

# One-Question Spiritual Conversations

## WHY ASK SPIRITUAL QUESTIONS?

Good questions open hearts. In ministry and discipleship, asking the right question can create space for people to reflect on how God is at work in their lives and to name what they may not have noticed before.

Jesus often led with questions. His questions drew people closer, invited honesty, and created space for transformation.



What do you want me to do for you? *Mark 10:51 NIV*

In a noisy world, one well-placed spiritual question can help someone pause, listen for the Spirit, and respond from a deeper place.

Spiritual questions are beneficial in:

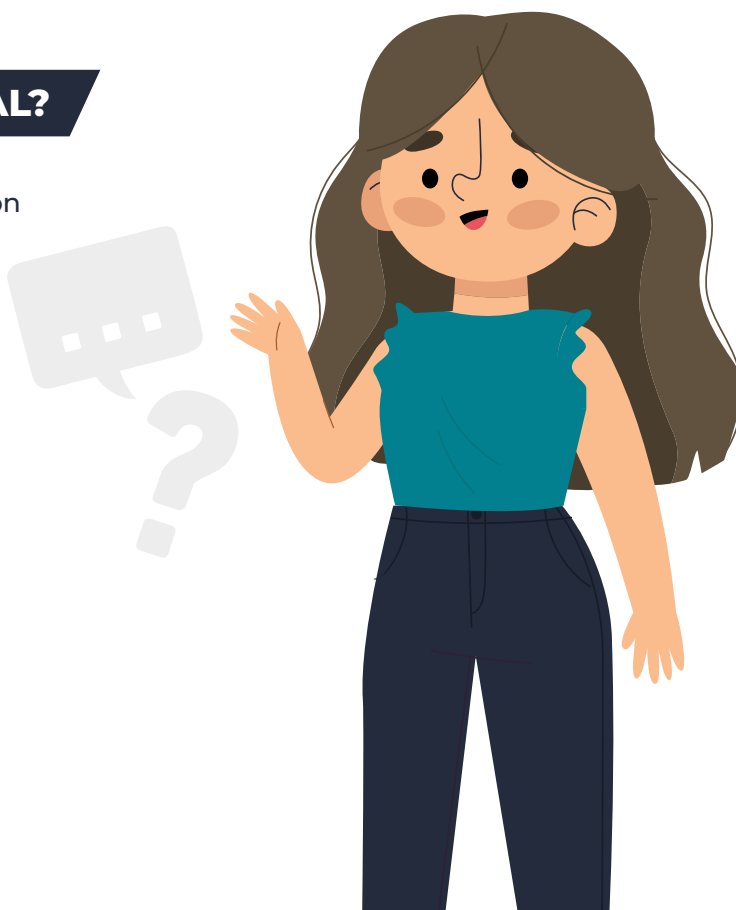
- One-on-one conversations
- Discipleship groups or connect groups
- Leadership meetings
- Team check-ins and retreats

## WHAT MAKES A QUESTION SPIRITUAL?

A spiritual question is one that helps someone reflect on their relationship with God, how they are growing, and how they are participating in the life and love of Christ.

Spiritual questions are:

- Open-ended
- Personal, but not invasive
- Focused on presence, not performance
- Centered on God's activity, not our achievement



## EXAMPLES OF ONE-QUESTION CONVERSATIONS

Here are a few questions that invite spiritual reflection:

- Where have you noticed God at work recently?
- What is giving you life in this season?
- What has felt heavy or challenging, and how are you bringing that to God?
- When have you felt most connected to Jesus this week?
- How is the Spirit inviting you to grow or change?

Use Scripture as a launching point:



**Come to me, all you who are weary and burdened, and I will give you rest.** *Matthew 11:28 NIV*

Ask: What burden are you carrying that you want to release to Jesus?

## HOW TO USE THIS IN MINISTRY

Spiritual questions can become a rhythm that shapes your team culture and deepens relationships.



### In Leadership Teams

- Start each meeting with one question.
- Invite silent reflection first, then share aloud.
- Allow space for brief responses or deeper sharing as the Spirit leads.



### In Discipleship and Connect Groups

- Use a spiritual question as your opening check-in.
- Let people pass if they are not ready to share.
- Celebrate honesty and remind the group there are no wrong answers.



### In One-on-one Conversations

- Ask with curiosity, not pressure.
- Listen more than you speak.
- Follow up with gentle prompts. "Tell me more about that." "What do you think God is showing you through that?"



**Let your conversation be always full of grace, seasoned with salt.** *Colossians 4:6 NIV*



## THE ESSENTIALS

Asking one intentional question can open the door to deep spiritual reflection and connection. It is not about having the perfect words or solving someone's problems. It is about helping others pay attention to God's presence and respond with openness and honesty.

- Use one question to begin or reframe a conversation.
- Choose questions that draw attention to God's activity.
- Listen with grace and respond with care.



Therefore encourage one another and build each other up.

*1 Thessalonians 5:11 NIV*

To grow in asking intentional questions and guiding Spirit-led conversations, explore GCI's coaching program: [resources.gci.org/coaching](https://resources.gci.org/coaching).