

Theory 9

THE ART OF ASKING GOOD QUESTIONS AND LISTENING, PART I

Objective: To gain further competency when leading the **first** half of a mentoring session by asking questions to capture a general sense of the mentee’s interior/spiritual life and identify a particular issue.

Note: *These are suggested questions. This is NOT a script, but rather a guide so that the mentoring session is organic and natural, while still achieving the objective. Further, you will only ask one or two questions, NOT all of these, to gain the picture of your mentee’s spiritual life.*

Intro: This exercise assumes that you and your mentee have already developed a Plan of Life detailing a strategy for serving Jesus, others, and then oneself to become united with God. The acronym J.O.Y (Jesus, Others, Yourself, taken from Mother Teresa) establishes the priority of information we’re trying to understand.

In the margin, you will notice a letter—J, O, or Y, indicating the category of question. To reiterate, this is not a script; rather, it is organized to aid the mentor in coming up with various kinds of questions naturally to gain a deeper understanding of the mentee’s current spiritual state.

Sample Questions:

1. Last time we talked about you doing _____. Tell me, how did that go?
(vs. Homework)

J 2. Explain again the ideal prayer routine. Possibly ask them to grade themselves.

A = I do all of that

F = I put in no effort.

What grade do you give yourself and why?

- J/O/Y **3.** How are you doing living out your Rule of Life?
- J/Y **4.** What are your struggles, successes, and inspirations since we last met?
In other words, what's God put on your heart today?
- J/Y **5.** What are you reading spiritually? Is this helpful, why or why not?
What resolutions came out of that?
- J/Y **6.** What are the positive or negative emotions you've experienced regularly since we last met (bored, tired, lonely, anger, stress, tiredness, joyful, excited, etc.)?
- J/Y **7.** What have you been reflecting on? What keeps coming up?
- Y **8.** What is your body telling you these days?
- Y **9.** What stuff/ material goods in your environment trigger positive or negative emotions?
- O **10.** How is/are your spouse/ your children/ grandchildren/ friends doing? Good or bad issues? Anything worried or excited about?
- O **11.** What's going on at work? With your boss/ staff/ colleagues?

Sample question to lead to 2nd part of mentoring session:

Which one of these would be most helpful for us to focus on?

Conclusion: These sample questions are designed to give you, the mentor, an aid when it comes to asking good questions of your mentee. They are organized into three relational categories (Jesus, Others, Yourself) to inspire your conversation and fulfill the objective for the first half of your mentoring session: gain a general understanding of the mentee's spiritual life to identify a particular issue.