



Asking Good Questions

Asking Good Questions in a One-on-One Setting

For many leaders, a one-on-one setting can be intimidating. There are times when you don't know what to say or how to get someone to open up. You walk away from the table thinking, "Did we even get anywhere? Or did we just catch up on funny YouTube videos...?" This resource is a compilation of the Chi Alpha staff's favorite and essential questions for one-on-ones. You probably won't (nor should you) ask all of them in one sitting. Before you meet with someone, look over this list and decide on one or two questions you want to ask. You also may want to record what was asked or shared, so you can remember to follow-up next time.

Favorite Go-To Questions

- What have you been reading lately?
- Where have you seen the Spirit at work in your life in the past week?
- What has been the high or low of your week?
- What did you think about the message at Monday Night Live?
- What encouragement, challenge, lesson, or reminder has God been speaking to you?
- How are the relationships in your life?
- How do you think your past impacts you today?
- Where would you like to grow?

General "Checking In" Questions:

- How was your weekend?
- How was core group?
- How is your schedule and how are you using your time?
- How is it between you and your significant other?
- How is your living situation?
- How do you feel about yourself?
- Where have you seen the Spirit at work in your life this past week?
- How have you been spending your devotional time?
- What has God been saying to you lately?
- How can I support you in prayer?

Difficult, Important Questions:

- What has been weighing on your heart recently?
- How are classes going? Are you going to all of them all the time?
- Are you struggling in any particular class? If so, are you seeking help?
- How would you describe your relationship with God right now?
- Have you been consistent in prayer and Bible reading?
- What have you been reading about?



- What are you learning about God? About yourself?
- What are you trying to apply?
- What have you been praying about?
- What did you learn from a recent sermon/teaching that you are applying?
- Have your words and actions given glory to God this week?
- Have you been exposed to sexually alluring material this week?
- Have you coveted something that does not belong to you?
- Have you been honoring, understanding, and charitable in your important relationships this week?
- Have you been thinking of your finances this week?
- Have you damaged another person by your words, either behind their back or face-to-face?
- Have you given in to any addictive behavior this past week?
- Have you continued to harbor anger or bitterness toward another?
- Have you secretly wished for another's misfortune so that you might excel?
- Have you been completely honest with me?

