

FOUR QUESTIONS

TO SPARK AUTHENTIC CONNECTION

“ Questions offer a simple way to communicate that we care while reminding us that we have so much to learn. Better questions will revive our dinner table conversations and breathe life into our everyday connections with the ones we love.

Questions allow us to tap into that sacred space beneath the surface.

True connection begins with active listening. Since we could all use a little conversation make-over, here are four questions that foster authentic connection. These questions can add insight, depth, and beauty to everyday exchanges within our homes and within our marriages.

1

How can I pray for you?

Instead of “How are you?” try asking, “How can I pray for you?” And then commit to prayer whatever is shared with you.

2

Can you tell me more?

When you think you know exactly what your spouse is saying, ask this question: “Can you tell me more about that?” This gently draws out what’s underneath that first layer of conversation.

3

What do you need right now?

Asking “What do you need right now?” directs you to specific ways you can bless your spouse. This one has the capacity to completely alter our most precious relationships.

4

Why?

Adam McHugh says a listener’s best friend is the “why” question. Rather than disagree, relate, fix, or solve, let a “why” question jump-start a better conversation. Here are some examples:

“Why do you hold that belief?”

“Why is that important to you?”

“Why does that bother you?”

“Why did that hurt you?”

“Why do you feel that way?”

As our questioning improves, so will our listening.

QUESTIONS:

FOUR QUESTIONS

On a scale of 1-10 (one being very poor and ten being excellent)

How connected do you feel to your kids?

1

5

10

On a scale of 1-10 (one being very poor and ten being excellent)

How connected to do you feel to your spouse (if married)

1

5

10

Make a list: What are some interests and activities your kids enjoy?

On a scale of 1-10 (one being very poor and ten being excellent)

How often do you pray for your kids?

1

5

10

What was the last conversation you had with your kids? How deep was it? what are some ways you can use these four questions to go back and deepen that conversation?

Challenge: How are meal times in your home? Plan three intentional meals with your family this week. Write out the menu below.