

# Creating a Healing Conversation

## 1. Most important and most challenging is listening.

James 1:19 says everyone should be quick to listen, slow to speak, slow to anger.

We all want to be SEEN. How can we do that?

- If this is someone we don't know well or someone we just met, try to find common ground such as \_\_\_\_\_
- We should listen to UNDERSTAND not RESPOND

## 2. Be nonjudgmental.

- How can we do that? Ephesians 4:32 says "Be kind and compassionate to one another, forgiving each other, just as in Christ our God forgave you"

What does that mean? We all judge and we have to set that aside.

- Nonjudgmental questions and statements
- Instead of "I told you so" you could say \_\_\_\_\_
- Instead of "What were you thinking?" you could say \_\_\_\_\_
- Instead of "You got yourself into this situation now how are you going to get yourself out" say \_\_\_\_\_
- Instead of "I know how you feel" you could say \_\_\_\_\_
- In stead of You have to do it this way you could say: \_\_\_\_\_

3. Am I being too nosy? Do I have to listen?

## 4. Reflection

- Repeating back what you heard without judgement. This slows down the conversation and also clarifies statements made.

### 5 Avoid the temptation to FIX others.

- Most folks are more likely to seek change or to find a deeper faith when they are in crisis. Our job is not to **FIX** the situation. Perhaps God has a plan for this person and we don't want to get in the way of their ability to use that opportunity for them to grow. But we can walk alongside them and help them in faith, to pray as well as give them ideas and referrals.

### QUICK TIPS FOR A CONVERSATION THAT IS "STUCK"

- 1. I don't know the answer. (can I research + get back to you?)
- 2. Are you ok? (good response to anger).
- 3. What have you done in the past? Here is where the answers could be very important so listen carefully and feel free to ask questions such as what do you mean by that?  
*Did it work?*
- 4. If you had a magic wand + could change something for the next 24 hrs. what would it be?  
How can I help you with that?
- 5. What will happen if things do not change?  
(listen for self harm or suicidal + get help if needed).
- 6. Can I pray for you?

**Person #1** You are a teenage son who comes to your parent and says, obviously angry "I hate school and I want to quit and just get a job"

**Person #2**- "You say to your friend, Do you know any good Christian marriage counselors in the area?"

**Extra credit** : A friend says to you "I hate my life and I hate your God."