

HeartConnexion Coaching Tool - The Question Connexion – Going Deeper

“Why do you ask?” “What do you want?” Throughout the Bible we find not only that people asked questions of Jesus, but also Christ’s example of asking questions of those around him and the questions he asked of His Father.

“Behind every question is a statement; behind every statement is a feeling.” This statement can make you stop and think about the questions you ask or that you answer. For many parts of our life we learn all the nuts and bolts of a subject, whether it be our faith, work, school subject, etc., by asking questions and memorizing the answers. But have you discovered that knowing all the nuts and bolts does not make for “real” relationship or conversation. Are we really creating a relationship where we can hear what the other person is thinking or feeling or empowering them to know what we think or feel?

We can gain intimacy in our conversations and relationships by learning the principle of hearing and understanding others feelings and our own feelings by use of some key questions:

- 1) Probing Questions – provide us with more information or insight into the person’s position with mercy. *“...Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?”* Mark 3:1-6. These are non-accusing. Caution: Probing questions can be overused. Making an observation first can soften probing questions. Example: “That’s an interesting question (or statement or position), why do you ask? Or can you explain more to me?”
- 2) Personal Questions – help reveal inner feelings. *“But what about you?”* he asked. *“Who do you say I am?”* Mark 8:29. Jesus asked this question as an invitation or to give permission for honesty to His disciples. Personal questions ask for disclosure of personal thoughts or feeling. These questions say I want to know more about the inner you. When Jesus entered Jericho and Bartimaeus cried out to Jesus...Jesus asks Bartimaeus a personal question... “What do you want me to do for you?”
- 3) Processing Questions – these questions guide the direction or safety of the conversation. It can be in the form of “...I sense this is difficult for you. If you want to share, I’ll listen...” These processing questions can also give insight to the questioner about how the person is handling a situation. Example: “...What is it like for you to know... or feel...?” It also gives permission or invitation to share, but never demands it.
- 4) Provocative Questions –Thoughtful conversations are generated from provocative questions. Note, I did not say arguments. Provocative questions get to the heart of the matter. They are the question no one has ever asked before.

When questions are asked and answered in thought and care, it opens the door to interaction and intimacy. Asking questions or honestly sharing answers to questions strongly suggest that we need to listen to and value what the other person has to say. Asking questions requires us to focus on the other person, to give value to them.

So what are the statements behind your questions and what are the feelings behind your statements?

Small Group Sharing:

In what ways have or could your conversations change if you used this tool?

How could the people with whom you are in relationships benefit from this tool?

What challenge would there be to living this tool in your life?

How would your life be different if you started using this tool for HeartConnexion living?

Wanda Ray, HeartConnexion Coaching, Voice 913-492-8820 Email: wanda@heartconnexion.org

Adapted from “Let Me Ask You Something” Becky Brodin