"? (In our culture, this word is used for role model.)

Questions That Help Bring Clarity

1. Can you think of a more gracious (or another appropriate biblical term) way to say (or respond to) that?
2. What exactly did you do? (instead of “Did you do that?”)
3. What went through your mind when you did/said that?
4. What did you want (long for, crave) when you did/said that?
5. Are you more concerned about pleasing yourself or pleasing God?
6. How exactly was God glorified by what you said or did?
7. Did you pray about that decision before you made it?
8. What was the biblical basis for that decision?
9. How did those words build up or minister grace to that person?
10. If I were to ask whoever observed the behavior in question if what you did was right, what would she (or he) say?



How To Help People Answer Questions

Psa 119:34 Give me understanding, that I may keep your law and observe it with my whole heart.

Psa 119:104 Through your precepts I get understanding; therefore I hate every false way.

Psa 119:125 I am your servant; give me understanding, that I may know your testimonies!

Psa 119:130 The unfolding of your words gives light; it imparts understanding to the simple.

Psa 119:144 Your testimonies are righteous forever; give me understanding that I may live.

Psa 119:169 Let my cry come before you, O LORD; give me understanding according to your word!

